



# ***Heritage Happenings***

August 2023

## **Special Events**

*Highlights of events for August at Heritage on the Marina*



### **Sing-along with Jason Myers**

***Wednesday, August 2 at 3:00 in Friendship Hall***

Drawing from a vast repertoire of standards from the 30s and 40s, Jason captures the spirit of that time while adding his distinct voice.



### **Cocktail Party: Celebrate the 170th Anniversary San Francisco Ladies Protection & Relief Society**

***Friday, August 4 at 4:00 in Morgan Hall***

Cocktails and refreshments will be served.



### **Presentation by Artist and Teacher Evri Kwong**

***Monday, August 7 at 3:00 in Friendship Hall***

Describing how to use art to find meaning and expression, Evri turns national issues, such as consumerism, racism, and religious intolerance, into bold narrative paintings.



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

***Wednesday, August 9 at 10:30 in Friendship Hall***

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



### **Beginners Line Dancing with Allen Isidro**

***Thursday, August 10 at 10:30 in Friendship Hall***

A fun approach to low-impact exercise.



### **Pine Park Health Presents: Dementia**

***Monday, August 14 at 3:00 in Friendship Hall***

Signs and symptoms of dementia and steps to delay the progression.



### **Rhythmic Drumming with Jeni Swerdlow**

***Thursday, August 17 at 2:00 in Friendship Hall***

Jeni Swerdlow has a passion for drumming and a mission to build connections through rhythm. A registered art therapist, she will invite us to experience the power of being together in rhythmic drumming.



### **Artificial Intelligence Lecture with David Peritz**

***Friday, August 18 at 3:00 in Friendship Hall***

The wonders and threats of this new technology.



### **Pianist David Saliamonas Returns**

***Monday, August 21 at 3:00 in Morgan Hall***

Our residents agree with the critics that David Saliamonas plays with great intensity and passion. He is hailed as one of his generation's most expressive and individual pianists.



### **Happy Hour Sing-along: Stephen and Ann**

***Wednesday, August 23 at 3:00 in Friendship Hall***

Margaret Jacobs's daughter, Ann Jacobs, will sing Cajun, Folk and Country Songs along with our Stephen Camarata.



### **Steve Johnson Speaks about Alcatraz**

***Thursday, August 24 at 3:00 in Friendship Hall***

Steve discusses Alcatraz's layers of history from its days as a military fort and prison to a federal penitentiary, to a place of protest by Native Americans, and finally to a national park.



### **Protecting Your Brain: Talk by Michele Nelson**

***Monday, August 28 at 3:00 in Friendship Hall***

What should you know about traumatic brain injury? Michele Nelson, RN, PhD, Clinical Nurse Specialist, will inform us.



### **Luau Party Performance by Ke aka o Polynesia**

***Thursday, August 31 at 3:00 in Friendship Hall***

"Ke aka o Polynesia" means "The essence or reflection of Polynesia". Dress in your favorite Hawaiian duds, sip *Mai Tais* and receive an island welcome!

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

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## Who is Your Advocate?

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) is a federal law that generally prohibits healthcare providers from disclosing protected information to anyone other than a patient and the patient's authorized representatives without their consent.

When the HIPAA law was enacted, residents who became ill 'disappeared' from the community. Margaret Jacobs was concerned at this loss of contact with our friends and consulted with our then-director, Marla Hastings. Marla sought legal assistance, and our advocacy program went into effect. It is a three-stage process to sign up:

1. Choose a compatible resident to be your advocate.
2. Both must sign the Advocacy form. Keep a signed copy with your records.
3. Give a signed form to the Henderson Clinic to be put in your chart.

Obtain the advocacy form from the Front Office. Your advocate will learn how much or little you want to share. At best, you have someone to call to step and fetch items from your room, make phone calls on request, and know you are being wished well in Heritage as a community!

*Eleanor Bissell*

## Meet Shirley Yawitz

*By Margaret Jacobs*



Interviewing Shirley, it struck me that her story epitomizes the American Dream: parents who emigrated from Poland and Russia and worked hard to give their children opportunities. Her father owned a poultry store (she ate lots of chicken). Her parents were always encouraging, but she recalls that despite having an excellent education in both high school and college (Washington University in St Louis), her parents did not believe the choice of law as a profession was useful for a woman.

Shirley was born in St Louis in 1936, the oldest of three children (she had two brothers). She majored in economics and was accepted into law school at Washington University after her third year. But her need to find a more expansive world brought her to San Francisco, where she found employment while taking a heavy load of four law classes at night at the University of San Francisco, graduating after four grueling years. Then, as she graphically describes, "The world started chasing me. " The fact that there were only three women in her class of 100 about 1970 brought the offer of many job opportunities.

Her first job was for the Federal District Court, then for an insurance company. She then made her most adventurous move – the decision to practice on her own, which, she said, made a happy choice of profession go from good to better. "I really had a ball; it changed my entire personality! " Asked what she most enjoyed about her work, Shirley answered: "I think it was the way the law is practiced, what we do when we practice law. What was so wonderful was the clarity, the logic, the interaction with people, and the fact that it's so political that you have to be aware and know how things work, or you can't make it work. " She also said, "I think the practice of law is applied psychology, and that was how I approached it, and everything seemed to flow from that."

Shirley became President of the Queen's Bench Bar Association, a non-profit voluntary association of women attorneys, judges and law students that



seeks to advance equality and opportunity for all women. She also became the quarterly chairperson for The Commonwealth Club. The Club took her on a three-week cruise to Scandinavia and Russia, which was wonderful, although it cost her a three-month loss in her practice.

Shirley became a probate referee, appointed by a judge to do appraisals of the property of people who pass away. She became President of the statewide Probate Referees Association. She then became Chair for the Northern California Standards and Ethics Committee which she describes as basically the district attorney's office for the probate referees, "so we were on everybody's tail if they did anything wrong. Our interest was in keeping the process accountable: helping the court to know what was in an estate and its value so that the court could handle it properly, and secondly, preventing fraud because we did independent appraisals." Shirley gave up chairing this committee just this year in the interest of self-care. She continues as a probate referee but has an assistant in training.

Asked about other interests, she answered: "I don't think I have any other interests; I think my interest is my work, really and truly; it takes all my time and all my energy." However, conversations with Shirley over the dinner table reveal a strong interest in food and nutrition.

You can find Shirley in Apartment 246 M. Her phone number is: (415) 929-6992, and her email is [76304.3634@compuserve.com](mailto:76304.3634@compuserve.com).



*Shirley's friend "Kitty"*

## **An Interview with Jon Casey, CFO**

*By Doris Howard*



Jon Casey, our still-new Chief Financial Officer, has an impressive accumulation of skills and experience. He is a native of San Jose, where he attended Archbishop Mitty High School and worked at Winchester Drive-in, making lots of popcorn and changing the marquee sign off Highway 17.

Later, Jon worked for an electronic parts company, where he learned about all the component parts that enabled him to become a logistics engineer. He then moved up to the position of Maintainability/Reliability Engineer with Kaiser Electronics and Aerospace. Jon explained how he contributed to the design of multiple "Head-Up" displays that provide information to jet pilots and astronauts. At this point, Jon realized he would need a degree in engineering to go

further into design. Instead, he returned to business and earned a degree in business administration (with honors) at St Mary's College in Moraga.

Jon moved to a billing and collection company that had proprietary software and was ultimately purchased by AT&T. After the break-up of AT&T, Jon became part of the team of the rollout of a new national resale program.

During his career, he has been a founder or associated with various non-profits. One of these was called Community Cares. They worked to help other non-profits find spaces to meet, spaces donated by different business entities. Community Cares ensured the rooms were cleaned after meetings and handled all the scheduling. He also worked with Bay Area Center Stage, which staged plays written by local writers. Jon was also the lighting director for these productions. He helped found and was part of several other non-profits.

Jon also worked for Episcopal Senior Communities for 16 years, working on continuing care contracts and affordable senior housing. In 2008, he returned to St. Mary's to acquire an MBA in business administration, again with honors. Episcopal Communities became Covia Communities and later affiliated with Front Porch Communities and Services. Jon remained with them for two years before coming here.



The Casey family includes Jon, his wife Mia, their five children from past marriages and four grandchildren. Their youngest son is in Ohio. One daughter lives in Montana with her three children. One son is in San Jose, and another son lives in San Luis Obispo. Another daughter and her daughter currently live with Jon and Mia. Mia is the current Mayor of Hollister, her first time in public office. The family includes two dogs; Cora, a terrier mix and a six-month-old border collie named Cody.

The family lives in Hollister. Jon's drive to San Francisco takes up to four hours (two and a half on good days). He works online two days a week from home and three days here.

Among Jon's interests are painting and music. He paints landscapes in acrylic. He was a member of a group of four who had been playing music together in the 70s and early 80s, mostly in small clubs. Jon composes songs and plays the drums. When he isn't making music, painting, (or driving to work), Jon also writes. He has written three mystery novels, so far unpublished. He is presently working on a fourth.

As stated at the beginning, Jon Casey is a man with an impressive set of skills and experience. His other cultural interests match his business experience in volume and complexity. To complete the picture, he is cordial, pleasant, and articulate. We are fortunate to have Jon here!

## **Questions and Answers with David Gruber, Chair of the Board of Directors, Heritage on the Marina**

*by Trish Otstott*



### **Native of San Francisco?**

Born at Children's Hospital and raised in San Francisco. I've lived here my whole life.

### **Which schools did you attend?**

Mother Goose, Alamo, Cathedral School for Boys, Dunn School (Los Olivos), Menlo College and USF.

### **How did you meet your wife, Lisa?**

A friend's Christmas party.

### **Is she a native of SF?**

Lisa grew up in Los Angeles.

### **How long have you been married?**

34 years.

### **Number of children and grands?**

Three children (Elizabeth, Alfred and Jack). One grandchild (Henry - age two), Elizabeth's son.

### **Do all three children/grands live in SF?**

Yes.

### **Is Jack your youngest?**

Yes. Elizabeth is my oldest, Alfred is in the middle, and Jack is the youngest. At one point, not long ago, Elizabeth lived in London, Alfred was studying abroad in Australia, and Jack was in school in Texas, so having all three of my children back in San Francisco and available for Sunday dinners is a



wonderful development. Admittedly, my now two-year-old grandson Henry Maw, or Mini Maw as we refer to him, has taken more of the spotlight of late.

**Gruber and Gruber Properties - is that the correct name?**

Yes.

**How long have you been in business?**

Since 1974.

**Was it started by your mother?**

It was started by my dad. I joined my dad in 1974. I also started working at CBRE (Caldwell Banker Real Estate) in 1979 in commercial real estate. I did both until I left CBRE to work for the family full-time in 2003.

**Are you the president of that company?**

Yes. Head chef and bottle washer. Not accomplished without help from two of my children, Elizabeth and Jack

**Are you planning to retire, or have you already done so?**

No plans to retire.

**Do you still work with your son, Jack, in the business?**

Yes, and my daughter, Elizabeth.

**What was your first volunteer experience?**

Coalition for Better Housing (CBH), Rent Stabilization and Arbitration Board (Rent Board), San Francisco Apartment Association (SFAA), Heritage on the Marina Board.

**What was your first leadership experience?**

Being a board member and executive committee member of different industry groups.

**List your leadership roles while serving as a volunteer.**

Board President of Rent Board, President of CBH, and Chairman of the Board for Heritage.

**When did you first come to the Heritage?**

2001.

**What attracted you/who invited you to become a Board member?**

Traditionally, Coldwell Banker had a seat on the board. The previous representative (Andy Edwards) asked me to fill his spot when he retired.

**How long have you served on the Board of Directors of HotM?**

23 years.

**How many years have you been Chair of the Board of Directors?**

Seven years (Two terms).

**What draws you to the work of the Heritage Board of Directors to-day?**

I joined the board because they needed someone with a background in real estate and I became interested in helping in elder care.

**Tell us about the experience of your mother (Lydia?) living at Heritage.**

Yes, Lydia Tiimus Gruber. Heritage took very good care of her. But for an independent woman, being restricted in a living situation contrary to a very active life was a difficult transition.

**How long did she stay at Heritage?**

1.5 years over a 3-year period. There was a short time she spent in Oregon with her daughters Ruth and Esther.

**Did she enjoy being at Heritage?**

Because she had to leave her home, she never adapted completely to the new living situation. The most important part of her home was her garden which she missed very much.

**I remember you came to pick her up daily for dinner at your home.**

Yes. She would enjoy a glass of wine, a bagel with lox, and a spirited conversation with the nightly news on how she felt current affairs should be handled.

**What projects at Heritage are you most proud of?**

I enjoy being a member of the Facilities Committee. Along with the board, I received a wide spectrum of exposure to the inner workings of the organization. The acquisition of additional real estate contiguous to the current campus is an exciting opportunity to experience the implementation of the long-term growth plan of the Heritage. Watching and being a part of this campus's expansion of independent living and assisted living, all in one of the most beautiful districts in the city, is truly unique.

**What is your wish for the future of Heritage?**

Continue providing the best of services for the elder community.

**Just some general questions I like to ask friends:**

**Favorite book of all time?** Adventures of Huckleberry Finn.

**Favorite movie of all time?** Between Ford vs Ferrari, The Great Escape, and Laurence of Arabia.

**Favorite vacation?** Lake Tahoe.

**Favorite thing to do on a Saturday?** Golf.

**Most famous person you have ever met?** George Shultz.



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## **A Special Pair of Gloves**

*By Jane Standing*

Way back in the 70s, after the famous ballerina Natalia Makarova had defected from Russia, she met and married a San Francisco businessman here in the city.

I was there to help my friend, a social secretary - ensuring everything went smoothly. I had worked with her before. We were in the back room and did not see any of the ceremony. It was a Russian wedding where the bridal couple proceed around the altar while crowns are held over their heads.



Before the wedding, a young man entered the back room in a morning suit, obviously part of the wedding group. He was good-looking, not too tall, but with piercing hazel eyes. He was carrying a beautiful pair of dove grey suede gloves which he did not know what to do with. I took them from him and happily held them until he came to retrieve them. When he had gone my friend

said: "Do you know who that was? It was Mikhail Baryshnikov. He is going to be very famous in the ballet world". And, of course, he was and still is - though I don't think he dances much anymore. But I will never forget those mesmerizing eyes or those beautiful gloves.

## What are Those Trees on Francisco Street?

By Margaret Missiaen



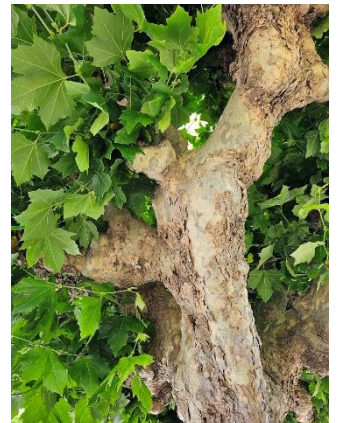
The streets around Heritage on the Marina are lined with London plane trees of various ages. The mature trees on the west side of Laguna Street display the characteristic peeling bark and knobby trunks. The trees immediately south of Heritage appear to be middle-aged. Young trees are growing in front of 1530 and 1540 Francisco. These young trees have not yet been pruned.

Characteristics of individual plane trees vary significantly because they are a group of hybrids often mistaken for one of the parents, the American sycamore (*Platanus occidentalis*) or the Asian planetree (*Platanus orientalis*). The bark peels away on many of the trees to show a cream-colored inner bark. The bright green leaves are similar to those of the maple but larger. Small flowers that appear in early spring ripen into round seed pods that turn brown in the fall. (I have not seen seed pods on any of the trees.)

Historically, plane trees were used as street trees in European cities, as they were tolerant of urban pollution. They gained popularity and were used widely in US cities, including San Francisco, where they are the most frequently planted street tree.

San Francisco has more than 9,000 sycamore or plane trees lining city streets. The Civic Center Plaza features plane trees first planted in the 1910s. Annual pruning allows the trees to form knobs called pollard heads. The small limbs that grow from the pollard heads are properly pruned so the tree can seal the wounds.

Plane trees can grow 70 to 100 feet tall and 60 to 80 feet wide in the wild. When used in a street setting, allowing these trees to grow to maturity is not possible. They are pruned in a way that tames their growth. Pollarding focuses on trimming limbs from the canopy to keep the tree smaller than it would typically grow. This labor-intensive pruning should be done every few years.





## Library Corner ~ New Acquisitions ~ July 2023

***Ritz and Escoffier: The Hotelier, The Chef and the Rise of the Leisure Class*** ~ 2018 ~ Nonfiction

Luke Barr

***Marrying Miss Marshal (Wind River Hearts)*** ~ 2011 ~ Fiction

Lacy Williams

Wild west marriage of convenience story

***Tell No One: A Novel*** ~ 2002 ~ Fiction

Harlan Coben

A story of dark secrets, deadly misunderstandings and love

***Winesburg, Ohio*** ~ 1919 ~ Fiction

Sherwood Williams

A group of short stories about a small town in Ohio

***A Little Closer to Home: How I Found the Calm After the Storm*** ~ 2022 ~ Fiction

Ginger Zee

A book about mental health and how we face our demons.

***Watch Me Disappear: A Novel*** ~ 2017 ~ Fiction

Janelle Brown

A beautiful mother disappears.

***The Department of Sensitive Crimes*** ~ 2019 ~ Fiction

Alexander McCall Smith

A Detective Varg Novel

***Against Medical Advice*** ~ 2008 ~ Nonfiction

James Patterson

A true story about a child struggling with Tourette's Syndrome overcoming challenges.

***Mayo Clinic Guide to Better Vision*** ~ 2007 ~ Nonfiction

Sophie Bakri

***The Siberians*** ~ 1970 ~ Fiction

Farley Mowat

Tales of people in the far northeast of Asia

***Fortune's Bazaar - the Making of Hong Kong*** ~ 2023 ~ Nonfiction

Vaudine England

August 2023

***Girl with a Pearl Earring* ~ 1999 ~ Fiction**

Tracy Chevalier

Historical fiction about Vermeer's famous painting

***A New Life: A Novel* ~ 2004 ~ Fiction**

Bernard Malamud

A take on the American myth of the West

***Faces of Revolution: Personalities & Themes in the American Struggle for Independence* ~ 1990 ~ Nonfiction**

Bernard Bailyn

***Taste: My Life through Food* ~ 2021 ~ Nonfiction**

Stanley Tucci

The actor's memoir is about his life in and out of the kitchen.

Suggestions or questions? Please contact a Library Committee member:

Martha Nell Beatty, Yvonne Benedict, Pam Fischer, or Gene Graham.



**Gentle Reminder ~ Happy Returns**

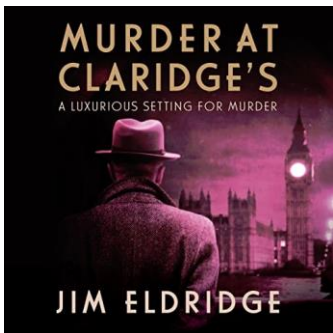
When you bring a book back to the Stucky Library, please:

- Sign and date your return in the black book
- Place the book you are returning in the return box

Then we really know they're safe and sound.

**Murder at Claridge's ~ Fiction ~ by Jim Eldridge**

*Review by Trish Otstott*



One of Claridge's (a famous hotel in London) kitchen porters is found dead. Strangled! Detective Chief Inspector Coburg must find out exactly who the porter was and what he was doing at Claridge's under a false identity. Coburg's job is complicated because so many of the hotel's residents are exiled European royalty. King George of Greece is registered as 'Mr. Brown'. Even the Duke of Windsor is staying - though without Wallis Simpson. Clandestine affairs, fur-tive goings-on, and conspiracies against the government: Coburg must tread very lightly indeed.

Set in London during WWII and bombing all around, this is a fascinating and twisted tale. This book is now in the Stucky Library.

*August 2023*