



Heritage Happenings

October 2023

Special Events at Heritage on the Marina

Highlights of this month's speakers and performers



International Day of Older Persons

1 October 2023 ~ This is simply a happy reminder!

The 33rd commemoration of the United Nations International Day of Older Persons.



Accordionist Lorenzo Lucchesi Octoberfest Bavarian Banquet

Wednesday, October 4 at 5:30 in the Dining Room

This happy musician has performed many times at Heritage on the Marina festivals. His favorite musical styles are Polkas, traditional Italian songs and dances, and Americana. ***Prost!***



Designer Michael Merrill Interior Design Presentation

Thursday, October 5 at 3:00 in Friendship Hall

Michael talks about how to make a small space appear larger, to use lighting effectively, to create clever storage solutions, and to create safe environments.



Lorenz Tolentino, MPH Online Scams and their Prevention

Saturday, October 7 at 3:00 in Friendship Hall

Tips and strategies in online scams and how to prevent them. Lorenz is Client Services Manager, First Light Home Care



Asian Art Museum Virtual Talk

“Demons, Creatures and Monsters – Oh My!”

Monday, October 9 at 3:00 in Friendship Hall

Mythical creatures, legendary beasts, terrifying monsters — they are supernatural, mystical, often god-like or demon-like beings, and they have fascinated us since ancient times. Today, they continue to thrill, terrify, entertain, and inspire.



Mary Linde, CEO

Town Hall Meeting

Wednesday, October 11 at 10:30 in Friendship Hall

Meeting to address the issues raised at the Residents Council. Includes reports from executive and department directors.



Stephen Camarota

Spooky Happy Hour Sing-Along

Wednesday, October 11 at 3:00 in Friendship Hall

Join us for a “Monster Mash”-up of our favorite scary tunes.



Out and About Annual Picnic

Samuel P Taylor Park

Thursday, October 12 on the road at 9:30

All hands aboard for the all-hands biggest Heritage excursion of the year! We'll be heading to Samuel P Taylor Park in Marin County for a picnic lunch prepared onsite by Dining Services and then a stroll through the redwoods.



Psychologist Carole Lewis

Geriatric Support Group

Thursdays, October 19 & 26 at 2:00 in Friendship Hall

Carole Lewis is a mostly retired Clinical Psychologist with over 40 years of experience. The meeting is to encourage meaningful discussions and connections on any topic that the group is interested in, including how we navigate aging, transitions, and hopes.



Roxana Lara, Ass't Director Life Enrichment Presents *Shade of Atonement*

Monday, October 16 at 1:30 in Friendship Hall

This 15-minute, black and white film will be followed by a Q & A. Roxana shot this film in 1998 in Clayton, CA.

See the detailed description of the film below in this issue.



SF SPCA visit with "Ziggy"

Thursday, October 19 at 1:30

The San Francisco SPCA "cavapoo" will visit us in Friendship Hall and the Porter Library. A cavapoo is a cute and cuddly cross between a poodle and a cavalier King Charles spaniel, two breeds with royal origins and friendly personalities.



Historian Steve Johnson The History of Alcatraz

Thursday, October 19 at 3:00 in Friendship Hall

Steve Johnson, a member of the SF Historical Society and a park service guide on Alcatraz will cover its days as a military fort, prison, a place of Native American protest and becoming a national park. He will also tell some tales of haunting on the island.



Dance Master Alan Isidro Line Dancing Class for Seniors

Thursday, October 26 at 10:30 in Friendship Hall

Learn to fox trot, rhumba, **sitting or standing up**. Allen has taught this fun approach to low-impact exercise for years at senior centers.



Conjurer Doug McCay + You All Dressed Up! Magic Show and Halloween Costume Party

Tuesday, October 31 from 2:30–4:00 in Friendship Hall

Join us for a wicked good time with munchies and mayhem, and prizes for the most creative costumes. And for a special treat with many tricks be startled by Doug McCay, the charismatic conjuror!

Shade of Atonement ~ 1997 ~ 16 mm, B&W, 15 minutes

The film won "Best Dramatic Short" at the NYC International Short Film Festival and won an "Audience Favorite Award" at the San Francisco International Film Festival. See the Calendar for presentation details.

Loosely based on a folklore legend, *Shade of Atonement* is a period piece that takes place in the fifties or sixties. It is a character study of the main character Daniel (played by Thomas Campbell). Daniel is an alcoholic, who has not been able to get over the death of his girlfriend Adele (played by Daniel Justice). He caused her death on her birthday in a car crash years earlier. Haunted by her memory, he revisits the place they spent their last night together before her untimely demise, with a birthday gift in hand. As he drinks his sorrows away, she appears and brings back that fateful night all over again as he pleads for his atonement.

**Remembrance for Dominique Gaspar**

Dominique Gaspar passed away in the Health Center last year. Her family bequeathed a generous donation to Heritage on the Marina for use in the Porter Garden that Dominique so enjoyed. The Garden Committee arranged for two camellia bushes to be planted. Dominique's sister Edena reports, "Thank you so much for arranging to have the kitty placed next to the camellia bushes. It's a lovely remembrance of Dominique - she would be very pleased!"

Heritage Happenings is the monthly publication published by residents of [Heritage on the Marina](https://heritageonmarina.org).

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Aging in Place

In April, the Health Center closed its doors, leading most residents there to transition to Assisted Living in Perry. Time has passed. Transferred residents have found their new rhythm, though some have sadly passed away. While I'm neither a doctor nor a nurse, my daily ten to twenty walks along the Perry second-floor corridor provide a unique point of view to observe our community as we begin the transition to "Aging in Place".

At present, we have four residents in need of comprehensive care. The level of care they receive matches the standards I would desire for myself in a similar situation. Small gestures, such as washing and combing their hair, trimming their fingernails, and ensuring regular baths, make a significant difference. The provision of clean gowns, timely changing of dressings, and even the addition of a bow in their hair are testament to the care provided. The act of transporting residents from their apartments to Friendship Hall for meals and activities further showcases this commitment to compassionate care.

Another poignant aspect I've witnessed is the end-of-life journey. Several residents have transitioned to hospice care while continuing to live here. Remarkably, two residents were enjoying meals in the communal dining room with friends just days before their passing.

In conclusion, my observations have left me with a positive impression. While challenges are inevitable—falls, health declines, and the natural course of life—the transition of residents from the Health Center to Assisted Living has been a move in a positive direction.

Theo Armour

Letter from the President of the Residents Council

Oct 1, 2023

Dear Heritage Family

With the Christmas season approaching, it is customary for all of us at the Heritage on the Marina to reward the members of our staff. Our lives are made so much better by their hard work, loyalty, and generous attitudes.

As you know, we don't tip any of the employees during the year for their service. We make up for this by providing bonuses to staff members during the Christmas season. So please show your appreciation for all the hard work, dedication and loyalty staff members have shown us. The rising cost of living this year and the high price of gasoline to commute to work have placed additional burdens on all members of staff. Please be generous in rewarding all our team members without any regard to which department they work in.

Please make your check payable to "Heritage on the Marina" and on the memo line write "Employee Appreciation Fund". To be on time for the distribution this December your check should be dropped off at the Front Office by November 15, 2023. Alternatively, you may contact Accounting to arrange for a direct debit from your bank.

In the first part of 2024, you will receive a letter from the Accounting Office recognizing your gift as a tax-deductible contribution to the Employee Appreciation Fund. Our team members will be very grateful for your generosity. Thank you for your gift and support.

Patrick Alexander

President

Residents Council

My Aunt Helen

By Dr Doris Howard



My Aunt Helen Sobel was a famous bridge player in the 1940s and 1950s. Bridge was an increasingly popular card game in those days. She made it her career, participating in national and international tournaments. She was called "the greatest woman bridge player in the world" (still on the Internet). Her frequent partner was Charles Goren, who was more famous than she. On one occasion, she and Charlie had won a tournament. They were being interviewed afterward. She was asked how it felt to partner with the best bridge player in the world. She replied: "I don't know. Ask Charlie."

She married my uncle when I was 9 or 10 years old. We had frequent contact - it was a close family. She divorced my uncle after about ten years of marriage, but I continued to see her. She maintained a friendship with my uncle and still came to family gatherings.

She belonged to a private bridge club, the Cavendish, an elegant building bought and maintained by members. Occasionally, when I could go on a Sunday afternoon, she invited me to go downtown to observe her play. It was a common thing to do, sit at a player's elbow. For me, it was a learning experience and great entertainment. One time, I saw her get two hours of bad cards. She was so skillful that she was the big winner at the end. She prevented the other players with better hands from winning. They played for money, and she won.

To me, this was a mysterious and sophisticated world of magical people. I knew some of them by name and saw their names in the newspaper bridge columns. Helen was a star in her small world for several years. Another ten years later, she married again and retired to Florida.

Welcome Robert (Bob) Granucci

By Dr Doris Howard



Our new resident is a native San Franciscan. Bob spent his first years on Webster Street until the age of 14. Then his family moved to Francisco Street between Gough and Octavia. As he said, his life has turned full cycle. He is back on Francisco Street between Octavia and Laguna. However, he covered a lot of territory over his life's journey.

Bob went to St Ignatius High School, earned his bachelor's degree at the University of San Francisco, and then studied law at Stanford University. His career began as a Research Assistant with the California Supreme Court. He later spent 29 years in the criminal

division of the California Attorney General's office. He argued, reviewed, and assigned cases in the California and federal courts. Bob argued the case of the Berkeley sit-in students in 1964. He argued three cases in the United States Supreme Court.

In addition, Bob has served on the Board of Trustees of USF and on the Board of Regents of St Patrick Seminary in Menlo Park. He is also a member of The Order of Malta.

Bob's father formulated the recipe for Belfast Old Fashioned Mug Root Beer. He met his wife of forty years at a St Patrick's Day party. She was a nurse who came from Ireland. She traveled and worked in several other countries before arriving in San Francisco. Their home was a 15-room house in St Francis Woods. She died in 2011, leaving Bob with a yellow Labrador named Siena. He says: "I lived with a beautiful blonde in a 15-room cottage". Bob has two sons. The younger, John, lives in San Rafael with his family. There are two grandchildren: Peter, who also lives in San Rafael,

and Theresa who is a student at UC Davis. The other son lives elsewhere.

Bob's Hobbies are skeet shooting, hunting, and fishing. He regularly traveled to Alaska to fish and to England to hunt. Bob took first prize in a skeet-shooting event at the World Championships. He is an avid reader, especially interested in military and naval history, eg Samuel Eliot Morrison. He also enjoys mysteries, citing Alan Furst as a favorite. Bob at present resides in 420 Perry but moves to 303 Perry as soon as it is renovated.



Artificial Intelligence (AI) generated: Old Folk's Home with Pumpkins

Finnish Holiday: Karina Tapia, Director of Resident Life

By Martha Nell Beatty



Karina has been lucky to have an uncle with a home in Helsinki on the Gulf of the Baltic Sea. After owning his home for over 40 years, he made the decision to sell it. During much of her childhood, Karina visited her uncle every other year. It had been years since the family was all gathered in the home. So, Karina's mother, who was born in Finland, Karina's two daughters, her sister and her

family decided they needed to plan a trip to visit him one last time.

The house, "Villa Tallvik", was built in the *Jugend* style in 1907. Its architect Selim A Lindqvist was foremost in his field with many of his buildings following the Art Nouveau style. An antique dealer installed pieces from the passenger ship, *M/S Bore* in the house, including mahogany walls and floors, adding special touches. The house is architecturally, historically, and environmentally valuable and has heritage protection.



Villa Tallvik is set in a forest making it perfect for hiking and picking all kinds of berries and mushrooms, including *chanterelles*. The home has a private beach with a boat dock and sauna built by Karina's uncle. Karina and her daughters enjoyed warming up in the hot sauna and then plunging into the Baltic Sea to swim.

They could also boat and fish off the dock. After catching trout, they prepared it for dinner accompanied by freshly picked vegetables grown on the property. Sadly, it was the family's last stay in this idyllic place but not the last time they will go to Finland!



Room Number Two: Philadelphia (the first time)

By Margaret Johnson



You may remember from the September *Heritage Happenings* that I started a memoir about rooms I have lived in over the past 80+ years. I recounted how, right out of high school, I moved away from my home in Salem, NJ, and took a job as a telephone operator in Bridgeton, NJ.

I left Bridgeton in early 1943, not wanting to be trapped in a business likely to be deemed “essential to the war effort,” for a job with a bank in Philadelphia (not “essential”, it seemed). I spent a lot of time and shoe leather looking for a place to live – even, unwittingly, looking in the ‘red-light district’ at one point, but kindly directed elsewhere by a landlady who understood my confusion. Then I ran into a friend from Salem who was enrolled at a secretarial school in the city that provided apartments for out-of-town students. Florence offered to share it with me - one room, Murphy-bed in the wall, closet-sized kitchen, and all. It had a telephone that the school had

forgotten, and we were able to get it connected, which was a great coup during the War, when phones were impossible to get.

When Florence finished her courses, we had to leave, so I moved on. I shared a house in West Philadelphia with friends for the summer and then moved into a rooming-house out near the University of Pennsylvania. Florence had now taken my former place at the bank filing checks all day, enabling me to move up to a better (somewhat more interesting) job in the Trust Department. She moved into another room in the same rooming house, so during that miserable, cold winter I shared a largish room with Marty, a young woman from Maine who had come down for a defense job.



Marty and I got along well, but the circumstances were pretty bad. We all used the kitchen in that rooming house, but food stored in the refrigerator tended to disappear and other boarders didn't clean up - all the usual problems of shared space. The landlady only had one set of sheets for each bed. If the weather were good, she would take **all** the sheets and wash them - they were always a bit damp when she returned them. I came down with the flu that winter. They called it 'the *grippe*' then, every bit as unpleasant as flu. Marty turned out to be a real friend and we were able to move across the street into a real apartment in the spring. It was newly restored and furnished, clean and bright. We talked

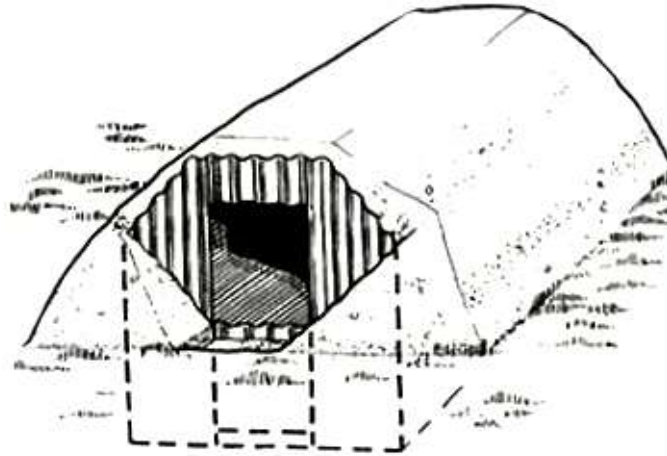
Florence into sharing the rent - as long as she went home on the weekends and washed the dishes when she was with us.

But life in Philadelphia, with the men all gone, was drab (I am not talking about the men in the bank's office - they were all middle-aged, too old for the draft, except one, who was drafted at age 34) - and they were all a bit depressed at having to stay behind. They loved having me there, a bright spot in their dull lives, I realize now. There was no one to go out dancing with, or even to the movies, and Philadelphia was quite dull, with its Blue Laws - all bars closed Saturday night at midnight and stayed closed all day Sunday. And there was no live music anywhere on Sunday - all the Big Bands had to go across the Delaware to Camden on Sundays. Occasionally, someone came home on leave - I remember tea dances at the Bellevue-Stratford Hotel and too many drinks at lunch before taking the train to New York for the weekend; so, there were, obviously, some men around.

There were, I realize now, always men around, just not the ones I wanted, I guess. So, in time, I decided to leave the bank and go to New York. And that was the big move that changed my life - more on that next time!

The Shelter

By Jane Standing



Anderson bomb shelter

At the beginning of World War II, our next-door neighbor and my father built an [Anderson air raid shelter](#). We lived in a small commuter town east of London. It was at the end of the District Underground Line. There were also steam trains which were much more fun. I was 9 years old going on 10.

My father and our neighbor dug a big hole at the bottom of our two gardens. Then they had corrugated iron panels bent at one end - a government issue, I'm sure. These they put in the hole with the bent ends up to form a roof and piled all the earth they had dug up on top. It was quite cozy. The four adults had old car seats to sit on while I had a very narrow bench supposedly to sleep on. There was a spirit stove to make tea and a tin of biscuits (cookies). I expect they all smoked.

I would be awakened by the sound of the siren and dressed in an old pair of somebody's jodhpurs and a sweater would be ready to dash to the bottom of the garden and the shelter. We sometimes had to wait as there would be shrapnel falling from the guns nearby. My father was not always with us as he was a Fire Spotter and an Air Raid Warden. When the All Clear sounded we would stagger up the garden and go to bed for what was left of the night. We always dreaded moonlight nights, as not being far from the Thames, the German planes followed the river into London.

One Sunday afternoon there was a daylight raid. We were all in the shelter and suddenly all the adults went out - but told me to stay put. Of course, I followed them to witness dog fights going on above us and planes falling from the sky.

There was a shelter at school which I was in only once before we moved away. I will never forget the smell of wet concrete and wooden duckboards. There was a bucket behind a curtain in case you had to 'go'. Nobody did of course.

One day the Gas Hut came to school to test the community. You would go in with your gas mask on to make sure that it was functioning properly and then you were told to take it off so you would know what gas smelt like. Everyone came out gasping and spluttering with eyes running.

We did have shrapnel break through the roof and lots of incendiary bombs all around, but nothing compared to what other people had to endure.

Soon after this we moved away from London, which is another story.



Artificial Intelligence (AI) image prompt: A charming ten-year-old English girl, waving at a Spitfire in the sky, back garden of English country house, lots of flowers, Battle of Britain, vintage photograph, black and white, sepia

Library Corner ~ New Acquisitions ~ September 2023

With the Night Mail A Story of 2000 AD

Rudyard Kipling

The Covenant of Water

Abraham Vergese

Three generations of a family in India told in pages

Al Franken, Giant of the Senate

Al Franken

The Ghost of Monsieur Scarron

Janet Lewis

The Norton Book of American Short Stories

Peter S Prescott

Julia Morgan, Architect

Sara Holmes Boutelle

Concise Atlas of the World

The Blooming of a Lotus: The Essential Guided Meditations for Mindfulness, Healing and Transformation

Thich Nhat Hanh

The Talk

Darin Bell

Boundaries Updated and Expanded Edition When to Say Yes. How to Say No to take Control of your Life

Henry Cloud

If you have suggestions or questions, please get in touch with a Library Committee Member: Martha Nell Beatty, Yvonne Benedict, Pam Fischer, Gene Graham, or Kay Narron.

Friendly reminder: Please do not reshelve books. Please put returned books in the designated box.

The Maid's Diary: A Novel by Loreth Anne White

Review by Trish Otstott

Ready for a suspenseful and twisted thriller? Meet Kit who is a maid with an incurable curiosity about her clients' personal lives and belongings. A little snoop around the house, maybe in the dresser drawers, couldn't possibly harm anyone.

Unless - unless you know the client and now want to get even for a terrible incident ages ago. Many years have passed, but the anger is still so fresh. This book keeps your attention all through the chapters, then has a surprise ending for you! This book may be found in the Stucky library.

Laura Wagner ~ Heritage on the Marina Board Member

By Trish Otstott

Laura Wagner has served on the Board of Directors of Heritage on the Marina since 2020. She is the Chair of the Health Committee and the Chair of the Philanthropy Committee. She has been a nurse for 25 years.

Laura: "I think the aging in place model is very progressive and is good for residents. Although I realize with such a change there will be hiccups, we all need to work together in making this the best place to age in San Francisco. My hopes for the future of Heritage are that residents age successfully, the place remains vibrant, and that I would be a future resident myself!"

Laura has shared a reading list that is specific to aging in our world today. It's from Center for Health Information (CHI) - "an incredible resource for older adults and successful aging." www.librarycat.org/lib/HealthInfo

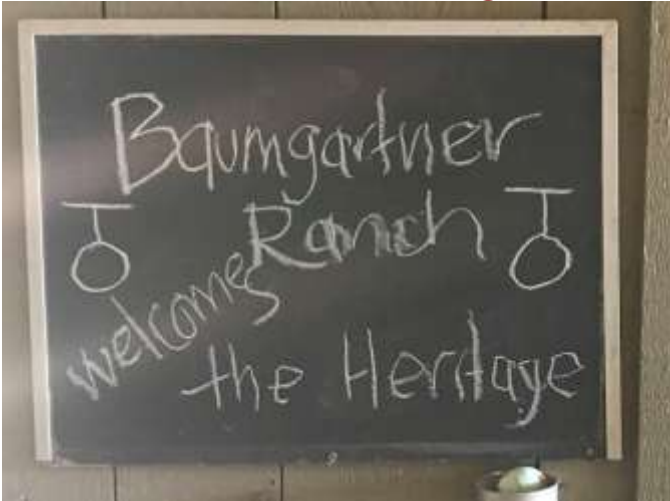
Staying Sharp for Dummies ~ by the American Geriatrics Society

Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks - Without Prescription Drugs ~ by Janet Bond Brill PhD

100 Questions & Answers About Osteoporosis and Osteopenia ~ by Ivy M Alexander

Mayo Clinic on Hearing and Balance, 3rd edition: Hear Better, Improve Your Balance, Enjoy Life ~ by Jamie Bogle PhD

Down at the Baumgartner Ranch in San Juan Bautista





Fort Mason Community Garden

By Margaret Missiaen



The Fort Mason Community Garden, established in 1976, is located in upper Fort Mason. The garden operates in partnership with the National Park Service and has 128 member plots on 1.3 acres. The average plot is about 80 square feet.



Each member pays an annual fee to cover the costs of water, plot building and tools. Members are also expected to attend workdays 4 times a year to maintain common areas. The garden is managed by a Board of Directors drawn from the membership. Currently the waitlist has almost 200 names and has been closed until the list is reduced.

The garden gates are open to the public. Visitors are encouraged to stop by any time to enjoy the plants, watch the migrating birds and keep an eye out for the resident coyote. To find the garden, enter at Franklin and Bay Streets, stay to the left of the chapel and you will see the garden on your left. Street parking is regularly available as are several handicapped spaces.

