

Heritage Happenings

November 2023

*The monthly newsletter published by residents of
Heritage on the Marina*

Special Events

Highlights of November's speakers and performers



Roxana Lara: Altar building for *Dia De los Muertos / Day of the Dead*

1 & 2 November starting at 10:00 in Friendship Hall

Residents can participate by bringing photos both days to display of loved ones on the Altar to reflect.



Activities Team: Celebration of *Dia de los Muertos / Day of the Dead*

1 & 2 November between 2 and 4pm in Friendship Hall

This is a time to remember and honor those who are no longer with us in body. Light refreshments will be served.



Jonathan Tenenbaum: Bird Walks in San Francisco & Beyond

Monday, 6 November at 3:00 in Friendship Hall

Jonathan is evangelical about sharing his love and passion for birding and birds, spreading the joyful experience of new discoveries with thousands of people of all ages.



Mary Linde, CEO: Town Hall Meeting

Wednesday, 8 November at 10:30 in Friendship Hall

Meeting to address the issues raised at the Residents' Council meeting. Includes reports from executive and department directors.



Veteran's Day Remembrance Event

Wednesday, 8 November at 3:00 in Morgan Parlor

Acknowledge and express thanks to veterans at Heritage on the Marina. Residents are invited to tell a story. Coffee & cookies will be served.



Jeni Swerdlow: Drumming Circle

Thursday, 9 November at 2:00 in Friendship Hall

We welcome back Jeni Swerdlow for another rhythmic session of music & unity. A registered art therapist, she will invite us to experience the power of being together in rhythmic drumming.



Charito Aquino: Medicare 2024 Presentation

Monday, 13 November at 3:00 in Friendship Hall

This presentation by a representative of California Health Advocates covers the basics of Medicare, the changes coming in 2024, and how to prepare for them.



Jason Myers: Sing-Along

Wednesday, 15 November at 3:00 in Friendship Hall

We welcome Jason back for another gathering of festive tunes! Drawing primarily from a vast repertoire of standards from the 1930s and 1940s, he captures the spirit of the era while simultaneously adding his distinctive voice.



Teddy the Goldendoodle: SPCA visit

Thursday, 16 November at 1:30 in Friendship Hall

Teddy, the SPCA "Goldendoodle" visits in Friendship Hall and the Porter Library. Goldendoodles, also known as Groodles, are created by crossbreeding Golden Retrievers and Poodles.



Ian Scarfe: Piano Concert

Thursday, 16 November at 3:00 in Morgan Parlor

Ian Scarfe enjoys a wide-ranging career as an advocate for music. Initially following directions to become a piano soloist, he quickly discovered the joys of diversifying his work.



Stephen Camarota: Thanksgiving Happy Hour & Sing-Along

Wednesday, 22 November at 3:00 in Friendship Hall

Sing-Along – Trivia! Bonus: Stephen's Happy Hour includes alcoholic beverages and light appetizers!



De Young Docent Presentation: "Botticelli Drawings" Exhibit

Thursday, 30 November at 3:00 in Friendship Hall

Botticelli Drawings is the first exhibition ever dedicated to the drawings of the renowned Renaissance artist Sandro Botticelli (1445–1510). The exhibition features rarely seen and newly attributed works of an artist whose name is synonymous with the Italian Renaissance.

Dia De los Muertos / Day of the Dead

Not to be confused with Halloween—Day of the Dead combines the ancient Aztec custom of celebrating ancestors with All Souls' Day, a holiday that the Spanish brought to Mexico starting in the early 1500s. The holiday, which is celebrated mostly in Mexico on November 1 and 2, is like a family reunion—except ancestors who have passed on are the guests of honor. Day of the Dead is now celebrated by the elderly around the globe.



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

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Aging in a Community

With the closing of the Health Center, Heritage on the Marina implemented a new program called "Aging in Place". The Aging in Place program is designed to provide care to residents in independent living or in custodial care provided by assisted-living but who do not need to move to a nursing home. See Martha Nell Beatty's article also in this issue.

For me, however, the concept of "Aging in Place" is much more than a program. It is a philosophy of life. It is a way of living that allows us to remain in the community as we age. As a disabled person who is a significant "fall risk", I will probably transfer to Assisted Living at a younger age than most residents.

Interestingly, I do not find the thought of yet another move in my life to be in any way troubling. There are good reasons why.

First, I have already done my downsizing by moving into Heritage. In living here, I find that I have gained many friends. I have established a variety of healthy practices. My diet is far healthier than it has ever been. My fitness level is as good as it has ever been. I have a variety of activities that I enjoy. I have gained a community. I have established a way of life. No matter where I live on this campus, I will still have my routines and my community.

For me Aging in Place does not mean that I will live in my apartment until I die. It means that I will live in my community until I die.

Theo Armour

My Rooms: Chapter Three 3

By Margaret Johnson and her son Tom

You may remember that the previous installment of this memoir left off at the point in mid-1944 when I left my bank job in Philadelphia for the excitement of New York City!

New York City - the first of four times!

That was a major decision! I landed a job in New York with TWA airlines that started in September. So, I went up to Vermont to stay for the summer with my sister Libby and her husband Karl in the tiny village of Moscow, near Stowe, to help with their new baby.

At that time TWA, like all the airlines, had their check-in desk in the Airlines Terminal on 42nd Street, across from Grand Central. The salary of \$125 a month sounded like a lot after the \$75 a month at the bank. But, as was pointed out to me when I announced my departure from the bank, it did not include the large free lunch five days a week that the bank had provided, and the rents in New York that were higher than in Philadelphia.

True enough—but New York was a lot more exciting!

Finding a room, let alone an apartment, in New York in 1944, as in every other big city at the time, was a major difficulty. My first thought when I arrived at Penn Station was to check with the Travelers' Aid desk, a service for all the displaced people going through train stations in those days. I stood in line behind a young woman who had, I found as I eavesdropped, the same problem. She had come up from Washington, DC, and needed a room while she looked for an apartment. She had a job and would start work the next morning (hotels on short notice were impossible). The kind woman at the desk had **nothing**, except a room in a house in Forest Hills (Queens), which seemed to be a bit too expensive for the young woman alone. So, I stepped forward and offered to share it with her. I had been watching her and thought she looked okay – she was amazed, but so desperate she agreed.

Thelma Sussman

Her name was Thelma Sussman ("Sussie"), from Gloversville, NY. She

proved to be a good friend. We took that room and later shared two others; all told, we lived together for over a year. She was a legal secretary who had made the mistake of having an affair with her married boss, a government lawyer in DC. A few years later Duncan (my husband – more later) and I went to Sussie's wedding in The Little Church Around the Corner when we were living in Brooklyn.

After the room in Queens, Sussie and I shared a couple of apartments in Manhattan. The first one, on East 39th Street, was a basement apartment in what had been a beautiful Victorian brownstone full of wood paneling and parquet floors. We had a large room that had once been, I think, the dining room. But by then the parquet was loose, the carpet worn, the fireplace useless. But it worked for us, even with a two-burner hotplate and two cots, with the bathroom down the hall that we shared with other tenants. On rainy days I could almost get the whole way to work underground, through the tunnels and corridors of office buildings.

The second Manhattan apartment we shared was a summer rental far up Broadway in the west nineties. We shared it with two other girls; one of them, an Indian from a wealthy family in India, never shared the housekeeping work and clogged the drains in the bathroom with her long, thick hair.



Duncan Johnson

Then, in the summer of 1945, I got engaged to Duncan, who proposed to me while on leave from the Army hospital in New Orleans for a few days. We planned to marry in November when he would have leave over Thanksgiving. So, I made a reservation at the hotel on Madison Avenue where he had proposed, for a couple of days of honeymoon after the wedding, and reservations on a flight to New Orleans (not too early in the morning, please) afterward, and left for Salem, where

we would be married on the day after Thanksgiving.

I had realized that I would probably be losing my job, now that the War was over and the men coming back. I had thought to solidify my place in TWA by moving to their headquarters in Kansas City, but New Orleans and Atlanta (Duncan's hometown) were much more appealing, so that was it for New York City (for now - the future would hold a lot more New York for me!)

Next time: coping with the chaos of travel, housing, and almost no money in the post-war years.



Remembrance for Eleanor Burke

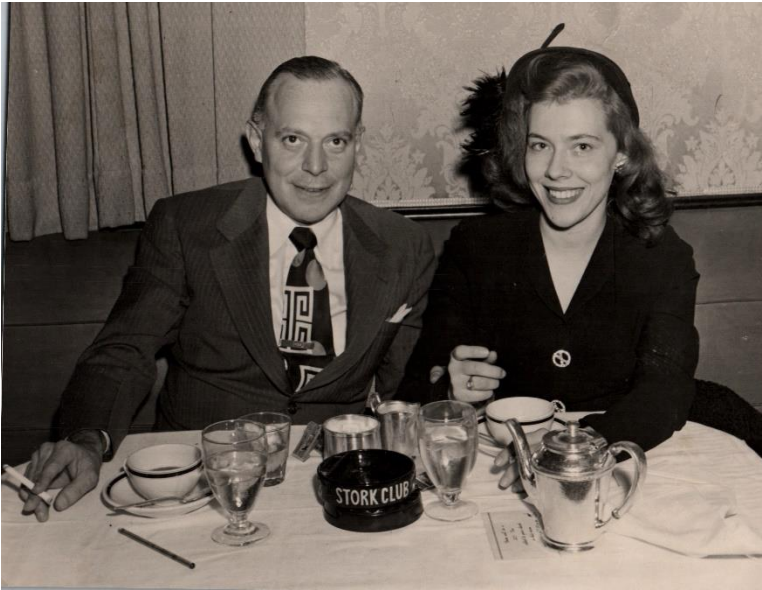
Eleanor Burke passed away peacefully in her apartment last year. Bernie Burke and his family bequeathed a generous donation to Heritage on the Marina for use in the Porter Garden that Eleanor so loved. The Garden Committee arranged for a camillia tree to be planted along with a memorial plaque.

Planting the tree with a memorial plaque is such a lovely and thoughtful gesture. We are truly grateful to the community for honoring Eleanor this way. Gardening was a passion she embraced at the Heritage, and she loved spending time with her friends there. We miss her dearly and will think of her whenever we visit her tree. Thank you.

- Eleanor's Family

My Uncle Al

By Dr Doris Howard



My youngest and most exciting uncle discovered bridge in the 1930s. He became a member of a group called "Culbertson's Men". This was Ely Culbertson, one of the founders of The American Contract Bridge League (ACBL). Al became the first and only national tournament director. Bridge became so popular that Al traveled nationally, internationally and on bridge cruises, managing

tournaments. He taught my Aunt Helen how to play bridge (see September Happenings.) At one national bridge tournament in Washington, DC, President Eisenhower appeared. Just another bridge player. We did get a couple of photos of the President with my uncle. Another frequent bridge player was Omar Sherif, with whom my uncle became a good friend.

He was also interested in humor and quiz games. He was a frequent contributor of quiz questions to a popular radio quiz program - Bob Hawk LEMAC Show (camel spelled backward—Camel cigarettes was the sponsor). Al also wrote a quiz book. He wrote a monthly column called Thirty Days for the ACBL national newsletter.

He was a witty and intelligent man who could control a room full of 100 bridge players; make snap decisions, run the show and leave them feeling they had a great time. He was a family man, too. With no children of his own, he paid attention to his nieces and nephews, sending picture postcards from foreign countries, and acknowledging birthdays. My sweetest memories of him are of the many times he took me out for dinner, beginning with my 16th birthday. In his last years, he and I lived directly across the street from each other in New York City which gave me the opportunity to take care of him. Perfect closure.

An Early Morning Tipple

By Jane Standing

The last time my daughter Sarah came to visit back in the summer she was catching an early morning flight leaving New York at 7 am. She had completed a major accomplishment, and to celebrate had treated herself to a nice bottle of red wine and had a glass each night. When it was time to go to the airport, she did not want to pour the remainder down the sink or leave it there. So, she found a container and took it with her. When her turn came at security the agent said forcefully, "What is this?" She told him it was red wine. "Well, it is more than three and a half ounces, so you had better drink some!". A smart move on his part, because if it had been something to blow up the plane, she would have refused to drink it. To the frustration and/or amusement of the line behind her she proceeded to do so. Then the agent said, "That's enough you can take the rest on board with you."

The remainder of the wine greatly enhanced her airline breakfast!



AI prompt: "An Early Morning Tipple on an airplane"

From Health Center to Residential Care Facility for the Elderly (RCFE)

By Martha Nell Beatty

As we residents all know, in April of this year, Heritage on the Marina closed the Health Center and continued with its Independent and Assisted Living options. For those frailer residents who require more care, the Aging in Place model was developed and implemented. Residents in Independent Living can receive a “visiting nurse” style of care while they stay in the comfort of their home. Under this model they may receive *à la carte* services such as medication reminders, showers, dressing changes, and grooming assistance. If residents require more care than can be managed in this way, our Assisted Living area provides for residents who require two-person assistance, more frequent checks, or who are dependent on others for all or most of their care.

Many of us wondered what the main differences are between a SNF (Skilled Nursing Facility) and a RCFE (Residential Care Facility for the Elderly). As Jeff Brenner has said, “A SNF is a nursing facility and a RCFE is not.” A RCFE may encompass Assisted Living, Memory Care and Continuing Care. A RCFE is not required to have nursing staff. Nonetheless, RCFEs are highly regulated with a robust body of federal, state and local laws and regulations designed to promote resident independence to the greatest extent possible in a residential, nonmedical setting.

Since Heritage on the Marina does employ nurses around the clock, it is able to care for most residents who might otherwise have been moved to the Health Center. It does not provide the extensive short-term rehabilitation provided under Medicare Part A. Most rehabilitation, however, can be provided to residents in the comfort of their apartments or in the rehab gym under Medicare Part B. If residents do require a SNF for their rehabilitation, Heritage on the Marina has transfer agreements with Sequoia Senior Living and San Francisco Towers.

We all know about RNs, LVNs and CNAs but do not necessarily know the different skills that are required for each category. They are:

RHSD (Resident Health Services Director): The RHSD is the Nursing Director of the care team in the RCFE. This is an RN position. They ensure policies and procedures are in place and are followed. They ensure regulatory compliance is maintained. They manage all the LVNs and care staff. The RHSD directs care and ensures assessments are completed in a timely manner, and that medical records are accurately maintained.

Wellness Nurse: The wellness nurse is an RN responsible for quality monitoring and improvement, training, and development of care staff, assisting the RHSD in ensuring regulatory compliance, and maintaining records that are required for staff development. Wellness nurses are often seen as the Assistant Director of Nursing.

RN (Registered Nurse): RNs are trained to assess a resident and develop a plan of care based on that assessment. They are able to administer IVs, give injections, give medications, and care for wounds. They are also responsible for admissions assessments and discharge planning. RNs have training in advanced assessment, decision making, leadership, and diagnostic testing. It is the RN's responsibility to oversee the LVNs and ensure residents receive appropriate care.

LVN (Licensed Vocational Nurse): LVNs can do everything an RN can do except administer intravenous (IV) medications, IV nutrition, or IV blood products. LVNs are practical or technical nurses and are not trained in advanced assessment and decision making. They can provide basic medical care under the supervision of an RN.

CNA (Certified Nursing Assistant): These are front-line nursing assistants and have the most contact with the residents. They help the residents with grooming, dressing in the morning, and getting ready for bed in the evening. They also help with taking vital signs, feeding assistance as needed, and incontinence or toileting care. These caregivers are the eyes and ears of the staff. CNAs work under the supervision of both the RN and LVN. They are trained to report any significant changes in resident activity or behavior to their supervisors.

Library Corner ~ New Acquisitions ~ October 2023

Compiled by Martha Nell Beatty

State of Terror ~ 2021 ~ F

Louise Penny and Hilary Rodham Clinton

A political mystery novel in which a president chooses a political enemy for secretary of state. Soon after inauguration a crisis arises involving Pakistan, Afghanistan, and Iran.

Catch and Kill: Lies, Spies, and a Conspiracy to Protect Predators ~ 2019 ~ NF

Ronan Farrow

Farrow's explosive expose of numerous sexual assaults and harassments committed by Hollywood producer Harvey Weinstein.

A Long Petal of the Sea: A Novel ~ 2020 ~ F

Isabel Allende

The book starts during the Spanish Civil War and spans oceans and continents-worth of political upheaval.

Lessons in Chemistry: A Novel ~ 2022 ~ F

Bonnie Gamus

In the '50s Elizabeth Zott's dream of becoming a scientist runs up against society's prejudices against working women. She decides to take her skills to TV, where she hosts a successful show on cooking.

The Maid's Diary: A Novel ~ 2023 ~ F

Loreth Anne White

An inquisitive housekeeper uncovers dark secrets of her employers.

The Historian ~ 2005 ~ F

Elizabeth Kostova

Historical fiction about Count Dracula, the vampire. It is based on the story of Vlad Tepe.

Dead or Alive: A Jack Ryan Novel ~ 2010 ~ F

Tom Clancy

Beheld ~ 2020 ~ F

TaraShea Nesbit

A stranger arrives in the colony of Plymouth, where a crime is shaking up the divided community.

Twisted Prey (A Prey Novel) ~ 2018 ~ F

Jane Sandford

A thriller about a US senator

The Revolutionary: Samuel Adams ~ 2022 ~ NF

Stacy Schiff

Coronation ~ 2013 ~ NF

Hugo Vickers

Obviously not about King Charles III's coronation, Vickers' book gives a behind the scenes view of Queen Elizabeth's coronation. Rather old news now.

Portrait in Sepia: A Novel ~ 2000 ~ F

Isabel Allende

The family saga covers two wars and the role of women in Chile, where Allende was raised.



If you have suggestions or questions, please get in touch with a Library Committee Member: Martha Nell Beatty, Yvonne Benedict, Pam Fischer, Gene Graham, or Kay Narron.

Friendly reminder: Please do not reshelve books. Please put returned books in the designated box.



Book Review: *Meet Me in Monaco* by Hazel Gaynor

Reviewed by Trish Otstott



Back in September, a friend called to ask me to suggest a book that would “soothe” her jangling nerves. I suggested she read *Meet Me in Monaco*. This charming story strings together the lives of Sophie the French perfumer, James the British photographer and, of course, Grace, Her Serene Highness the Princess of Monaco and her wedding to Rainier, His Serene Highness the Prince of Monaco.

The book begins with Grace Kelly, trying to evade a relentless and aggressive photographer, by diving into Sophie’s perfume shop to hide. The photographer is put off the trail as Grace is well hidden by Sophie. While hiding, Grace becomes intrigued by Sophie’s special blends of fragrant perfumes.

The story continues to entwine these three main characters with the wedding and life of Grace and Rainier, Sophie’s struggles with her perfume business, and James’s family back in England. The book is based upon real people in the life of Princess Grace.

My friend did call me back to say she loved the book, as it made her smile, and it soothed her jangling nerves!

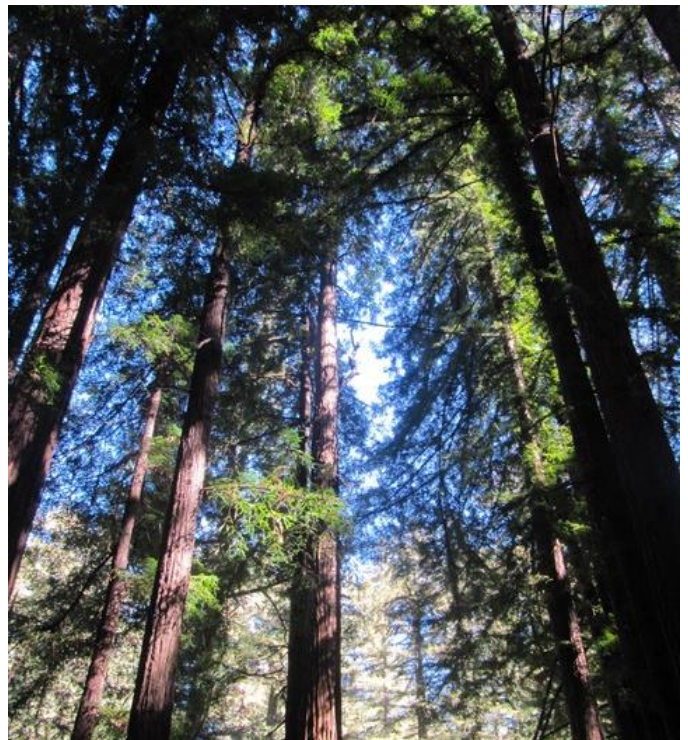
This book can be found in the Stucky Library.



AI prompt: 'Grace, the Princess of Monaco wedding Rainier, the Prince of Monaco.'

November 2023

Annual Picnic Lunch Excursion to Samuel P Taylor Park



Thanksgiving at the Plymouth Pilgrims RCFE

