

Heritage Happenings

NOVEMBER 2021

Move Your Mind Series Challenge Your Brain

Presented by Dietitian Sophia Lopez
Monday, November 1, at 3:00 in Friendship Hall



Hahn, Karina, Sandra and Tony



Tuesday, November 2, at 3:30 in the Porter Garden

Celebrated in Mexico and elsewhere, the Day of the Dead is a holiday associated with Catholic observance of All Saints and All Souls Days. The multi-day holidays find family and friends gathering to celebrate the lives of the deceased.

We invite you to bring a picture of a departed loved one to place on the Dia de los Muertos altar to honor and celebrate their lives.

The Pandemic and Beyond: Looking After Our Mental Health

Presentation by Dr. Patrick Arbore, EdD, Institute on Aging

Thursday, November 4, at 3:00 in Friendship Hall



- Taking stock of the effects of this historic pandemic
- Coping with the resulting changes, losses & emotions
- Opportunities for learning and growth



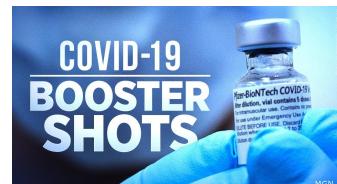
Meeting with Supervisor Catherine Stefani

Friday, November 5, at 3:00 in Friendship Hall

Save the date! Catherine Stefani will be presenting the latest local Covid updates. She is asking residents to submit questions and topics to include in her presentation. Send your questions, concerns and topics to KKleine@heritagesf.org so we can compile a list to send to her.

Pfizer Booster Clinic

Monday, November 8 in the Porter Library. Residents will receive an appointment slip for your scheduled time. Submit your consent form and medical insurance by Monday, November 1, to the Henderson Clinic.



**Autumn Reflections at Tea Time
Wednesday, November 10, at 2:30 in Friendship Hall**

Experience the healing melodies of harpist Kyoto Kimura.
Tea and treats will follow.



Kyoto Kimura has a Master of Arts in flute performance. She is a volunteer and resident at the Brahma Kumaris Meditation Center. She plays flute and harp songs that benefit people who may be suffering emotional or physical pain. Music can promote healing by loosening muscle tension and lowering blood pressure. Her repertoire includes folk songs, from many cultures, popular and religious music. Until the pandemic lockdown she was playing healing music for patients at CPMC Davis Campus. Come prepared to feel relaxed and restored.

**Out & About Trip to
GRATON
RESORT & CASINO™**

Tuesday, November 16, from 9:30 – 3:00

Feeling lucky?? Join fellow residents in a fun-filled day of gaming, dining and more at the Graton Resort and Casino. Sign-up sheets are in the Dining Room. Meet in the Porter Library at 9:30. Depart at 9:45. Return to The Heritage approximately 3:00.

Emotional Support Group with Jeanne

Wednesdays, November 3, 17 and 24 at 3:00 in the Stucky Library



Share Your Ideas

Wednesday, November 17 at 10:30 in the McGinley Room

Join Karina and Katrina for an activity planning session. Come share your ideas, provide feedback and suggestions for the coming holidays.



Thursday, November 18 at 2:30 in Friendship Hall
Join your friends to give thanks for The Heritage family.



Judy Chicago: A Retrospective at the de Young Museum

Monday, November 22 at 3:00 in Friendship Hall

The Fine Arts Museums of San Francisco celebrate pioneering feminist artist Judy Chicago with a retrospective spanning from her early engagement with the Californian Light and Space Movement in the 1960s to her current body of work, a searing investigation of mortality and environmental devastation, begun in 2015. The exhibition includes approximately 130 paintings, prints, drawings and ceramic sculptures, in addition to ephemera, several films, and a documentary. Together these works of art chart the boundary-pushing path of the artist named Cohen by birth and Gerowitz by marriage, who, after trying to fit into the patriarchal structure of the Los Angeles art world, decided to change her name and the course of history.

Moonglow Trio Performs

Monday, November 29, at 3:00
in Friendship Hall



Weekly Programs



Saturday Shorts with Margaret

3:00 in the McGinley Room

A selection of unusual, entertaining and informative videos

Professor David Peritz Lectures

Tuesdays, at 3:00 on Channel 998



Tech Support with Tess Goldman

Thursday, November 4, 11 and 18, 1:30-5:00

in the 3rd floor Perry sitting room

Tess is available to provide services in Resident apartments.
Sign up in the Dining Room.

Activity Leader, Irving Carrillo is available for additional tech services via appointment. Please call 415-202-0135.

Daily Dose of Music

Daily at 3:00 on Channel 998 (except Tuesdays)

Includes full concert on Sundays



Daily Cottage Day Program Activities will be posted in the Dining Room, on Touchtown (Channel 998) and the Porter Library.

The Cottage now has its own phone number! **415-655-9248**

Exercise Classes

Balance Class meets in the 1st floor Perry corridor Monday through Friday at 11:45 for a 15-minute exercise routine to improve strength and balance.



Meet Stephen Camarota every Wednesday in the Porter library to take a local walk in Fort Mason or around the block.

1:00 Pleasure walkers (intermediate walkers)

3:30 Leisure walkers (beginners)

Breast Cancer Awareness Walk Wednesday, November 3rd at 3:30. Meet in Porter Library and **Wear PINK** in honor of Breast Cancer Awareness!!

Strength Training with Jonathan

Monday, Wednesday & Friday
9:00 in the Fitness Center
2:30 in the Fitness Center

Tai Chi with Bianca

Tuesdays
9:00 in the Fitness Center

Yoga with Ilya

Thursdays
9:45 in the Fitness Center

Ann Rieger-Matthews continues her **sitting exercises** on Channel 998 On Monday, Wednesday and Friday at 9:30.



Religious Services

Roman Catholic Mass in the Chapel
Friday, November 5 at 10:00

Distribution of Communion every Sunday at 10:00

Episcopal Eucharist live stream from Washington
National Cathedral

Every Sunday at 9:30 in the McGinley Room

"I like spring, but it is too young. I like summer, but it is too proud. So I like best of all autumn, because its tone is mellower, its colours are richer, and it is tinged with a little sorrow. Its golden richness speaks not of the innocence of spring, nor the power of summer, but of the mellowness and kindly wisdom of approaching age. It knows the limitations of life and its content."

- Lin Yutang

Friday Movies in the Cottage at 2:00

- Murder on the Orient Express** (1974) Nov 5
In December 1935, when his transcontinental luxury train is stranded by deep snow, detective Hercule Poirot is called on to solve a murder that occurred in his car the night before, with a multitude of suspects.
Stars: Albert Finney, Lauren Bacall, Ingrid Bergman
- The Picture of Dorian Gray** (1945) Nov 12
A corrupt young man somehow keeps his youthful beauty, but a special painting gradually reveals his inner ugliness to all. Stars: George Sanders, Hurd Hatfield, Donna Reed
- I Confess** (1953) Nov 19
A priest, who comes under suspicion for murder, cannot clear his name without breaking the seal of the confessional. Stars: Montgomery Clift, Anne Baxter, Karl Malden

Friday, November 26, at 1:30 in Friendship Hall

- The Philadelphia Story** (1940)
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.
Stars: Cary Grant, Katherine Hepburn, James Stewart

Sunday at 2:00 in The McGinley Room

- The Natural** (1984) Nov 7
A middle-aged unknown comes seemingly out of nowhere to become a legendary baseball player with almost supernatural talent. Stars: Robert Redford, Robert Duvall, Glenn Close
- Top Hat** (1935) Nov 14
An American dancer comes to Britain and falls for a model whom he initially annoyed, but she mistakes him for his goofy producer. Stars: Fred Astaire, Ginger Rogers, Edward Everett Horton
- Bullitt** (1968) Nov 21
An all-guts, no-glory San Francisco cop becomes determined to find the underworld kingpin that killed the witness in his protection. Stars: Steve McQueen, Jacqueline Bisset, Robert Vaughn
- Topsy Turvy** (1999) Nov 28
Set in the 1880s, the story of how, during a creative dry spell, the partnership of the legendary musical/theatrical writers Gilbert and Sullivan almost dissolves, before they turn it all around and write *The Mikado*. Stars: Jim Broadbent, Allan Corduner, Dexter Fletcher

Two Lives Well Lived

We are happy to welcome Karl and Lillemor Leichum to full-time residence at The Heritage. This couple have lived life with zest and enthusiastically greet new experiences and adventures.



Born and growing up in Stockholm, Lillemor attended the Stockholms Universitet, majoring in the classics and languages: English, German, French, Spanish and Latin. After graduation she learned Italian. Her goal was to become a translator for the United Nations, but after graduation she thought she'd like a break before starting her career, so she responded to an ad for a stewardess for Pan Am Airlines. Much to her surprise she got the job and was then based in San Francisco.

There she met Karl.

Karl was born in Stettin in what was then Germany but is now Poland. In college he studied liberal arts, including the languages English, Latin and Greek. After attending business school in Frankfurt, he was apprenticed to a lumber company. An itch to travel led him to Toronto and more work in the lumber industry.

Friends in San Francisco and Burlingame aroused his curiosity about San Francisco, so he came, liked what he saw and stayed. Then he met Lillemor and they were married. Their honeymoon trip was a six-month tour of Central and South America.

Karl had been working in the lumber business, but the real estate business was appealing, so he established Leichum Reality. Lillemor worked in the office and the two built the firm into a very successful enterprise which employed as many as fifteen people.

The Leichums lived in Hillsborough for many years, but returned to the City - to a lovely home on 19th Street. When the house became a burden - it was four stories and many rooms and Covid made it impossible to get help - it was time to move on. After investigating other retirement communities, a friend told them about the apartments on Octavia Street, one of which was available, and that was it. They took the apartment, then spent a year closing their home and moving into The Heritage.

The Leichums have traveled extensively and seen much of the world. (It is not a question of what countries they have visited as much as what places

they haven't seen.) They are interested in Modern Art and are anticipating an upcoming show by Joan Mitchel at the Museum of Modern Art.

Karl reads extensively and also enjoys cinema and theatre while Lillemor enjoys the Symphony, Opera and Ballet. Hiking is of mutual interest and they both enjoy exploring the various trails around the Bay Area. Additionally Lillemor has begun helping out in the Porter Garden, knits and plays bridge, both social and competitive.

The Leichums have settled in at 3325 Octavia Street and can be reached at 415-385-4301 or 415-385-1601.

Katherine Conley

Serendipity? The other day new resident Patrick Alexander was giving Katie Loo a tour of his apartment - a space replete with art and treasures. Katie's eye caught a glimpse of a beautiful Chinese-export octagonal six foot tall glass and china display cabinet. Her sharp mind spotted a glaring transgression: The lock on the cabinet was a typical Western dime-store padlock. It's harsh appearance clashed with the delicate beauty of the cabinet. Here was an artistic and cultural trans- gression that wanted solving - and Katie was the only one in the house who could solve it. The photo on the left shows her solution - sourced from the depths of Chinatown: A traditional Chinese bronze splitting-spring lock with a delicate engraving - revealing hidden handicraft skills and great beauty in an object of such utility. Nice work Katie!



Theo Armour

President's Corner

With Thanksgiving coming up soon, we should be very thankful for our living situation. We are taken care of very well by staff and management. Most needs are met quickly and with a smile on the provider's face.

The rainstorm did some damage to our building and garden, which maintenance corrected as quickly as possible. Thanks to Oleg and his staff. There are quite a few upcoming events scheduled to keep us busy and active. Check the hall monitors, Channel 998, and Dining Room table for upcoming activities that may appeal to you. Also, your Council executive committee appreciates suggestions as to how to make life here more exciting and fulfilling.

Welcome to our new residents. We hope they enjoy their new home. Happy Thanksgiving everyone!!

Bernie Burke

HOPE

I am reading Rebecca Solnit's book "Hope In The Dark." She discusses dark periods in our history from which we have risen to greater heights. Through activism vs despair we have overcome what seemed to be hopeless causes beyond our power to change. Today incivility seems to be the new norm in our government and relationships globally. Civility and the practice of human kindness are the cornerstones of our family at home and with our neighbors, from one generation to the next. As Solnit espouses, the future is unknowable, yet we can bring our spirit of generosity, respect, and hope to the playing field for better lives for humanity and our planet.

The other day I reread Redemption Rock, an essay my nephew John wrote after his brother Brian's experience of being kept alive after a near fatal heart attack on Mt Monadnock in New Hampshire. To quote Brian: "What I remember most is all those people, taking turns to carry me down the mountain. They kept passing me from person to person. All those people, stepping in to help me out." The Life Flight pilot concurred: "The world can seem crazy, like people are pitted against one another. But when someone really needs help, folks will reach out to each other." (quotes from Redemption Rock)

John ends his essay on this positive note: "In the end, that urge to reach out, to hold on, to help each other- that is what burns brightest for me this holiday season. Call it desire. Call it love. That thing that rises deep in us and refuses to give up or to lay down even when gravity and doom threaten to overwhelm us. The hope that in reaching toward one another, we can all be healed. As we gather around the table together on these sacred winter nights, I will know that we are forging and celebrating something that can never die." (John Bissell, Redemption Rock, author, 2016)

Gratitude to all for love, civility, and reasons for hope in The Heritage Community.

Eleanor Bissell

You Can Do It

Anything is easy when you have learned how to do it! This applies to creating art – painting in water colors or tempera, drawing figures or faces, even producing abstract works which are unexplainable.

Sign up for the Art Class and be amazed at what you can do. If more persuasion is needed, just look again at the exhibition in the Tony Lawrence Gallery on the second floor. Almost all of these were produced by people new to painting!

The interest sign-up sheet is in the Dining Room. Add your name.

JACKIE SANCHEZ

Front Office Administrator and Marketing Assistant

Jackie was born in Los Angeles and spent happy years growing up in Southern California. She went out for many sports and especially enjoyed being a member of the swim team in high school. For college, however, Jackie decided to come north to attend UC Berkeley, where she received a degree in history. It was while there that she pursued her love of painting, using both acrylics and oils.



Jackie ventured furthered into the arts when she became a member of the Students Committee for the Berkeley Art Museum and the Pacific Film Archives (BAMPFA), which is the visual arts center for CAL. The committee helps organize film screenings and community events and puts on the Annual Music and Art Festival.

As Jackie explained, history majors have many potential avenues to pursue after graduation. She was even considering getting a law degree. But after she moved to San Francisco, Jackie found a job in marketing.

The job was as marketing manager for the Royal Exchange, a pub in the Financial District. The pub is known for having one of the city's largest selections of beer, with 72 taps serving 32 micro beers. Jackie became knowledgeable about craft beer and obtained a beer license. Part of Jackie's job was also to design promotional materials and put on events.

It was a scary time when Covid arrived on the scene and at the same time Jackie was feeling she needed more of a growth opportunity. She heard of a job opening at The Heritage. Jackie really liked the community and it seemed to her that it would be a comfortable transition to join The Heritage team. She just happened to live across the street on Francisco. (She has now moved just a few blocks away.) Everything just fell into place. She "never has had such a seamless situation."

Jackie's job here includes the administrative tasks of the front office. She is also able to use her creativity. One part of her job is to handle the Touch Town display for which she designs the slides. Jackie also is the first point of contact for potential residents.

In her spare time Jackie is pursuing her interest in French New Wave films. And she is getting into jazz, especially enjoying Billie Holiday. She likes exploring the neighborhood, finding Fort Mason a special draw.

Martha Nell Beatty

Guy Fawkes Night - 5th of November

Remember, remember the Fifth of November
The Gunpowder, treason and plot
I know of no reason
Why the Gunpowder treason
Should ever be forgot



And so it hasn't since 1605. He was hung, drawn and quartered for his plot to blow up Parliament. A gruesome end!

When I was young, before WW II in England, Guy Fawkes Night was as exciting as the Fourth of July here. It was dark, usually a bit misty, and cold enough to see your breath. I was always at the Patmores. Ann was a little older than me, Mike a little younger. There were always plenty of kids around, as Ann and Mike's parents taught in the East End of London, a rough neighborhood - think "Call the Midwife" - so a few tamer kids didn't bother them at all. We used to do dramatics in the garage when it was raining.

A few days before the 5th we would make a Guy out of someone's old suit, probably filled with newspaper, then seat him in an old pram, stick an old hat on his head and wheel him round the neighborhood shouting "Penny for the Guy!" I don't remember getting much money, but it was fun, and on the night there were always plenty of fireworks.

The night finally arrived and a big bonfire was lit with the Guy sitting on top. There were lots of fireworks, rockets and Catherine wheels, etc., and plenty of sparklers, which we could hold in our hands – they are now discouraged, I believe, as they are considered dangerous. Some people roasted potatoes or sausages; I do not remember doing that. The night was exciting enough without.

This all came to a crashing halt when war was declared, and instead of bonfires in the back garden it was a mountain of discarded aluminum pots and pans on the front lawn to make Spitfires. Soon after, all the iron railings went.

I think now, in most places, fireworks displays are sponsored and private ones are discouraged or illegal.

Barry and I often landed in England on November 5th in anticipation of my sister-in-law's birthday next day, and there were various displays of fireworks as we drove to our destination. A lovely "Welcome Home".

Jane Standing

NOMINATIONS

A Tongue-in Cheek Report on a Serious Subject

At the beginning of October, Bernie Burke requested a search for nominations to The Heritage Residents' Council for the 2022 slate. All four current position holders have been "termed out", therefore a slate of neophytes is demanded. Responding to Bernie's call, search parties were sent out to seek prospects far and wide. Numerous residents were interviewed. Numerous potential candidates recused themselves on account of pressing engagements. Nonetheless, potential nominations are in and they are presented here for your consideration.

For the post of **Secretary**, to succeed the exceedingly capable Gary Skootsky, the nomination goes to **Theo Armour**, former member of the board of directors of the Hong Kong Sports Association for the Physically Handicapped. Theo says "My mission will be to help people communicate online, verbally and - dang it - even on paper!"

For the post of **Treasurer**, to succeed the frugal yet generous Martha Torres, the nomination goes to new resident **Paula Cornyn**, CPA and former Controller for the city of Petaluma CA. Paula states "I look forward to accounting for the residents' funds."

For the post of **Vice President**, to succeed the enthusiastic Fred Wentker, the nomination goes to **Patrick Alexander**, chief officer of the Queen's Club of Northern California. Patrick observes "Every morning when I wake up sunshine comes in through my window."

For the post of **President**, to succeed the inestimable Bernie Burke, the nomination goes to **Katie Loo**, former Commissioner, Disability and Aging Services Commission of San Francisco. Katie said "I humbly accept the nomination to be the President of the Heritage Residents Council." Katie may well be the first Council president born outside of the US and the first president of Asian descent.

There will be a vote for the new officers at the November Residents Council meeting. Anybody who so desires may present themselves as candidate for any of the posts. In any case, we look forward to a Council that eases us from a pandemic life back to a good old normal life!

Theo Armour

A Generous Gift

Our dear friend, the late Joyce Frankenberg, loved and supported the San Francisco Symphony. A perusal of the Symphony Fund shows that she left a generous donation to the Fund in the \$100,000-124,000 category.

MY WANDERING MIND

For years there was an umbrella store on Fillmore Street in San Francisco. I often wondered when I passed it, what on earth the owner was thinking, having such a business in this city.

Our average annual rainfall is somewhere around 22 inches, hardly enough to bother with an umbrella. But then it occurred to me that perhaps the East Coast transplants who live among us mistake our morning fog for impending rain and can keep such a store in business. My husband, who hailed from Connecticut, via Chicago and Washington, D.C., carried an umbrella and wore galoshes during the first summer he spent in San Francisco. Whenever the fog rolled in, he expected it to rain.

On the other hand, the Fillmore umbrella store may have been a wealthy person's tax deduction. At any rate, it's gone now, replaced by one more boutique.

These musings came to me when I learned that the theme for this issue of San Francisco Attorney Magazine is Court Programs, including BASF's Lawyer Referral and Information Service's Indigent Defense Administration program.

In 1986, during an El Nino year, it seemed as if it poured cats and dogs every time a Lawyer Referral Service-sponsored event - which I often supervised - was held. It was a Temporary Restraining Order Clinic conducted by a small cadre of loyal, volunteer attorneys in a ramshackle building on Potrero Avenue, near San Francisco General Hospital.

After an extensive educational campaign in the Latino community, sponsored by S.F. Neighborhood Legal Assistance Foundation and LRS, on the subject of domestic violence and the availability of restraining orders, a breakthrough occurred. Consuella, a diminutive woman carrying an infant, with a toddler clinging to her threadbare coat, came backing into the TRO Clinic one rainy night, shaking out a giant yellow and white, well-worn golf umbrella, as she pushed the door open with her hip.

If I remember correctly, Consuella was Venezuelan, married to an American born taxi driver who used her as a punching bag. Ah, but I digress. This is not meant to be a sad tale of domestic violence. No, no! It's a story about umbrellas!

Consuella's yellow golf umbrella and her cabbie husband caused my mind to wander back to a fascinating story related to me by my cab driver friend Joe: Twenty-five years ago, he'd picked up a fare on a rainy night at a downtown hotel. The passenger had a glorious French accent, although he spoke fluent English. Thus, the man stood out from the more ordinary passengers in that He was unusually tall and elegantly attired. He left an umbrella in Joe's cab. Not just any old umbrella, but an Alexander Sojfer: sleek, shiny, black with an

exquisite, understated, mahogany handle, bearing a discreet bronze band with the firm's name and "founded in 1834," true protection from the elements. "I knew that if I turned the umbrella in at Luxor Lost & Found, chances were the dispatcher or another driver would covet it on a rainy day and it would disappear," Joe told me.

"Instead," he continued, "I took the umbrella home, thinking the Frenchman might be a regular customer and I might run across him again. I stuck it in my hall closet – never used it. Somehow, what I assumed to be a two hundred dollar Alexandra Sofer didn't quite fit in my skuzzy, Haight-Ashbury neighborhood.

"As the years passed, the umbrella's very existence faded from my consciousness, as life's accumulations buried it from view.

"Then, the other night," Joe went on, "a tall man in a well-cut, expensive pinstriped suit stepped into my cab at the St. Francis Hotel. The doorman had opened the cab door for him and handed me a card with a Pacific Heights address. '2800 Broadway?' I questioned and my passenger nodded his head. It wasn't until we were part way to his destination that he remarked on the foggy August night and asked if I thought it was going to rain.

"There was no mistaking the voice or the French accent. The years melted away and it tickled me to ask – though I knew the answer – 'Monsieur, did you by chance leave an umbrella in a San Francisco cab many years ago?'

"'Mais oui, monsieur,' he replied, a surprised smile spreading across his face.

"'This cab?' he asked incredulously.

"'Yes and I've saved it for you all these years!' I replied. 'It is at my apartment, monsieur. If you don't mind a slight detour, we can retrieve it.'

"'I'd be delighted to have it back,' my passenger replied.

"I flipped the meter off, drove the extra mile or so to Cole and Haight where I live, and reunited the Frenchman with his umbrella, before taking him to his ultimate destination.

"'After I lost it,' my passenger said, 'I left San Francisco the following morning and this is my first visit back. Out of all the taxis and drivers in this city, what do you suppose the odds are of my landing in your cab again?'

"We pulled up in front of 2800 Broadway, as my passenger finished speaking ,and I told him the ride was on me, as I zeroed out his \$18 fare. "He pulled out his wallet and handed me a crisp one hundred dollar bill as he exited the cab and said, 'Au revoir, see you in another twenty-five years, monsieur, et merci!'"

Aggie Hoff

Library News

"Mysteries in the Stacks"

Not a few people have asked, "Where are the books."

"Here," I have turned and pointed to the shelves in the Stucky library.

"No," they said, "I mean which shelf do I go to if I want to find a book about San Francisco?"

Then another person asked, "Where are the biographies?"

As you enter the room, to the left of the door, the first two shelves are labeled 'non-fiction political' including biographies. Shelves 3-5 are labeled 'non-fiction general' which also has biographies. This is also true of the second bookcase.

The third bookcase has the top two shelves filled with books about San Francisco and California. The third shelf has books about WWII.

On the other (south) side of the fireplace the first bookcase has on the top shelf the works of Shakespeare and R. L. Stevenson and a bit of poetry. Below that we have books about the arts with a few biographies of artists. The next shelf down will have dictionaries, bio-ethics, one book about healthy eating, a bible and religious readings. Next shelf will have religious readings, dictionaries. The final shelf starts our collection of older Large Print books.

The bookcase following has some works by Dickens and Kipling on the top shelf and then the rest of the bookcase has Large Print books.

The next bookcase begins our run of books that many readers are fond of, mystery books. We continue this popular section on the next two bookcases on the south wall.

Mysteries are sorted out by mystery-spies and mystery-thriller. The solution to finding a mystery is to know which kind of mystery you are looking for. Donna Leon writes a mystery-thriller while Jack Higgins is a mystery-spy writer.

The last two bookcases have our fiction collection and are arranged alphabetically by author.

Our final mystery: There is a row of books sitting on the long table.

Here is the solution to the mystery of why those books are there. Just in case you didn't find a book you like in the regular collection then we've placed some titles, mostly fiction, here, hoping something will interest you.

If you would like to help out in the library, please contact Gene Graham.

Gardner Haskell

Elevator Safety

**Do not stand in front of the elevator door.
Always wait to the side.**



LIGHTS, CAMERA, ACTION

Marketing and Activities need Residents to participate in a photo shoot on Wednesday, November 10th. Some of the photos will be posed, others will be candid (taken during activities and meals). The photos will be used on our website to help highlight our active Resident Community. The Activities Team will begin reaching out to Residents early next week!

Janet Howell

When you need help

For a personal or medical emergency, day or night, call
The Henderson Clinic (by the Porter Library) **415-202-0342**
Or the Health Center **415-202-0305**

For facility-related issues after hours, call Security **628-222-3097**
A guard is onsite from 4:30 pm to 8:30 am daily.

Did You Know: Human Brains Are Shrinking

Evidence from paleontology suggests that although human brains grew for two million years of evolution, in the past 20,000 years there has been a reversal. Today, the average human brain is quite a bit smaller than it was 20,000 years ago: it's as if a tennis ball of brain material has been removed.

Scientists aren't really sure why. Some believe our brains have become more efficient and require less energy, so they don't need to be as big. Others think as more complex societies emerged, each individual did not have to be as smart and flexible to stay alive: there were safety nets to rely on. Still others think it may be because people 'domesticated' themselves, selecting against aggression.

November Special Events

Challenge Your Brain	Mon	11/1	3:00	Friendship Hall
Dia de los Muertos	Tue	11/2	3:30	Porter Garden
Breast Cancer Awareness Walk	Wed	11/3	3:00	Porter Library
Emotional Support Group	Wed	11/3	3:00	Stucky Library
Dr. Arbore Lecture	Thu	11/4	3:00	Friendship Hall
Catholic Mass	Fri	11/5	10:00	Chapel
Meeting with Superv. Stefanie	Fri	11/5	3:00	Friendship Hall
Saturday Shorts	Sat	11/6	3:00	McGinley Room
Pfizer Booster Clinic	Mon	11/8	TBA	Porter Library
Food Committee	Tue	11/9	10:30	McGinley Room
Kyoto Kimura Harp	Wed	11/10	2:30	Friendship Hall
Saturday Shorts	Sat	11/13	3:00	McGinley Room
O & A to Graton Resort	Tue	11/16	9:30	Porter Library
Activities Meeting	Wed	11/17	10:30	McGinley Room
Emotional Support Group	Wed	11/17	3:00	Stucky Library
Friendsgiving Celebration	Thu	11/18	2:30	Friendship Hall
Saturday Shorts	Sat	11/20	3:00	McGinley Room
Judy Chicago Exhibit	Mon	11/22	3:00	Friendship Hall
Emotional Support Group	Wed	11/24	3:00	Stucky Library
Saturday Shorts	Sat	11/27	3:00	McGinley Room
Moonglow Trio	Mon	11/29	3:00	Friendship Hall

Editor: Margaret Jacobs

Editorial Committee: Jane Standing, Martha Nell Beatty,
Katherine Conley, Barbara Anderson,
Jean Fowler, Gardner Haskell, Theo Armour

Proofreaders: Katherine Conley, Midge Mansouri,
Mercedes Van Den Berg



Joann Wentker	11/2
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