



Jo Ann Wentker with cookbook

## Heritage Happenings

### September 2021

**NOTE:** All activities are scheduled via Zoom and/or Channel 998 until in-person groups are permitted. Please contact activity staff if you need assistance with setting up and navigating Zoom. A Zoom link will be sent to your device for each activity.

### **National Holidays Roaming Activity Cart 2:30-4:00**

- Sept 6 Happy Labor Day Cart!
- Sept 7 Beauty & Wellness Cart. Karina and Katrina will offer beauty products and manicures
- Sept 12 Happy Grandparents Day!
- Sept 14 National Cream-Filled Donuts Day
- Sept 16 Happy Hour Cart (Wine and Cheese)
- Sept 28 National Drink Beer Day Happy Hour Cart

### **Move Your Mind Series**

Presented by Dietitian Sophia Lopez  
Mondays, at 2:00 via Zoom

### **Topics**

- Sept 13 Cognitive Health and Exercise
- Sept 20 Sleep
- Sept 27 MIND Diet

### **Join in the Games!**



**Thursday, September 2 at 3:00** – Sign up in the Dining Room to play. Stephen will bring the Bingo sheets to your apartment. GOOD LUCK, BINGO PLAYERS!

**Thursday, September 9 at 3:00** - WIN SOME FUN PRIZES. Trivia topics will include travel, geography, entertainment and many more.

The Zoom links will be sent to your email prior to the programs. Please log on at least five minutes before game time.

**Virtual Labor Day Performance  
by the Moonglow Trio**

Monday, September 6, at 3:00 via Zoom

This favorite group brings their special brand of sophisticated jazz, swing and American Songbook evergreens.



**Emotional Support Group with Jeanne**

Wednesday, September 1 and 15, at 3:00

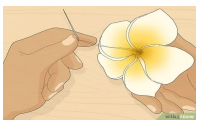
Sign up for the Zoom link on the table in the Dining Room



Thursday, September 16 at 3:00 via Zoom

Do you turn into a great singer in the shower but don't want others to hear you? Do you miss the sing-alongs around the piano? Now you can have the joy of singing with the music and lyrics provided on your screen. You can sing in private, or bravely unmute and open your door to join with friends.

Medical experts say there are tangible benefits to singing alone or with others. It is an aerobic activity that relieves stress, boosts the immune system, reduces occurrence of heart attacks, and supercharges the memory! Singing releases endorphins in the brain that make you happy. So join in the fun.



**Lei-Making Workshop**

Wednesday, September 22 at 3:00 in the Fitness Center

Join Isha Mok from Hi'iaka Florist in a lei demonstration and workshop. She will give the history of the lei, and their present meaning as a common symbol of love, friendship, celebration, honor or greeting.



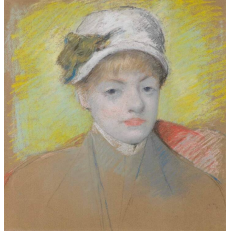
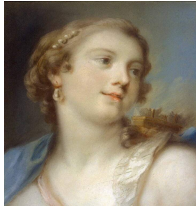
Thursday, September 23 in the Dining Room

The Luau, a Polynesian and ancient Hawaiian ritual, unites the people of a town in celebration of a significant life event, achievement, war victory, or launching of a new canoe. Originally called 'aha'aina, meaning 'gathering meal,' this celebration is centered around feasting on traditional cuisine with hula and traditional Hawaiian music.

## COLOR INTO LINE - Pastels from the Renaissance to the Present

Presented by Docent Carol Porter

Thursday, September 30 at 3:00 via Zoom



"Color Into Line celebrates the exquisite art of pastel and the way that artists, from the Renaissance to the present day, have explored its delicate and unique effects," states Thomas P. Campbell, Director and CEO of the Fine Arts Museums of San

Francisco. "Drawing heavily on the riches of our Achenbach Collection for Graphic Arts, the exhibition brings fresh light and scholarship to a medium that is often overlooked because such works are so fragile and rarely lent and displayed."

### Daily and Weekly Programs



**Saturday Shorts** with Margaret Jacobs will move to Zoom at 3:00 until group presentations are permitted. These hour-long programs include short videos of music performances, history, science, humor, and whatever else strikes my fancy from a variety of sources. The link will be sent every weekend.

**David Peritz, Professor of Political Science**, will continue his lectures on Tuesdays at 3:00 on Channel 998.

**Daily Dose of Music** airs at 3:00 on Channel 998 daily (except Tuesdays) with full concerts on Sundays.

### Exercise Classes

#### On Channel 998

Strength & Conditioning with Jonathan  
Monday, Wednesday & Friday at 9:30

Morning Exercise Class & 10-Minute Meditation  
Tuesday at 9:15

#### Via Zoom

Seated Yoga With Ilya  
Thursday at 9:45

**SAFEWAY**  **FLU CLINIC**  
September 22, 10:00 – 2:00

The Heritage is partnering with Safeway Pharmacy as your vaccination Provider. Every resident will be provided with an appointment slip for your scheduled appointment a week prior. Please let Cindy Chen or Karina Tapia know if you will be receiving your flu vaccine elsewhere.

## LATE PROGRAM ADDITION

### **Zoom Workshop: Understanding Memory with Stephen Harvard Medical School study: Improving Memory, Understanding Age-Related Memory loss**

Wednesday, September 1, 8, 15, 22 and 29 at 3:30

This is a 5-part series on understanding memory, the brain and ways to help improve memory and recall. Each week a packet will be delivered to each resident who signs up. Please find the sign-up sheet adjacent to the Dining Room. A Zoom link will be sent to your email. We will read and expand on each chapter, review vocabulary and discuss.

## Library News

The good news is that the San Francisco Public Library Marina branch is open Tuesday through Saturday. However, you must wear a mask when visiting.

In our own library we have two additions of mystery books written by Ann Cleeves: *Hidden Depths* stars Vera Stanhope as the Detective Inspector and *Cold Earth* features Jimmy Perez (*Shetland*) as the Detective.

September 6th is 'National Read a Book Day'. (Editor's note: Did you know that reading improves memory and concentration as well as reduces stress? Older adults who spend time reading show a slower cognitive decline and tend to participate in more mentally stimulating activities over their lifetime.)

Showman Jimmy Durante sang a song about reading a book. Some of the lyrics are:

"...I'll never forget the day I read a book  
It was contagious, seventy pages  
There were pictures here and there  
So it wasn't hard to bear  
The day I read a book  
It's a shame I don't know the name of the book..."



(Listen to it on Youtube: <https://youtu.be/jTK8OSm2-3U>)

Could Durante's book have been a novella, such as: *Siddhartha*, *Gigi*, *The Pearl*, *The Old Man and the Sea*, *Breakfast at Tiffany's*, or *A Christmas Carol*? Perhaps it was *Winnie-the-Pooh*—as that had "...pictures here and there."

*Gardner Haskell*

## Making a Better World

Early on in Barbara Clevenger's career, she was captivated by the words in a speech by a college teacher: **"Everyone has a responsibility to do something to make a better world"**. The words inspired her to join Oakland CORE, a civil rights movement organization. Barbara already had experience in management and project planning from her previous jobs that suited her for CORE projects.

CORE's focus at that time was for minority jobs in restaurants, planning to march, picket and boycott restaurants until changes in staffing policies were made. They went on from there to focus on minority jobs for the new BART system that was beginning to be built. The plan was called JOBART.

Showing that a job well done can create more jobs, Barbara was soon tapped to help with other projects:

- Running the first Black man for mayor of Oakland, John George, who became the first Black Chairman of the Alameda County Board of Supervisors.
- Getting nearly half the National Association of Social Workers in Oakland to work in the Oakland Lionel Wilson Mayoral Campaign.
- Writing a Master's thesis on "Multi-Purpose Senior Center Needs" which was passed by the Oakland City Council and implemented with the building of senior centers giving major assistance to the Black community.
- Fund raising for the Jessie Jackson for President campaign. She planned a well-attended party that was held at the Watergate Condominiums complex in Emeryville, including a Black opera singer with Paul Robeson's pianist accompanist.
- Providing a counter-offense to a movement for the impeachment of Bill Clinton which included door-to-door informing, polling, and encouraging people, as well as picketing at a busy highway intersection.
- Working on bringing an exhibit: **Jewish Life and Culture in Norway Exhibit** (part of the government of Norway's settlement with its WWII Jewish community to combat antisemitism) to the United States. Arranging this task involved site selection, shipping costs, partnering with the Norwegian Consul General and a major San Francisco philanthropist. The event also involved bringing a speaker, Jo Benko,



Head of the Norwegian Parliament, from Norway and planning a reception.

Making the world a better place can be an interesting and emotionally rewarding task, but it often involves dedicated action and activities of inspired people such as Barbara. (Upon reflection, Barbara says it connected to childhood ethical values, that were being taught, but not carried out, but should have been, within her own family).

*Barbara Anderson*

## **Quarantine Confinement Confessions**

At the beginning of the current lockdown, four residents tested positive for COVID 19. The residents were each quarantined for ten days or more. Two stayed in their apartments; two were transferred to the fourth floor of Perry. Thankfully none of the residents exhibited anything more than minor symptoms, but the experience of being in a "solitary confinement" was certainly distressing for all four. We are thankful for their forbearance.

Yvonne Benedict: from the first moment, she wanted to use her time wisely, not to waste it, not be miserable. She says "I made the decision to organize my day and have a plan for each day. Every day I had breakfast, did my exercises and worked on the computer until lunch." Her plan was to accomplish three goals: calculate her estimated taxes, bring her address book up to date, and review her will. The most difficult part was her address book. "I kept having to deal with the number of friends who had died." All in all "there was not one positive experience. It increased my anger. I missed my room, my contacts. But I did improve my computer skills."

Aggie Hoff: "What did I miss the most? Seeing other people."

At least she was able to stay in good shape. She says "I kept fit by continuing to bicycle. Probably wasn't supposed to, though nobody said not to. Went out early, before encountering anyone on the way in or out of the Heritage."



Asked to comment on what The Heritage could do to help in future quarantines: "The Heritage could assign a person to come visit for a while every day. Sandra Peret (Infection Prevention Nurse) was very kind and friendly, both in facilitating the move to the fourth floor and in returning me to 213."

Her big take-away: "The worst thing obviously was being alone all those days."

## Questions\*

Below are the questions that residents in quarantine were asked, with the suggestion that instead of trying to answer all of them, it might be better to provide a response to two or three of the questions with several sentences that might provide insight.

Did you benefit in any way?

What were you looking forward to?

Were you able to improve something?

Did you have any thoughts that kept recurring that you can share?

What did you miss the most? Did you come up with any good tricks to amuse or divert yourself

Did anything new happen?

Did you find a way of keeping fit?

What was the worst thing about the quarantine?

Was there a memorable aspect that is positive?

Were you able to accomplish anything interesting?

Are there any things the Heritage could do to ease quarantines in the future?

Extra bonus points: Come up with your own question - and answer it as well.

;-) *Theo Armour*

\*One proof-reader asked if we are being prepared for even more quarantines?!!



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

## THE LADY WITH A THOUSAND COOKBOOKS

If you are out on the McGinley Patio and look up at the Perry Building, you will see a window with a row of copper coffee pots and tea pots glistening in the sun. These belong to Jo Ann Wentker, who collects them. She and her husband Fred live on the third floor.



She also collects cookbooks and has about one thousand of them, one hundred and twenty-five here at The Heritage and the rest in boxes at the homes of her son and daughter who have both inherited her love of cooking.

Jo Ann began collecting cookbooks in the late 1960's when she was first married and needed to learn to cook, starting with the basics like Betty Crocker and gradually working up to more advanced books.

Very old recipes have been discovered written on Babylonian clay tablets 3500 years ago. The next oldest were Roman recipes found to have been written about 1800 years ago. Comparatively recently in 1651 Pierre La Varenne published *Le Cuisine Francois*, a foundational text of modern French cuisine. He wanted to end the heavily sauced and spiced dishes at the French Court and "let the food speak for itself". Today there are three different types of cookbooks. There are those by authors sometimes focusing on a particular ingredient or cuisine. Then there are those from various charities and organizations mainly for fundraising purposes and lastly there those put out by the makers of a particular ingredient like The Worcestershire sauce book or the Quaker Oats book. Restaurants can also have their own book.

Jo Ann tried to make at least one dish out of each book she acquired. When traveling she would scour antique shops for old cookbooks. These were always very interesting as they often had stories attached to the recipes. Her favorite books are "Mastering the Art of French Cooking" by Julia Child with her famous Boeuf Bourguignon and Roast Leg of lamb with Mustard. Also the San Francisco Firehouse Book and anything by Rene Verdon, who was chef at The White House under Jackie Kennedy. Her favorite cuisines are French and Italian. She enjoys cooking for guests but prefers cooking for just the family. She was easy to shop for at Christmas and birthday, another cookbook was always welcome. Jo Ann also had the thrill of meeting Julia Child together with Jacques Pepin at Laurel Village in 1999 when they were there to autograph the book *Cooking at Home* which they had written together. Pepin was another favorite of Jo Ann's.

Living at The Heritage Jo Ann misses cooking as she would sometimes



happily spend the whole day in the kitchen. She loves to go out to eat, of course, and among her favorite restaurants are *Absinthe* and the now closed Cecilia Chang's *The Mandarin*. Now she contents herself with curling up with a cookbook before bed. She says they read like a novel and finds it very relaxing.

I asked her which was her favorite food and to my surprise she answered. PIZZA!!

*Jane Standing*

## **President's Corner**

Dear Fellow Residents;

As I write this letter we still are having our meals in our rooms. We all know how difficult this is, not only for residents but for staff also. They work hard to deliver proper food on time. Thank you to them.

If you are not taking advantage of the good weather and generally clear air, do so. Walking the neighborhood is good for our physical as well as emotional well being. We are fortunate to have an interesting, beautiful neighborhood to enjoy.

It is that time of year to start thinking of our gift to the Employees Christmas Fund. Planning ahead makes it easier to reward those that care for us so well.

We just finished a Goodwill delivery period and can do that again in a few months. The local store (Bay and Buchanan) opens at 9am and closes about 1pm.

Please continue to enjoy our full library but don't forget to return books you take out. New ideas for possible purchase can be given to Gardner Haskell or Eleanor Burke. The library fund has significant funds available.

Please never hesitate to contact me about any issue that is important to you. Email is the easiest fastest method. Enjoy your Labor Day weekend. Also, most importantly, continue to wear your mask when out of your apartment.

*Bernie Burke*



Barbara Anderson	9/10
Marcia Forman	9/14
Nancy Stent	9/22
Mary Liz Harris	9/24
Gloria Learned	9/25

## **In Light of the Drought, Oleg and Janet are Recommending These Watering Tips from Gardena.com**

### **Rule 1: Keep plants evenly moist**

Most plants depend on even moisture. However, slight drying out before watering promotes root growth of the plants.

### **Rule 2: Water less often, but thoroughly**

In the flower bed, one to two watering sessions per week are usually sufficient: better to water less often, but with plenty of water rather than a little water often.

### **Rule 3: Water late in the evening or early in the morning. When you water cooled soil in the evening or night, less water evaporates than on hot soil during the day. And the plants can sufficiently supply themselves with water before the next day's heat.**

### **Rule 4: Keep leaves dry to avoid diseases**

Wet leaves become diseased leaves. Kept wet overnight, leaf-mold diseases may result. Leaves that are made wet in the sun develop slight burn marks (burning glass effect of the water droplets).

### **Rule 5: Ensure the water reaches the roots**

Requirement-suited watering means that the water must sufficiently reach the roots. Too-low water quantities often only cover the upper soil centimeters – or don't even reach them at all, e.g. when there is a mulch covering of the soil and too little irrigation.

## **Good News**

Two brain functions actually improve with age — and you can make them even stronger. According to findings published in the journal *Nature Human Behaviour*, executive inhibition (the ability to focus and reason in order to make effective decisions) and orientation (awareness of time, place, and oneself) actually get better as we get older.



The human brain isn't a muscle, but it works a lot like one. The more we engage in tasks that require its attention, the stronger it gets. Life dictates that we slow down in most areas of our life as we age, but there are some brain functions that we never stop using on a daily basis. Executive inhibition and orientation are among them. Any activity that utilizes memory, self-control, navigation, math, language, or reading strengthens one or both of the two functions, according to the researchers.

## September Special Events

Emotional Support Group	Wed	9/1	3:00	Zoom
Memory Workshop	Wed	9/1	3:30	Zoom
BINGO	Thu	9/2	3:00	Zoom
Saturday Shorts	Sat	9/4	3:00	Zoom
Moonglow Trio	Mon	9/6	3:00	Zoom
Professor Peritz Lecture	Tue	9/7	3:00	Channel 998
Memory Workshop	Wed	9/8	3:30	Zoom
TRIVIA	Thu	9/9	3:00	Zoom
Saturday Shorts	Sat	9/11	3:00	Zoom
Cognition and Fitness	Mon	9/13	2:00	Zoom
Professor Peritz Lecture	Tue	9/14	3:00	Channel 998
Emotional Support Group	Wed	9/15	3:00	Zoom
Memory Workshop	Wed	9/15	3:30	Zoom
Sing-along	Thu	9/16	3:00	Zoom
Saturday Shorts	Sat	9/18	3:00	Zoom
Sleep	Mon	9/20	2:00	Zoom
Professor Peritz Lecture	Tue	9/21	3:00	Channel 998
Memory Workshop	Wed	9/22	3:30	Zoom
Lei-Making Workshop	Wed	9/22	3:00	Fitness Center
Luau Lunch	Thu	9/23		Dining Room
Saturday Shorts	Sat	9/25	3:00	McGinley Rom
MIND Diet	Mon	9/27	2:00	Zoom
Professor Peritz Lecture	Tue	9/28	3:00	Channel 998
Memory Workshop	Wed	9/29	3:30	Zoom
Docent: COLOR INTO LINE	Thu	9/30	3:00	Zoom