



Heritage Happenings

June 2019

**PLEASE
NOTE:**

Friendship Hall will be closed for construction during the month of June. Check the Weekly calendar and Special Events list in this issue to mark your calendars, and watch channel 998 for the location of events.

The Heritage walking group is back!

Bring your walker, cane and/or walking sticks! Please meet in the Porter Library every Wednesday at 1:30 pm to go on a walk across the street at Fort Mason with Activity Assistant, Kihla Weber.



The Cottage Day Program will start on Monday, June 3 (subject to City approvals)

Offering an array of activities focusing on memory support for residents in Assisted and Independent Living, this program will be open Monday through Friday, 9:00 am-5:00 pm in the Cottage located next to the Resident parking lot. All activities will be led by Stephen Camarota with the help of the activity team.

Monday, June 3, 1:30-3:30 pm in the Cottage

All Residents are welcome to stop by for a glass of lemonade to see the new Cottage Day Program

SPORTS DAY

Tuesday, June 4, 1:00-3:30 pm in the Center Courtyard



Come join us for some sporting fun. Wear your favorite sports attire and have a fun-filled afternoon with games, raffle prizes, snacks, and great company! There will be a *Swingin Affair-A Tribute to Frank Sinatra and Friends* live performance featuring Jeff Wessman, with a spring-time inspired program featuring hits of Frank Sinatra and a salute to the legendary singers of the Great American Songbook. More than a tribute, this is a swingin' celebration of great songs and some of the greatest entertainers of our time!

NATIONAL DONUT DAY

Friday, June 7th in the Dining Room

Celebrate the day by enjoying your favorite doughnut.

Fun Fact: National Doughnut Day was created by The Salvation Army in 1938 to honor the women who served the doughnuts to soldiers in World War I and as a fund-raiser to help the needy during the Great Depression.



NATIONAL ICED TEA DAY

Monday, June 10, 2:30 pm in Porter Garden

When Life hands you lemons, put them in your sweet tea!! In honor of National Iced Tea Day, let's celebrate and join your fellow residents for a glass in the Porter Garden!

Essentials of Fraud Prevention From a Law Enforcement Perspective

Thursday, June 13, at 3:00 pm in the Fitness Center

Presented by: Rick Smith, owner of Cannon Street Inc., Law investigative firm and Alex Seddio, former IRS criminal agent and current fraud consultant for Cannon Street Inc.

Dining Room Special Events:

Russian Dinner

Wednesday, June 12



Father's Day Lunch

Sunday, June 16

TWO FINE PIANISTS RETURN

Gustavo Romero has chosen to play classical music inspired by Beethoven

Monday, June 24, at 3:00 pm in Morgan Hall



Richard Hawkins' program features five pieces by Frederic Chopin.

Thursday, June 27, at 3:00 pm in Morgan Hall

Note sing-along relocation::

Sing for Joy!

The Wednesday sing-alongs will be held in Morgan Hall while Friendship Hall is being renovated. Join our pianist Phil Kuttner at 3:00 pm on June 12 and June 26 for some sharing of Musical memories in songs familiar to everyone.

“ The only thing better than singing is more singing. ”

Ella Fitzgerald



Information for Medicare beneficiaries

free counseling and education about Medicare and health insurance issues. Here in San Francisco it is administered by Self-Help for the Elderly. As it was near the end of the year, I attended, hoping to hear about the comparative advantages/disadvantages of health insurance options for 2019. While that is a service offered, it was not the focus that day. But what I did learn about was another invaluable service: help with interpreting and/or resolving mysterious medical bills.

At that time I had two medical bills from two different doctors that I did not understand, and I had not been able to get satisfactory answers to my inquiries. I called Self Help/HiCAP and was promptly given an appointment with a program specialist, Jane Blonien. Jane dogged these bills relentlessly on my behalf. At one point the charges were reduced to \$250; I paid that bill just to get closure. When I reported this to Jane, she thought I was still being charged erroneously and took up my cause again. Finally in late May, that \$250 was refunded to me.

I cannot say enough good things about this invaluable service HICAP offers, or about the skill of their counselor, Jane Blonien. For anyone needing help with medical mysteries, I recommend calling San Francisco HICAP sooner rather than later at 415-677-7520.

Jean Fowler

Meet the Wentkers

Fred and JoAnn Wentker moved into Heritage on the Marina after 51 years in the same house in Balboa Terrace, where they raised their three children, Shelly, David and Alison.

Both the Wentkers have roots in the Midwest, JoAnn in Illinois and Fred in Wisconsin.

JoAnn was raised in Freeport, Illinois, where her parents operated a retail store, and her father also served as mayor. JoAnn graduated from Northwestern as a Dental Hygienist and worked in Illinois and briefly in California before the children were born. Thereafter she used her time to serve on numerous school, church and local projects. She managed a Norwegian-American scholarship fund for 30 years. She also has a collection of about 1,000 cook books.

Fred was born in Chicago, the son of an RCA engineer and a school teacher. He grew up in southern New Jersey. He attended Carleton College and graduated in 1956 from the University of Chicago Law School.

The Wentkers met and married in Illinois and shortly thereafter arrived in San Francisco. Fred joined the law firm of Lillick and Charles, specializing in maritime law. That specialty provided the opportunity for both Wentkers to travel extensively overseas.

After retirement the Wentkers built a vacation home on a golf course in Copperopolis, California, which they enjoyed for 20 years.

Both sets of parents lived in CCRC facilities, and Fred and JoAnn have served on boards and committees involving elder care.

The Wentkers are still unpacking boxes in Apartment 320 Perry and can be reached at 415-829-7877 or 415-623-4385, or at fww@wentker.com.

Fred Wentker



Mary Jo Stechschulte	6/05	Tony Hanley	6/13
Kristine Skootsky	6/07	Doris Howard	6/19
Marie Mattson	6/09	Fred Wentker	6/22
Antoinette Canepa	6/13	Anne Morris	6/27

Birthdays will be celebrated on Friday, June 14.



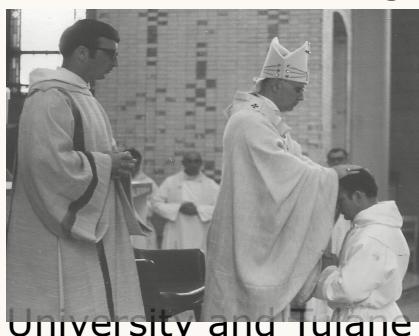
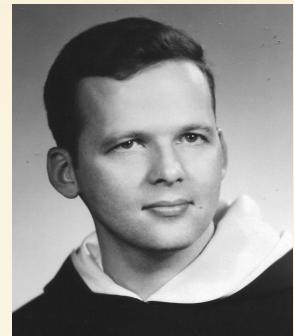
Fifty Years of Ministry

Father Terry Davis will celebrate the 50th anniversary of his ordination to the priesthood at the mass on Friday, June 7, in the chapel. All are welcome to join him in thanksgiving for his life of ministry and service.

Below is an excerpt from his biography.

OUR FRIEND FROM THE NORTH

Terry Davis, our newest resident, hails from Canada. Born in Ottawa, he received his early education there, then attended Loyola College in Montreal. While in college, he soothed an itch to travel by spending summers with the Canadian Navy which took him to Scotland, Amsterdam and other fascinating places.



Following college he entered a Dominican seminary and was ordained on June 7, 1969, in Ottawa. His first assignment was to Japan to attend a language school while spending weekends doing ministry. Health problems required a return to Canada to a parish in Toronto, then to New Orleans as Chaplain at Tulane University and Tulane Medical School.

His next assignment was to Houston as Chaplain at both Rice University and Baylor College of Medicine. It was at Rice that Terry met Marion Morrison, a friendship that eventually had lovely benefits for The Heritage. After seven years in Houston, Terry felt he wanted to settle down and establish roots, which necessitated leaving the Dominican Order, moving to San Jose and becoming associated with the Diocese of San Jose where he began work as Chaplain at Stanford University while also doing parish work. After 15 years he retired.

A pleasant experience during those years was coming to The Heritage to share a meal with Marion. He found The Heritage impressive, thought Marion fortunate to live in such a lovely home, but never dreamed he might someday live here. At Marion's urging, he finally applied and, to his great delight, he was accepted. He counts his blessings daily...As many of us have discovered, Terry is easy to get acquainted with and delightful to know-a wonderful addition to The Heritage population.

Morgan Open Doors Closure . . . and Challenge!



The Open Doors kick-off event in Morgan in mid-May was a smashing success, judging by the enthusiasm expressed at the McGinley Room reception following the apartments tour. An amazing \$700 has already been raised from this inaugural program—the first of three designed to help replenish the depleted Heritage Residents Council Fund. At a post-event meeting of the organizing committee, the original goal of \$1,000 was reset to \$2,000.

Most all Morgan residents participated in some way. Fifteen apartments were open for touring residents and guests to see. The most commonly heard comment: "I wish I could have done this tour when I was considering moving here!"

Those who did not "open their doors" helped at the McGinley Room post-tour party, so beautifully organized by Gail Lindow, and/or assisted Katie Loo with ticket sales. Eleanor Burke cleverly created a scavenger hunt and the Burkes also donated all the prizes—Giants game tickets, baseball bobbleheads, paraphenalia, and of course, books! Doris Howard was on a mission to find all the treasures—and only she succeeded, but there were several runners-up who also took home prizes.

Thanks to *all* Morgan residents who donated all of the supplies, beverages and food for the party (Margaret's crockpot cheese dip was a sensation!). Thus there were no expenses to deduct and all income redounds to the Residents' Council Fund.

Jeanie Kayser-Jones, a member of the Board of Directors who attended, wrote to Tony Hanley: "Will you please tell your friends in the Morgan building how much I enjoyed seeing your beautiful homes. Also, will you please express my thanks to them for opening doors to their homes to visitors. Also, the wine and snacks were delicious. The entire event was beautifully organized. I enjoyed it very much." And thank you, Jeanie, for coming to our house party!

Morgan hereby throws down the gauntlet to Perry and Francisco Flats folks to meet the challenge! Mark your calendars for the Perry and Francisco Flats "Open Doors" events on Friday, July 19 and Friday, September 20, respectively. Watch for further details about the July event in the next issue of Happenings.

Jean Fowler

RITA McEVOY



One day a month or so ago, Rita's son said to her, "Come on, mom. Let's get out of here and go for a ride. Where would you like to go?" Rita thought for a breath and answered, "Let's go to my honeymoon cottage on Randolph Street."

It turns out the house is in the Oceanview neighborhood, near San Francisco State University, on the southern edge of the city. That's Rita, the comely blonde, standing in front of the house at 448 Randolph Street, just off Arch. They drove off on this sentimental journey, where she and her husband lived in 1953, shortly after they were married. Affordable rentals then were tight, but the \$45/month that Rita and her husband paid was manageable since her husband was making \$44/week working for Dolger Homes. That paid for garbage and water but no garage; their car had to be parked on the street. They had little furniture, but what they had filled up the one bedroom cottage: a little round breakfast table with two chairs, a small couch and a bed and dresser. Visitors often sat on the bed when it was too chilly to sit on the front porch. Rita remembers one time they had 18 people for a get-together, no food but plenty of beer.

At that time Stonestown wasn't yet built, but there was a grocery store down the street. Rita worked downtown until she got pregnant with her first son, Jim. He was followed by 3 brothers and then two sisters: Brian, Michael, Kevin, Patricia and Joan. That kind of crowd was not going to fit into their cozy cottage, so they moved to the Sunset, on 19th and Kirkham, where the family grew up.



Rita has now 10 grandchildren: Jim, Gregory, Christopher, Daniel, Kevin, Nicholas, and another Christopher, plus 3 granddaughters: Amanda, Michaela, and Megan – AND 3 great grandchildren: William, Brooklyn, and Taylor. Remembering all their names seemed heroic. Rita says they keep her busy and broke. She described their weekly parties and bowling outings that include, of course, one of the Christophers who has Down Syndrome.

Every weekday morning Rita leaves the breakfast table for work: she goes to the office on Lombard Street and helps the boys out there. As she leaves the room, I remain glued to my seat, exhausted from the thought of the effort she puts in so cheerfully. Rita is a role model of the first order.

Eleanor Burke

President's Corner

May has gone and June is upon us, our mid year turn. May was another active month and another successful fund-raiser is in the books. Much thanks to Jean Fowler and her committee for holding the first Open Door event in the Morgan building. A big shoutout to Gail Lindlow for organizing the after event reception which allowed folks to spend time talking to each other in a very relaxed atmosphere. The next Open Door will be held in the Perry building in July. June 7 is National Donut Day, but still looking for National Milkshake Day. The new word you will hear around is Engaged. Be active and engaged in our various committees and voice your opinion about what is going on at The Heritage. Check the white binder for a committee that interests you. Getting a fellow resident as your advocate can become very important to your well-being, so do not delay. And remember BECOME DEPENDANT on your PENDANT.

Tony

MOVIES IN JUNE

All movies are shown on Saturday at 7:15 pm in the McGinley Room

- | | |
|--|-------------|
| LA LA LAND (2017) | June 1 |
| While navigating their careers in Los Angeles, a pianist and an actress fall in love while attempting to reconcile their aspirations for the future. | |
| Stars: Ryan Gosling, Emma Stone, Rosemarie DeWitt | |
|
ON THE BASIS OF SEX (2018) |
June 8 |
| The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice. Stars: Felicity Jones, Armie Hammer, Justin Theroux | |
|
THE MARTIAN (2015) |
June 15 |
| An astronaut becomes stranded on Mars after his team assume him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive. Stars: Matt Damon, Jessica Chastain, Kristen Wiig | |
|
CAN YOU EVER FORGIVE ME? (2018) |
June 22 |
| When Lee Israel falls out of step with current tastes, she turns her art form to deception. Stars: Melissa McCarthy, Richard E. Grant, Dolly Wells | |
|
A NEW LEAF (1971) |
June 29 |
| Henry Graham lives the life of a playboy. When his lawyer tells him one day that his lifestyle has consumed all his funds, he needs an idea to avoid climbing down the social ladder. So he intends to marry a rich woman and - murder her. Stars: Walter Matthau, Elaine May, Jack Weston | |

Come for Coffee and Conversation

Join the conversation at the east end of the dining room near the fireplace on any weekday afternoon from 3:00-4:00 pm. Note new start time. Here you might find as many as 10 friendly folks chatting about issues of the day from the serious to the silly, from local and national politics to Heritage community concerns such as blue vs. white napkins  on dining tables! The regulars, who often bring cookies or other snacks, welcome newcomers.

Jean Fowler



My Heart

Corinna Luyken

"... a gorgeous picture book about caring for your own heart and living with kindness and empathy...With lyrical text and breathtaking art, *My Heart* empowers all readers to listen to the guide within in this ode to love and self-acceptance." (Goodreads)

My heart is a window,
My heart is a slide.
My heart can be closed
or opened up wide

Some days it's a puddle.
Some days it's a stain.
Some days it is cloudy
and heavy with rain.

Some days it is tiny...
But tiny can grow...
And grow.

There are days it's a fence
between me and the world,
days it's a whisper
that can barely be heard.

There are days it is broken,
but broken can mend.
And a heart that is closed
can still open again.

My heart is a shadow,
a light and a guide.
Closed or open...
I get to decide.

New books in the Stuckey Library

FICTION:

Imre Kertesz	Fateless
Sally Rooney	Normal People
Ian McGuire	The North Water
Isable Vincent	Dinner with Edward
B. Traven	The Bridge in the Jungle
Mark Sullivan	Beneath a Scarlet Sky
Louise Candlish	Our House

NON-FICTION:

Nathaniel Philbrick	In the Heart of the Sea – the Tragedy of the Whaleship Essex
Owen Chase	The Wreck of the Whaleship Essex
Carrie Gibson	The Epic and Forgotten Story of Hispanic North America
Daniel James Brown	The Indifferent Stars Above
Alfred Lansing	Endurance
Homer Venters	Life and Death in Rikers Island (Venters)

NOTES on LIBRARY MATTERS:

1. Missing books! Did you forget to sign your name and the book you borrowed? Please look around your apartment and see if you have any of the missing books. We are particularly looking for Kamala Harris's book which was taken but not signed out. Please sign it out and return it when you have finished reading it.
2. The library is one of the treasures of The Heritage. With the introduction of new books every month, and the donations that people bring, it has fallen into disarray. Help keep it more orderly. If you are donating books, please leave them on the table. Those that are not kept will be donated to the Public Library's Book Bay.
3. If you are donating a book that you think is especially worth keeping, please put a note with the book and it will be kept.
4. If you know of a book that you think others would enjoy and benefit from, give the title, a brief description and what you think its value is.

Eleanor Burke

The editor's favorite aphorisms:

An intellectual snob is someone who can listen to the William Tell Overture without thinking of the Lone Ranger. Dan Rather

I've had a lot of worries in my life, most of which never happened. Mark Twain

I am old enough to tell the truth. It is one of the privileges of age. George Clemenceau

WEEKLY ACTIVITIES

Art with Patrick	9:30am	M, Th	A&CR
Tai Chi	10:00 am	M	FC
Handcrafts Group	2:00 pm	M	MH
Chair Aerobics	9:15	M, F	FC
Second Friday	9:00 am		FC
Sit and Be Fit	9:15 am	W	FC
Balance Class	11:45 am	W	1 Fl Perry
Ann Rieger-Matthews Stretch	10:00 am	M, T, Th, F	FC
Second Session	11:00 am	T	FC
OUT & ABOUT		T	Porter Lib
Sing-Along	3:00 pm	W	MH
Yoga Basics*	9:30 am	Th	FC
Chair Yoga*	10:45 am	Th	FC
Meditation	1:00 pm	Th	Chapel
Tech Support with Tess	1:30 pm	Th	BCM
Chair Pilates	11:00 am	Sa	FC
Saturday Shorts	3:00 pm	Sa	BCM
Saturday Movies	7:15 pm	Sa	BCM
Coffee Time	3:00-4:00 pm	M-S	DR

* There will be no yoga classes on Thursday, June 6.
Maintain Your Brain will no longer be held.

SPECIAL EVENTS IN JUNE

Book Club	Mon	June 3	11:00 am	Stuckey Lib
Tigges Jewelry	Mon	June 3	1:00 pm	Morgan Hall
Cottage Open House	Mon	June 3	1:30-3:30	Cottage
Sports Day	Tue	June 4	1:00 pm	Center Court
Fr. Terry Anniv. Mass	Fri	June 7	10:30 am	Chapel
National Donut Day	Fri	June 7		Dining Room
National Iced Tea Day	Mon	June 10	2:30 pm	Porter Garden
Bridge Class	Wed	June 12	1:00 pm	Fitness Center
Sing-Along with Phil	Wed	June 12	3:00 pm	Morgan Hall
Russian Dinner	Wed	June 12		Dining Room
Fraud Prevention	Thu	June 13	3:00 pm	Fitness Center
Birthday Celebration	Fri	June 14	5:15 pm	Morgan Hall
Fathers' Day Lunch	Sun	June 16		Dining Room
Gustavo Romero Piano	Mon	June 24	3:00 pm	Morgan Hall
Bridge Class	Wed	June 26	1:00 pm	Fitness Center
Sing-Along with Phil	Wed	June 26	3:00 pm	Morgan Hall
Richard Hawkins Piano	Thu	June 27	3:00 pm	Morgan Hall
Card Bingo	Thu	June 27	7:15 pm	Fitness Center
Feldenkrais	Sat	June 29	9:00 am	Fitness Center
Reading Aloud	Sun	June 30	3:00 pm	McGinley Rm

Editor: Margaret Jacobs

Editorial Committee: Martha Nell Beatty, Katherine Conley,
Barbara Anderson, Jean Fowler, Eleanor Burke

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