



# Heritage Happenings

July 2019

Enjoy a **Fourth of July BBQ**

Followed by a  
special patriotic music performance by a brass quintet from the  
San Francisco Conservatory of Music  
3:00 pm in Morgan Hall

The program will include an assortment of classic American music ranging from marches to jazz to classic American song book tunes celebrating our country's independence.

## ***SONOMA OUTING***

To the historical Sonoma Plaza followed by a visit to a local winery  
Tuesday, July 9

Sign up for this Out and About trip and for a boxed lunch to enjoy in the park. You may instead choose to dine at any of the delicious restaurants located around the plaza.

The bus departs The Heritage at 9:30 am and will depart Sonoma between 2:00 and 2:30 pm.

Docent lecture from the Asian Art Museum  
**JADE: STONE OF HEAVEN**  
Thursday, July 11, at 3:00 pm in the Fitness Center



The lecturer will describe the formation and classification of jade and exhibit examples of jade pieces from the 18<sup>th</sup> to the early 20<sup>th</sup> century in China. Jade held symbolic and auspicious meanings that caused this stone to be highly prized.



**Special Solo Piano Performance by Ian Scarfe**  
Wednesday, July 17, at 7:15 pm in Morgan hall

In this informative and entertaining program, pianist Ian Scarfe will take us on a journey through the history of classical music. The program will feature baroque preludes by Johann Sebastian Bach, the classical elegance of Mozart and the fiery drama of Beethoven, the Romantic soul of Chopin, and the lush colors of French Impressionists, Debussy and Ravel.

## **OPEN DOOR EVENT in PERRY**

Friday, July 19, from 2:00 – 4:00 pm

## *National Ice-Cream Day*

Sunday, July 21, at 2:00 pm in Morgan Hall



Treat yourself! Come celebrate the day with an ice cream sundae bar, 50's music and friends. **Fun Fact:** in 1984 President Ronald Reagan proclaimed July as National Ice Cream Month and established National Ice Cream Day as the third Sunday in the month of July.

## **ART OPENING: ELEANOR BURKE'S SKETCHES**

Wednesday, July 24, in the Tony Lawrence Gallery

Reception at 2:30 pm in the McGinley Room

Come see the original drawings of the famous New York City landmarks and neighborhoods that Eleanor sketched for her book *Walking Manhattan's Neighborhoods*. Wine and cheese will be served to celebrate the occasion.

## **THE SAN FRANCISCO SYMPHONY REPEAT PERFORMANCE**

Presented by Paul Delucchi

Thursday, July 25, at 3:00 pm in the Fitness Center

Founded in 1972, Repeat Performance is the San Francisco Symphony's unique resale store. All merchandise is donated by SF Symphony supporters who want to give tangible items. The proceeds contribute to community music programs. The shop's inventory is generally comprised of antiques, jewelry, clothing, accessories, art, fine china, crystal, books, music, instruments, home and garden furnishings, and collectibles. Paul will describe different prized possessions and how to donate or volunteer.



## **How Does the Body Know When to Stop Drinking Water?**

That first drop of ice-cold water after a run in the scalding sun can be deliciously inviting. A glass of water after downing four others, however, probably isn't. Those varied responses occur thanks to the brain, which makes sure we don't drink too much or too little water — two scenarios that would throw the body into dangerous territory. But how does the brain know when to encourage you to stop or start drinking?

A new study suggests that a mysterious element in the gut may play a role by predicting how much you need to drink to satisfy the body. It then

*(continued next page)*

*(Drinking water cont.)*

The mouth and throat begin firing these signals within a few seconds of drinking something, although it typically takes from about 10 minutes to an hour for that water to actually enter the bloodstream and be circulated to thirsty cells throughout the body. So the brain needs to strike a balance — if it turns off the signals too fast, you won't get enough to drink.

Our ability to regulate thirst decreases with age. Elderly people fail to stay properly hydrated, and that can cause medical problems—a good reason to be grateful for the dining room servers who do their best to keep us well-watered.

## **HENRY MARTINEZ—MAINTENANCE SUPERVISOR**

The alarm rings at 4:00 am in Henry's house in Vallejo, and he is at The Heritage by 6:00 am. Henry was born in San Francisco but has spent most of his life in the East Bay. He was living in Oakland when he first came to work eight years ago at The Heritage under Dave Costello.



Once home, Henry lets his creative side help him relax. For a while he turned to painting and developed a compelling style. His dogs were frequent subjects. Now Henry has put aside painting to pursue another interest, working with wood. In his Vallejo home, which he owns with his fiancé, there is a garage, which he now uses for this new endeavor.

Henry likes to work with old reclaimed lumber, which he says has “more soul than new wood.” Henry is self-taught; he learns by practicing. So far, he has been fashioning tables and book shelves. Henry's goal: Sell his furniture at a Flea Market.

Henry combines practical skills with an imagination that enables him to keep his life more balanced.

*Martha Nell Beatty*

## **CHECK CASHING SERVICES**

A limited check-cashing service (up to \$50 per Resident, per week) is available for Residents who are unable to get out to the bank or in an emergency. This service is normally available at the accounting office in the basement Monday through Thursday from 2:00 pm to 3:00 pm. If you are unable to get to the basement, you can get your check cashed at the Front Office Monday through Thursday from 2:00 pm to 3:00 pm.



|               |      |                   |      |
|---------------|------|-------------------|------|
| Ruth Russ     | 7/03 | Jean Fowler       | 7/13 |
| Gisela Lloyd  | 7/04 | Katherine Conley  | 7/15 |
| Enid Leff     | 7/05 | Marjorie Mansouri | 7/15 |
| Vivian Peirce | 7/06 | Marianne Petersen | 7/17 |
|               |      | Gary Skootsky     | 7/22 |

This month's birthdays will be celebrated on Friday, July 12, at 5:15 pm in Morgan Hall.

### **Congratulations Cindy Sanchez!**



Cindy began her life at The Heritage in April 2018 when she was hired as a server in the dining room. She had previously waited tables at another senior facility, Alma Via in San Rafael. When she moved from Marin back to San Francisco where she was raised, she wanted to continue to work in a senior citizen facility. Voilà, she brought her energy, experience, and especially her enthusiasm for working with senior citizens to Our House. It was serendipity!

Then one Friday morning a few months ago, she was quietly working in the dining room during a Residents' Council meeting when she overheard Karina's report on the development of a new "cottage day program" for Heritage residents. Her ears perked up. She asked Chris Vezzetti how she might get involved. Chris encouraged Cindy to apply for the position of activities assistant in the new center, counseled her about getting some applicable training, and helped her find a course for certification as an activities leader. She is now registered for and enthusiastic about taking such a course in Vallejo in September.

Meanwhile, Cindy has loved working with residents in the cottage day program since it began a few weeks ago. She comes from a musical family that enjoys singing together and participating in the music life of their church—useful talent and experience for her new job. Her husband Francisco plays the bass guitar, drums and piano.

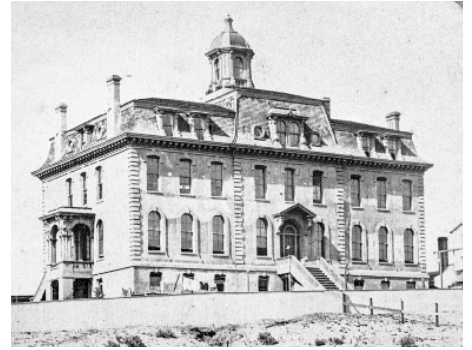
Cindy and Francisco have two sons, Aeden (seven) and Nehemiah (one), who already display their parents' musical talents!

There are two success stories here: one is Cindy's interest in pursuit of a new career path and the other is the interest of Heritage management in encouraging employees to find and take advantage of educational and training opportunities. Kudos to both!

*Jean Fowler*

## Heritage on the Marina has a new web site.

Go to [heritageonthemarina.org](http://heritageonthemarina.org) on your computer, ipad or smartphone to see the attractive and informative new web site. You will find many interesting facts about our home that you may not have known or have forgotten. Send it to friends who may be interested. Illustration: *1857 Established their first dedicated care home at 2nd and Tehama streets.*



### WEEKLY ACTIVITIES

|                               |              |             |            |
|-------------------------------|--------------|-------------|------------|
| Art with Patrick              | 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         |
| Balance Class                 | 11:45 am     | W           | 1 Fl Perry |
| Walking for Health            | 1:30 pm      | W           | Porter Lib |
| Ann Rieger-Matthews Stretch** | 10:00 am     | M, T, Th, F | 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                   | 3:00-4:00 pm | M-S         | DR         |

\* There will be no Tai Chi classes on July 1 and 8.

\*\* Stretch class is cancelled for Tuesday, July 16.



## **PRESIDENT'S CORNER**

June 2019 has moved into the history books. What did we do last month? The cottage day program opened to huge success with a beautiful facility and activities for every interest. We had a great Sports Day, and while I lost at Wheel of Fortune, I did win a medal at basketball. National Donut Day, (which we should have every month), a great Russian Dinner and a Father's Day lunch. If you have not noticed, I spend a lot of time focusing on food. We had a celebration of Father Terry's 50th anniversary of his ordination, with the help of Prosecco.

Thanks to the persistence of Eleanor Bissell, the Henderson Clinic has new carpet and a paint job. Our Fraud Prevention program provided information on scams. We need to continue the awareness of scammers. Looking forward to July 4th, (hot dogs and milkshakes) we celebrate the 243rd year of our Declaration of Independence from Great Britain. Our neighbor to the north also celebrates independence on July 1st. There is one more holiday I am looking forward to—July 17<sup>th</sup>, which is National Hot Dog Day. Our appreciation to all of our residents who serve on various committees. The total number is 28 folks. We could do more; are you interested in getting engaged? One committee we need to think about is a "Facilities Committee," formed of residents who will make suggestions or comments about the beauty or lack in the place that we call home. How many smudge marks on the walls, lights burned out, chairs need recovering or get that old couch out of the basement. If you are interested, contact Bernie Burke. Do we need blue napkins for at least one meal?

Get an Advocate and remember BECOME DEPENDANT on your PENDANT.

*Tony*

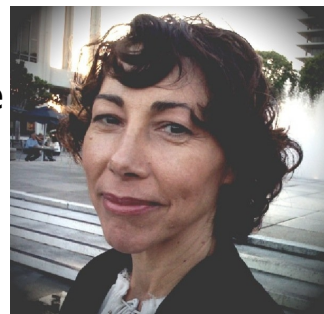
## **WE HAVE A NEW ART TEACHER!**

Beginning in July, art teacher Yvette Brown will join us twice a week to lead the art class on Mondays and Thursdays at 9:30 am in the arts and crafts room in the basement.

Yvette has been connected to a sketchpad, pencil or messy paints since she can remember. She taught herself to sew at a young age and became a costume and fashion designer.

Combining her love of fabric and art she paints mysteriously beautiful paintings of people moving through the air. She has been teaching art for several years and finds it joyful and rewarding.

The art class will include painting in several mediums, pencil, pastels, charcoal and exploration in collage, and is always open to new ideas. Come and try something new. Talent not required.





## Perry Open Door Event

Morgan residents had a very successful event in May, and now it is the Perry residents' turn to show off our rooms. Our event will be Friday, July 19, from 2:00 to 4:00 pm.

As of today we have 21 apartments that will be open. In the Morgan building the apartments are varied in shape, size and configuration, while in Perry many of our apartments are about the same shape and size. Come and see how many different ways the same apartment can be furnished, and how different our apartments look.

Tickets will be sold at the elevators on the second, third and fourth floors, from 1:45 to 3:30 pm. The cost is \$10.00 per person with all proceeds going to the Residents' Council. Guests are welcome!

Our reception will be held in the fourth floor sitting room from 2:00 to 4:00 pm. Kay Narron and Barbara Clevenger will host and are planning interesting and tasty refreshments.

Come and check out our apartments, admire the views from some of them, and enjoy a glass of wine and refreshments with us.

*Katherine Conley*

## MOVIES IN JULY

### **JUNEBUG** (2005)

July 6

An exceptional character study of a sophisticated Chicago art dealer and her husband, who travel to his middle class southern home after a long absence and meet head-on with family pressures and chasms in culture.

Stars: Embeth Davidtz, Alessandro Nivola, David Kuhn

### **ROMA** (2018)

July 13

A year in the life of a middle-class family's maid in Mexico City in the early 1970s. Received Academy Award for Best Foreign Language Film (2019) and Academy Award for Best Director (2019) Stars: Yalitza Aparicio, Marina de Tavira, Diego Cortina Autrey

### **COCOON** (1985)

July 20

When a group of trespassing seniors swim in a pool containing alien cocoons, they find themselves energized with youthful vigor.

Stars: Don Ameche, Wilford Brimley, Hume Cronyn

### **MARIA BY CALLAS** (2017)

July 27

An intimate look at the life and work of Greek-American opera singer Maria Callas, as told in her own words. Stars: Fanny Ardant, Joyce DiDonato, Maria Callas

## SPECIAL EVENTS IN JULY

|                      |     |         |          |                |
|----------------------|-----|---------|----------|----------------|
| Book Club            | Mon | July 1  | 11:00 am | Stuckey Lib    |
| SFCM Brass Quintet   | Thu | July 4  | 3:00 pm  | Morgan Hall    |
| Catholic Mass        | Fri | July 5  | 10:30 am | Chapel         |
| Tigges Jewelry       | Mon | July 8* | 1:00 pm  | Morgan Hall    |
| Food Committee       | Mon | July 8  | 1:30 pm  | McGinley Rm    |
| Sonoma Outing        | Tue | July 9  | 9:30 am  | Porter Lib     |
| Bridge Class         | Wed | July 10 | 1:00 pm  | Fitness Center |
| Sing-Along with Phil | Wed | July 10 | 3:00 pm  | Morgan Hall    |
| Docent Lecture: Jade | Thu | July 11 | 3:00 pm  | Fitness Cnter  |
| Residents' Council   | Fri | July 12 | 9:30 am  | Dining Rm      |
| Birthday Celebration | Fri | July 12 | 5:15 pm  | Morgan Hall    |
| Jason Myers          | Tue | July 16 | 3:30 pm  | Morgan Hall    |
| Ian Scarfe Piano     | Wed | July 17 | 7:15 pm  | Morgan Hall    |
| Perry Open Doors     | Fri | July 19 | 2:00 pm  | Perry Bldg     |
| Ice Cream Day        | Sun | July 21 | 2:00 pm  | Morgan Hall    |
| Bridge Class         | Wed | July 24 | 1:00 pm  | Fitness Center |
| Art Opening          | Wed | July 24 | 2:30 pm  | McGinley Rm    |
| Sing-Along with Phil | Wed | July 24 | 3:00 pm  | Morgan Hall    |
| Repeat Performance   | Thu | July 25 | 3:00 pm  | Fitness Center |
| Card Bingo           | Thu | July 25 | 7:15 pm  | Fitness Center |
| Read Aloud           | Sun | July 28 | 3:00 pm  | McGinley Rm    |

\*Note change of date. Barbara Hartley will then be on vacation until October.

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