



See p.13 for story

Heritage Happenings

OCTOBER 2021

Move Your Mind Series

Presented by Dietitian Sophia Lopez

Continuing this 7-Part Series at 3:00 in Friendship Hall

10/04 Introduction to the MIND Diet

10/11 How to Power Your Brain

10/18 Socializing and Staying Connected

10/25 Stress and Wellbeing

He's back! Pianist Jason Myers for a sing-along on
Wednesday, October 6 at 3:00 in Friendship Hall

Pianist Ian Scarfe Presents *Classical Masterpieces*

Thursday, October 7, at 3:00 in Friendship Hall

It will be a pleasure to have Ian again at The Heritage. Ian is as well known for his engaging discussions on music as he is for his virtuoso performances. This concert will feature some classical favorites along with lesser-known masterpieces.



Professor David Peritz Presents: *The Present and Future of Partisanship in Light of the 2020 Census Results*

Thursday, October 14, at 3:30 in Friendship Hall

David Peritz earned his BA from Occidental College and Ph.D. from Oxford. A Professor at Sarah Lawrence since 2000, his research specialization is modern and contemporary political philosophy, especially theories of democracy and justice and their relation to issues of diversity and inequality. He has taught at the Fromm Institute since 2016 and in lifelong learning for over 20 years.



**SPECIAL
DINNER**

Thursday, October 21

Special Music Performance by Accordionist Lorenzo Lucchesi

5:30-6:30 in the Dining Room

Lorenzo Lucchesi is a San Francisco native who took up accordion at the age of seven and ever since then has made it sing. He played at Heritage on the Marina a few years ago and was well received.

Emotional Support Group with Jeanne

Wednesdays, October 13 and 27 at 3:00 in the Stucky Library

Fall Happy Hour Roaming Cart Friday, October 22, 2:30-4:00

HALLOWEEN PARTY

Thursday, October 28, at 3:00 in the Porter Garden (weather permitting)

Join us for a Pumpkin Wars and Halloween Contest, spooky games, treats, drinks and more. Dress up in your best Halloween attire!



Sunday, October 31
Check your mailbox for a
special treat from the
Halloween Pumpkin

Weekly Programs



Saturday Shorts with Margaret

3:00 in the McGinley Room

A selection of unusual, entertaining and informative videos

El Dia de los Muertos Series

Sundays at 4:00 via Zoom in Friendship Hall

- Oct 10 Learn about the history and traditions of el Dia de los Muertos
- Oct 17 Make papel picado and tissue paper cempasuchid for your ofrenda (offerings). Come prepared to make a tissue paper flower.
- Oct 24 Share your experiences baking traditional breads and cookies.
- Oct 31 Share your ofrenda and stories of your dead in small group settings.

For more information, contact:

Michele Maia at michele@transfig-sm.org

Joseph Villa at joseph@bigbeelabs.com



Watch for a new group exhibit in the Tony Lawrence Gallery of residents' paintings coming in October.



Tech Support with Tess Goldman

Tess will be here for only one day in October:
Thursday, October 28, 1:30-5:00 in the **3rd floor Perry sitting room**

Tess is available to provide services in Resident apartments.

Sign up in the Dining Room.

Activity Leader, Irving Carrillo is available for additional tech services via appointment. Please call 415-202-0135.

Daily Dose of Music will continue to air at 3:00 on Channel 998 every day (except Tuesday) with full concerts on Sundays.

Daily Cottage Day Program Activities will be posted in the Dining Room, on Touchtown (Channel 998) and the Porter Library.

Exercise Classes

Balance Class meets in the 1st floor Perry corridor Monday through Friday at 11:45 for a 15-minute exercise routine to improve strength and balance.



Meet Stephen Camarota every Wednesday in the Porter Library to take a local walk in Fort Mason or around the block.

1:00 Pleasure Walkers (intermediate walkers)

3:30 Leisure walkers (beginners)

Breast Cancer Awareness Walk Go Pink! In honor of Breast Cancer Awareness month, join us and walk Fort Mason for Breast Cancer Research! Meet on Wednesday, October 20 at 3:00 in the Porter Library.

Strength Training with Jonathan

Monday, Wednesday & Friday

9:00 in the Fitness Center

2:30 in the Fitness Center

Tai Chi with Bianca

Tuesdays

9:00 in the Fitness Center

Yoga with Ilya

Thursdays

9:45 in the Fitness Center



"I'm so glad I live in a world where there are Octobers."

- L.M. Montgomery, *Anne of Green Gables*

Movies in the Cottage at 2:00 pm

This month we will be viewing films by directors John Huston, Delmer Daves and Alfred Hitchcock. We will also explore the acting of Humphrey Bogart, Henry Fonda, Cary Grant, Katherine Hepburn, Mary Astor, Vera Miles, Lauren Bacall and Ingrid Bergman.

The African Queen (1951) Oct 1

In WWI Africa, a gin-swilling riverboat captain is persuaded by a strait-laced missionary to use his boat to attack an enemy warship.

Stars: Humphrey Bogart, Katherine Hepburn.

Director- John Huston

The Maltese Falcon (1941) Oct 8

A private detective takes on a case that involves him with three eccentric criminals, a gorgeous liar, and their quest for a priceless statuette. Stars:

Humphrey Bogart, Mary Astor.

Director- John Huston

The Wrong Man (1956) Oct 15

In 1953, an innocent man named Christopher Emanuel "Manny" Balestrero is arrested after being mistaken for an armed robber.

Stars: Henry Fonda, Vera Miles.

Director- Alfred Hitchcock

Dark Passage (1947) Oct 22

A man convicted of murdering his wife escapes from prison and works with a woman to try and prove his innocence. Stars: Humphrey Bogart, Lauren Bacall, Agnes Moorehead.

Director- Delmer Daves

Notorious (1946) Oct 29

A woman is asked to spy on a group of Nazi friends in South America. How far will she have to go to ingratiate herself with them? Stars: Cary Grant, Ingrid Bergman.

Director-Alfred Hitchcock



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|--------------------|-------|
| Terry Moughan | 10/06 |
| Ellie McCarthy | 10/14 |
| Jo Ann Nelson | 10/22 |
| Gene Graham | 10/28 |
| Martha Nell Beatty | 10/29 |

A Peripatetic and Productive Life

At age 97 Margaret Johnson decided it was time to slow down and simplify her life. A move to The Heritage will help her accomplish that.

Margaret was born in Salem, New Jersey, the daughter of a banker and a housewife. After graduating from George School, a Quaker boarding school in Pennsylvania, Margaret worked at several jobs in New Jersey, Philadelphia and New York City.



Then her life changed significantly when she married Duncan, a medical student in the Army in New Orleans, in 1945. Leaving the Army the next year, they moved to Brooklyn and a different medical school. The next seven years saw the birth of three children and a move to San Francisco.

The children, now all in their 70s, are Tom, a marine biologist in Los Angeles, Elizabeth, a physician in San Francisco, and Anne, an immigration lawyer in New York.

Both Margaret and Duncan loved the Bay Area, but job demands, the Army calling back doctors during the Korean War and Duncan's "itchy foot" had them moving often. They slowed down in later years. After the Bay Area, they lived in Killeen, TX, (Ft. Hood), Mt. Vernon, NY, San Francisco, New York City, Palo Alto, Riverdale, NY, New York City, Ft. Madison, IA, Philadelphia, and three places in San Francisco.

While raising her family amid frequent moves, Margaret found a career at the Pennsylvania Hospital in Philadelphia, learning to catalogue, then repair and restore books in the Historic Library of the Hospital, the oldest medical library in the United States. It now serves as a source of considerable research by both medical historians and United States history researchers.

Margaret, who had been studying the art of bookbinding in classes, workshops and seminars, hoping to restore the neglected books, was asked to set up a studio in the oldest building's attic and work on the books.

After Duncan died in 1989, Margaret returned to the Bay Area. She set up a private bindery for work on books of collectors and booksellers and private clients. She was also a volunteer repairing and conserving books of the Strybing Arboretum Library in Golden Gate Park. She began traveling extensively at that time.

Here at The Heritage, Margaret is looking into the various committees and opportunities for volunteer work. She is interested in getting involved.

Margaret lives in Room 219 Perry and can be reached at 628-235-7094.

Katherine Conley

WELCOME, PAMELA FISCHER

Texas born and New England bred, new resident Pamela Fischer is a citizen of the world. Pam came to San Francisco in 1990 when her late husband, Ambassador David Fischer, accepted a new position as President of the World Affairs Council of Northern California. David had recently retired from a foreign service career with the U.S. Department of State during which time they had lived in Germany, Poland, Nepal, the Seychelles (an island country off the southern coast of India) and Germany again. Accustomed to moving around every few years, Pam and David chose to begin their next life here in the Bay Area, although neither had lived here previously. Lucky for us!



Pam soon discovered the Asian Art Museum, then located in Golden Gate Park. She signed up for docent training, a rigorous program the equivalent of a graduate course of study in art history. With her three grown children, Keith, Mark and Anne, launched on their own, she could afford the time to pursue her own personal interest in art. She had found a comfortable niche.

She first discovered The Heritage when I moved in ten years ago. At that time, all new residents were given the opportunity to host a cocktail party for a number of friends and I included the Fischers on my guest list. That visit planted a seed in Pam's head that has now germinated - management take note!

Her decision to move to The Heritage was also predicated on her need to have a home where her beloved dachshund Siggy (Siegfried) would be welcome. Pam and Siggy live in the garden apartment that opens onto the back garden. Siggy has adapted quickly and easily to his world of new friends. If one sits in one of the large orange easy chairs in the back garden when Pam and Siggy are there, he will happily come by to have an ear scratched or to snuggle up on the lap of anyone who invites him to do so.

With the reopening of the dining room, Pam looks forward to the opportunity to get to know more residents. She lives at 1540 Francisco St. and her phone # is 415-867-7157.

Jean Fowler

YANGON—RANGOON 2002

In 2002, my daughter Alana and I were spending three days in Yangon aboard the Seabourn Spirit at a time when Myanmar (Burma) was beginning to attract tourists. The military was still in power. Taking a stand against the repression and human rights violations was Aung San Suu Kai, the charismatic leader whom our guide called "The Important Lady." She was still under house arrest and our driver drove us hurriedly by her home. We felt free and quite safe except for one incident.



Our ship had arranged a special evening for passengers with a reception at The Strand Hotel, followed by a ten-minute ride on a cyclo (bicycle with a side car passenger seat). We set off—me on one cycle and my daughter following. Our beaming drivers sported shirts saying Seabourn Spirit, which meant they were part of a select group.

What struck us was that the major streets had no street lights. However, the sidewalks were lit up by small restaurants, video arcades and small shops. In front of them the locals sat around small plastic tables on small plastic chairs with some preferring to squat.

Our ten-minute rides had become twenty minutes and we were headed away from the ship. Our drivers spoke no English so we couldn't converse, and we couldn't talk to each other. My uneasiness began to move into fear.

Our drivers turned a corner onto a totally dark street. Yangon was having rolling blackouts and the lights had just gone out on that block. We stopped at a signal and then turned the corner to head back toward the ship. Seconds later, my cyclo driver was forced to pull over by a policeman. Alana and her driver witnessed the scene further unfold, as at least ten fully armed police and military officers appeared out of nowhere to surround me and my driver. Alana's driver panicked and tried to bike on, but she was able to communicate to him that he needed to stop as they could not leave us behind.

Now both cyclos were stopped. The policeman looked at the license of my driver and his non-functioning headlight. Blessedly, the policeman spoke some English. He asked where we were staying. I pointed to my driver's tee shirt. He then wanted to know where we had started the ride. When I said The Strand, he insisted that we had to return there and summoned a taxi. Alana and I along with her driver were sent back to the hotel while my driver and the two cycles were held by the police.

We felt sorry for our drivers, not knowing why they were in trouble and how serious it might be. Only the next day did we find out from the tour company the reason:

The overly-enthusiastic drivers had taken the wrong (perhaps unauthorized) street. For that they were detained.

Martha Nell Beatty

Why I Avoid Brown Leather Lace-up Shoes

It was August 1945; with Japan's surrender the Second World War was finally at an end. There was much rejoicing, but Britain was bankrupt and everything was rationed or in short supply, including clothing. My parents bought a house in Kent close enough to be able to commute to London - "The City".

I had graduated early from High School at 15 1/2 and had my School Leaving Certificate. I could have gone on for an Advanced Certificate but that meant joining a new school so it was decided that I should go to work instead.

I was to start work in the bookkeeping department of an insurance company which was next door to the Bank of England and round the corner from the London Stock Exchange in the middle of everything.

I needed shoes and my father bought me brown leather lace-up shoes, Very Substantial! How I hated them, but since there were no more clothing coupons, I had to wear them to work. Probably today when offices are so much more relaxed regarding dressing it would not have been so bad. I cannot remember how long I wore them, probably when clothes rationing ended and I had my own money and could buy what I liked.

I never forgave my father, although to be fair there was probably not much choice.

I stayed at that job for nine years, only leaving to get married. It set the path of the rest of my life.

I still avoid lace-up shoes, wearing them only for hiking and walking but you can believe they are *never, ever* brown leather!

Jane Standing

Yvonne was asked if she celebrated Halloween in her childhood in Ireland. Her answer was an emphatic 'No!' Her church taught that this was the eve of All Saints Day and they might prepare for that by dressing as a saint. Yvonne did not find that idea exciting.

Memorial Celebration for Dr. Albert Jonsen



A memorial mass will be celebrated for our departed friend

1:00 pm
Thursday, October 21, 2021
at St. Ignatius Church
650 Parker Ave.
(USF Campus)

Masks Required

RSVP at 415 422-6805 is requested not only for COVID restrictions, but also for a possible reception.

The mass can be viewed live stream on the St. Ignatius Parish YouTube page: [wwYouTube.com/channel/UC6Q6VxDyz200viu RaMhFt6w](https://www.youtube.com/channel/UC6Q6VxDyz200viuRaMhFt6w)

We will also view the memorial in the McGinley Room.

Religious Services



Roman Catholic Mass in the Chapel
Friday, October 1 at 10:00

Distribution of Communion every Sunday at 10:00

Episcopal Eucharist live stream from Washington
National Cathedral
Every Sunday at 9:45 in the McGinley Room

Library News

Interesting donations of Large Print books have arrived. Some of the fiction authors are: Clive Cussler, Patricia Cornwell, Charles Cunnings, Catherine Coulter. Nonfiction authors are: Arnold Palmer, *A Life Well Played*, and Diane Ackerman's *Cultivating Delight* where she talks about cultivating her senses during her work in her garden deadheading flowers or feeding hummingbirds.



Some people have asked me what mystery stories do we have in our library that other residents are reading. I can only write that residents ask "Do you have the latest book by..." Canadian Louise Penny. Her books feature Chief Inspector Armand Gamache, who solves crimes in provincial Quebec. Or there is Donna Leon, who writes about Venice, with Commissario Guido Brunetti. Leon's first book was *Death at La Fenice*. We also have the first book Barbara

Cleverly wrote, *The Last Kashmiri Rose*. She penned her first four detective stories featuring Detective Joe Sandilands in India during the Raj. For her following books she decided to have Joe return to London, where he works for Scotland Yard. Jacqueline Winspear books are popular. Her protagonist, Maisie Dobbs, is a former WWI nurse and in this series is a private detective in London solving crimes. Winspear's first book is titled, *Maisie Dobbs*, in which Maisie solves a mystery set in London during 1929.

Most readers like the first 4-5 books an author has written. I would suggest, if you can, read them in order.

If you would like us to consider buying a book for the library, please go to the Stucky Library where there is a plexiglass suggestion box on the large table. Drop in your suggestion for author and title or even subject.

Someone asked me what kind of non-fiction books I like to read. I like all books, including non-fiction, which make me think. I have read a few books that were recommended by friends or mentioned in book reviews that I thought I wouldn't like, but after reading them they changed or altered my point of view. I thought about how revolutionary books are in that they have transmitted information for almost two thousand years. Occasionally, I try reading a new author or a new topic that I'm not sure if I will not be interested in. I am not opposed to reading about something that might alter my point of view, for when I read new authors with new thoughts, perhaps they will give me a new understanding of someone else's world.

Gardner Haskell

**Movies in the McGinley Room are moving to
Sundays at 2:00**

Nomadland (2020) Oct 3

A woman in her sixties, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad. Stars: Frances McDormand, David Strathairn, Linda May

Thelma and Louise (1991) Oct 10

Two best friends set out on an adventure, but it soon turns around to a terrifying escape from being hunted by the police, as these two girls escape for the crimes they committed. Stars: Susan Sarandon, Geena Davis and Harvey Keitel

News of the World (2020) Oct 17

A Civil War veteran agrees to deliver a girl, taken by the Kiowa people years ago, to her aunt and uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home. Stars: Tom Hanks, Helena Zengel, Tom Astor

The Bucket List (2007) Oct 24

Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die. Stars: Jack Nicholson, Morgan Freeman and Sean Hayes

The Best Exotic Marigold Hotel (2011) Oct 31

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. Stars: Judi Dench, Bill Nighy, Maggie Smith

President's Corner

This has been a pleasantly eventful month. The big event was getting back in the dining room. It is wonderful seeing everybody and having a chance to socialize with each other.

We had a successful send off for Ken Donnelly in the Courtyard. We wish him a wonderful life after work and a chance to play golf as much as he likes. Ken, thank you for all your efforts on behalf of the Residents.

Our activities, such as "Out and About" have resumed and we hope they last. Keep wearing your masks to help this continue. Don't forget to wear your pendants.

Bernie Burke

The Festival of Lights in Myanmar

Myint Tin is one of our excellent dining room staff. Born in the village of Thein Feik in Myanmar, Myint is a devout Buddhist. In 2005 he and his brother lived as monks in a monastery and he hopes to do so again in the future. In October Myint will celebrate "Thadingyut" - the Festival of Lights. It is the second most popular festival after the New Year Water Festival. Thadingyut festival lasts for three days: the day before the full moon day, the full moon day (when Buddha descends from Heaven) and the day after the full moon day. This year these days are October 19, 20 and 21.

Thadingyut festival is the celebration to welcome the Buddha's descent from Heaven after he preached the core Buddhist doctrines to his mother, Maya, who was reborn in the Heavens.

In order to enable the descent, the ruler of the Heavens ordered the saints and the evils to construct three staircases of precious materials: gold, ruby and silver. The Buddha descended by the ruby staircase.



Buddhists welcome and show the way to the Buddha by festooning houses and streets with light. In olden times these were torches and fires. Nowadays the lights are candles and colored electric lights.

There is much celebration, with stage shows and operas being performed and food stalls in the street. A special treat is sticky rice wrapped in banana leaves. A common duty is to bring food and pay respect to the monks who have been fasting and request forgiveness for wrong-doings. And our duty is to be grateful for Myint's mindful service to all of us.

Theo Armour

Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived 2,000 years ago, mostly in the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1.



This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.

The Story of the Giant Zucchini Squash

You may wonder where the giant zucchini squash that was in the Porter Library last month came from.

Do you remember the Glass fire and the Shady fire in which thousands of people had to evacuate their homes and thousands of acres of land and hundreds of homes were destroyed in Napa County and Sonoma County last year in October?

Well, one of my closest friends' home burned down in that Fire, leaving only the pool and pool house. One hot afternoon in early September, my friend invited me and my daughters back to the property to go swimming in the pool. Surprisingly, growing all by itself behind the pool house, lived the giant zucchini squash, which we believe symbolizes that even during bad times something good will come.

This very special zucchini squash made its way to Heritage on the Marina for all residents to smile at and to play a game to guess its weight. And the winner of the competition was Barbara Anderson!!!

Now stay tuned for Halloween when we will decorate the zucchini squash as if it were a pumpkin to bring another big smile to everyone's face.

Karina Tapia



From the Journal of Aging Research

Good news for our friends celebrating an October birthday! Research shows that babies born between September and November are more likely to live to 100 than those born in other months of the year.

The month in which you are born can influence the environment in which you develop – inside the womb and out. Evidence suggests that this can affect your behavior and genetics and have a lifelong impact on your health.

Leonid Gavrilov and Natalia Gavrilova, both at the University of Chicago, gathered data from more than 1500 centenarians born in the US between 1880 and 1895. They compared birth and death information with that of the centenarians' siblings and spouses – the siblings would have experienced a similar early environment and genetic background and the spouses would have experienced a similar environment in their adult life.

The pair found that more centenarians were born in the autumn than in the spring.

October Special Events

| | | | | |
|----------------------------------|-----|-------|-------|------------------|
| Catholic Mass | Fri | 10/1 | 10:00 | Chapel |
| Saturday Shorts | Sat | 10/2 | 3:00 | McGinley Room |
| Intro to MIND Diet | Mon | 10/4 | 3:00 | Friendship Hall |
| Ian Scarfe Concert | Thu | 10/7 | 3:00 | Friendship Hall |
| Saturday Shorts | Sat | 10/9 | 3:00 | McGinley Room |
| El Dia de los Muertos Series | Sun | 10/10 | 4:00 | Zoom |
| How to Power Your Brain | Mon | 10/11 | 3:00 | Friendship Hall |
| Emotional Support Group | Wed | 10/13 | 3:00 | Stucky Library |
| Professor Peritz Lecture | Thu | 10/14 | 3:30 | Friendship Hall |
| Saturday Shorts | Sat | 10/16 | 3:00 | McGinley Room |
| El Dia de los Muertos | Sun | 10/17 | 4:00 | Zoom |
| Socializing & Staying Connected | Mon | 10/18 | 3:00 | Friendship Hall |
| Breast Cancer Awareness Walk | Wed | 10/20 | 3:00 | Pjorter Library- |
| Al Jonsen Memorial Mass (stream) | Thu | 10/21 | 1:00 | McGinley Room |
| Octoberfest Dinner/Performance | Thu | 10/21 | 5:30 | Dining Room |
| Saturday Shorts | Sat | 10/23 | 3:00 | McGinley Room |
| El Dia de los Muertos | Sun | 10/24 | 4:00 | Zoom |
| Stress and Wellbeing | Mon | 10/25 | 3:00 | Friendship Hall |
| Emotional Support Group | Wed | 10/27 | 3:00 | Stucky Library |
| Halloween Party | Thu | 10/28 | 3:00 | Porter Garden |
| Saturday Shorts | Sat | 10/30 | 3:00 | McGinley Room |
| El Dia de los Muertos | Sun | 10/31 | 4:00 | Friendship Hall |

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