



Heritage Happenings

June 2022

Special Events

Educational Medicare Seminar with Sam Olson

Thursday, June 2 at 3:00 in Friendship Hall

There are a lot of moving parts to Medicare. To avoid lifetime penalties and headaches, [Sam Olson](#) provides education about Medicare and makes recommendations to help you make the right decision.



Technology Support Workshop with Tess Goldman

Monday, June 6 at 3:00 in McGinley Room

It's hard to keep track of passwords. Full stop. It's hard for everybody, young and old. Seniors have some special challenges. So the topic for the first workshop is "How to create a safe password or the best way to remember your passwords" presented by our extra-special, highly-patient tech volunteer, [Tess Goldman](#).



Jeopardy Happy Hour with Irving Carillo

Thursday, June 9 at 2:30 in Friendship Hall

Welcome staff & residents! Enjoy drinks, laughs and a fun interactive game! Irving presents general knowledge clues in the form of answers. You must phrase your responses in the form of questions. Prizes will be awarded to winners!



"Adornment: Displays of Wealth & Status" with Mary Mead

Monday, June 13 at 3:00 in Friendship Hall via ZOOM

Love jewelry? See images of eye-catching wearable art from the [Asian Art Museum](#)'s world-class collections. Gold, silver, gems, pearls. Crowns, earrings, pendants and bracelets. Learn about eye-catching and meaningful wearable art from the ancient Persians, Koreans, Indonesians and Southeast Asians.



Farewell and Thanks to Janet Howell

Thursday, June 16 from 1:30 to 3:00 in the Courtyard

Janet Howell has been the Director of Marketing and Admissions at Heritage on the Marina since 2013. After June 17, Janet will continue to work with Mary Linde on a limited project basis pertaining to renovations, campus unification and master planning.



Celebrate the first day of Summer with The Moonglow Trio

Monday, June 20 at 3:00 in Friendship Hall

The [Moonglow Trio plays](#): acoustic jazz, the Great American Songbook, gypsy jazz, soul, rhythm & blues, continental salon, classic and contemporary pop. Instruments: Violin, guitar and bass.



Pianist Ian Scarfe with Cellist Charles Akert

Thursday, June 23 at 3:00 in Morgan Parlor

[Ian Scarfe](#) is once again joined by Alaskan cellist [Charles Akert](#). The duo have performed across the United States and Europe and residencies at Astoria Music Festival, Hogtown Festival, Fairbanks Summer Festival, and Trinity Alps Chamber Music Festival.



Scarfe and Akert will perform works by Beethoven, Bach, Schumann and other classical and contemporary composers.

Jean Fowler Celebration of Life

Saturday, June 25 at 2:00 - 4:00 in the Courtyard

Jean's family is hosting a celebration of Jean's life on Saturday, June 25 at 2:00 in the Courtyard. All her friends are invited to attend. If you would like to share a memory of Jean please send it to Jean's niece:

Ccbeahm123@gmail.com by June 15. She will find a way to include your thoughts in the celebration.



"Fighting off Inflammation with Nutrition" with dietician Sophia Ferguson

Monday, June 27 at 3:00 in Friendship Hall

You are what you eat, right? But what does that mean? Sophia will explain how your food affects inflammation in your body, and what that means for your health.



Presentation by David Peritz in-person!!!

Wednesday, June 29 at 3:00 in Friendship Hall

What Happens When a Moonshot to Remake the Federal Judiciary Succeeds? A Weaponized Supreme Court Poised to Remake America. By the way, David has an emerging research interest in the [philosophy of aging](#), specifically the question of how we maintain vitality and the respect for ourselves as well as others across the entirety of life, especially in light of the current lifespan revolution.



"Love is Love" [Pride Celebration](#)

Thursday, June 30th at 2:30- 4:00 in Courtyard

Performances by drag queens [Amoura Teese](#) and Frida Mount! Amoura is Miss Gay SF 2019, Bay Area diva extraordinaire and drag artist inspired by iconic women in history who embracing their Mexican-American heritage, combining that with glamorous, flamboyant & colorful drag fashion, makeup, dance, and vocal performance.



Regular Programs

Entertainment

Current Events with David Peritz

Tuesdays at 3:00 on Channel 998

Daily Dose of Music

Airs daily at 3:00 on Channel 998 (except Tuesdays)

Full concerts on Sundays

Religious Services

Catholic Mass in the Chapel

Friday, June 3 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

Emotional Support Group with Jeanne DeMeio

First & third Wednesdays at 2:00 in Stucky Library: June 8 & 22

Saturday Shorts with Margaret Jacobs

Saturdays at 3:00 in McGinley Room

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

Thursdays at 9:30 in the Arts & Crafts Room



Kaye Narron. "My First Tree" watercolor, 10"x11", 2022

Tech Support with Tess Goldman

Thursdays at 1:30-5:00 in 3rd floor Perry sitting room: June 2, 16, 23, 30

Sign up in the Dining Room. Tess also provides support in your apartment.

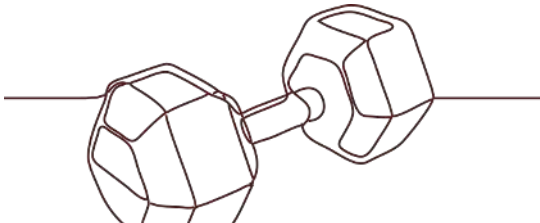
Exercise Classes

New 30 minute Class "Total Body Workout with Karina"

Learn to move every joint in your body and hit all the major muscle groups in one single session! Includes seated and standing exercises with weights or bands. Class tailored to those who attend. Benefits: increase range of motion and flexibility, build muscle, increase strength, maximize efficiency.

How to Use the New Gym Equipment

Presentations in the new and improved Fitness Center with Karina and Jonathon on Thursday, June 2 and Tuesday, June 7 at 1:30 pm.

Strength Training with Bianca Mondays, Wednesdays, Fridays 9:00 Fitness Center	Tai Chi with Bianca Mondays 9:45 am Fitness Center
Balance Class Monday to Friday 11:45 Porter Hallway	Total Body Workout with Karina Tuesdays 10:30 Fitness Center
Meditation with Stephen & Jon'n Mondays and Thursdays 1:00 Cottage	Walking Group Wednesdays 1:00 Fresh Air Walking Group Meet in Porter Library
	Yoga with Ilya Thursdays 10:30 Fitness Center

Out and About Trips ~ 9:00 ~ 10:15 ~ 1:30

June 7 ~ Walgreens ~ Tile steps at Quintara St ~ DeYoung Bouquet Exhibit

June 14 ~ Trader Joes ~ Grace Cathedral ~ Cline Winery

June 21 ~ Safeway ~ Filoli Gardens

June 28 ~ Target ~ Yerba Buena Park ~ Health Center Residents outing

Dining Delights

Our meals in the dining room are a primal social encounter in our lives at Heritage on the Marina. Numerous gatherings where Dining Services supply food and good cheer compliment our daily experiences of wellness, good nutrition and caring. This new section in Heritage Happenings documents upcoming dining events. Items here may reflect items already listed in the Special Events section. There the topics and presenters are noted. Here the dining and resident participation aspects are chronicled.

National Donut Day, Friday, June 3

Keep your eyes peeled for rainbow donuts in honor of LGBT Pride!

Farewell and Thanks to Janet Howell, Thursday, June 16

Enjoy a wine and *hors d'oeuvre* reception. Requested attire: California Chic!

Special lunch in honor of [Father's Day](#) Sunday, June 19

Did you know Father's Day was founded by a woman, [Sonora Smart Dodd](#) and was celebrated on the third Sunday of June for the first time in 1910?

Bonus: The new spring and summer menu will start on this day

Milkshakes in the dining room at lunch on Friday, June 24

Jean Fowler Celebration of Life, Saturday, June 25

Jean's family hosts a memorial in the Courtyard. Dining Services will offer beverages and *canapés*. Jean was an alumnae and supporter of [Grinnell College](#). Let's try to wear Grinnell colors: scarlet and black.

"Love is Love" [Pride Celebration](#), Thursday, June 30

Celebrate LGBT acceptance and pride. Come to the performances in the Courtyard. Enjoy bubbly bibulations and snappy snacks. Look for the rainbow colors! Clothe yourselves in flamboyant and colorful ways!

June Superfood: Yogurt

Dining services provides three yogurts: [Activia](#), [Yoplait](#) Light and a Greek yogurt, often [Chobani](#). All three yogurts are low calorie and low fat. The first two have live cultures which may help maintain a good digestion. A serving of yogurt is a rich source of vitamin B12 and riboflavin, with moderate content of protein, phosphorus, and selenium. All three yogurts can be found in the fridge of your sitting room kitchen. Try one!



Theo Armour

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

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Theo Armour

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We are LGBT!

LGBT is an acronym that stands for lesbian, gay, bisexual, and transgender. In use since the 1990s, the acronym, as well as some of its common variants, functions as an umbrella term for sexuality and gender identity.

Over the recent decades, many seniors have observed the transition from expressing animosity to becoming welcoming to members of the LGBT community. So where are we now?

In 2021, the staff and residents of Heritage on the Marina made special efforts to express welcome to members of the LGBT community. From the rainbow flag flying in the front garden to the food cart bearing rainbow colored-donuts, we showed our colors.

At the May Residents Council meeting, CEO Mary Linde let us know that two members of staff had approached her to convey messages of thanks for all our messages of appreciation last year.

So let's not forget: the rainbow colors we wore last year really did count. And that they stand for an inward and spiritual welcome that wants to thrive and prosper in our hearts - all year long!

Remember the Red Buttons!

What's the quickest way to get help? Should you shout? Should you fish out your phone and look up the number for Henderson Clinic? Nope! If you see somebody needing help, look for the red button above a squawk box in any sitting room. Press the red button and you are instantly connected to a nurse. Explain the problem - help will soon be on the way!

Resident Health Services

Recently Heritage on the Marina has reorganized the administration of Health Services for Independent and Assisted Living residents. Michael Russell has been promoted from a Health Center nurse to the Resident Health Services Director. His role is similar to Cindy Chen's but has been expanded. Like Cindy, he oversees Independent and Assisted Living residents' care as well as the staff in the Henderson Clinic. But a new and major component of his role will be working with Mary Linde and Hanh Ta to make [Aging in Place](#) (AIP) a reality.

Michael is in charge of operations in the Henderson Clinic and works with Hanh on the inevitable inspections and reports required by the state. Michael reserves himself as a resource for the Health Center regarding different regulatory and health care needs. His counterpart in the Health Center is now Tess Budino, who has been promoted to the Director of Nursing (DON). Previously she oversaw Medicare assessments. He and Tess ensure there is communication between the Health Center and the Clinic so that each knows what is happening in the other area.

The idea of the Aging in Place model is to bring needed services to residents in their apartments instead of moving them to a different level of care. Michael's role is to determine what the residents' health care needs are, how to meet those needs and to determine what staff can meet them. As a resident's health care needs change, the services will change as well. There might need to be a restructuring of staff to improve the workflow. Of course, the goal is not only to age in place but to age in place well.

Michael says "There are a lot of really great staff that have been here a long time. I've never seen anything like it. I don't think it's going to take a lot to train them for AIP. Their heart is already here."

Additionally, the Henderson Clinic with Michael and his team have become a liaison with [Pine Park Health](#), the new on-site medical group. Dr Denise Yun or one of her team will be available to see Heritage residents in their apartments a half-day every week. The Clinic will contact Pine Park if a resident has an immediate need. They will also be able to set up appointments. Additionally, Pine Park will be able to set up appointments for a blood draw, EKG or X-Ray in residents' apartments.

As Michael said, "We want to make sure we live in a community we're proud of and that the city will be thankful for. Heritage is well positioned to be a [Pillar of Wellness](#) in the community."

Martha Nell Beatty

Library Corner

What the heck is going on in the Stucky Library?

The story starts with our dear departed Eleanor Burke. She joined the library committee when she first came to Heritage on the Marina.

Throughout her time here she was a strong supporter and a major benefactor of the library. Among her many contributions, she had made a great start on setting up a system to keep track of what books are in the collection by single-handedly creating a list of all the books in the library, which she printed out.

Eleanor's work set us on our way to looking at online options. We decided to go with a fairly new online system called [LibraryThing](#). This system not only creates a database of all the books in the library that we can easily update, but it also provides [Dewey Decimal](#) numbers for each book. Dewey Decimal is a good and convenient way to determine where a book belongs on the shelves.

For each of us, this has certainly been a "learning experience." And there are doubtless some things we would do differently now that we know more about LibraryThing and the Dewey Decimal system. It's also likely that we've made some mistakes along the way. Nevertheless we hope you'll bear with us as we continue to learn and refine the process.

Here's where we stand:

1. Pretty much all of the books have been cataloged. So far, we have 1,435 books in the collection.
2. We've created two subsections in the collection:
 - **Large Print.** These books are on the first set of shelves to your left as you enter the library
 - **Mysteries.** These books start on the shelves just past the fireplace

The books within each subsection are arranged by Dewey Decimal number.

3. The overall collection also is arranged according to the Dewey Decimal system, and it begins right after the Large Print subsection, skips over the Mysteries section, and then picks up again on the back wall of the library.

4. We moved some furniture around so that it's easier to get to the shelves toward the back of the library.

Here's what's still to come:

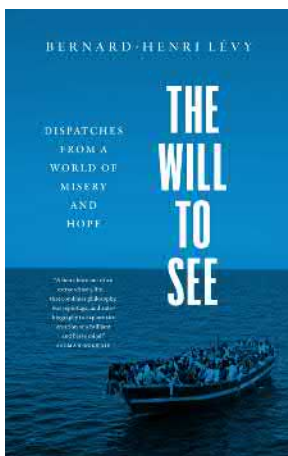
1. We're working on producing a printed catalog of all the books in the library organized alphabetically by author with each book's Dewey Decimal number—something like a card catalog, but on paper, not on cards.
2. We're working with Heritage management to get a computer dedicated to the library so that residents can access LibraryThing and search for books in the library online.

Once it's installed, members of the library committee will be glad to give residents lessons on how to search.

We thank everyone for their patience and welcome comments and suggestions, as always.

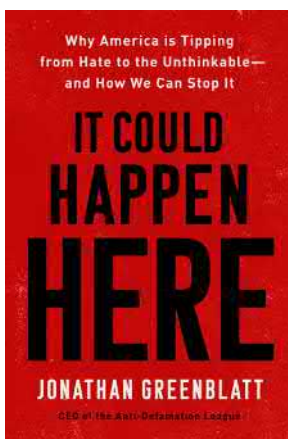
Library Committee

Some new arrivals - not necessarily newly published!



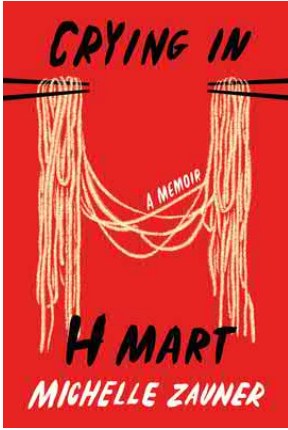
The Will to See: Dispatches from a World of Misery and Hope, by Bernard-Henri Lévy (2021)

Over the past fifty years, renowned public intellectual Bernard-Henri Lévy has reported extensively on human rights abuses around the world. This new book follows the intrepid Lévy into eight international hotspots—Nigeria, Syria & Iraqi Kurdistan, Ukraine, Somalia, Bangladesh, Lesbos in Greece, Libya and Afghanistan—that have escaped global attention or active response.



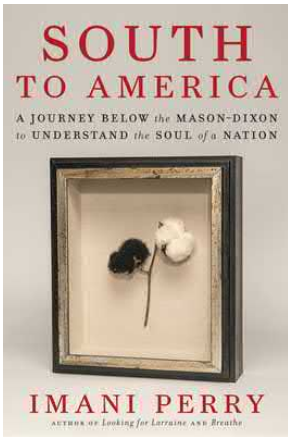
It Could Happen Here: Why America Is Tipping from Hate to the Unthinkable—and How We Can Stop It, by Jonathan Greenblatt (2022)

It's almost impossible to imagine that unbridled hate and systematic violence could come for us or our families. But it has happened in our lifetimes in Europe, the Middle East, Africa, and Asia. And it could happen here.



[Crying in H Mart: A Memoir](#), by Michelle Zauner (2021)

From the indie rockstar of Japanese Breakfast fame, and author of the viral 2018 New Yorker essay that shares the title of this book, an unflinching, powerful memoir about growing up Korean American, losing her mother, and forging her own identity.



[South to America: A Journey below the Mason-Dixon to Understand the Soul of a Nation](#), by Imani Perry (2022)

An essential, surprising journey through the history, rituals, and landscapes of the American South—and a revelatory argument for why you must understand the South in order to understand America. This is the story of a Black woman and native Alabaman returning to the region she has always called home and considering it with fresh eyes.

Some gentle reminders

- Please sign out any books you want to take
- Please sign in any books you return
- Please put returned books in the designated box
- Please do not reshelve books
- Please put donated books in the designated box

Suggestions? Questions? Contact a Library Committee member!

- Yvonne Benedict, yvonne.benedict@sbcglobal.net
- Pam Fischer, pamela.fischer@icloud.com
- Judith Goff, judith.goff@gmail.com
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Review of “How Politics Poisoned the Evangelical Church”

*“The movement spent 40 years at war with secular America.
Now it’s at war with itself.”*

My article is a review of the above-titled story by Tim Alberta published in the June 2022 edition of *The Atlantic* magazine (13 pages double columns, 30 minute read). See Internet links at the end of this article.

Are you interested in politics, religion and sex? Well, here we go!

Author Tim Alberta is the son of an evangelical pastor in southern Michigan. He is concerned with how the evangelical church is becoming politicized. Alberta traces the rise of this movement to the evangelicals long opposition to abortion. Then when Bill Clinton was elected, his immorality became an issue. Barack Obama followed - an outsider to many whites. “And then came Trump ... Substantial numbers of evangelicals are fleeing their churches, and most of them are moving to ones further to the right.”

Alberta spent time with one traditional conservative pastor, Ron Brown. Brown says evangelicals have lost their sense of discernment, a Christian value. “Discernment - one’s basic ability to separate truth from untruth- is a core biblical discipline. And many Christians are not practicing it.” Brown said he was concerned “...for the millions of American evangelicals who had come to value power over integrity, the ephemeral over the eternal, moral relativity over bright lines of right and wrong.”

Alberta also interviewed Bill Bolin in Michigan a number of times. Alberta also went to hear Greg Locke in Tennessee. Both ministers are typical mega church followers of Trump with large Sunday congregations who enthusiastically cheer the political spectacles with “easily disproved claims.” They believe Trump did not lose the election and the Covid crisis was a fraud. Bolin also referred to Ivermectin treatment. Locke recently accused multiple women in his congregation of being witches, a message he received from a spirit.

Alberta says “The nation’s largest denomination, the Southern Baptist Convention, is bleeding members because of ferocious infighting over race relations, women serving in leadership, accountability for sexual

misconduct.” He also points to the United Methodist Church, America’s second largest denomination, which “is headed toward imminent divorce over irreconcilable social and ideological differences.” (FW: Major issue: the ordination of women.)

Why has most of America lost confidence in churches? Alberta says two phenomena are causes:

- “the constant stench of scandal, with mega churches and prominent leaders imploding on what seems like a weekly basis”
- the growing perception that Christians are embracing extremist views.

“Hands down, the biggest challenge facing the Church now is the misinformation and disinformation coming in from the outside,” said Brown. The future? Alberta says “God may not be biting his nails. But sure I am!”

What would Billy Graham think of the church he worked so strenuously to invigorate in the later years of the 20th century?

Find the original article by Tim Alberta here:

<https://www.theatlantic.com/magazine/archive/2022/06/evangelical-church-pastors-political-radicalization/629631/>

If you Google “Southern Baptist Convention” you will find many recent articles confirming Alberta’s statements about this church for its immorality over many years suppressing attempts to deal with sexual and other immoral conduct. They finally admitted to 700 specific incidents in the last 21 years which were hidden from even their members. This report and list became public just days after Alberta’s article was published. Among the most informative I suggest reading:

- “The Southern Baptist Horror”, David French, Atlantic Magazine, May 23, 2022
- “The Southern Baptist Apocalypse” by Russel Moore, May 22, 2022
- “Southern Baptist Sex Abuse Report Stains”, From Pulpit to Pews, by Ruth Graham and Elizabeth Dias, May 23, 2022
- “Southern Baptist leaders release previously secret list of accused sexual abusers”, Associated Press, May 27, 2022

Fred Wentker

Tina's Friend

I wrote this in 1980 as I saw an appeal in a magazine for funds for "Save the Children". The appeal showed Tina. I thought it would be nice to add my slant to the request for funds.

She sits and waits in a far-off place,
A Place that never had a name
That's shown on maps. Her face
A Face that too much strain
Had aged beyond its normal plain

She was only four when found,
They called her Tina, because the sound
Had stopped her crying, and made her stare
Though her hands were dirty, and her face showed fear,
What she really wanted was a Teddy Bear.

Tina never had a Teddy Bear,
It seemed so terribly unfair,
To be so young, and want so much
To have a friend to hug and touch,
Especially at night, when you're all alone
And you're only four and don't even own
A Teddy Bear.

Patrick Alexander



Photo Gallery



Eleanor Burke with a lot of friends on *Cinco de Mayo*



Jan Bolles

**Stephen
Swietlicki**



**Margaret
Johnson**
gives
seminar on
book-
binding



Helped by
grandson
Ben
Johnson



Karina Tapia demos new gym gear. **Sophia Ferguson** talks healthy diets

Stela Voyles celebrated her 83rd birthday on May 1st. She recently acquired a rollator, which she calls her Mini Cooper after the last car she owned. Stela is delighted to have wheels to walk about Heritage on the Marina, retrieve her mail, and pick up meals from the Dining Room. She is back at the Porter Library puzzle table which has been out of service since Covid came to call in March 2020.

Stela is no longer collecting our recyclables to make into creative imaginative one-of-a-kind objects. Knitting, crocheting and needlepoint keep Stela busy as she prepares for sales at [Little Sisters of The Poor \(St Anne's\)](#) and the Heritage Head Start outreach mission in December.

Carry on, Stela! Happy to know you!

Eleanor Bissell



Movie Programs

Life Enrichment Fridays at 2:00 in Friendship Hall

June 3 ~ [Milk](#) ~ 2008 ~

Sean Penn, Josh Brolin, Emile Hirsch. Story of Harvey Milk and his struggles as an American gay activist; California's first openly gay elected official.

June 10 ~ [Amelia](#) ~ 2009 ~ National Ice Tea Day! Ice Tea served!

Hilary Swank, Richard Gere, Ewan McGregor. Pilot Amelia Earhart disappears in the Pacific Ocean in 1937 attempting to fly around the world.

June 17 ~ [Three Men and a Baby](#) ~ 1987 ~ Father's Day Movie

Tom Selleck, Steve Guttenberg, Ted Danson. Three bachelors find themselves forced to take care of a baby left by one of the guys' girlfriends.

June 24 ~ [Blue Hawaii](#) ~ 1962 ~ Tropical Drinks & Refreshments!

Elvis Presley, Joan Blackman, Angela Lansbury. Back in Hawaii after Army, Chad defies parents' wishes; works as a tour guide at girlfriend's agency.

Movie Committee Sundays at 2:00 in McGinley Room

June 5 ~ [Shadowlands](#) ~ 1993

Anthony Hopkins, Debra Winger, Julian Fellowes. CS Lewis, a world-renowned Christian theologian, writer and professor, leads a passionless life until he meets spirited poet Joy Gresham from the US.

June 12 ~ [The Jewish Cardinal](#) ~ 2013

Laurent Lucas, Aurélien Recoing, Audrey Dana. [Jean-Marie Lustiger](#), son of Polish-Jewish immigrants, converts to Catholicism, maintains cultural identity as a Jew, joins priesthood, and is appointed Archbishop of Paris.

June 19 ~ [Lion](#) ~ 2016

Dev Patel, Nicole Kidman, Rooney Mara. Five-year-old Indian boy is adopted by an Australian couple after getting lost hundreds of kilometers from home. 25 years later, he sets out to find his lost family.

June 26 ~ [Sunder](#) ~ 1972

Cicely Tyson, Paul Winfield, Kevin Hooks. The oldest son of a loving and strong family of Black sharecroppers comes of age in the Depression-era South after his father is imprisoned for stealing food.

June Birthdays

Kristine Skootsky	06-07	Fred Wentker	06-22
Tony Hanley	06-13	Yvonne Benedict	06-24
Doris Howard	06-19	Anne Morris	06-27
		Karl Leichum	06-29

June Events Calendar

6/02	Thr	1:30	Fitness Center	How to Use the New Gym Equipment
6/02	Thr	3:00	Friendship Hall	Educational Medicare Seminar
6/03	Fri	10:00	Chapel	Catholic Mass
6/06	Mon	3:00	McGinley Room	Technology Support Workshop / Tess
6/07	Thr	1:30	Fitness Center	How to Use the New Gym Equipment
6/09	Thr	2:30	Friendship Hall	Jeopardy Happy Hour / Irving
6/10	Fri	5:30	Dining Room	Birthday Dinner
6/13	Mon	3:00	Friendship Hall	Asian Art Museum Jewelry Seminar
6/16	Thr	1:30	Courtyard	Janet Howell Farewell
6/20	Mon	3:00	Friendship Hall	Moonglow Trio
6/23	Thr	3:00	Morgan Parlor	Pianist Ian Scarfe Cellist Chas Akert
6/24	Fri	9:30	Dining Room	Residents Council Meeting
6/25	Sat	2:00	Courtyard	Jean Fowler Celebration of Life
6/27	Wed	3:00	Friendship Hall	Fighting off Inflammation / Sophia
6/29	Wed	3:00	Friendship Hall	Presentation by David Peritz
6/30	Thr	2:30	Courtyard	Love is Love LGBT Pride Celebration

