



# Heritage Happenings

FEBRUARY 2019

Tony feeding the lion at the  
Marina Library's Chinese New  
Year celebration

## **QUARTERLY MEETING WITH KEN AND HANH**

Friday, February 1, 2:30 -3:30 pm in the Dining Room

The main topic of this meeting will be an explanation of the policy concerning meals delivered to our rooms when we are ill. No sign-up is required.

## **MIMI BLAIS - THE QUEEN OF RAGTIME RETURNS**

Friday, February 1, at 7:15 pm in Morgan Hall

## **WATCH THE SUPERBOWL GAME**

Sunday, February 3, at 3:00 pm in the McGinley Room  
Drinks and snacks provided

## **TELLING OUR STORIES**

Wednesday, February 6, 10:00-11:30 am (location to be determined)

Sign up to share your memories with eighth grade boys from Stuart Hall. They will take notes, write the story and return it to you to be shared with family and/or friends. Your story may be experiences from your past in San Francisco or any other significant happening in your life.

This project grew out of the boys' visit to the L.A. Museum of Tolerance's exhibit *Finding Our Families*, and their subsequent learning how to help pass down family stories that might otherwise be lost. Coffee/tea and hot chocolate will be served.

## **ASIAN ART MUSEUM PRESENTS: THE LUNAR NEW YEAR – YEAR OF THE PIG**

Thursday, February 7, at 3:00 pm in Friendship Hall

Docent James Brown will deliver a fun and fact-filled exploration of the practices and symbolism surrounding the celebration of the new year in Asian countries. The new year—4717 by Chinese reckoning—will begin on February 6 for the Year of the Pig.

## **OUT & ABOUT TRIP TO GRATON RESORT AND CASINO**

Tuesday, February 12

Choose which games you want to play and which restaurant within the casino to dine in. The sign-up sheet is located in the dining room. Meet in the Porter Library at 9:15 am to prepare for a 9:30 departure. The bus is expected to return by 3:15 pm, with a departure from the casino at 2:00 pm sharp!

## **VIOLINS IN THE NIGHT: CLASSICAL REFLECTIONS OF 'GYPSY' MUSIC**

Thursday, February 14, at 3:30 pm in Morgan Hall

Pianist Ian Scarfe and mezzo soprano Deborah Rosengaus are joined by violinist Philip Brezina as they explore chamber music and songs inspired by the Romani. Composers including Brahms, Liszt, Saint-Saens and Lehar will be featured in this entertaining and engaging program.



And that evening enjoy a  
**Special Valentine's Day Dinner**

## **FIRST SHORT STORY READING**

Sunday, February 17, at 3:00 pm in Morgan Hall

A new monthly program of short stories read aloud by Betty White and Margaret Jacobs will start with Roald Dahl's witty story: *Lamb to the Slaughter*. If you have a favorite short story to recommend, please tell Betty or Margaret.

## **GUSTAVO ROMERO, PIANIST**

Monday, February 18, at 3:00 pm in Morgan Hall  
A Beethoven program!



**Chinese New Year Dinner**  
Wednesday, February 20  
and  
*Leung's White Crane Lion Dancers*  
5:30 pm in the Dining Room

## **MEET RAFAEL MANDELMAN**

Friday, February 22, at 4:00 pm in the Stucky Library

Rafael Mandelman is an American politician currently serving on the San Francisco Board of Supervisors, representing District 8. Prior to his election to the Board of Supervisors, he was an effective member of the City College Board of Trustees.





Jane Brymner	2/02	June Fraps	2/11
Mary Charlotte Roper	2/04	Steve Swietlicki	2/12
Jane Standing	2/06	Flora Zagorites	2/16
Katie Loo	2/09	Renee Moscovici	2/22
Ivy Lee	2/10	Rolando Estevereno	2/23
Doris Kravitz	2/27		

Birthdays will be celebrated Friday, February 8.

## **Reminder:**

The Heritage Dining Room is a Cell-Free Zone! Like most restaurants, auditoriums, libraries, movie houses, theaters, and meeting halls, The Heritage Dining Room is a Cell-Free Zone. Those who cannot separate themselves from their devices should put them on "mute" and leave the dining room to answer or make a call. The only exception should be for those with hearing loss who use their devices to amplify dining table conversations. Your neighbors thank you!



## **MOVIES IN FEBRUARY**

Saturdays at 7:15 pm in the McGinley Room

**GROUNDHOG DAY** (1993) 2/2

A weatherman finds himself inexplicably living the same day over and over again. Stars: Bill Murray, Andie MacDowell, Chris Elliott

**THE BIG SICK** (2017) 2/9

Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings. Stars: Kumail Nanjiani, Zoe Kazan, Holly Hunter

**RAIN MAN** (2018) 2/16

Selfish yuppie Charlie Babbitt's father left a fortune to his savant brother Raymond and a pittance to Charlie; they travel cross-country. Stars: Dustin Hoffman, Tom Cruise, Valeria Golino

**THE OLD MAN AND THE GUN** (2018) 2/23

Based on the true story of Forrest Tucker and his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Stars: Robert Redford, Sissy Spacek, Casey Affleck

## **President's Corner**

What can I say—this is the greatest place to live. We have a great family of residents, caregivers and dining room staff. The only thing missing is reliable elevators.

The Morrison staff has stepped up to the plate regarding milkshakes. Erin proclaimed that once a month we will have a different flavored milkshake at lunch.

Thanks to our hard working residents who are organizing our next fund raising opportunities: Open Door and our Annual Tea.

We are inviting Ray Boudewyn of Prevent LLC, our security consultant, to speak at our Residents Council Meeting on February 8 on what to do when the fire alarm is activated or there is an earthquake. Ray and Hanh have completed the emergency plan, a copy of which is in a red binder in the Stucky library.

Be active and work on one of your committees. Being active keeps you healthy. Don't forget your loved ones on Valentine's Day and watch for our Chinese New Year's dinner celebration.

Remember-BECOME DEPENDENT on your PENDANT

## **MEET SANDRA PERET**

Sandra has been working in the Health Center for several months as Director of Staff Development and Director of Infection Control. Both are big jobs involving multiple duties.

As Sandra has been working in the Health Center for several Director of Staff Development Sandra must see that all new hires in the Health Department receive proper orientation both in the Health Department and in the rest of the Heritage on the Marina campus. They have to learn all systems and procedures in the Health Center as well as the difference between Independent residents and Assisted Living residents, plus all the protocols for fires, earthquakes or other disasters.



Teaching some classes and providing teachers for other classes keeps the nurses up-to-date and able to renew their licenses at the appropriate times.

As we are all well aware, infection control is a vital part of Sandra's job. We do not wish to be quarantined ever again!

Sandra was born and raised in San Francisco, attended St. Thomas More school and San Francisco State University then finished at Holy Names University with a nursing degree and a BS in Health Administration and Science.

Her first job was as a skilled nurse for six years at Central Gardens. To obtain broader experience she moved to San Francisco Towers but when the Towers closed an entire nursing floor, and planned to make other changes in their health service, Sandra began looking. Her story is familiar. She heard of The Heritage, came to check it out and found it was a good match for her. She especially likes our mission statement, the interaction between residents and the Health Center and teamwork.

Sandra is single, lives in the Lakeside neighborhood, and loves to read and cook. She also enjoys travel and has visited Greece, Europe, Spain, Thailand and Japan and plans to travel more. She works in the Health Center and can be reached at 415-202-0305.

*Katherine Conley*

### **Meet Marianne Petersen**

Like a number of us, Marianne was born and raised in the mid-west, then eventually came to California. She was born in Evanston, Ill. but was raised in David City, Nebraska. Marianne has lovely memories of a pleasant childhood in David City punctuated by delightful summers spent with aunts, uncles and cousins at the lakes around Brainerd, Minn.



After three plus years at Duchesne College in Omaha, she left to get married and move to Ft. Riley, Kansas where her husband was stationed. In civilian life he had his own television advertising company. While he was in Korea he headed Armed Forces Radio.

Following the war they moved to Chicago, where Marianne worked for the Dean of Loyola University for some years. Their son, Eric, was adopted in Chicago, while son Kurt arrived naturally later on.

The next move was to Westwood, California, where Marianne worked as a travel agent for about a year, then switched to volunteer work at the Newman Center at UCLA and St. John's Hospital in Santa Monica. After her husband died in 2003 Marianne moved to San Francisco, as a good friend lived here. Once here she volunteered at St. Francis Hospital and the Martin de Porres House of Hospitality.

Marianne lived in the Marina and was familiar with Heritage on the Marina, often joking that it would be her eventual home. When her son Kurt, who had been living with her due to serious heart trouble, died last fall, she applied, was accepted and is now loving life in Room 419P.

Marianne has traveled extensively over the years but is now doing most of her traveling via books. She is delighted with the quality and quantity of the books in the Stucky Library, and is avidly reading her way through them. She can be reached at: 415-567-7217.

*Katherine Conley*

## **Singapore and Saigon - an Asian adventure**

by Eleanor Burke

In December Bernie and I, along with our daughter and her family flew off to Asia for the Christmas holiday. Stopping in Singapore to get the scent of the crazy rich Asians, we spent 3 days there trying to figure out how they got so prosperous after the dismal days of World War II. After all, there are no natural resources in this tiny island state off southern Malaysia, yet Singaporeans enjoy a standard of living that is the highest in the world. It's ethnically diverse: 70% of the population there are Chinese, while the rest are divided between Tamil and Malay (about 20%) and the leftovers. Population is 5.6 million, compared to Hong Kong, which is 7.4 million and also affluent. But Singapore has lots to offer that Hong Kong doesn't: most importantly for me, the best schools in the world. There are no homeless in Singapore; it's the ultimate welfare state. Taxes are high but the benefits are sumptuous. The government has a savings program for every citizen that he can use to buy a house when he's over 35. It's meticulous – its rules are well-known, though they seem to have relaxed some in recent years. After World War II the government there decided to tear down the old, historic areas of the city to make room for huge buildings. About 2/3 of the way through the project, someone pointed out that the history that they were losing was worth more than they had figured, so Li Kwan Yu, the boss/general who ran the place, called a halt to the destruction of the colorful, historic parts of the city and in fact fixed up those buildings and temples. Now they are vigorous and thriving, a magnet for tourists who enjoy sampling Malay food or getting dim sum to take out. We all had loved the film *Crazy Rich Asians*, so we went to the hotel on the roof of 3 buildings that was the scene of some of its action, had a drink and took photographs and soaked in the feeling of that unique place, a bar with a swimming pool about 30 stories off the ground, open to the elements. Even the airport in Singapore is special, with entertainment (a movie theater and a swimming pool just for starters). But what I was most struck by in Singapore was that very combination of old and new that got preserved. The sketch shows the new architecture (and construction is a way of life in Singapore) and some of the old buildings that would have been dust but for some community-minded citizens.

Saigon, with its 8.5 million people, is not the capital of Vietnam – Hanoi, smaller and more provincial (our son says) with its 7.6 million people is. But Saigon is definitely the liveliest city in the country, much like New York is livelier than Washington D.C. Memories of the Vietnam War – it's called the American War there – still haunt Americans traveling there, though not the locals, who did install a museum, I thought, to satisfy tourists' fixation on that miserable war, not to preserve the history of it.

We've been going to Saigon for 30 years, ever since our son moved there to open an office for the Baker & McKenzie law firm. He has put down roots now, married to Loan and father of two terrific teenagers, Mai Ly and Cody. Saigon is probably best known for its wonderful, delicious, healthful food. Fresh and abundant seafood is a keystone of the diet, along with lots of vegetables and pho (noodles) cooked in broth and served for breakfast. What strikes the visitor, though, is the traffic: it's overwhelming. Motor scooters compete with pedestrians – and dominate – and an ever-growing number of cars make traffic jams a 24-hour nightmare. Though Saigon is getting more "modern" every day, it's a stark contrast to the more hip, with the times Singapore. My mouth always drops at seeing what gets transported by motor bike. The dogs below are one colorful example, but you see large wall mirrors, beds, pigs, mounds of fruits and vegetables handled the same way. It's hot in Saigon: cool season is Christmas, where the temperature plummets to about 75 or 80 degrees and it's actually comfortable. Fortunately our son has a gorgeous swimming pool that we indulged in every morning before breakfast. Our grandchildren have a great time together whenever we manage to get together. The American kids love the exotic life there, the chance to explore the night life and the opportunity to sit on a motor bike behind one of their younger cousins.

One last note: should you call it Saigon or Ho Chi Minh City? We call it Saigon because it's shorter. No one minds.

(One sketch below shows a riverfront view of Singapore, tall buildings hovering over the colorful old style low rises. The other is what we saw on a motor bike: 2 German shepherds being transported somewhere...they weren't telling us where.)



## **Yoga Classes at Heritage on the Marina**

### **Why Yoga for Older Adults**

We can start by asking the question why yoga for anyone? The answers are what one might expect: increased flexibility and range of motion of joints by strengthening and stretching muscles, improvement of balance, and reduction of "stiffness".

There's more! Yoga has been shown to improve mood, memory, ability to focus and can reduce anxiety.

And, there's more: yoga can improve respiration, reduce high blood pressure, strengthen bones, and improve circulation.

### **Yoga Classes at the Heritage**

Ilya Kaltman offers two yoga classes. The first class is on Thursday mornings from 9:30-10:30. We remain seated in chairs for the entire hour. The class is paced slowly and individual attention is given. We move the entire body! Hips, knees, shoulders, feet, ankles, head, neck, fingers! Some time is spent focusing on breath and there is a brief meditation at the end of class. There are ways to modify movements so everyone can participate.

The second class is also on Thursdays, from 10:45-11:45. This class starts seated in chairs and is much like the earlier class. We then do standing movements using the chairs for support.

Ilya has been teaching yoga for older adults for 5 years. She became a certified yoga teacher in 2015 after practicing yoga for 18 years. With an ever-increasing awareness and appreciation of the many benefits of yoga, and its possibilities for a lifetime of practice, she decided to share yoga with others, in particular older people who might not otherwise try it out.

Ilya hopes to see you soon!

### **COMING SOON**

Heritage on the Marina is anticipating the launch of the new Memory Day Program in The Cottage this spring. The program will be designed to cultivate cognitive skills for residents currently residing in independent and assisted living. The activities will include music therapy, gardening, art and much more. Details will be coming soon.

Contributed by Betty Dee:

*People will forget what you said; people will forget what you did; but people will never forget how you made them feel.*

Maya Angelou

## CHEF KEVIN EICHENSEHR

Like many who become chefs, Kevin's first experience in the culinary field was as a restaurant dish-washer while in high school. His first job cooking was as a pastry chef at the Berkeley restaurant *Narsai*. Then he had a stint at a friend's Italian restaurant, where he mastered pizza making.



Kevin began to think of the culinary field as his future and enrolled in the esteemed California Culinary Academy. As his externship, he was placed at *Fleur de Lys* as a pastry chef. After graduation, he worked at the *Blackhawk Grill* in Danville, where he experienced being on the hot line and on the char broiler. He also was a saute cook.

He became a sous-chef when he joined *Bon Appetit*. It was through them that Kevin learned how to manage a kitchen. His first job in senior dining was at *The Kensington* in Walnut Creek.

Kevin then joined Morrison, where his first job was at the *San Francisco Towers*. He came to The Heritage from there three years ago when The Heritage contracted with Morrison.

When it comes to menu design, Kevin is sent a basic menu from the Morrison corporate chefs. He then makes changes to the menu based on the quality of the recipe and most importantly, feedback from The Heritage residents. Some celebrity chefs like Thai chef Jet Tila, Chinese Martin Yan and Wolfgang Puck contribute to the data base. For instance, the popular Heritage dish Char Sui Pork is a Yan recipe. Of course, he is required to have our nutritionist sign off on the menus.

Kevin also has the input of his kitchen staff, which includes sous chef John from the Czech Republic and cooks from the Netherlands, Burma (2), China and the south US. Kevin believes that having a diverse group in the kitchen makes for a stronger staff and a more interesting menu. His staff also includes our own pastry chef, who makes about 70 per cent of the desserts. Kevin likes to try new dishes and likes to keep the food fresh—in keeping with the seasons. He does listen to suggestions, compliments and complaints from residents and is now trying stocks and soups with less sodium to satisfy many residents' needs.

Where Kevin and his staff really shine is at the holiday and special dinners. Also Sunday noon dinners are usually the highlight of the week. Kudos to Kevin and staff.

*Martha Nell Beatty*

**A NEW WEEKLY PROGRAM**  
**Main Your Brain with Stephen Camarota**  
 Every Wednesday at 10 am in the Fitness Center

Answer Trivia questions and play similar games to exercise your Brain

**WEEKLY ACTIVITIES**

Art with Patrick	9:30am	M	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
<b>Maintain Your Brain</b>	<b>10:00 am</b>	<b>W</b>	<b>FC</b>
*Balance Class	11:45 am	M, T, Th, F	1 Fl Perry
Ann Rieger-Matthews Stretch	10:00 am	T	FC
Second Session	11:00 am	T	FC
OUT & ABOUT		T	Porter Lib
Sing-Along with Phil	3:00 pm	W	FH
Yoga Basics	9:30 am	Th	FC
Painting with Patrick	10:00 am	Th	FH
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

\* There will be no exercise classes on Monday, Feb. 18.

**RELIGIOUS SERVICES**

Episcopal Service of Holy Communion every Sunday at 10:30 am in the Cedar Room in the Health Center. Everyone is welcome.

The Rev. Terry Davis celebrates Roman Catholic Mass on the first Friday of every month in the chapel at 10:30 am.

Non-denominational services held in the chapel on Sunday mornings are cancelled until a new committee is formed to take responsibility for planning.



## Open Doors

Several months ago many residents expressed enthusiasm for an organized opportunity to visit other people's rooms. This came about after an enthusiastic reception by Board members who had an abbreviated tour of residential units a year ago. Plans are now afoot to make happen such a tour for residents.

A committee assembled to explore the possibilities is comprised of one resident from each floor of the Morgan and Perry Buildings and the Francisco Flats. Members are: Morgan 2 – Jean Fowler; Morgan 3 – Linda Hanley; Perry 2 – Carm Arburua; Perry 3 – Joyce Frankenburg; Perry 4 – Katherine Conley; Assisted Living – Eleanor Bissell; Francisco Flats – Patsy Hulting. This committee has proposed holding three events over the next six months, one in Morgan, one in Perry, and one in the Francisco Flats. Each event would include apartment visits and a reception in a common area, but might also include other activities designed by floor sub-committees. The overall project which has been named "Open Doors" offers an opportunity to raise funds for the depleted Residents Council treasury.

*No resident will be required to open his or her room.* All are encouraged to attend the **February 8 Residents Council meeting** to participate in further discussion, raise concerns and offer additional ideas. Morgan, Perry and Francisco Flats subcommittees will be formed to plan each building event.

From the clean and simple to the crowded and complicated!

*Jean Fowler*



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When I clean my room:

1% Cleaning.  
29% Complaining.  
70% Playing with stuff I just found

*My Room Isn't Messy,  
Its an  
Obstacle Course  
Designed  
To Keep Me Fit!*

## **Six Elephants, Two Flamingos and Gandhi**

Rumor has it that people want to organize an open house, so we can see how others around us live. Who will tell the stories of our lives, to go with the open doors?

Take my room for instance, where I live with six elephants, two flamingoes and a Ghandi, among other things. Everything in my room represents a sliver of my life, but a cursory look would make you think it's just a college dorm room.

In front of a photo on my nightstand, of my husband, Irwin and me taken at our 25th wedding anniversary, there sits a mug with a bridge resembling the Golden Gate on it. The bridge actually is the Firth of Forth outside of Edinburgh. It's where Irwin proposed to me with the immortal words: "I suppose we'll have to get married."

Over the headboard hangs the Lanc Bridge in Budapest where I was born and spent my childhood during WWII. Whenever my father drove our family home from Pest to Buda he explained that most Budapest residents either lived on the Buda side or wished they did.

As for Gandhi, the elephants and the flamingos, they are crowding me! You'll just have to wait for the open house, to hear their stories

*Aggie Hoff*

## **BE an ADVOCATE – GET an ADVOCATE**

It is important that we get an Advocate to assist us during times we are receiving care here at the Heritage on the Marina or in an outside health setting. While this advocacy does not replace family or someone we have designated as having Power of Attorney, an advocate is a fellow resident who lives here and is known to us.

Your Advocate can have access to your medical and care information and can express your opinions or concerns regarding your care to your caregivers.

A legal document entitled DESIGNATION OF RESIDENT ADVOCATE is available through Cindy Chen or the Health Center.

If one of our fellow residents ask you to be an Advocate, accept the request, since we are all family and want to ensure that our medical care continues to be the best.

*Tony Hanley*

## **Stucky Library Update**

Below is a list of books new to the Stucky Library since September 1, 2018. If you haven't checked them out to see whether one whets your appetite, do so soonest. I just finished *Educated* by Tara Westover and found it riveting.

Abrams and Fisher	<i>Lincoln's Last Trial</i>
Ron Chernow	<i>Hamilton</i>
Doris Kearns Goodwin	<i>Team of Rivals</i>
Doris Kearns Goodwin	<i>Leadership in Troubled Times</i>
Michiko Kakutani	<i>The Death of Truth: Notes on Falsehoods in the Age of Trump ...</i>
Michelle Obama	<i>Becoming</i>
Nancy Horan	<i>Loving Frank</i> (about F.L. Wright's 2 <sup>nd</sup> marriage)
Joe Simpson	<i>Touching the Void</i>
Lisa Brennan-Jobs	<i>Small Fry</i> (about her father, Steve Jobs)
Daniel Brown	<i>The Boys in the Boat</i>
Daniel James Braun	<i>The Indifferent Stars Above</i> (the Donner Party)
Iris Chang	<i>The Rape of Nanking</i>
Frances Dinkelspiel	<i>Tangled Vines</i>
David Grann	<i>Killers of the Flower Moon</i>
Laura Hillenbrand	<i>Unbroken</i>
Laura Hillenbrand	<i>Seabiscuit</i>
Walter Isaacson	<i>Leonardo da Vinci</i>
Denise Kiernon	<i>The Girls of Atomic City</i>
Levitsky and Ziblatt	<i>How Democracies Die</i>
Michael Lewis	<i>The Fifth Risk</i>
Oscar Lewis	<i>The Big Four</i>
Nelson Mandela	<i>Long Walk to Freedom</i>
Michael McFaul	<i>From Cold War to Hot Peace</i>
Jon Meacham	<i>The Soul of America: the Battle for our Better Angels</i>
Greg Miller	<i>The Apprentice</i>
Sadler, Skarletos, et al	<i>The 15:17 to Paris</i>

Hampton Sides	<i>On Desperate Ground</i> (Korean War battle)
Lynne Vincent & Sara Vladik	<i>Indianapolis</i>
Tara Westover	<i>Educated</i>
Elie Wiesel	<i>Night</i>
Jade Snow Wong	<i>Fifth Chinese Daughter</i>
Bob Woodward	<i>Fear</i>
Michael Wolff	<i>Fire and Fury</i>
Eleanor Burke	<i>A Walker's Sketchbook of San Francisco</i>
David Talbot	<i>The Season of the Witch</i>
Robert Harris	<i>Pompeii</i> (large print)
Chinua Achebe	<i>Things Fall Apart</i>
Isabel Allende	<i>In the Midst of Winter</i>
Margaret Atwood	<i>The Handmaid's Tale</i>
Anna Burns	<i>Milkman</i>
Emily Bronte	<i>Wuthering Heights</i>
Nicole Chung	<i>All You Ever Know</i>
Paula Coelho	<i>The Alchemist</i>
Katherine Courtney	<i>Saints for All Occasions</i>
Juno Diaz	<i>The Brief Wondrous Life of Oscar Wao</i>
Eri Edugyan	<i>Washington Black</i>
Matias Faldbakken	<i>The Waiter</i>
F. Scott Fitzgerald	<i>The Great Gatsby</i>
Claire Fuller	<i>Bitter Orange</i>
Diana Gabaldon	<i>Outlander – vol. 1</i>
Arthur Golden	<i>Memoirs of a Geisha</i>
Ernest Hemingway	<i>The Sun Also Rises</i>
Bruce Henderson	<i>Sons and Soldiers</i>
Vanessa Hua	<i>A River of Stars</i>
Zora Neale Hurston	<i>Their Eyes Were Watching God</i>
John Irving	<i>A Prayer for Owen Meany</i>
Antonio Iturbe	<i>The Librarian of Auschwitz</i>
Helen Hunt Jackson	<i>Ramona</i>
Pauette Giles	<i>News of the World</i>
Rachel Kadish	<i>The Weight of Ink</i>

Ruby Lai	<i>Empress: the Amazing Reign of Nur Jahan</i>
Louis L'Amour	<i>Rivers West</i>
Harper Lee	<i>To Kill a Mockingbird</i>
Harper Lee	<i>Go See the Watchman</i>
Min Jin Lee	<i>Pachinko</i>
David Liss	<i>The Coffee Trader</i>
Richard Llewellyn	<i>How Green Was My Valley</i>
Gabriel Garcia Marquez	<i>100 Years of Solitude</i>
Larry McMurtry	<i>Lonesome Dove</i>
Rohinton Mistry	<i>A Fine Balance</i>
Heather Morris	<i>The Tattooist of Auschwitz</i>
Toni Morrison	<i>Beloved</i>
Tommy Orange	<i>There There</i>
George Orwell	<i>Essays</i>
George Orwell	<i>Burmese Days</i>
George Orwell	<i>1984</i>
Delia Owens	<i>Where the Crawdad Sings</i>
Ruth Ozeki	<i>A Tale for the Time Being</i>
Ann Patchett	<i>Commonwealth</i>
Alan Paton	<i>Cry the Beloved Country</i>
Per Petterson	<i>Out Stealing Horses</i>
Richard Powers	<i>The Overstory</i>
Mario Puzo	<i>The Godfather</i>
Yasmin Reza	<i>Babylon</i>
Jennifer Ryan	<i>The Chilbury Ladies Choir</i>
Alice Sebold	<i>The Lovely Bones</i>
Betty Smith	<i>A Tree Grows in Brooklyn</i>
Zadie Smith	<i>White Teeth</i>
Jon Kalman Stefansson	<i>Heaven and Hell</i>
John Steinbeck	<i>The Grapes of Wrath</i>
Kathryn Stockett	<i>The Help</i>
Elizabeth Strout	<i>Olive Kitteridge</i>
Courtney Sullivan	<i>Saints for All Occasions</i>
Amy Tan	<i>The Joy Luck Club</i>
Amor Towles	<i>A Gentleman in Moscow</i>

Scott von Doviak  
David Wroblewski

*Charlesgate Confidential*  
*The Story of Edgar Sawtelle*

Please feel free to annotate a book you read, especially if it leaves a sizeable imprint on your psyche. All comments are welcome, even a book that has previously been commented upon.

*Eleanor Burke*

There will be no meeting of the Book Club in February. The selection for the March 4 meeting is *Pachinko* by Min Jin Lee. This book was selected as one of The New York Times Book Review's 10 Best Books of 2017. *Pachinko* chronicles four generations of an ethnic Korean family, first in Japanese-occupied Korea in the early 20th century, then in Japan itself from the years before World War II to the late 1980s.

## **LATE-BREAKING EVENTS:**

### **THE LADY BUGS PREPARE FOR VALENTINES DAY**

Monday, February 11, at 10:00 am in Friendship Hall

The pre-school children, the Lady Bugs, will visit The Heritage on Monday, at 10:00 am in Friendship Hall. They will bring their crayons and paper to make valentines and sing songs for this special day. All residents are invited to join them.

### **ADVOCATES WORKSHOP**

Friday, February 15, at 3:00 pm in Morgan Parlor

This workshop is for those who are advocates for one or more fellow residents, and for those who would like to learn about what the position may involve. Residents who may be considering whether to ask for an advocate are also welcome to understand what the importance of this relationship is to each of us and to our community.

## **PARTICIPATE IN BRAIN STUDIES**

PositScience, the organization that develops exercises to help brain functions, is looking for persons for a one hour session to provide feedback on their BrainHQ features. If you are able to use a computer or ipad, and can travel to 160 Pine Street, and would like to participate, complete the following questionnaire:

<https://goo.gl/forms/Sw06JGPQNRF4vrnl2>

Selected participants will be compensated with a \$50 Amazon gift card.  
See Margaret if you would like more information.

## **SPECIAL EVENTS IN FEBRUARY**

Catholic Mass	Fri	Feb 1	10:30 am	Chapel
Quarterly Meeting	Fri	Feb 1	2:30 pm	Dining Rm
Mimi Blais Ragtime Queen	Fri	Feb 1	7:15 pm	MH
Superbowl	Sun	Feb 3	3:00 pm	BCM
Book Club	Mon	Feb 4	11:00 am	Stucky Lib
Tigges Jewelry	Mon	Feb 4	1:00 pm	MH
Telling Our Stories	Wed	Feb 6	10:00 am	TBA
Docent: Year of the Pig	Thu	Feb 7	3:00 pm	FH
Residents Council Meeting	Fri	Feb 8	9:30 pm	DR
Birthday Celebration	Fri	Feb 8	5:15 pm	MH
Pre-School Lady Bugs	Mon	Feb 11	10:00 am	FH
Trip to Graton Resort	Tue	Feb 12	9:30 am	Porter Lib
Bridge Class	Wed	Feb 13	1:00 pm	FC
Ian Scarfe "Gypsy" Music	Thu	Feb 14	3:30 pm	MH
Advocates Workshop	Fri	Feb 15	3:00 pm	MH
Short Story Reading	Sun	Feb 17	3:00 pm	MH
Gustavo Romero Piano Concert	Mon	Feb 18	3:00 pm	MH
Chinese New Year Lion Dancers	Wed	Feb 20	5:30 pm	Dining Rm
Meet Superv. Rafael Mandelman	Fri	Feb 22	4:00 pm	Stucky Lib
Feldenkrais	Sat	Feb 23	9:00 am	FC
Bridge Class	Wed	Feb 27	1:00 pm	FC
Card Bingo	Thu	Feb 28	7:15 pm	FH

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