



Heritage Happenings

OCTOBER 2019

Paleoanthropology: How Our Ancestors Lived

Thursday, October 3, at 3:00 pm in the Fitness Center

This lecture will be presented by Camilla Smith, President of the Louis Leaky Foundation and Trustee for the Natural History Museum for the Smithsonian Institute.



Prost!



Octoberfest Pub Party

Saturday, October 5, at 2:00 pm in Morgan Hall

Join us for a German celebration filled with German beer, treats and music by accordion player Lorenzo.



Meet and Greet with Nancy Tung, Candidate for District Attorney

Monday, October 7, at 3:00 pm in the Stucky Library

Fall Picnic at Samuel P. Taylor Park

Tuesday, October 8

Join us for a BBQ lunch. The bus departs at 9:30 am from Francisco Street and will return to The Heritage at about 3:30 pm. The sign-up sheets are on the table in the dining room.

Note: *Important! If you have signed up and are unable to attend, you must cancel at least one day ahead or you will be charged \$25 cancellation fee unless you have a medical emergency.*



Self-Help for the Elderly

Open Enrollment and Medicare Fraud By Charito Aquino. HICAP Community Outreach Coordinator

Thursday, October 10, at 3:00 pm in the Fitness Center



Ian Scarfe and Friend in a Duo Performance

Thursday, October 17, at 7:15 pm in Morgan Hall

Stuart Hall Students Visit

Tuesday, October 22, at 10:15 am in Friendship Hall

If you have never participated in this visit, we urge you to join us as these young boys share their fall crafts and read to us. They are always a delight.

Superfood Demo: Eggs

Monday, October 28, at 2:30 pm in Friendship Hall

Learn the benefits of eggs, and taste a surprise delicious recipe with Chef Kevin and Dietitian Christina!

The San Francisco Shakespeare Festival presents:

Wednesday, October 30, at 3:00 pm in Friendship Hall



Thursday, October 31, at 2:30 pm in Friendship Hall

Feel free to dress up and join in the Halloween fun. There will be a Tarot Reading by intuitive Audrey, arts and crafts, spooky treats, drinks and more!

Some Halloween Fun Facts

Agatha Christie's mystery novel *Halloween Party* is about a girl who is drowned in an apple-bobbing tub.

Tootsie Rolls were the first individually wrapped penny candy in the US.

Black cats were once evil omens thought to be spirits of witches, or a witch's familiar who protected their powers.

Apple bobbing is believed to have originated from a Roman harvest festival held in honor of Pomona, the goddess of fruit trees.

If you see a spider on Halloween, it is considered good luck, as it means the spirit of a loved one is guarding you.

90% of parents admit to sneaking goodies from their kids' Halloween trick-or-treat bags.

More than 35 million pounds of candy corn will be sold for Halloween.

OPEN DOORS HAVE CLOSED!

The final Open Doors event in the Francisco Flats in September was another smashing success which brought in an additional \$720 for a grand total of \$2,230 from the three events. Our original goal was to raise \$1,000 for the depleted Residents' Council Fund, increased to \$2,000 after the success of the first event. Not a dime of any of the money raised from ticket sales and contributions was spent for event expenses. All reception and apartment tour supplies were donated by individuals.

The weather cooperated beautifully, allowing for a gala garden party in the Porter Garden before, during and after Francisco apartment tours. Steve was such a success as bar-tender at the Morgan Open Doors reception, he was back by popular demand as bar-tender for both the Perry and Francisco Flats receptions as well.



Thanks to all who opened their doors, contributed dollars, in-kind donations of food, drink and supplies and literally hundreds of hours of volunteer labor to make all three Open Doors events so successful—and fun! Each of these events was a prime example of teamwork at its best. Kudos to the Open Doors Committee members—Carm Arburua, Eleanor Bissell, Katherine Conley, Joyce Frankenberg, Linda Hanley, and Patsy Hulting—who joined me to create the master plan. The success of this project, and all others, is the result of the cooperative spirit that is a hallmark of our Heritage Community.

How will the money be spent? Come to our monthly Residents' Council meetings to find out—all disbursements are approved at these meetings. Two major on-going projects yet to be funded in 2019 are the Hunters Point Headstart program and our annual contribution to the Employees Appreciation Fund.

Jean Fowler

RELIGIOUS SERVICES

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

Two Roman Catholic Masses Every Month

Beginning in October, the Rev. Terry Davis will celebrate Mass on the first Friday, and the Rev. Allan E. Remo, Associate Pastor at St. Vincent's, will preside on the third Friday.

Bio

Fr. Roy was born in Goa, Camarines Sur, Philippines on March 4, 1971. He was ordained priest for the Archdiocese Of Caceres, Naga City, Philippines on November 22, 1997. He finished his high school education at the Holy Rosary Minor Seminary in 1988, and his philosophy education at the same seminary in 1992. He was sent to Manila where he finished his theological studies at the UST Central Seminary in 1995 and his Licentiate in Canon Law in 1997. He finished his Doctorate in Canon Law at the Angelicum University in Rome in 2003.



Immediately after his ordination to the priesthood in 1997, he was assigned as Formator - Professor of the Holy Rosary Major Seminary in Naga City. In 2001 he was sent to Rome to finish his doctoral studies. After his return from Rome in 2003, he was made chancellor, and in 2012 judicial vicar. He served in those capacities until 2016. In July 2016, he was permitted by his Archbishop to work in the Archdiocese of San Francisco. He worked for three years as an Associate Pastor at St. Charles Church in San Carlos, CA. Last July 1st, he was transferred to St. Vincent de Paul Parish as its new Associate Pastor.

The Semi-Annual Conference of the Church of Jesus Christ of Latter-Day Saints will be held Saturday, October 5, from 9 – 11 am, and 1 - 3 pm. Live streaming of talks by the Prophet and other general authorities and music by the Tabernacle Choir and Orchestra on Temple Hill will be featured. All are welcome to see all or some of the conference. Location: Look for the open door at 243 Morgan.

Mary Liz Harris

WEEKLY ACTIVITIES

Art with Yvette	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
Backgammon	10:30 am	W	BCM
Walking for Health	1:30 pm	W	Porter Lib
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
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 pm	daily	Dining Rm

* No Tai Chi or Chair Aerobics on Monday, October 14.

** No Yoga classes on Thursday, October 10.

I can't Draw a Straight Line! That's what people say when they are invited to join an art class. Well, here is your chance to learn how to draw a straight line. Yvette Brown, our great new art teacher, is going to teach you how, in a simple drawing lesson on Monday, October 7, at 9:30 am in the Art Studio in the basement. Be smart. Be there.

Doris Howard

MUNI CAPER #39: Exploring Chinatown #4

When I moved to San Francisco in 1962, I lived near Clement Street in the outer Richmond, where Chinese restaurants and markets were just beginning to flourish. Chinese were moving out of the original Chinatown, established in 1848, to form a new community—Chinatown #2. Soon they pushed further south along the 19th Avenue corridor to form a third Chinatown. And now there is a thriving Chinatown #4 in Visitation Valley, the focus for this MUNI Caper, suggested by resident expert Katie Loo who is leading the way. For a quick history of Chinese migrations to and within San Francisco, and of the Visitation Valley neighborhood, check:
www.wikipedia.org/wiki/History_of_Chinese_Americans_in_San_Francisco
www.wikipedia.org/wiki/Visitation_Valley_San_Francisco.

Visitation Valley is a working class neighborhood originally settled by Irish, Spanish-American and Italian immigrants. There was an influx of blacks during World War II, now being supplanted by ethnic Chinese who comprise more than half this neighborhood.

To reach our destination, we will pass through the still thriving original Chinatown; after passing through old Chinatown on the #8 Bayshore bus, ride for about 15 minutes on the freeway, then exit onto San Bruno Avenue into Visitation Valley. Get off at Felton—the first stop after the southbound #8 bus turns off the freeway onto San Bruno Avenue—to explore the vibrant Chinese shopping area. There are many cafes here where you can nosh.



When sated, reboard southbound #8 Bayshore and ride toward the end of the line. Get off at Mission Street and transfer to #43 Fort Mason for a direct ride to home base at Chestnut & Laguna (+/- an hour). Or, cross San Bruno Avenue and return by same route: board #8 Bayshore toward downtown; get off at Columbus & Stockton; cross Columbus to board #30 Jefferson Loop to Chestnut & Laguna.

THE ROUTE:

Board **#30 Stockton** toward downtown at Laguna & Chestnut; debark at Stockton & Green right after turn off Columbus; board **#8 Bayshore** at same corner and ride +/- 45 minutes to Felton (first stop after bus exits freeway). Return: reboard **#8 Bayshore** to Mission Street; transfer here to **#43 Fort Mason** for ride home to Laguna & Chestnut. *Jean Fowler*

OCTOBER BIRTHDAYS

Terry Moughan	10/6	Jo Ann Nelson	10/22
Mercedes Van Den Berg	10/11	Gene Graham	10/28
Ellie McCarthy	10/14	Martha Nell Beatty	10/29
Pat Bixby	10/18		

This month's birthdays will be celebrated on Friday, October 11, at 5:15 pm in Morgan Hall. Sing-along around the piano begins at 5:30.

Make a Maintenance Request by computer

On your own computer, enter in the search box and click:

Theheritagesf.theworxhub.com/public/request/new

On the computer in the McGinley Room,
in the bookmark line at the top of the screen, click on:



Maintenance Reque...

Need help? Ask Margaret

MOVIES IN OCTOBER

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

Pavarotti (2019) Oct 5
A look at the life and work of opera legend Luciano Pavarotti.
Stars: Spike Lee, Bono, Princess Diana

Echo in the Canyon (2018) Oct 12
A look at the roots of the historic music scene in L.A.'s Laurel Canyon featuring the music of iconic groups such as The Byrds, The Beach Boys, Buffalo Springfield, and The Mamas and the Papas. Stars: Lou Adler, Fiona Apple, The Beach Boys

Dark Horse (2015) Oct 19
An inspirational true story of a group of friends from a working men's club who decide to take on the elite 'sport of kings' and breed themselves a racehorse. Stars: Jan Vokes, Howard Davies, Brian 'Daisy' Vokes

The Lavender Hill Mob (1951) Oct 26
A meek bank clerk who oversees the shipment of bullion joins with an eccentric neighbor to steal gold bars and smuggle them out of the country as miniature Eiffel Towers. Stars: Alec Guinness, Stanley Holloway, Sidney James

Before I left for my recent European trip, I had pulled a muscle in my leg and was avoiding stairs. My traveling companion had a walker. Then, we faced the reality of European travel!

HURRAY FOR THE ADA

In London eight steps to our hotel's front door
Then to the dining room many steps more.

In our bedroom a step to the bathroom
I hope it isn't my doom.

At the theatre stairs to my seat
Although they weren't very steep.

Then at our hotel in Copenhagen
Ten steps to the front door where we were taken.

A tub with a shower to greet me
To use it I'll have to wait and see.

The safe is on the floor
That's one problem more.

For our first event stairs twenty-six
Now I am in a fix.
I can only think "Oh, my
I guess I'll just have to try."

Paris café bathrooms are not down the hall
They're reached by stairs---just asking for a fall.

But on our ship, everything is good
Step up the bathroom is just understood.

Now I'm home I appreciate without any fuss
The ADA is looking after us.

FREE FOR ALL

All you need is a San Francisco Library card, which is free. With that card, you have on-line access to the San Francisco Chronicle, the New York Times, and an endless number of magazines. All for free. I know reading publications on-line isn't popular with many seniors but it might be worth a try. There is a huge world of information and entertainment awaiting and all for free.

Martha Nell Beatty



President's Corner

Much thanks to my Heritage family for your prayers and good thoughts. It is this kind of thought that has helped me through my surgery and subsequent recovery. It is why our home is the best place to be!

What a finish!! The last Open Door event of the year was a huge success. The gang from the Francisco Flats, led by Marcia Forman, Patsy Hulting, Monique Kaufman, Martha Nell Beatty, Martha Raymondos and, of course, Kristine and Gary Skootsky, not only hosted their units, but finished with a classy reception in the Porter garden. What a tremendous finish to a great fund raiser idea from Jean Fowler.

The preparation was thorough, resulting in the many volunteer monitors providing smooth sailing up that elevator. The reception and the weather allowed for great socializing.

I want to also acknowledge Doris Howard who has contributed so much fun and well being to our family. Her Out and About program has provided positive opportunities for members of our family to leave our home for shopping or interesting excursions. Her maintenance of our art gallery with revolving exhibits brightens up the corridor. Thank you Doris.

September has flown by and we look to the beginning of fall and warm weather during October. Don't forget to get your pumpkin.

October is also the start of the two milkshake month.

Take care of your neighbors and take care of our home - and remember - Get an Advocate and BECOME DEPENDENT on your PENDANT

Tony

Please welcome our New Beautician, Ivy Lai

Ivy Lai has been a beautician since 1981. She was the founder of Ivy's Hairstyling in North Beach 1981 and attended Vidal Sasson Hair Academy in London in 1982. She was also the co-founder of Moderna Hair Salon and Skin Care in Oakland in 1987 as well as the co-founder of New World Beauty and Skin Spa in Oakland in 2004. She currently works part-time at Tony's Hair Studio at North Beach where she is the beautician for several of our Residents from the Heritage on the Marina. She looks forward to joining our team. Her regular business hours will be Wednesday and Fridays from 10:00 am-3:00 pm and available for appointments upon request. Please call her directly to schedule an appointment at (510) 701-7868. She is experienced in all hairstyling and chemical treatments.



History of The Cottage

The stone cottage at the rear of the 3400 Laguna property was originally part of Julia Morgan's architectural design, although the interior was not completed until the mid-50s when the Perry Building was added to the campus. Architect Hewitt C. Wells reimagined the old gardener's tool shed, with its sturdy redwood timber beams, into a small home. Its first occupant was Anna Pogson, the new administrator who came to 3400 Laguna in 1957 along with the residents from the Crocker Old People's Home. Mrs. Pogson named it "Tigh-na-she"--House of Peace (for her Scottish ancestral home).

After Mrs. Pogson retired in 1967, the cottage was turned into living quarters for a resident couple. In the 1970s Burt and Marjorie Hulting, in-laws of current resident Patsy Hulting, lived there. Pictured at right: Burt Hulting with visiting son Fred, Patsy and their young sons.

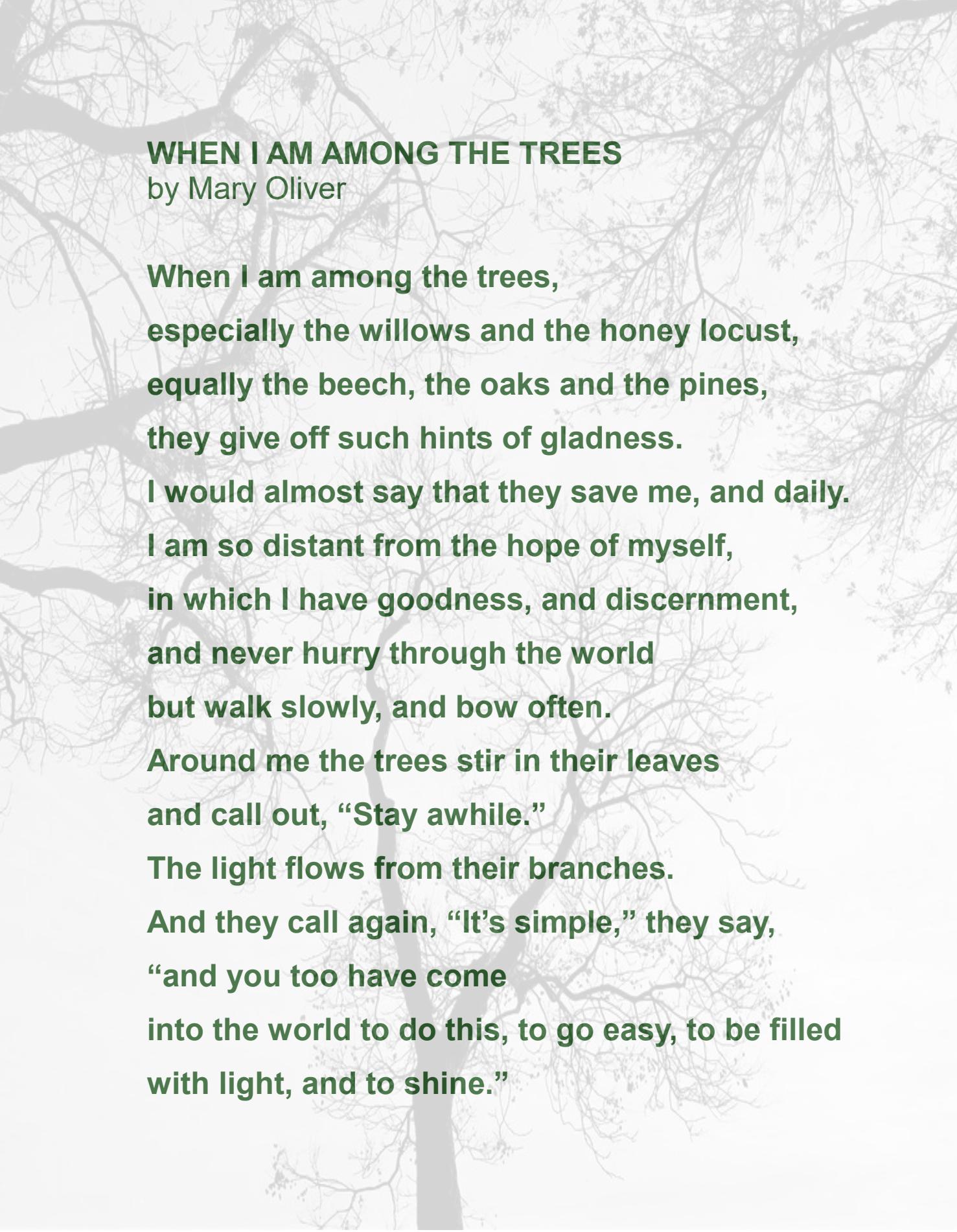


Lloyd and Marion Wake were occupants of this charming historic cottage from 1993 until Lloyd's death in late 2017. The Wakes maintained the lovely garden; Lloyd planted the wisteria vines which so beautifully framed the roofline every spring with a veritable waterfall of exquisite white blossoms. Marion Wake invited new Heritage residents to tea there for many years, until 2011 when it became too difficult for her to manage.

In 2018 CEO Ken Donnelly was considering adding a memory care program at The Heritage. The newly vacated cottage appeared to be a suitable site; if the program did not succeed, the facility could easily be reconverted to residential quarters. The Board approved the project and the remodeling took place in the spring and summer of 2019. Unfortunately, the beloved wisteria vines had to be sacrificed because they were so strong they had quite literally raised the roof!

Steve Camarota was hired as Activity Leader to assist Social Services Director Karina Tapia in developing a memory-care program. Although it was initially conceived to help those who were developing memory issues, its wide variety of programs have become very popular with the entire residential community.

Jean Fowler



WHEN I AM AMONG THE TREES

by Mary Oliver

**When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.**

**I would almost say that they save me, and daily.
I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.**

**Around me the trees stir in their leaves
and call out, “Stay awhile.”**

**The light flows from their branches.
And they call again, “It’s simple,” they say,
“and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine.”**

OPENING TO MEMORIES

The other day, while digging through some boxes, I ran across three mailing tubes. Two of them turned out to contain rolled up posters I had hung on my office wall when I worked as Supervising Attorney for the Domestic Relations Unit at San Francisco Neighborhood Legal Assistance Foundation, many moons ago.

Some of you who old, like me, may recall a time before word processing and can perhaps relate to the first poster I unrolled. It bears a stern image of Golda Meir, former Prime Minister of Israel. Below her picture are printed these words: "YES, BUT CAN SHE TYPE?"

A knight worthy of King Arthur's Round Table peered at me from the back of an Arabian stallion as I unrolled the contents of the second tube. All family lawyers can appreciate the sentiment expressed beneath the image: "She who waits for the knight in shining armor cleans up after the horse."

The third tube contained a collection of haiku, each bearing only the initials of the authors. I don't know why I saved them but the beauty of being retired is that now I have time to cherish each one and savor the thoughts or memories they stir.

HAIKU – FRAGMENTS

it feels okay
to have an empty head
sunny afternoon

My sister Livia telephoned, worried once again about her failing memory. Her current guru, a dietician, recommends that she give up wheat and sugar, to see if her memory improves. Our mother lost her short-term memory before she died. Sometimes I lose my train of thought. Will there be sunny afternoons for Livia and me when our heads register empty?

flurries...
a truck piled high
with hay

When Livia and I were children, spending our summers on our farm in Hungary, we often followed the hay wagon, pulled by plow horses, and pretended the bits and pieces blowing off the load were a snowstorm. In the midst of summer we'd burrow into haystacks, pretending we were in ice caves. In the warm and cozy haystack, we'd scare each other making faces, imitating the famous oil painting The Scream.

unmarked grave
butterflies in and out of
the long grass

My grandpa is buried on the farm at the top of a knoll, under an almond tree. If you go there now, some seventy-plus years after his death, the site is overgrown with weeds and wildflowers. Blue butterflies flutter among the cornflowers and Lake Balaton glistens in the distance. If you part the strands of forget-me-nots, you might find a chiseled marker. According to grandpa's wishes, it simply says ANONYMOUS.

smell of the earth turned up by a tractor

Alongside the dirt road leading towards my grandfather's grave, a farmer walks behind a horse-drawn plow, his arm muscles glistening in the summer heat, as he guides the turning of the earth. The odor of the freshly turned rich soil wafts me back to my childhood.

blue heron
all paddles
at rest

My daughter writes that the blue heron has returned, as it has for the past several years, to their dock, heralding the arrival of fall. The bird spends his summers fishing in the creek that empties into the bay, half a mile from where Liz and Barney live, in Thorne Bay, Alaska. The salmon have finished spawning. No more carcasses washed up on the beach. Calendar pages mark our seasons, whereas Liz is enveloped in nature.

my hands at rest
in dishwater...
first hummingbird

In spring, my daughter writes that the frost has barely cleared off her windows, nevertheless the hummingbirds have already returned. She says she's sitting by the window, mesmerized, dishes piled high in her sink.

a week before he died –
new glasses
for distance

Aggie Hoff

SPECIAL EVENTS IN OCTOBER

Sing-Along with Phil	Wed	Oct 2	3:00 pm	Morgan Hall
Paleoanthropology Lecture	Thu	Oct 3	3:00 pm	Fitness Center
Catholic Mass	Fri	Oct 4	10:30 am	Chapel
Octoberfest Pub Party	Sat	Oct 5	2:00 pm	Morgan Hall
Book Club	Mon	Oct 7	11:00 am	Stuckey Lib
Tigges Jewelry	Mon	Oct 7	1:00 pm	Morgan Hall
Meet & Greet Nancy Tung	Mon	Oct 7	3:00 pm	Stucky Lib
Fall Picnic	Tue	Oct 8	9:30 am	Porter Lib
Bridge Class	Wed	Oct 9	1:00 pm	Fitness Center
Medicare Open Enrollment	Thu	Oct 10	3:00 pm	Fitness Center
Residents' Council	Fri	Oct 11	9:30 am	Dining Rm
Birthday Celebration	Fri	Oct 11	5:15 pm	Morgan Hall
Jason Myers	Tue	Oct 15	3:30 pm	Morgan Hall
Activities. Outings Meeting	Wed	Oct 16	10:30 pm	Fitness Center
Sing-Along with Phil	Wed	Oct 16	3:00 pm	Morgan Hall
Bridge Class	Wed	Oct 16	1:00 pm	Fitness Center
Ian Scarfe Duo Performance	Thu	Oct 17	7:15 pm	Morgan Hall
Catholic Mass	Fri	Oct 18	10:30 am	Chapel
Stuart Hall Students Visit	Tue	Oct 22	10:15 am	Friendship Hall
Card Bingo	Thu	Oct 24	7:15 pm	Fitness Center
Superfood Demo: Eggs	Mon	Oct 28	2:30 pm	Fitness Center
Shakespeare's Macbeth	Wed	Oct 30	3:00 pm	Friendship Hall
Halloween Party	Thu	Oct 31	2:30 pm	Friendship Hall

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