



**Doris**

# Heritage Happenings

**July 2022**



**Dr Howard**

---

## Special Events

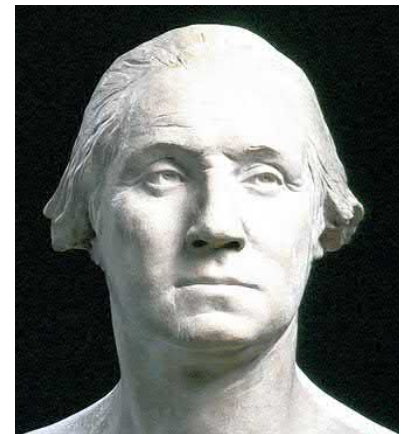
### Happy Fourth of July~ A Celebration and Sing-along!

*Monday July 4 at 3:00 in Friendship Hall*

Music & Ice Cream!!! We will host a 4th of July sing-along from 3pm to 4pm with our own Stephen Camarato at the microphone accompanied by Mercedes Van Den Berg on the keyboard - and a guest appearance by George Washington! They and you will sing songs for the occasion including "America the Beautiful", "My Country 'Tis of Thee", "Home on the Range" and your requests.

Wear red, white and blue!

See "Dining Delights" on page eight for the special lunch menu!



### Genghis Khan: Hero or Tyrant?

*Monday July 11 at 3:00 in Friendship Hall via ZOOM*

A docent from the [Asian Art Museum](#) will deliver an educational and entertaining multimedia talk.

[Genghis Khan](#), a name that conjures up visions of Mongol hordes riding across Asia. His descendants (including resident Theo Armour) came to dominate the largest land empire in history. The history of the Khans will be told using pictures of objects from the Asian Art Museum's collection. His legacy continued to influence history for over eight hundred years.



## **Bastille Day Happy Hour featuring Duo Gadjó**

*Thursday July 14 at 3:00 in Friendship Hall*

Duo Gadjó's music is inspired by the sounds of the 20's and 30's, when jazz was the new thing and Paris was the place to be. Their style is often called 'Gypsy Jazz' as pioneered by the great guitarist [Django Reinhardt](#) who, single-handedly, created this new genre by infusing the American art form with his French and Gypsy influences. Duo Gadjó's repertoire, featuring [Isabelle Fontaine](#) on vocals, includes many French classics as sung by Edith Piaf, Charles Trenet, Yves Montand and others, as well as standards from the Great American songbook. Their distinctive French Café sound emanates from their Gypsy guitars, with the addition of the [melodica](#).



<https://www.duogadjo.com>

Come and enjoy special French delights and drinks!!

## **Aromatherapy with Frauke Gallia**

*Monday July 18 at 3:00 in Friendship Hall*

Hi! I'm Frauke and I want to teach you how to harness your sense of smell to be well. I'm a Certified Level II Aromatherapist, smell coach, and teacher who's spent her career in Perfumery, and I want to help you feel more vitality, joy and calm. I want to teach you how to use (or regain) your sense of smell, with support of essential oils and nature, to improve and maintain your smell health. I'm often referred to as "the smell lady" because of my deep passion for connecting people with their sense of smell. I believe that smelling is a privilege and that society undervalues this beautiful and critical sense. My philosophy encourages a mindful connection with smelling for both health and well-being.



Join Frauke in Friendship Hall for a workshop in learning the benefits of using essential oils!

<https://www.falkaromatherapy.com>

## **Town Hall Meeting with CEO Mary Linde**

*Wednesday, July 20 9:00-3:00 in Stucky Library*

Mary: "I will do my best to hold these meetings at least quarterly. I'm told you'd like to ask questions about Aging-in-Place, so we can start with that".

Sign up sheets will be located in the dining room.

Up to six residents may sign up for each hourly session.



## **Proper English Tea Party and Fun(d)raiser**

*Thursday July 21 at 3:00 in the Morgan Parlor*

The tea party - graciously organized by Katherine Conley and Tony Hanley and - is an elegant affair featuring beautifully set tables in the Morgan Parlor. Dainty and delicious tea sandwiches will be prepared by our Kitchen staff - to be served superbly by our Dining Room staff.



## **Dr Doris Howard Celebration Day**

*Thursday July 28 at 3:00 in the Morgan Parlor*

In the 22 years that Doris Howard has resided at Heritage on the Marina, she has created many opportunities to contribute her skills, talents and leadership abilities to enrich the lives of the members of our community.

On Thursday July 28, we will crown Doris "Queen for a Day" as we recognize her and thank her. Newer residents will learn more about our past (and pre-Covid life) and find inspiration to keep this tradition of service ongoing. Happy Hour refreshments will add to the fun. Mark your calendars!



## **Fall Prevention Workshops**

Fall Prevention by Maintaining Healthy Bladder Habits, 1&2

*Thursday July 7 and July 14 at 10:30 in Friendship Hall*

Fall Reduction Strategies, Parts 1 & 2

*Thursday July 21 and July 28 at 10:30 in Friendship Hall*

Workshops will be conducted by our Brittany Castillo, OT



## Regular Programs

### Cable Entertainment



**Current Events  
with David Peritz**  
*Tuesdays at 3:00  
on Channel 998*

### Religious Services

#### **Catholic Mass in the Chapel**

*Friday, June 1 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*

### **Saturday Shorts with Margaret Jacobs**

*Saturdays at 3:00 in McGinley  
Room*

### **Painting Class with Instructor [Yvette Brown](#)**



*Thursdays at  
10:00 in the Arts  
& Crafts Room*

We have a great  
[Art with Elders](#)  
teacher and a  
room full of

supplies. Come and create art!



Doris Howard "Matriarch" Acrylic on  
paper. 9"x12". 2022

### **Tech Support with Tess Goldman**

*Thursdays at 1:30-5:00 in Perry  
3rd floor sitting room except 7/28*



Please sign up in  
the Dining Room  
Tess is also  
available to  
provide support in  
your apartments



## Exercise & Relaxation Classes

<b>Strength Training with Bianca Lee</b> Mondays, Wednesdays, Fridays 9:00 Fitness Center	<b>Walking Group with staff</b> Wednesdays 1:00 Meet in Porter Library
<b>Tai Chi with Bianca Lee</b> Mondays 9:45 Fitness Center  Bianca on vacation: 7/6, 7/11 and 7/22-8/12. Activity staff to cover this class.	<b>Balance Class with staff</b> Monday-Friday 11:45 Porter Hallway
<b>Total Body Workout with Karina Tapia</b> Tuesdays 10:30 Fitness Center  Karina on vacation: 7/5. Stephen to cover this class in Friendship Hall.	<b>Meditation with Irving Carillo</b> Mondays and Thursdays 1:00 Cottage

### Trial Yoga Class with Claudia Bartsch

*Thursday July 7 and 14 at 9:00am in the Fitness Center*

Meet Claudia! Originally from Germany, I have been teaching and studying yoga for over 20 years. With over 1,700 hours of formal training, I have a strong foundation in both classical yoga teachings and innovative therapeutic techniques. I am certified as a Yoga Therapist by the [International Association of Yoga Therapists](#) (IAYT) and by the [Phoenix Rising School of Yoga Therapy](#). I was also trained and certified as a Stress Management Educator, a Shiatsu and a Reiki II Practitioner. Personally and in my work I draw inspiration from the richness of the yogic traditions, western psychology, the latest understanding of neuroscience, and the work of [Dr Gabor Mate](#) and [Erich Fromm](#).

See also: <https://www.claudiabartsch.com>

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

**Editor Emeritus**

Margaret Jacobs

**Editor**

Theo Armour

**Editorial Committee**

Jane Standing

Martha Nell Beatty

Barbara Anderson

Aggie Hoff

**Proofreaders**

Midge Mansouri

Mercedes Van Den Berg

**Email**

[happenings@heritage.groups.io](mailto:happenings@heritage.groups.io)

**Web**

[heritage-happenings.github.io](https://heritage-happenings.github.io)

Copyright © 2022 *Heritage Happenings* authors  
No rights reserved



## Just a Twinkle in the Eye

A while ago Betty Dy sent us the following message:

*Could something be put in the Happenings to encourage residents to greet others as they pass by a table in the dining room?*

*Some residents sit alone and need recognition from others. It's very important for residents to feel part of the community.*

Betty touches an essential aspect of our community. Our dining room is not just a restaurant where we consume food. Our dining room is the focus of much of the socialization among residents. It is our place to see and be seen. It is our place to hear and be heard.

Socialization is of the essence with successful aging. People who socialize tend to live longer, have fewer pains and more laughs than those who withdraw.

Nevertheless, there may be times when you have a pain, a migraine, a time of feeling alone. You may be sitting in silence at a dining room table. Things may be just a bit gloomy for you.

Then somebody comes by your table, looks you in the eye and smiles. You respond in a like manner. You feel better.

Well, guess what? Both of you feel better. When two people look each other in the eyes and display that little twinkle of recognition, it's a blessing for you both!

*Theo Armour*

## **Dining Delights for July**

### **Coffee & Chat Hour**

Mondays and Wednesdays at 4:00 in the Dining Room

Bring refreshments & enjoy a cup of joe with your fellow residents

### **Summer Menus**

The new summer menu with four week rotation started on Father's Day. New at breakfast on Wednesdays is *frittata* with ham & veggies. Soups - a perennial Heritage favorite - have three new international choices: *borscht* (Ukraine), *gazpacho* (Spain) and *vichyssoise* (New York). New desserts: coconut custard pie, bananas Foster cake and Haagen Dazs ice cream bars.

### **Fourth of July ~ Special Lunch & Afternoon Sing-Along**

Special BBQ meal: ribs, chicken (but not the Revolutionary dish: Chicken Catch-a-Tory ;-), potato salad and corn on the cob, followed by cherry and apple pie *à la mode* along with red, white (but not blue ;- ) wines and sparkling cider. The afternoon sing-along features ice cream bars.

### **Bastille Day ~ *Apéritif Fête Nationale Française* ~ July 14**

Chef Kevin & Sylvie create an assortment of French *hors d'oeuvres*. Rosé wine & sparkling cider are served as well. *Vive la France!*

### **Formal English Tea Party & Fun(d)raiser ~ July 21**

Every table displays the traditional tea-time three-tier server laden with scrumptious delights. You might have cucumber-mint & smoked salmon finger sandwiches followed by *beaucoup de petit fours*. Yum!

### **Doris Howard Celebration Day ~ July 28**

Dining serves a variety of appetizers & *canapés* and wines & sparkling cider.

### **Bespoke Milkshake Day ~ June 29 ~ Luncheon**

### **Tomatoes ~ SuperFood for the Month of July**

Here's a reminder from Sophia Ferguson's recent seminar on inflammation: Tomatoes are a rich source of [lycopene](#), a potent antioxidant. Tomatoes may improve [antioxidant](#) defenses and reduce risk of inflammatory disease!

*Theo Armour*

## **Fitness Room Renovated**

Before renovation, several of the Fitness Room walls were painted a dreary yellow, others a sort of nondescript tan. The dreary walls have now been repainted in a calming soft green with bright splashes of color here and there—colors appearing even in a stack of weights. More mirrors make the room seem larger and let exercisers see themselves—for better or worse. Encouraging slogans are painted on several of the walls.

There is much new challenging new equipment. The Six-Pack Trainer is ready to help you improve your strength. Even the chairs used for classes serve as exercise opportunities. These resistance chairs have two sets of bands and a step that attaches to the back for step exercises.

The room is much more inviting now with more opportunities for different types of exercise. And then there are the classes!

### **Karina Tapia**

Every Tuesday Karina, who has a Bachelor's Degree in Exercise & Sport Science from [USF](#), presents her Total Body Workout, which is just what it says: A workout for seniors that helps the whole body!

### **Bianca Lee**

Bianca Lee, who comes to us from the [Presidio YMCA](#), has taught in the Fitness Center since 2016. She first brought us Tai Chi for Arthritis and then a once-a-week Chair Fitness class. She now teaches Tai Chi Monday mornings and has expanded Chair Fitness to three weekly classes on Monday, Wednesday and Friday mornings.

*Martha Nell Beatty*



Mercedes  
demonstrating  
chair  
fitness



## Chair Fitness

The Chair Fitness class is designed to improve your physical, mental, and emotional well-being. Each class contains exercises to improve your cardio-vascular and muscle strength and conditioning, flexibility, joint mobility, posture, balance, and brain fitness. It's a mixed-level class offering modifications as needed. The key elements are **safe** and **fun**. Remember: aging isn't the problem, deconditioning is. Age is just a number and 80 is the **new** 50! Join the class to do what you can - when you can.

## Tai Chi and Qi Gong

This set is composed of 18 moves. In a regular practice, each move is repeated six to nine times. It introduces the basic foundation of weight shifting in [Tai Chi](#) without the complicated footwork, transition from one to the next move, nor the changes of directions. The movements are soft, gentle, rhythmic, and continuous combined with natural relaxed breathing. When practiced regularly, it helps to improve balance by improving joint mobility and stability, muscle strength and endurance. It further increases awareness of weight shift and body alignment. It also enhances our mind-body connection and improves circulation.

This [Qi Gong](#) set is normally practiced in a standing position. However, for those who are concerned about their standing balance or who are recovering from injury and/or with limitations, it can also be practiced seated or a combination of standing and seating.

*Bianca Lee*



## Library Corner

### The Stucky Library Catalog

We now have a printed catalog of all the books in the Stucky Library. The catalog will be updated every six months. Monthly notices of new acquisitions are published here in *Heritage Happenings*.

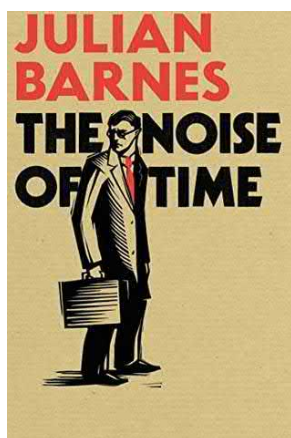
The entire collection is listed in three ways:

- Under the first tab: alphabetically by author
- Under the second tab: alphabetically by title
- In addition, under the third tab is a list of all the memoirs, autobiographies, and biographies arranged alphabetically by author.

We are still working with Heritage on the Marina management on setting up the catalog on a computer to be housed in the library.

### New Acquisitions ~ not necessarily newly published!

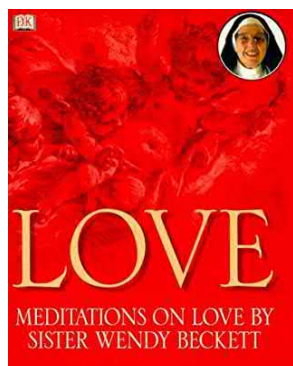
New acquisitions are kept on the book racks on the desk by the window.



#### [The Noise of Time](#),

by Julian Barnes ~ 2017

A compact masterpiece dedicated to the Russian composer Dmitri Shostakovich. In 1936, Shostakovich, just thirty, fears for his livelihood and his life. Stalin, hitherto a distant figure, has taken a sudden interest in his work and denounced his latest opera. Barnes elegantly guides us through the trajectory of Shostakovich's career. The result is both a stunning portrait of a relentlessly fascinating man and a brilliant exploration of the meaning of art and its place in society.

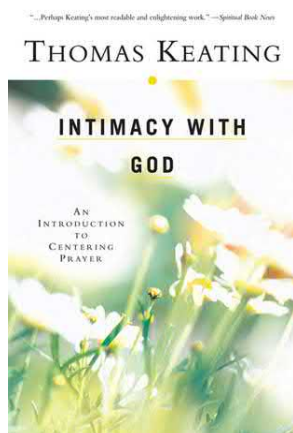


#### [Love: Meditations on Love by Sister Wendy](#)

by Wendy Beckett ~ 1995

Gleaned from her knowledge and from years of silent contemplation on great works of art, this book is a meditation on the blessings love can bring.

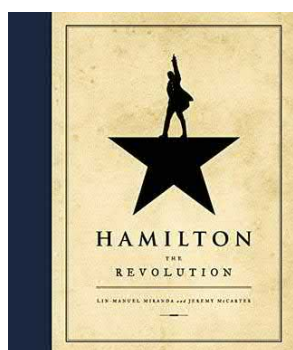
Sister Wendy Beckett is a South African-born British art expert, Roman Catholic nun, and contemplative hermit who became a celebrity during the 1990s, presenting a series of acclaimed art history documentaries for the BBC.



### **[Intimacy with God: An Introduction to Centering Prayer](#)**

by Thomas Keating ~ 2009

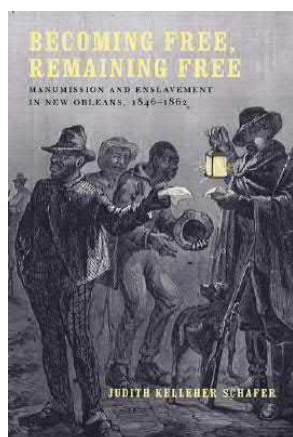
The prominent Trappist monk and founder of the centering prayer movement, Thomas Keating provides this poetic and accessible introduction to the method of Centering Prayer.



### **[Hamilton: The Revolution](#)**

by Lin-Manuel Miranda, Jeremy McCarter ~ 2016

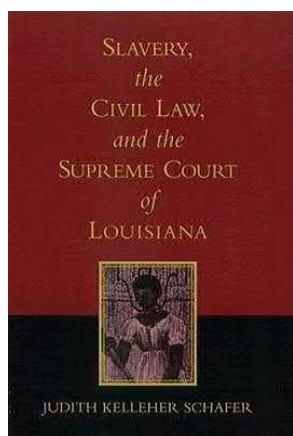
Lin-Manuel Miranda's groundbreaking musical *Hamilton* is as revolutionary as its subject, the poor kid from the Caribbean who fought the British, defended the Constitution, and helped to found the United States. Fusing hip-hop, pop, R&B, and the best traditions of theater, this once-in-a-generation show broadens the sound of Broadway and reveals the storytelling power of rap.



### **[Becoming Free, Remaining Free: Manumission and Enslavement in New Orleans, 1846-1862,](#)**

by Judith Kelleher Schafer ~ 2003

Louisiana state law was unique in allowing slaves to contract for their freedom and to initiate a lawsuit for liberty. Judith Kelleher Schafer describes the ingenious and remarkably sophisticated ways New Orleans slaves used the legal system to gain their independence and find a voice in a society that ordinarily gave them none.

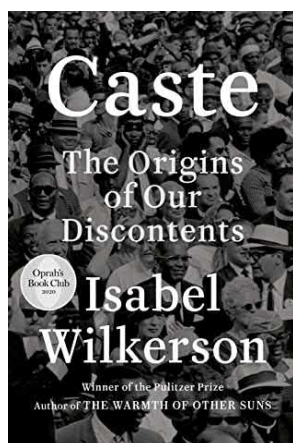


### **[Slavery, The Civil Law, and the Supreme Court of Louisiana,](#)**

by Judith Kelleher Schafer ~ 1994

In what may be the most impressive research to date of state supreme court records, this study analyzes the evolution of Louisiana's slave laws from the territorial period to the Civil War. Schafer presents concise case histories, stories that are fascinating and heartbreaking in

the particulars they reveal about slaves' existence.



***Caste: The Origins of Our Discontents***

by Isabel Wilkerson ~ 2021

In this brilliant book, Isabel Wilkerson gives us a masterful portrait of an unseen phenomenon in America as she explores, through an immersive, deeply researched narrative and stories about real people, how America today and throughout its history has been shaped by a hidden caste system, a rigid hierarchy of human rankings.

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](mailto:yvonne.benedict@sbcglobal.net)
- Pam Fischer, [pamela.fischer@icloud.com](mailto:pamela.fischer@icloud.com)
- Judith Goff, [judith.goff@gmail.com](mailto:judith.goff@gmail.com)
- Gene Graham, [grahamgene@sbcglobal.net](mailto:grahamgene@sbcglobal.net)
- Margaret Johnson, [marhiljoh@gmail.com](mailto:marhiljoh@gmail.com)
- Kay Narron, [kay.narron@gmail.com](mailto:kay.narron@gmail.com)

***Library Committee***



## Meet the Nolans ~ Marty and Liz

Recent residents, Martin and Elizabeth Nolan, were both employees of the [Boston Globe](#). Marty was a correspondent assigned to cover Washington, DC from 1965 to 1975. During his assignment he covered Congress, the White House and every presidential campaign from 1968 on. He has interviewed US presidents Kennedy, Johnson and Nixon. During his time in Washington, Marty also interviewed former presidents Harry Truman and Dwight Eisenhower. Over the years, he received two Pulitzer Prizes: one for editorial writing, the other for commentary.



Marty comments that in earlier years there was little, if any, security or protection requirements for presidents when interviewed by the press. President Eisenhower, when hearing this commented "If I can handle the German army, I can handle you." Security in the early days usually meant that a president going to the golf course was accompanied by a single Secret Service agent. Nowadays a president going golfing is accompanied by a whole entourage of security.



Liz Nolan was born in Georgia, raised in Santa Fe NM and lived in Florida during the war years. She attended [Wellesley College](#) in Massachusetts. There she fondly remembers belonging to the Shakespeare Society. Liz also worked for the *Boston Globe*, editing and writing for the Sunday Learning section and North Weekly.

Marty was awarded a fellowship at Stanford University. While there, he covered California for the *Boston Globe*. News at that time was frequently about Jerry Brown and Ronald Reagan. There was a "rule" for those interviewing Reagan "to not talk or ask about the movie industry" to which Mart adds "This was a rule which I promptly broke!"

Living in Palo Alto during Marty's fellowship at Stanford gave the Nolans a taste of the California lifestyle. They decided to move to San Francisco and make it their new home. They have five children and six grandchildren.

***Barbara Anderson***



## Photo Gallery

### Janet Howell Farewell Party ~ June 17



Some of us visited Filoli House on a blistering hot day. At least somebody in the garden was smiling!

Celebrating LGBT Pride and scaffolding for the much needed roof repairs





## **Birthday Dinner**



## **Come and now gone**



Three months ago, residents began to notice a young man exercising in the courtyard. Especially impressive was his jumping onto and off one of the benches. He could also be seen returning from a run. Was he a team member? Was he a contractor? It turns out that it was Alan Ng who worked as a budget analyst for Joe Conroy on a three-month project. The project is complete. Alan is now gone!

*Martha Nell Beatty*

## **Jane and Barry Standing**

Jane Standing celebrating Memorial Day in the dining room



Emily pointing to a photo of the late Barry Standing hanging on the wall of Perry's Restaurant on Union Street



## **July Movie Programs**

### **Life Enrichment Fridays at 2:00 in Friendship Hall**

#### **July 1 ~ [The Sandlot](#) ~ 1993**

In the summer of 1962, a new kid in town is taken under the wing of a young baseball prodigy and his rowdy team, resulting in many adventures.

*Tom Guiry, Mike Vitar, Art LaFleur*

#### **July 8 ~ [Forrest Gump](#) ~ 1994**

The presidencies of Kennedy and Johnson, the Vietnam War, the Watergate scandal and other historical events unfold from the perspective of an Alabama man with an IQ of 75, whose only desire is to be reunited with his childhood sweetheart.

*Tom Hanks, Robin Wright, Gary Sinise*

#### **July 15 ~ [An American in Paris](#) ~ 1951**

Three friends struggle to find work in Paris. Things become more complicated when two of them fall in love with the same woman.

*Gene Kelly, Leslie Caron, Oscar Levant*

#### **July 22 ~ [The Jersey Boys](#) ~ 2014**

The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960s rock group The Four Seasons.

*John Lloyd Young, Erich Bergen, Michael Lomenda*

#### **July 29 ~ [Sixteen Candles](#) ~ 1984**

A girl's "sweet" sixteenth birthday becomes anything but special, as she suffers from every embarrassment possible.

*Molly Ringwald, Anthony Michael Hall, Justin Henry*

## Movie Committee Sundays at 2:00 in McGinley Room

### July 3 ~ [West Side Story](#) ~ 2021

An adaptation of the 1957 musical, *West Side Story* explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

*Ansel Elgort, Rachel Zegler, Ariana DeBose*

### July 10 ~ [And So It Goes](#) ~ 2014

A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home.

*Michael Douglas, Diane Keaton, Sterling Jerins*

### July 17 ~ [The Scarlet and the Black](#) ~ 1983

Vatican efforts, led by Monsignor Hugh O'Flaherty, to save Allied POWs and downed Allied airmen as the Nazis invade Rome.

*Gregory Peck, Christopher Plummer, John Gielgud*

### July 24 ~ [Quartet](#) ~ 2012

At a home for retired musicians, the annual concert to celebrate Composer Giuseppe Verdi's birthday is disrupted by the arrival of Jean (Dame Maggie Smith), an eternal diva and the former wife of one of the residents.

*Maggie Smith, Michael Gambon, Billy Connolly*

### July 31 ~ [My Father's Violin](#) ~ 2022

Through their shared grief and connection to music, an orphaned girl bonds with her emotionally aloof, successful violinist uncle.

*Engin Altan Düzyatan, Belçim Bilgin, Gülizar Nisa Ura*

## “Out and About” ~ Destinations for Tuesday van trips

July 5	July 12	July 19	July 26
9:00 Walgreens	9:00 Trader Joes	9:00 Safeway	9:00 Target
11:15 Tiburon depart	10:15 Center for the Book	10:15 Dollar Tree	10:15 Presidio Tunnel Tops
3:30 Tiburon return	1:30 Coit Tower	1:30 Grace Cathedral	1:30 Health Center

## July Birthdays

Gisela Lloyd	07/04	Marianne Petersen	07/17
Katherine Conley	07/15	Gary Skootsky	07/22
Midge Mansouri	07/15	Patrick Alexander	07/27

The Birthday Dinner will be celebrated on Friday July 8.

## July Special Events Calendar

7/01	Fri	10:00	Chapel	Catholic Mass
7/04	Mon	3:00	Friendship Hall	4th of July Sing-Along
7/07	Thr	9:00	Fitness center	Trial Yoga Class with Claudia Bartsch
7/07	Thr	10:30	Friendship Hall	Fall Prevention with Brittany Castillo
7/11	Mon	3:00	Friendship Hall	Genghis Khan: Hero or Tyrant?
7/14	Thr	9:00	Fitness center	Trial Yoga Class with Claudia Bartsch
7/14	Thr	10:30	Friendship Hall	Fall Prevention with Brittany Castillo
7/14	Thr	3:00	Friendship Hall	Bastille Day with Duo Gadjó
7/18	Mon	3:00	Friendship Hall	Aromatherapy with Frauke Gallia
7/20	Wed	9-3	Stucky Library	Town Hall Meeting with Mary Linde
7/21	Thr	10:30	Friendship Hall	Fall Prevention with Brittany Castillo
7/21	Thr	3:00	Morgan Parlor	English Tea Party and Fun(d)raiser
7/28	Thr	10:30	Friendship Hall	Fall Prevention with Brittany Castillo
7/28	Thr	3:00	Morgan Parlor	Dr Doris Howard Celebration Day