



Heritage Happenings

November 2020



Small Group Social

Monday, November 2, 2:30 - 4:30, in the Porter Garden

Sign up in the Dining Room

de Young Museum Exhibition:

Frida Kahlo: Appearances Can Be Deceiving

Presented by Docent Alfred Escoffier

Thursday, November 5, at 3:00 via Zoom in the Fitness Center

At the time of Frida Kahlo's death in 1954, a treasure trove of the artist's highly personal items, including jewelry, clothing, and prosthetics, were locked away. 50 years later these belongings were unsealed. Now they're on view for the first time on the West Coast. Discover what these objects reveal about their now iconic owner.

A Zoom link will be provided closer to the date.



A special tribute honoring all who have served

Wednesday, November 11, at 3:00 on Channel 998

Dietitian Chelsea Rexroad Presents: **Proper Diet for Healthy Skin**

Thursday November 12th at 2:30pm and 3:30pm in the Fitness Center

November is National Healthy Skin Month! The skin is our body's largest organ and often seen as a sign of our health. However, we tend to forget that healthy skin starts on our plates – what we eat can significantly affect our skin's integrity. Come learn food and fluid tips that affect our skin from the inside-out from Heritage on the Marina's dietitian, Chelsea Rexroad.

All residents must reserve their time slot before attending the lecture.

Sign-up sheets are in the dining room.

Emotional Support Group with Jeanne

Wednesday, November 18, at 3:00 in the Stucky Library

Jeanne Demeio, Activity Leader, will host an emotional support group every month to discuss topics such as Coping During COVID-19, Grief & Loss, Isolation and other related and/or requested topics.

Small Group Social
Thursday, November 19
2:30-4:30
Porter Garden



Sign up in the
Dining Room

Classical Friday Music Performance

Featuring Pianist Ian Scarfe

Friday, November 20, at 3:00

Popular pianist and educator Ian Scarfe returns for a special ZOOM concert for The Heritage, featuring performances of classical and romantic masterpieces.

Since the pandemic up-ended his performance career in March, Ian has been dedicated to improving his home studio in San Francisco for recording and broadcasting, and has made great efforts to reach out to music loving audiences using internet platforms such as YouTube, Zoom, and more.

Ian will share some history and background about the musical program, and offer a kind of "listening guide" to help music lovers quickly gain a deeper understanding of these incredible works.

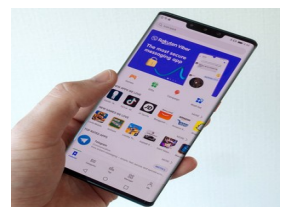
The program will feature Romantic favorites such as Frederic Chopin's "Fantasie Impromptu" and Franz Liszt's "Concert Etudes", as well as works by Bela Bartok, Samuel Barber, and others.

A Zoom link will be provided closer to the date.

Smartphone Tutorial with Stephen

Monday, November 23, at 3:30 in the Fitness Center

Need some help maneuvering your iPhone or Android?
Do you have questions? Join Stephen for a tutorial and demonstration on how to manage features on your cell phone.



WEEKLY PROGRAMS

Monday Lectures by David Peritz at 3:00 on Channel 998

Each session will present a current issue in our public or political life.

Out and About Returns with Scenic Drives!

We are pleased to announce that per the SFDH we are able to resume Scenic Drives in the Community Van. **Every Tuesday** for the month of November we have planned scenic drives to Sausalito and Fort Cronkite and residents' choice. Sign-up sheets are located by the main dining room.

Walking Group Returns Every Wednesday at 1:30

Please meet Activity Leader, Stephen Camarota, at the Porter Library every Wednesday at 1:30 to go for a stroll around the Marina! Please dress appropriately for the outdoor. Signup sheets are in the main dining room.

DAILY PROGRAMS

Exercise classes

Strength & Conditioning with Yasin
Monday, Wednesday & Friday
9:00 am in the Courtyard
2:30 pm in the Fitness Center

Yoga & Meditation with Stephen
Tuesday & Thursday
9:15 am in the Courtyard

Exercise classes on Channel 998 will continue

9:15 am Meditation

9:30 am Mon., Wed., Fri. Seated Exercise with Ann Reiger-Matthews

9:30 am Tuesday & Thursday Yoga with Ilya Kaltman

Cottage Day Program

The Cottage will continue to be open for limited activities Monday through Friday, 10:00 - 12:00. The following activities will be offered:

Monday: Flower Arranging

Tuesday: Individual Brain Games/Brian Teasers/Spelling B

Wednesday: Arts & Crafts

Thursday: Trivia

Friday: Bingo

All Residents must sign up in the dining room prior to participating in the program.

Daily Dose of Music will continue to air at 3:00 on Channel 998 daily (except Mondays) including full concerts on Sundays.

HOPE

In March of 1973, a Mr. Nadeau sent a letter to E. B. White, the author of greats such as *Charlotte's Web* and *Stuart Little*, expressing his bleak hope for humanity.

White's beautiful reply, found in *Letters of Note*, attempts to raise the man's spirits.

North Brooklin, Maine,
30 March 1973

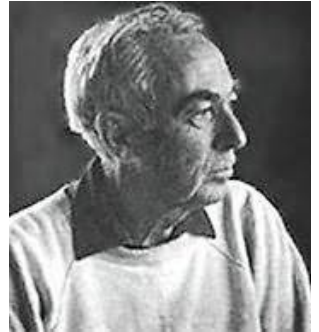
Dear Mr. Nadeau:

As long as there is one upright man, as long as there is one compassionate woman, the contagion may spread and the scene is not desolate. Hope is the thing that is left to us, in a bad time. I shall get up Sunday morning and wind the clock, as a contribution to order and steadfastness.

Sailors have an expression about the weather: they say, the weather is a great bluffer. I guess the same is true of our human society — things can look dark, then a break shows in the clouds, and all is changed, sometimes rather suddenly. It is quite obvious that the human race has made a queer mess of life on this planet. But as a people we probably harbor seeds of goodness that have lain for a long time waiting to sprout when the conditions are right. Man's curiosity, his relentlessness, his inventiveness, his ingenuity have led him into deep trouble. We can only hope that these same traits will enable him to claw his way out.

Hang on to your hat. Hang on to your hope. And wind the clock, for tomorrow is another day.

Sincerely,
E. B. White

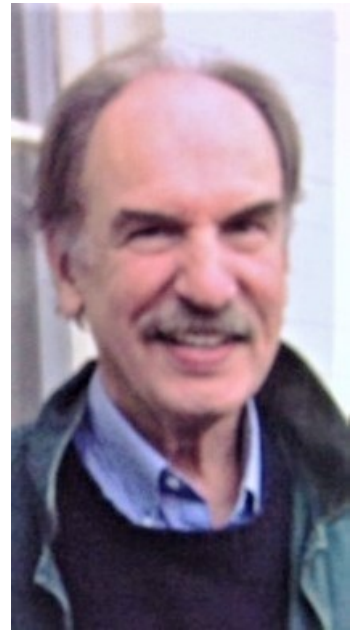


Jo Ann Wentker	11/02
Marlene Wesson	11/09
Mollie Leong	11/13
Mary Pierce	11/15

MEET GARDNER HASKELL

Gardner grew up on Long Island. He spent more time visiting the local library than doing schoolwork. He learned that books could take you anywhere. His sister said that California had a good college system and, as she was living in Hollywood, he attended Los Angeles City College and then transferred to UC Berkeley.

He found that, upon graduation, there were no jobs for sociologists. His next door neighbor was a contractor and he needed help. Gardner and his friend worked together for many years until he realized that he would not have a future trying to work as a construction helper when he became an older man. He decided that he needed a job that would give him long-term satisfaction.



On a visit to see his sister, who was a librarian at the main library in Los Angeles, Gardner walked halfway up the main library staircase and realized that he loved books, loved libraries and asked his sister about library school. He went back to UC Berkeley and got his Library Science Degree. He applied for a job at San Francisco Public Library. After an exam and a few interviews he was hired. His first day on the job, the head of personnel was walking him through the front door of the office when a woman ran through the door, holding blue sheets of paper and saying, "These are the time sheets."

Gardner asked who that lady was.

"Joan," he said, "...but she'll never go out with you."

Gardner then asked Joan out many times for six months, but she refused. Someone told him that she loved participating in outdoor athletic events. He asked her if she would like to go sea-kayaking from Sausalito to the Golden Gate bridge. She said yes. A year later they were married.

Gardner worked at the main library, transferred to the North Beach branch, and then returned back to the main library. Gardner and Joan loved to travel. Not only did they see the sights of Burma, Angkor Wat, India, Petra, Israel, Egypt, Morocco, Victoria Falls, France, Mongolia, Japan, China, and Hadrian's Wall, but what impressed them was that no matter where they traveled people were kind to them. Every adventure must end and when they came back to San Francisco after each vacation they were thrilled that San Francisco was their hometown. (Continued on next page)

"Every new friend is a new adventure... the start of more memories." –

Patrick Lindsay

When he retired Gardner knew he wanted to take writing courses. He was accepted at Bennington College in their Masters of Creative Writing low-residency program where he finished 50 percent of his book, called *The Plot* (a mysterious romantic comedy) in 2017. He finished the second draft of the book a year later, but since his wife passed away he hopes that soon he will begin his last revision.

At the Heritage, Gardner has found similar values as when he travelled, because everyone here has been so kind.

From Sheila Moore's letter to her parents:

Beirut, Lebanon

June 8, 1967

It was in the middle of the six-day war. I was in Syria and I discovered that the Syria/Lebanon border was closed. I heard someone yelling for a taxi to Beirut. I had to pay three times the normal price but decided to go if I could get through. Even the police had told me that the border was closed. I was so relieved that Lebanon admitted me. They gave me a two-week transit visa - which is only academic as it might turn out to be difficult to leave.

It's not impossible. The American and British Embassies have arranged for some flights. The airports are closed but there are one or two flights available for foreigners to Rome, Athens and London, all of which are unsuitable and expensive for me. I don't know what to do except wait and see if they open the Suez Canal. Then I'll see if it's possible to get a ship if they are stopping here in the war zone. There's a blackout and an 8:00 p.m. curfew, strictly enforced - all businesses close before 8:00 and everyone is home behind blue-papered windows.

Apart from the war, Beirut is lovely. As you know, it's on the Mediterranean and the water is clear and very green. Right now, I am ten miles from Beirut in a waterside restaurant drinking arrack, the national drink, and looking out at green mountains dotted with villas, a sandy beach, green beautiful water and a blue sky. I am waiting for a friend who went to get his car (a friend of a friend I met in Kuwait). He left his car at home yesterday because he was afraid to bring it into town. There was an explosion in the city last night in the blackout.



Two or three days ago, the American Embassy was attacked; I saw one of the cars that was set afire. Now, the British and American Embassies

are heavily guarded by Lebanese troops. I went to the British Embassy this morning to have my passport renewed. The security was very heavy. My purse was searched before entering. I had to get a time-stamped pass from the army officer in charge of security to go up to the passport section. It had to be signed by that section and returned to the officer on leaving the building. I had to register my name and address in case of evacuation, although the Embassy is not recommending leaving the country yet. As of right now, the news is promising, with a cease-fire coming. My beloved Jerusalem - I hope it is not too badly damaged!

November Events

Dia de Los Muertos Social	Monday,	Nov. 2	2:30-4:30	Porter Garden
David Peritz Lecture	Monday,	Nov. 2	3:00	Channel 998
Frida Kahlo Lecture	Thursday,	Nov. 5	3:00	Zoom
David Peritz Lecture	Monday,	Nov. 9	3:00	Channel 998
Veterans Day Tribute	Wednesday,	Nov. 12	3:00	Channel 998
Proper Diet Lecture	Thursday,	Nov. 11	2:30 & 3:30	Fitness Center1
David Peritz Lecture	Monday,	Nov. 16	3:00	Channel 998
Emotional Support Group	Wednesday,	Nov. 18	3:00	Stucky Library
Friendsgiving Social	Thursday,	Nov. 19	2:30-4:30	Porter Garden
Ian Scarfe Concert	Friday,	Nov. 20	3:00	Zoom
David Peritz Lecture	Monday,	Nov. 23	3:00	Channel 998
Smartphone Tutorial	Monday,	Nov. 23	3:30	Fitness Center
	Thursday,	Nov. 26		





An email from Theo Armour:

There is a pedestal in the Porter Garden with a plaque at its base. Here is Marcia's photo of the plaque. The plaque reads:

GIFT BY
Dr. Nat. T. Coulson
June 15, 1934
MAY THE COMING HOUR
OVER-FLOW WITH JOY

I carried out a bit of sleuthing on the Internet. Here is what I have found out so far:

Dr. Nat Coulson (1853-1945) was a San Francisco dentist, investor and bene-factor who provided the funds for the Grace Cathedral Carillon. The plaque and pedestal were formerly the base of a sundial Dr. Coulson donated to "Pine Street House" on June 15 1934. The 1940 US Census lists Dr. Coulson living at 2507 Pine Street - also known as the Crocker Old People's Home.

In the early 1950s the Crocker Old People's Home merged with The SF Ladies Protection and Relief Society.

A lot of the period furniture in Morgan came from Crocker, as did men. And most likely: Coulson's gift. The current whereabouts of the sundial is unknown. How the pedestal came to be at The Heritage is unknown. The references and background to all this are available here:

<https://heritagesf.github.io/#nathaniel-thomas-coulson.md>

Kathy Kirkpatrick has emailed the Grace Cathedral Archivist to see if there are any Coulson/Heritage connections.

A tip of the hat to Jean Fowler for the heads-up on the Crocker Old People's Home (at 2507 Pine Street) & Heritage merger of assets in the 50s.

A tip of the hat to Gardner Haskell for establishing that Dr Coulson lived at 2507 Pine Street in 1940 based on the US Census.

Note: Erika Coughlan wanted to publicize her gratitude for the lovely color with which the generator in the parking lot was painted recently.

President's Corner

Dear Fellow Residents,

Another month has passed and we are into Fall. We are fortunate that San Francisco has a good record regarding Covid and that affects the restrictions we must live by. We are now enjoying breakfast in the dining room and hope that dinner may follow in November. Management and our wonderful staff have worked hard to keep us free from Covid 19. You have been diligent in keeping distance, wearing masks and in general being careful. It has all made a difference.

While it may be cool in the mornings, it is a great way to start the day with the exercise and yoga classes in the courtyard. We hope we can bring them indoors when the rains start.

You will receive a separate communication about the employees year end fund. Please remember how much they have done for us during this very difficult year.

If you have not yet, please enjoy the residents' travel exhibit in the second floor gallery. Doris Howard worked hard to place all the photos and explanations of people's exciting and wonderful trips. Thanks Doris.

Do not forget to vote Nov. 3rd and notify your Residents' Council committee members if you need assistance of any kind. If you are unable to deliver an absentee ballot or are late in mailing it, I am able to deliver it to the local voting place, but will need your assignment on the envelope. Please contact me by 11am on Nov. 3rd at the latest.

Don't forget to wear your pendant.

Bernie Burke

Why is California still observing daylight saving time when we voted to change it? (from ABC News)

California voters passed Proposition 7 in 2018 by 62% to change daylight saving time. We'd stay on the spring-forward schedule year round. This year, we fall back Sunday, Nov. 1.

Even though Californians did vote to end the clock switching, the California State Senate needs to pass this by a two-thirds vote and they haven't yet. It's stalled. Even if it did get passed in California, the federal government then needs to approve it. So, once again, for now, we'll set our clocks back one hour on Nov. 1, and for the foreseeable future.



Wherefore Art Thou Pepe Le Pew?

For several years, I have lived on the second floor of Morgan, directly above the front office, with a large bay window overlooking the central courtyard. Except for rare staff picnics or celebrations, there has never been much activity in the courtyard, until very recently when morning exercise classes were moved from the basement outside into the central court.

However, there has almost always been activity at night when Pepe Le Pew, the friendly neighborhood skunk, stopped by on his nocturnal rounds. Presumably, he came to drink out of the pool beneath the bay window in my Morgan apartment which overlooks the courtyard. In his quiet but distinctive way, Pepe has always let me know when he was in the neighborhood. He generally came to call around midnight.

Periodically I would get out of bed, and go to the window to look for him. I went on dark nights and on bright moonlight nights. But despite his white stripe he has always managed to stay out of my view.

Then one night in late summer, there was an animal fight about the time Pepe usually visited, loud screeching sounds. I hastened to the window but could see nothing; I watched for about half an hour, but no animal came to the pool to drink or bathe and there were no further noises. There was no dead animal or pile of bones in the courtyard in the morning light.

It has been at least three months now since Pepe's last midnight visit. Wherefore art thou Pepe Le Pew?
I have loved sharing the courtyard with you.

Jean Fowler

I miss you!

What kills a skunk is the publicity it gives itself.
Abraham Lincoln

Sometimes when you get in a fight with a skunk,
You can't tell who started it.
Lloyd Doggett

Ruminating on negative thoughts is just like
Kicking a skunk...What do you expect.
Tara Speak



Good Hair Days Again! We are excited to announce that Heritage on the Marina beautician services will resume on Monday, November 2, 2020 in the Beauty Parlor located in the Perry Basement near the Resident Mailboxes. Beauticians will provide services on the following days:

Ivy Lai (510) 701-7868

Monday

10:00-4:00 pm

Jonathon Wong (415) 786-9113

Friday, Saturday & Sunday

9:00 am-6:00 pm

Please contact the Beautician directly to schedule an appointment.

Medicare 2021 – What's New

As you may know, Open Enrollment for 2021 is now underway and ends December 7. During this time, you may change or join a Medicare Advantage (HMO) plan and change or join a drug plan.

In San Francisco alone, there are

- 🕒 24 Advantage (HMO) plans, 10 of which have zero premium. Even Kaiser has a reduced premium plan.
- 🕒 32 available drug plans if you are on a Supplement/Gap plan

What is new

- 🕒 You can get up-to-date Covid-19 information at [medicare.gov](https://www.medicare.gov) or by calling 1-800-Medicare
- 🕒 If you have end-stage renal disease, you can now join an Advantage plan during open enrollment
- 🕒 Medicare now covers acupuncture for chronic low back pain – up to 12 visits in 90 days
- 🕒 Telehealth and other virtual services are now covered

It is important to review your benefits as they do change. Particularly, review your drug plan, as formularies (covered drugs), copays, and premiums change. Some carriers that were available last year are no longer available and some plans' premiums have doubled.

HICAP (the Health Insurance Counseling & Advocacy Program) provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and health care options. HICAP is run through the California Department on Aging, which also manages their 1-800-434-0222 hotline.

For more information, enter the following in your computer search:

<https://cahealthadvocates.org/about-us/about-hicap/>



ELEPHANT FOOT

Thank you Mercedes for bringing your ceramic elephant foot plant stand to the Porter Garden...it has added color and a bit of whimsy to our fern grotto located on the south side.

TRELLIS

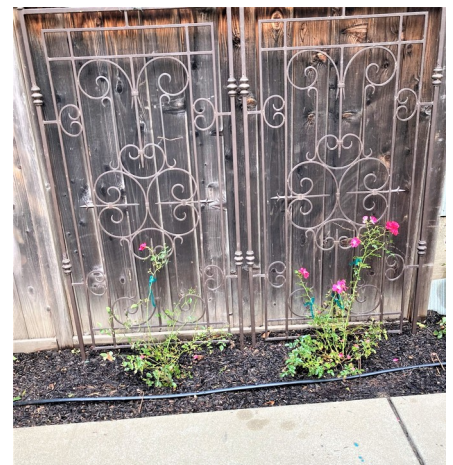
Over 15 years ago Dave Costello, our maintenance manager at the time, was asked to add interest to the wall outside the window of our beauty salon. He fabricated a vignette by using a decorative trellis from Home Depot and built a flower box.



Recently this trellis was moved by our gardener, Alberto, so that more residents could enjoy its intricacy and bring interest to the patio area of the Octavia Street flats.

Now the existing climbing roses on the North side can do their thing!

The Garden Committee



"In forty years of medical practice, I have found only two types of non-pharmaceutical 'therapy' to be vitally important for patients with chronic neurological diseases: music and gardens," the poetic neurologist Oliver Sacks wrote in contemplating the healing power of gardens.