

Heritage Happenings

MARCH 2019

Look for Eleanor Burke's sketches of The Heritage throughout this newsletter.



The Heritage Courtyard,
sketch by Eleanor Burke

Dr. Elie Maksoud from the Buck Institute presents:
**HARNESSING THE BRAIN IMMUNE SYSTEM IN FIGHTING
PARKINSON'S DISEASE**

Friday, March 1, at 2:30 pm in Friendship Hall

Students from Stuart Hall School Come to Read to the Residents

Tuesday, March 5, at 10:15 am in Friendship Hall

Celebrate Mardi Gras!!

Tuesday, March 5, at 2:30 pm in Morgan Parlor



We will serve cake and special drinks along with a special performance by the Conservatory of Music Jazz Combo.
Masks and Beads will be provided.

Bonnie Weiss from CURTAIN UP! Presents:

THANKS FOR THE MEMORIES:

VAUDEVILLE, OPERETTA & THE ZIEGFELD FOLLIES
THE OPERETTAS OF VICTOR HERBERT AND RUDOLPH FRIML
Thursday, March 7, at 3:00 pm in Friendship Hall

The Asian Art Museum presents:
THE GODDESS: IMAGES OF POWER

Thursday, March 14, at 3:00 pm in Friendship Hall

Explore the myriad and fascinating depictions of female deities throughout Asia. From fierce warriors and dakinis to peaceful and benevolent bodhisattvas, these goddesses cover all the bases. Goddesses play an important and prominent role in all the Asian religions. From fertile earth maidens to nurturing mothers, from wrathful avengers to wise advisors – these deities provide for their supplicants and followers.

St. Patrick's Day Pub Party
Sunday, March 17, at 2:00 pm in Morgan Parlor
with special guest master bagpiper
Jay Salter



Registered Dietitian Christina Fusilero-Savoie
Superfoods: Whole Grains
Monday, March 18, at 3:00 pm in Friendship Hall

**ART OPENING IN THE TONY LAWRENCE GALLERY
Reception**

Wednesday, March 20, 2:30 pm in the McGinley Room

Curator Doris Howard will exhibit these new paintings by some of the most noted names in the contemporary art world (i.e. Heritage residents).

The Gossamer Trio
Thursday, March 21, at 7:15 pm in Morgan Parlor

The Gossamer Trio is a virtuoso classical ensemble featuring Ian Scarfe on piano, Brynn Albanese on violin, and Charles Akert on cello. They will play elegant classical selections by Beethoven, gypsy-inspired dance music by Brahms and Dvorak, and lush and romantic tangos by Astor Piazzolla.

Reading from *Pride and Prejudice*
Sunday, March 24, at 3:00 pm in the McGinley Room

Betty White and Margaret Jacobs continue their read-aloud sessions with the witty chapter from Jane Austen's *Pride and Prejudice*, in which Darcy's aunt, Lady Catherine de Bourg, pressures Elizabeth to refuse to marry him.

Special Greek Dinner
Wednesday, March 27, in the Dining Room



History of Saint Patrick's Day

The history of St. Patrick's Day 2019 dates back to the early 17th century when it was made an official Christian feast day by the Roman Catholic Church, the Anglican Communion (especially the Church of Ireland), the Eastern Orthodox Church, and the Lutheran Church. The holiday has been celebrated on the North American continent since the 17th century. Irish-American immigrants brought Saint Patrick's Day to the United States. The first civic and public celebration of Saint Patrick's Day in the 13 colonies took place in Boston, Massachusetts in 1737.

Meet Bart Rhoades

To learn of an unusual and interesting career we need look no farther than that of Bart Rhoades. Born and raised in Littleton, New Hampshire, Bart graduated from Harvard with a degree in Economics, then enlisted in the Navy. After attending Officer Candidate School, followed by a stint in the Supply Corps, he volunteered for the Submarine Corps. The teamwork on a sub was fascinating and rewarding, plus the travel opportunities were excellent.



Following his Navy service Bart returned to Harvard to earn an MBA. His next venture, which he undertook with two classmates, was to found and manage a magazine, "MBA", which was designed to help new MBAs. After successfully publishing it for several years, Bart and his partners were able to sell the magazine to Rupert Murdoch.

Bart felt that his skill set needed direct marketing experience so he went to work for Doubleday for several years. Following that was a series of publishing and corporate positions culminating in a series of "Itinerant CEO" jobs which involved helping small companies resolve their difficulties and become profitable. After twenty years of such successful "rescues", Bart retired.

A source of great pride to Bart are his three children. Andrew works as a computer animator on the show "South Park" and has won several awards for his work. Son Matthew creates video games, while daughter Elizabeth is an executive at Chez Panisse. Matthew's son, Orion, is a precocious twelve-year old who will finish high school by next year and then enter the University of Texas to study math and chemistry. Orion's brother, Atticus, is ten years old and a black belt in taekwondo. Both boys live in Austin, Texas with their parents.

Bart is an avid bridge player, enjoys the arts and is a third generation Boston Red Sox fan. He now resides in Room 328M and can be reached at 415-250-3692.

Katherine Conley



Twice a year the sun aligns to give us equal hours of night and day. Known as the Equinox, March 20 this year begins the spring season. In the northern hemisphere the buds begin to bloom, the daylight hours are longer, and many animals have the instinct to mate. Some animals emerge from hibernation.

President's Corner

Keep the meeting short! Our February meeting ran longer than I intended. We did learn about earthquake and fire preparedness, and we will have updates in the months to come. What a great food month! A delicious Valentine's dinner, followed by an over-the-top Chinese New Year's Dinner - the Year of the Pig. Chef Kevin and his staff prepared a dinner to remember. The topper however was the work of Katie Loo who found the dim sum and shumai as the opener, and the custard tart and Jain dui as dessert. Of course tangerines with leaves attached were at each place. The lion dancers made the evening, which would not be complete without Erin's decorations and party favors.



It's time for us to reflect on the service provided by our staff. At the end of the year, the Residents' Council contributes to the Employees Appreciation Fund that provides a financial thank you to those who have served or taken care of us during the year. To this end we have two fund raisers scheduled: the "Open Doors" event scheduled in May, July and September, and our annual Tea that is scheduled for April 3rd. We encourage you to participate in these events.

How can I forget to mention the milk shakes served on Friday the 22nd, as good as advertised. What flavor this month? We look forward to the meals on Mardi Gras and St. Patrick's Day.

Food Committee March 4th, and see you at Residents' Council meeting on Friday the 8th.

I cannot finish this article without a mention of the Morgan Elevator. It went down again at 9:30 pm on Feb 23rd. The next morning Ed rebooted the elevator and got it working. Ed explained to me that the elevator repair company had informed the maintenance staff how to reboot the elevator until they get a new part. I understand that this part is being manufactured by a hermit located in the Andes mountains.

Remember-BECOME DEPENDENT on your PENDANT.

Tony

BIRTHDAYS IN MARCH

Patricia McCarthy	3/02	Ernie Sabini	3/22
Ada Caramatti	3/03	Linda Sharp	3/23
Eleanor Bissell	3/07	Terry Davis	3/23
Richard Morris	3/09	Gail Lindlow	3/24
		Betty White	3/27

Birthdays will be celebrated on Friday, March 8.



MOVIES IN MARCH

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

THE DEVIL WEARS PRADA (2006)	Mar 2
A smart but sensible new graduate lands a job as an assistant to Miranda Priestly, the demanding editor-in-chief of a high fashion magazine. Stars: Anne Hathaway, Meryl Streep, Adrian Grenier	
ALL THE MONEY IN THE WORLD (2017)	Mar 9
The story of the kidnapping of 16-year-old John Paul Getty III and the desperate attempt by his devoted mother to convince his billionaire grandfather Jean Paul Getty to pay the ransom. Stars: Michelle Williams, Christopher Plummer, Mark Wahlberg	
A STAR IS BORN (2018)	Mar 16
A musician helps a young singer find fame, even as age and alcoholism send his own career into a downward spiral. Stars: Lady Gaga, Bradley Cooper, Sam Elliott	
PLACES IN THE HEART (1984)	Mar 23
In central Texas in the 1930s, a widow, with two small children, tries to run her small 40-acre farm with the help of two disparate people. Stars: Sally Field, Lindsay Crouse, Ed Harris	
THE WIFE (2017)	Mar 30
A wife questions her life choices as she travels to Stockholm with her husband, where he is slated to receive the Nobel Prize for Literature. Stars: Glenn Close, Jonathan Pryce, Max Irons	

Read Across America Day

Check out the great work the Stucky Library elves have done.

The idea for a day to celebrate reading was first thought up by the National Education Association in 1997. They decided to have the day on March 2, Dr. Seuss's birthday. Dr. Seuss is one of the great authors of children's books including *Cat in the Hat*, *Green Eggs and Ham*, *The Lorax*, and *Horton Hears a Who!*

The Stucky Library now has a wonderfully varied and rich collection of current books, both fiction and nonfiction. Contributions are always welcome.

"Books are the plane, and the train, and the road. They are the destination, and the journey. They are home." —Anna Quindlen

Open Doors Update



Dates have been set for three Open Doors events wherein many residents will open their apartments for viewing. Morgan will lead off on May 17, Perry will follow on July 19 and the Francisco flats on September 20 - all Friday afternoons, from 2:00-4:00 p.m. All three events will include a reception for participants and their guests.

Here is an opportunity to open a door and discover something new, intriguing or even surprising about your fellow residents by observing the "stuff" they have chosen to surround themselves with in their relatively small living spaces. Mark your calendars!

Ticket price for each event will be \$10, with all proceeds going into the depleted Resident Council Fund. This fund in turn makes a major annual contribution to the Employees Appreciation Fund, and covers costs incurred in other Council-sponsored activities such as the Headstart Christmas Stocking project.

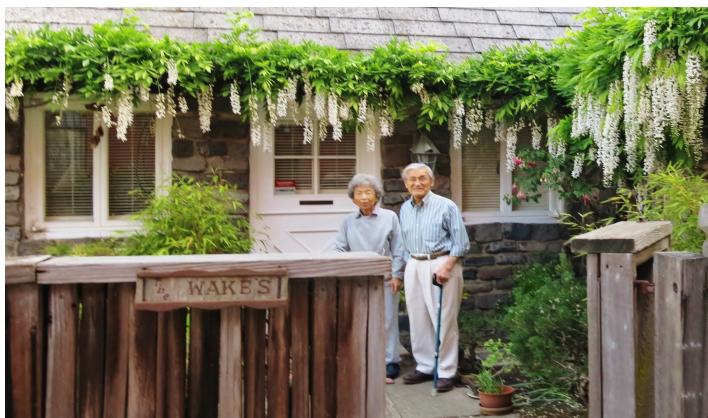
Jean Fowler

WISTFUL FOR THE WISTERIA

It's said a captain brought it by ship
Coming from China, it was a long trip.

The wisteria was planted by the cottage wall
Where it grew to be full and tall.

Being white, it was quite rare.
And so, needed extra care.



Lloyd made it his duty
To tend to its beauty.

Against the wall, its leaves were bright
In the spring its blooms a lovely sight.

Now the vine is gone.
Without it, the cottage looks forlorn
And for a while we will mourn.

Martha Nell Beatty

BOOKS ADDED TO THE STUCKY LIBRARY

Non-fiction:

Karen Armstrong: *Fields of Blood – Religion and the History of Violence*
Jerome W. Baumgartner: *Rancho Santa Margarita Remembered*
Teresa Carpenter, ed: *New York Diaries*
John Carreyrou: *Bad Blood*
Thomas Lewis, MD et al: *A General Theory of Love*
Valeria Luiselli: *Tell Me How It Ends*
Rachel Maddow: *Drift*
Charles Mann: *1491*
Armisted Maupin: *Sure of You*
Sy Montgomery: *The Soul of an Octopus*
Peter Wilson: *The Age of Atheists*
Simon Winchester: *The Professor and the Madman*
Matt Young: *Eat the Apple*

Fiction:

Robert Galbraith: *The Silkworm*
Julie Finigan Morris: *Exit Strategy* (a novel)



The Book Club will meet on Monday, March 4 in the Stucky Library. They will discuss *Pachinko* by Min Jin Lee, "a vivid, immersive multigenerational saga about life for Koreans in Japan."

Eleanor Burke's latest sketchbook has arrived. It is entitled *Walking Manhattan's Neighborhoods – a Guide to Life on the Streets*. All of the texts and drawings are Eleanor's. This is the fourth in her series of sketchbooks that beautifully describe her walks through the cities of Saigon and San Francisco, and now Manhattan.

WEEKLY ACTIVITIES

Art with Patrick	9:30am	M	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
Maintain Your Brain	10:00 am	W	FC
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
Sing-Along with Phil	3:00 pm	W	FH
Yoga Basics	9:30 am	Th	FC
Painting with Patrick	10:00 am	Th	FH
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

RELIGIOUS SERVICES

Ash Wednesday Service

Wednesday, March 6, at 2:30 pm in the Chapel

Officiants:



The Rev. Marguerite Judson
Church of St. Mary the Virgin

The Rev. Terry Davis

Every one is welcome.

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

The Rev. Terry Davis celebrates Roman Catholic Mass on the first Friday of every month in the chapel at 10:30 am.

Home Health Care Service at The Heritage

Home Health Care is a term for support services provided by an outside agency to a resident in his/her independent or assisted living unit after dismissal from the Heritage Health Center, or dismissal from a hospital directly to the resident's Heritage unit. While payment for home health services is the resident's responsibility, Medicare covers payment for home health services at 100%.

Home Health Services include: skilled nursing services; physical, occupational and/or speech therapy; home health aide services such as assistance with dressing or bathing.

How to arrange for Home Health Service: If a resident is recovering from an illness or injury in the Heritage Health Center, the Director of Social Services & Wellness, Karina Tapia, will assist her/him in arranging for Home Health Services through one of several approved agencies in San Francisco.

It is the resident's choice on which agency she or he would like to use. The list of approved agencies is ever-changing. Karina has experience working with many of these agencies and can provide you with information on any of them.

If the resident is dismissed directly from a hospital to his/her Heritage apartment, primary care doctors or attending physicians or hospital social services case managers may also assist in arranging for a home health service. Such services might be short-term during a recovery period, or they might be long-term.

To qualify for Medicare payment, Home Health Services must be provided by a Medicare-approved home health agency. Any resident who feels a need for home health assistance should consult his/her doctor for a medical order for Home Health Services.

Note: Resident's may want to keep this page with other personal health care information.

Jean Fowler

Donate Your Unused Eye Glasses

If you have prescription eye glasses that you no longer use, they can be reconditioned and given to people who cannot afford new ones, and to those in other countries. Both prescription and non-prescription sun glasses are also needed. Give them to Nancy Stent who will see that they are brought to the Lion's Club recycling center.



Excerpts from A History of THE HERITAGE 1853-1970

By Caroi Green Wilson

"Captain Hindes was proud to invite his guests to visit the Administrator's cottage, gift of his father, Stetson Hindes, in memory of his mother, Sarita, who had served many years on the Board of Managers.. .

Interest in Mrs. Pogson's little home stemmed not only from its nostalgic significance but also from the way an inventive architect, Hewitt C.Wells, had converted the old gardener's tool shed. The picturesque stone exterior was virtually unchanged; and the roof timbered with redwood beams preserved the character visioned by Julia Morgan when she hid this utility shed in a

corner of the garden. Inside it had been touched with magic, giving the occupant deserved respite from her daytime institutional atmosphere. The gabled ceiling of the living room was light because fibre glass insulation was installed between exposed beams producing the



effect of a high skylight. A fireplace, easy chairs and well-stocked bookshelves invited relaxation. A miniature kitchen equipped with every modern convenience promised quiet meals away from the chattering groups in the dining room across the garden. The little cottage stands on the Bay Street side of the grounds, but a high fence and trees protect it from the roaring traffic. No wonder Mrs. Pogson called it 'Tigh-na-she' (House of Peace) from her ancestral home in Scotland."

"Some of the treasured early San Francisco furniture inherited from the Cowells added interest to the downstairs rooms and the Chapel was familiar to those who remembered 2507 Pine Street for it held accoutrements long used in the earlier place. Large portraits of Minnie Nelson, the Crockers and of Horace Hawes looked down from high walls lining the broad staircase in silent testimony to the miracle wrought from their pioneer efforts."



SPECIAL EVENTS IN MARCH

Catholic Mass	Fri	Mar 1	10:30 am	Chapel
Parkinson's Lecture	Fri	Mar 1	2:30 pm	FH
Book Club	Mon	Mar 4	11:00 am	Stucky Lib
Tigges Jewelry	Mon	Mar 4	1:00 pm	MH
Food Committee	Mon	Mar 4	1:30 pm	BCM
Stuart Hall Boys Read	Tue	Mar 5	10:15 am	FH
Mardi Gras Celebration	Tue	Mar 5	2:30 pm	MH
Ash Wednesday service	Wed	Mar 6	2:30 pm	Chapel
Bonnie Weiss	Thu	Mar 7	3:00 pm	FH
Residents Council Meeting	Fri	Mar 8	9:30 pm	DR
Birthday Celebration	Fri	Mar 8	5:15 pm	MH
Bridge Class	Wed	Mar 13	1:00 pm	FC
Asian Art Lecture	Thu	Mar 14	3:00 pm	FH
St. Patrick's Day Pub	Sun	Mar 17	2:00 pm	MH
Super Foods: Whole Grains	Mon	Mar 18	3:00 pm	FH
Art Opening	Wed	Mar 20	2:30 pm	BCM
Gossamer Trio, Ian Scarfe	Thu	Mar 21	7:15 pm	MH
Feldenkrais	Sat	Mar 23	9:00 am	FC
<i>Pride and Prejudice</i> Reading	Sun	Mar 24	3:00 pm	BCM
Bridge Class	Wed	Mar 27	1:00 pm	FC
Greek Dinner	Wed	Mar 27		DR
Card Bingo	Thu	Mar 28	7:15 pm	FH

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