



Rita's 90th!

Heritage Happenings

February 2022

Special Events

Classical Masterpieces for Piano with [Pianist Ian Scarfe](#)

Thursday, February 10 at 3:30 in Morgan Parlor

Featuring music by Mozart, Beethoven, Chopin, Schumann and more.

Ian's sports career includes a stint as the starting pianist with the 49ers!!

History of Valentine Cards with Patrick & Theo Armour

Friday, February 11 at 6:15 in the Dining Room

An incisive reportage on this quintessential event including remarkable findings such as "What did the stamp say to the envelope on Valentine's Day?" Answer: "I'm stuck on you!"

Valentine Card-Making Workshop

Monday, February 14 at 10:30 in Friendship Hall

Come and make a special Valentine card to put on display for the week and participate in the contest for the most creative card. Valentine cards will be displayed in the dining area corridor ready for you to vote.

"Valentine Sweets & Treats" with Harpist Kyoko Kimura

Monday, February 14 at 3:00 in Friendship Hall

A return performance by a caring and talented musician.

"Happy Valentine's Day" Dinner

Monday, February 14 in the Dining Room

Winner of the Valentine Card Contest Announced

Friday, February 18 at 6:15 in the Dining Room

“The Long Civil Rights Movement” with David Peritz

Monday, February 21 at 3:00 in Friendship Hall. Zoom Lecture

Black History Month lecture examines recent scholarship on civil rights successes and failures, contributing not only to an understanding of our history but also pressing and divisive issues of our present moment.

Lost Department Stores Book Reading with Anne Hitz

Thursday, February 24 at 3:00 in Friendship Hall

Join author Anne Evers Hitz as she looks back at the colorful personalities that created six major stores and defined shopping in San Francisco.

“How to Reduce Plaque Buildup in Arteries through Nutrition” with Dietician, Sophia Ferguson

Monday, February 28 at 3:00 in Friendship Hall

Come and learn about 1) the physiological pathway of how plaque builds up in the arteries and 2) the definition of cholesterol and how it benefits and harms our body and 3) what foods will help reduce plaque.

Exercise Classes

Strength training with Jonathon Mondays, Wednesdays, Fridays 9:00 and 2:30 Fitness Center	Yoga with Ilya via Zoom Thursdays 10:30 Fitness Center
Tai Chi with Bianca Tuesdays 9:00 Fitness Center	Balance Class Monday-Friday 11:45 Porter Hallway
Walking Group Wednesdays 1:00 Pleasure Walking Group 2:00 Slow Walking Group Meet in Porter Library	Updates No need to sign up. Simply show up and get fit!

Regular Programs

Emotional Support Group with Jeanne

Alternate Wednesdays at 3:00 in Stucky Library
February 9 & 23

Saturday Shorts with Margaret Jacobs

Saturdays at 3:00 in McGinley Room
February 5, 12, 19, 26

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

Thursdays at 10:00 in Arts & Crafts Room

Tech Support with Tess Goldman

Thursdays at 1:30-5:00 in 3rd Floor Perry Sitting Room
February 3, 17 & 24

Please sign up in the Dining Room. Tess will not be available February 10.
Tess is also available to provide support in your apartments

Music

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

Religious Services

Catholic Mass in the Chapel

Friday, February 4 at 10:00 in the Chapel
Distribution of Communion every Sunday at 10:00

Episcopal Service

Sundays at 9:30 in McGinley Room
Live stream from the National Cathedral, Washington DC

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Walking in Another's Shoes

Brandon Maderios, our good friend and helper in the Maintenance Department, shared an essay he wrote on "[Understanding Emotional Intelligence](#)" for his college class in October.

In his essay, Brandon discusses the importance of learning to live with and understand our own and others' emotions that promote better self-management and empathy when relating to people around us. He describes emotional intelligence not as one skill, but as made up of multiple skills formed over a lifetime.

He notes (from experience?) that "Managing emotions can seem difficult, especially when they tend to sneak up on us during high-intensity situations." Brandon describes how achieving the skills of emotional intelligence is a life-long process requiring commitment. He emphasizes the value this self-awareness brings in establishing healthy relationships, particularly when empathy for another is called for.

In reading Brandon's paper, this writer was struck by its relevance to the skill of validation, demonstrated in Mary Linde's presentation of interacting with people with dementia. Like Brandon, who is at the early stages of learning, we too have ongoing opportunities to learn and practice these skills as we deal with our own aging and with the paths our friends are taking.

Thank you, Brandon, for sharing this exploration with us!

Margaret Jacobs

Mary Linde on Validation Therapy

Heritage on the Marina CEO Mary Linde, along with Operations Director Hanh Ta and Director of HR Praveen Rattan, presented a theatrical characterization of cognitive decline and dementia. For many residents it was a reenactment of events we experience regularly - but this time reinterpreted with a deep and relevant backstory.

For example, when we hear a resident saying "I want to go home", we typically respond with words such as "You *are* home. You sold your house. This is where you live". We try to be helpful, nonetheless the resident becomes even more upset because: 1) where the resident is now does not look like the home they remember. 2) You do not want to help them go to that home. As Mary says: "Reality sometimes hurts more than it helps."

Even as a relatively new resident at Heritage, I have witnessed and participated in similar interactions with residents on numerous occasions. Mary's presentation offered methods of recasting these scenarios that may result in more positive outcomes.

With [Validation Therapy](#) - developed in the 1960's and 1970's by [Naomi Feil](#) - the focus is on **empathy** and **listening**. The goal is to provide a means for those with dementia to communicate and to resolve unfinished business. As participants we try to:

- **Validate underlying feelings** associated with what they express
- **Join the agenda** ~ don't concern yourself with reality
- **Redirect the conversation** ~ talk about positive memories

Recasting our scenario: when a resident says "I want to go home", you might express empathy by saying "you must really miss your home". If the resident replied "I really do", you might ask "What do you miss the most?" If the resident responds with words such as "I miss cooking in my kitchen" then you know that you are succeeding in redirecting the conversation toward a less painful, more positive outcome. You are helping resolve unfinished conflicts from the past. You are improving well-being. **Bravo!**

Theo Armour

Meet Praveen Rattan, HR Director



Warm, friendly, and eminently personable. These are good qualities for a Human Resources Director and Praveen has these in abundance.

Praveen was born in the Fiji Islands and emigrated with her family to the United States when she was four. They emigrated because of political tensions in the country. In addition, her father and mother wanted their daughter to have access to higher educational opportunities. Initially, it was difficult and challenging for Praveen and her family. They had to learn the language and culture; the family of five shared a single bedroom.

Her family has fulfilled their hopes. Praveen and her husband met as graduating seniors at San Francisco State University. Two of their three children have already graduated from San Francisco State University, while their third child will graduate in May 2022.

Praveen began her higher education at City College of San Francisco, but she decided to take a break from school during her pregnancy. She then focused on working as a host at Marriott International as a single mother. Praveen later refocused on school and graduated from San Francisco State University with a degree in Business Administration.

She started her career in Human Resources at Marriott International and went on to a number of management and director-level positions with other organizations, eventually becoming Human Resources Director at San Francisco Towers.

While working at San Francisco Towers, Praveen learned that Mary Linde was searching for a Human Resources Director. She found the job, and Heritage on the Marina, appealing, and loves being here. In particular, she found the job itself, the staff, the residents, and the location appealing. As a Cancer sign and former resident of the Fiji Islands, Praveen loves being near the water. In addition to her normal duties, she is focusing on compliance matters and updating policies and procedures, including the Employee Handbook.

Outside of work, Praveen's priority is her family. She stays in close touch with her children and her parents. In addition to her family interests, she is writing a book - a science fiction novel set in the thirty-fifth century! She also enjoys walking and arts such as opera, theater, and the symphony.

Now familiarizing herself with procedures and routines at Heritage on the Marina, Praveen is anticipating getting acquainted with all staff members and residents. She welcomes visitors, so feel free to visit her in her office - the one next to Joe Conroy's.

Katherine Conley



This is the Year of the Tiger

Meet Sophia Ferguson, Nutrition Care Manager



Sophia grew up in San Mateo and lived there until she went to southern California to attend Cal State Northridge. It was there that she got her BA in family and consumer sciences with an option in nutrition and dietetics. Sophia decided to continue her education at the College to obtain her Master's in human nutrition.

To be certified as a dietitian, you have to first be accepted into an internship. Once that is completed, you take a test and then get credentials. Sophia also did her internship through Cal State Northridge. For the program she was sent to different facilities in Los Angeles. One place was

Cedar Sinai Hospital and another was Kaiser. She did community rotations teaching basic nutrition for Women, Infants, and Children (WIC).

As part of her time at WIC, Sophia provided nutrition counseling in Spanish for women who were pregnant or had young children. For a very different experience, Sophia worked with athletes at UCLA, where she learned about sports nutrition. During her internship, Sophia was exposed to all aspects of nutrition but one: long-term care.

Nonetheless, before her internships, Sophia had worked in a hospital that was focused mainly on geriatric patients. It was there she got a feel for what it would be like to work with older people. After nine years in Southern California, she returned to San Mateo. Her aunt had just been diagnosed

with stage-four lymphoma, so Sophia decided to take on the job of being her aunt's caregiver for a year in her parents' home.

When her aunt became well enough to return home, Sophia knew it was time to get a job as a dietician. Looking on-line, she found several opportunities through Compass Group. A San Francisco job seemed appealing but there were no specifics. She applied and received a call from Erin. It was then that Sophia found out the job was at Heritage on the Marina. She looked at the Heritage web site and was impressed. After an in-person interview she was offered the job. And so, luckily, we have Sophia.

Sophia is interested in exploring different foods and the cuisines of other countries. Her mother is Mexican, and she particularly loves the cooking of her mother's country. Sophia says that Mexican food can be healthy. It is when ingredients like cheese and sour cream are added too generously that it becomes less so. One of Sophia's favorite Mexican foods is [*nopales*](#), a cooked cactus.

She's fond of Peruvian food, especially after a trip to that country. There she tried guinea pig, llama, stewed beef heart and different flowers from the Andes. A highlight in Lima was a dinner at [*Central Restaurante*](#), a five-star restaurant, where she enjoyed a 10-course meal. The menu showed the altitude that each dish came - from starting with sea level up to 11,000 feet in the Andes. Sophia found it a beautiful and unique experience that tied everything together.

Don't forget: every resident is allowed a complimentary yearly consultation with Sophia. She will guide you to the best foods to enjoy and to avoid per your needs. To set up an appointment you can call Erin at 415-202-0310. Or e-mail Sophia at [*sophiaferguson@morrisonliving.com*](mailto:sophiaferguson@morrisonliving.com).

Martha Nell Beatty

Library Corner

Thanks to great ideas and great work by our management team—especially Janet Howell, Oleg, and Ed—we now have a new arrangement of the furniture in the library, and most people who have seen it seem pleased. The Library Committee asked for Janet’s help because we wanted to make the areas for signing books out and for returning and donating books more prominent—mission accomplished!

Some new arrivals (though not necessarily newly published!):

***Peril*, by Bob Woodward and Robert Costa (2021, hardcover)**

“Takes readers deep inside the Trump White House, the Biden White House, the 2020 campaign, and the Pentagon and Congress, with vivid, eyewitness accounts of what really happened.”

***Talking to Strangers*, by Malcolm Gladwell (2019, hardcover)**

“An explanation of what goes wrong when we talk to strangers and how to make those conversations go right.”

***All about Me! My Remarkable Life in Show Business*, by Mel Brooks (2021, hardcover)**

No summary needed!

***Cloud Cuckoo Land*, by Anthony Doerr (2021, hardcover)**

“From the 15th century to the future, the five protagonists in this brilliant novel come together astonishingly in the stories they make of their lives, rewritten by time and circumstance.”

***The Lincoln Highway*, by Amor Towles (2021, hardcover)**

“A captivating piece of historical fiction . . . transporting . . . a rollicking cross-country adventure, rife with unforgettable characters, vivid scenery and suspense that will keep readers flying through the pages.”

Some gentle reminders:

- Please SIGN OUT any books you want to take.
- Please SIGN IN any books you return and put them in the designated basket. Please DO NOT reshelve them.
- Please put DONATED books in the designated basket.

Also of note: Jean Fowler's three volumes of Heritage history are currently displayed on tables in the library - and all are worth a good look!

Suggestions? Questions? Please contact a Library Committee member:

- Yvonne Benedict, yvonne.benedict@sbcglobal.net
- Eleanor Burke, eleanorgeorgeburke@gmail.com
- Pam Fischer, pamela.fischer@icloud.com
- Judith Goff, judith.goff@gmail.com
- Gene Graham, grahamgene@sbcglobal.net
- Kay Narron, kay.narron@gmail.com

February is Black History Month



The Balcony Gardens

Most Heritage residents are familiar with and enjoy the Porter Garden, and the array of plants on the deck outside the McGinley Room, but there are three mini-gardens on the three balconies at the South ends of the second, third and fourth floors of the Perry building. Although “mini” they are delightful and unexpected bits of beauty that enhance the south stairway of the Perry Building.



Gene Graham tends the second floor garden and has a pretty array of plants including a begonia, two geraniums and a poinsettia which survived the holidays of 2020 and is thriving. Her display includes a charming table once owned by Ida Hodes, then inherited by Elizabeth Jordan who donated it to Gene to be used in her garden.



The third floor garden, tended by Paula Cornyn, features a porcelain elephant owned by Mercedes Van Den Berg which now supports a vivid cyclamen. There is also a delightful tree or vine sprouting wee pumpkins. Scattered amongst the Christmas cactus, the geraniums and a philodendron is a varied

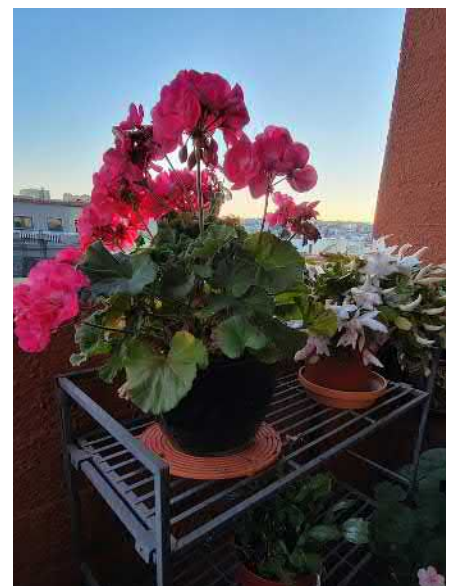
array of succulents. Additionally, there is a large white poinsettia which Paula rescued from the Porter Library, re-potted and hopes it will thrive.



The fourth floor garden is the province of Kay Narron. It features a dormant maple (?) tree. A kalanchoe plant in the pink pot in the corner, a lovely jade plant, an hydrangea, geraniums and two Christmas cactus plants. Wildflower seeds have been planted in the container on the floor and are sprouting beautifully.

These three gardens and their gardeners are among several planted areas and numerous plants scattered around the Heritage campus. All contribute the charm and grace of our home, and our many gardeners and contributors deserve much credit and appreciation for their efforts.

Katherine Conley



“The Holy Trinity” ~ an icon by Lucia Dugliss



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 bisse

Travels in the Yemen

A recent Sunday movie [*Salmon Fishing in the Yemen*](#) was set in the deserts of Yemen. In 1985 I traveled alone around Yeman on local buses.



All the houses are made of mud bricks made by hand and baked dry in the sun and painted white around the windows with a high quality lime render called "nurah".

All the men wear a wrap-around skirt with a large ceremonial dagger in their belts called a "[jambiya](#)". Jambiyas were often made with ivory handles. The handle of a jambiya tells the status of the man who wears it.



All activity stops in the early afternoon when men chew "[khat](#)", a mildly narcotic and heavily cultivated plant that produces natural stimulants. In humans, its prolonged consumption creates an uplifted mood and a sense of release from time and space.

Sheila Moore

Friday Movie at 2:00 in Friendship Hall

February 4 [Brigadoon](#) (1947)

Two American tourists stumble upon Brigadoon, a mysterious Scottish village that appears for only one day every 100 years. Tommy, one of the tourists, falls in love with Fiona, a young woman from Brigadoon.

February 11 [Casablanca](#) (1942)

American expatriate (Bogart) who must choose between his love for a woman (Bergman) or helping her and her husband (Henreid), a Czech resistance leader, escape from the Vichy-controlled city of Casablanca.

February 18 [The Miracle Worker](#) (1962)

The story of Anne Sullivan's struggle to teach the blind and deaf Helen Keller how to communicate.

February 25 [On the Waterfront](#) (1954)

An ex-prize fighter turned New Jersey longshoreman struggles to stand up to his corrupt union bosses, including his older brother, as he starts to connect with the grieving sister of one of the syndicate's victims.

Sunday Movie at 2:00 in McGinley Room

February 6 [Secrets and Lies](#) (1996)

Following the death of her adoptive parents, a successful young Black optometrist establishes contact with her biological mother - a lonely white factory worker living in poverty in East London.

February 13 [Sideways](#) (2004)

Two men reaching middle age with not much to show but disappointment embark on a week-long road trip through California's wine country, just as one is about to take a trip down the aisle.

February 20 [The Shipping News](#) (2002)

An emotionally beaten man with his young daughter moves to his ancestral home in Newfoundland to reclaim his life.

February 27 [Inherit the Wind](#) (1960)

Based on a real case in 1925, two lawyers argue the case for and against a Tennessee science teacher accused of the crime of teaching evolution.

February Birthdays

Jane Brymner	2/02	June Fraps	2/11
Mary Roper	2/04	Steve Swietlicki	2/12
Jane Standing	2/06	Flora Zagorites	2/16
Katie Loo	2/09	Rod Dugliss	2/29
Ivy Lee	2/10		

The Birthday Dinner will be celebrated on Friday February 11

Special Events Calendar

Tech Support with Tess Goldman	Thu	2/03	1:30-5	Perry 3rd Floor
Catholic Mass in the Chapel	Fri	2/04	10:00	Chapel
Saturday Shorts with Margaret	Sat	2/05	3:00	McGinley Room
Emotional Support Group with Jeanne	Wed	2/09	3:00	Stucky Library
Piano Recital with Ian Scarfe	Thu	2/10	3:30	Morgan Hall
Painting Class with Yvette Brown	Thu	2/10	10:00	Art Room
History of Valentine's Day with PA & TA	Fri	2/11	6:30	Dining Room
Saturday Shorts with Margaret	Sat	2/12	3:00	McGinley Room
Valentine Card Workshop	Mon	2/14	10:00	Friendship Hall
Harp Recital with Kyoko Kimura	Mon	2/14	3:00	Friendship Hall
Valentine's Day Dinner	Mon	2/14	5:30	Dining Room
Food Committee Meeting	Tue	2/15	10:30	McGinley Room
Tech Support with Tess Goldman	Thu	2/17	1:30-5	Perry 3rd Floor
Painting Class with Yvette Brown	Thu	2/17	10:00	Art Room
Winner of the Valentine's Card Contest	Fri	2/18	6:30	Dining Room
Saturday Shorts with Margaret	Sat	2/19	3:00	McGinley Room
Civil Rights Talk with David Peritz	Mon	2/21	3:00	Friendship Hall
Emotional Support Group with Jeanne	Wed	2/23	3:00	Stucky Library
Painting Class with Yvette Brown	Thu	2/24	10:00	Art Room
Tech Support with Tess Goldman	Thu	2/24	1:30-5	Perry 3rd Floor
Book Reading with Anne Hitz	Thu	2/24	3:00	Friendship Hall
Residents Council Meeting	Fri	2/25	9:30	Dining Room
Saturday Shorts with Margaret	Sat	2/26	3:00	McGinley Room
Nutrition Talk with Sophia Ferguson	Mon	2/28	3:00	Friendship Hall

