



THE SAN FRANCISCO SEQUOIAN

February 3, 2022

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Issue No. 1970

Volunteer of the Year Award 2021

In 1979, the NCPHS Board of Directors began to recognize exceptional resident volunteers from the Sequoias-San Francisco at their annual Board installation meeting. Later in 2008, the NCPHS Board decided that it would be more appropriate for the Resident Association Board to take over the responsibility for the award, presenting it at their Annual Meeting.

In past years, people have been nominated for a variety of reasons. In some years, the award has gone to those who are “out front and visible.” In other instances, the award has gone to someone who has worked diligently, but largely behind the scenes. Sometimes, it has gone to a single individual and other times, it has gone to two different individuals. One year, it went to everybody who worked in the Library.

This honor is a one-time honor. The following are present residents at the Sequoias who have received this award over the past years, and once again, we thank them:

Geoff Scammell	Dick Johnston
Barbara Thompson/The Library	Sue Parsell
Wilma Hall	John Apple
Pat Nicholson	Mary D'Abate
Kay Naito	Nancy Nee
Irene Ng	Gil Smith
Tony Sciortino	PJ Jamison
Hilda Richards	

The Board invites names of individuals or groups from among current residents, whom they believe have made significant contributions to the Sequoias-SF community. You may send your nomination to Alida Buchanan either by email or as a typed or hand-written note. Your nomination should include a brief statement about their contributions and why you believe they are deserving of this award. Alida's email address is alidab@sbcglobal.net or you may drop your statement in the wall box outside of apartment #2105 or place it in the mail slot for # 2105 in the Lobby.

THE DEADLINE FOR SUBMITTING NOMINATIONS IS MARCH 5, 2022.

Alida Buchanan

Presentation on Palliative Care

**By
Casey Hobbs, R.N.,
Director of Nursing**

Monday February 7th at 1:45 pm

Auditorium and via Zoom

Please join us as we learn from Casey about palliative care.

What is it? When is it used? What are the components of palliative care? How does it differ from hospice? When might we want to move to palliative care to manage our health issues?

As we know, Casey is quite knowledgeable about health care and will bring her knowledge and experience to her talk. This presentation will be in the auditorium but will also be available on Zoom.

This event is hosted by the HELP (Honoring End of Life Preferences) Group here at the Sequoias.

Betty Carmack

Self Defense Class for Seniors

Learn what everyday items you can use to protect yourself. Join PJ for a series of three 30 minutes self defense classes. Come as you are. Walkers, canes, and wheelchairs welcome. Bring your assisted device with you to class.



**Sunday February 6th, 13th, and 20th
at 2pm in the Auditorium.**

Submitted by Stephanie Ugrin

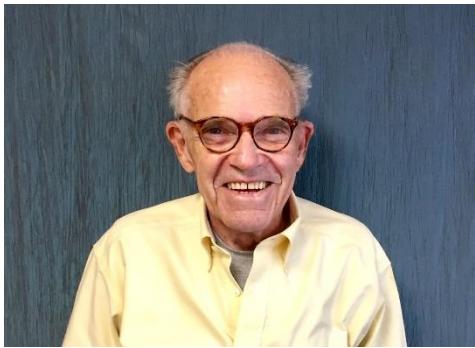
FEBRUARY ARTS DVD PRESENTATION

The next presentation of our chronological survey of French painters will feature Jean-Honore **Fragonard** (1732-1806) in a film titled *The Shades Of Love*. Fragonard's late Rococo manner was distinguished by remarkable facility, exuberance, and hedonism. The influence of his handling of local color and expressive, confident brushstrokes on the Impressionists (particularly his grand-niece, Berthe Morisot, and Renoir) is undoubtable.

**Monday, February 7, at 3:30
in the Auditorium.**

Dennis Brydon
For the Arts Committee

Jim Clavin



Although born and raised in New Orleans, Jim Clavin (new resident in Apartment 1102) doesn't have a southern accent. He could probably "pass" as a Californian. Maybe that's because he's been here a while now.

But his move to the Bay Area was not a given. He stayed in Louisiana for college, supporting himself as an x-ray technician. Part of his pay was a place to live in the hospital. That was interesting for him, as he was raised Catholic and it was a Baptist hospital. After graduation, he stayed on for an internship as a medical technologist.

Then Uncle Sam intervened and Jim spent two years in the service – in Germany. He worked in a small hospital, learned to speak some German (though he says he doesn't speak it any more) and enjoyed his time there a great deal. In fact, he requested to be discharged in Germany. Request denied. So he returned to New Orleans and got a job with the Louisiana Board of Health as a virologist. There, he had a friend who transferred to the Bay Area. Jim came to visit and, like many of the rest of us, decided it would be a good place to live.

In the Bay Area, Jim lived first in Daly City, but then moved to San Francisco. He worked at Stanford as a parasitologist, and then eventually, at UCSF in clinical microbiology. However, in mid-career he changed course. He went to USF for a Masters in Theology, then completed the UCSF pastoral internship and thus became a chaplain at UCSF. That constituted the last ten years of his tenure there. It was a challenging job, Jim says, because the patients were all seriously ill with many kinds of problems.

During the early years in San Francisco, Jim met his partner Burt Greenberg, with whom he lived 50 years. They were married for the last ten years. When Burt died last year, Jim decided to come to The Sequoias.

Jim has already found an activity he enjoys here – playing piano duets with some of the residents. He began playing piano as a kid, when a neighbor let him "tinker" on her piano. He was so enthralled that a piano was his first purchase with money he earned on his Times Picayune paper route. He has also written stories; some are in our library. He expects to continue with another hobby, painting. When he's a little more settled, he says.

Jim still has family in New Orleans and went to visit them for Thanksgiving. It's a convenient place for him, as he has a condo there and doesn't need to stay with family. But when he's here, we'll surely enjoy his company.

Angela Lee (cello) and Markus Pawlik (piano) to Perform on Tuesday, February 8 at 7:15 in the Auditorium



Angela Lee, a San Franciscan, has studied at Juilliard, the Yale School of Music, and in London with William Pleeth (the teacher of Jacqueline du Pre). Markus Pawlik, a native of Germany, now resides in the Bay Area. Both Lee and Pawlik have won many prizes and have performed extensively both locally and internationally.

Their program will include works by Beethoven, Schumann, and Fanny Mendelssohn Hensel.

Michael Lamm for the Performing Arts Committee

FEBRUARY GREAT BOOKS DISCUSSION GROUP

The February meeting of the GBDG will feature a reading and discussion of “*Selected Poems*” by the English poet, **John Donne**, one of the greatest love poets in the English language. While known for some of his prose works (e.g., “No Man is an Island..etc.”), it was the play of intellect in his poetry, his scorn of conventionally poetic images, and the dramatic realism of his style that made him a favorite of English-speaking poets and critics in the first half of the 20th century.

The meeting will be held on **Tuesday, February 8, @ 3:00 via Zoom**. If you wish to participate, you must contact me so that we can send you a link to the meeting. Printed copies of the story will be available on the “Great Books” shelf in the Sequoias’ library reading room.

Dennis Brydon
email: mbrydon1@aol.com

Sequoia Living Town Hall Meeting
Wednesday, February 9, 2022 at
10:00 am in the Auditorium

To discuss:

- . Review of the 2022 Budget
 - . Monthly Care Fee Increase
-

HAPPY VALENTINE'S DAY

What better way to celebrate Valentine's Day than to see a reading of *Love Letters* by A. R. Gurney?

Jean Wilcox and Richard Williams will reprise their performance of this perennial favorite on Monday, February 14 at 7:15 in the Auditorium.



Jean Wilcox

Elections and Polling Places in 2022

Traditionally, the Sequoias SF is a polling place for voting. Four elections are scheduled in San Francisco for 2022. The Primary Election of June 7th will be held in the Auditorium, as will the General Election on November 8th. Two other elections will have polling places in the neighborhood. The Sequoias encourages you all to submit your vote by mail to avoid unnecessary COVID exposure.

For the upcoming Special Election on February 15th, the SF Department of Elections has sent all voters a notice of their polling place nearby. This election on pertains to the following topics:

- Member of the State Assembly, District 17
- Assessor-Recorder (local)
- School Board Member Recall Contests (x3)



A fourth election for the runoff for District 17 Assembly will also occur. The date will likely be in April, but the SF Board of Elections has not finalized the date. This Election will also have polling places offsite. Check your mail for details.

Submitted by Stephanie Ugrin, Ext. 7916

End of Life Talks

The Health Services Liaison Committee will present a series of three talks, each approximately one hour long, on end-of-life issues. They will be shown in the Auditorium on Wednesdays at 3 PM on February 16th, 23rd, and March 2nd.

These talks were given by Nathan Fairman, M.D., M.P.H., via Zoom, to residents at the University Retirement Community, a CCRC in Davis, in the late spring of 2021. They were recorded and are now available on YouTube.

Dr. Fairman is a professor of psychiatry at UC Davis School of Medicine. He is also a palliative care physician who works in the UC Davis Cancer Center, as well as in the University Hospital. Dr. Fairman is a faculty associate in the Bioethics Program at the UC Davis School of Medicine. He is part of a multidisciplinary team of experts helping to care for adults dealing with serious illnesses. Their aim is to provide comprehensive, person-oriented care that supports quality of life and easing the burden of suffering, for both patients and their loved ones.

The YouTube links will be provided to residents with computers via the Sequoias List. But we recommend coming to the Auditorium to allow for discussion after the presentations.

Demetri Polites

For the Health Care Services Liaison Committee

CALCRA MEMBERSHIP MEETING on February 17, 2022

The California Continuing Care Resident's Association is the only organization working solely for the interests of residents of California CCRC's. Members and prospective members are invited to hear Margaret Griffin, Past President and current Board member discuss CALCRA's legislative advocacy work as well as work with the State Department of Social Services CCRC Bureau on issues affecting residents. The meeting will be held on February 17, 2022 at 1:30 PM in the Auditorium.

Please renew your membership for 2022 by visiting the website www.calcra.org.
Thanks.

Regina Sneed

Green Corner: HOW TO DISPOSE OF PRINTER INK CARTRIDGES

There is a blue bin in the Mail Room for used INK CARTRIDGES. Put yours in the bin and they will be taken to the local elementary school where they are turned in for money used to support the school.

TO FIND OUT MORE ABOUT BEING GREEN, GO TO: SFRecycles.org and/or call 415-330-1300. Take your concerns to the Environmental Services Liaison Committee of the Resident Association.

Joan Brownstein



HELP Library Resource Binders

The HELP (*Honoring End of Life Preferences*) group recently convened for our first meeting of this new year. We are planning several activities for our SSF resident community, e.g. a presentation on Palliative Care by Casey Hobbs, a presentation and workshop on Advanced Directives, a Death Café, and a speaker to address California's End of Life Option. Our goal is to provide SSF residents and their loved ones with resources to use as we all think through our preferences for our own end of life, i.e., what we would want and what we would not want. Please stay tuned as we work to schedule these events in the coming weeks.

A big shout-out to Regina Sneed, who compiled two large resource binders containing multiple components related to end of life, such as decisions that need to be made and resources to help with those decisions. She did a masterful job on the binders. Thank you, Regina! It was a huge undertaking.

Recently, we revisited these binders, looking to see what needed to be added and what perhaps was outdated and needed to be removed.

These resource binders are in our Library in the section about end of life. We encourage you to make use of the binders which contain a wealth of good information. For example, there are sections on advanced care directives with forms, the California End of Life Option, Hospice, funeral services, green burial options, and listings of books on different aspects of end of life, many of which are in our Library. All of this is important information to have and use when the time comes.

Finally, if you notice a gap in necessary information, please let us know so we can add it. We want these binders to be current and relevant for our residents. One other thing, please: If you take something to photocopy, be sure to return it so others have access to it, as well. Thank you.

We look forward to being together with you in a presentation or workshop in the not-too-distant future. COVID permitting, we'll do these in person, and/or have a Zoom option, too.

Betty Carmack and Mike Reddig

In Memory

Fumiye Quong
who died on January 25, 2022.
Fumi had been a resident since 2012.



Newspaper Delivery Protocols

Due to the pandemic and other security issues the newspaper delivery people do not enter the building. The delivery drivers group papers by floors and leave a list of subscribers. Some residents pick up their own papers and some also bring papers to their floormates. As Residents pick up papers, they cross off the apartment of the newspaper that they are taking.



There are only papers for subscribers. No complimentary papers are available.

During the week, when Reception staff starts at 7 am and when time allows, they have the papers that have not been pick up yet delivered to wall-pockets of the subscriber. During the weekend, Reception starts at 8 am and we have less staff from other departments to support, so bringing the papers upstairs is more difficult and maybe slow if requested.

We understand that there is an ongoing problem of a shortage of Sunday papers. Please follow the guidelines below to help us remedy this issue.

- A list of subscribers is left at the G-Level lobby by the delivery person.
- Residents cross off the apartment of the newspaper that they are taking.
- If your apartment is not listed, then that means a newspaper was not left for you.

If you do not receive your paper, please contact the customer service of the SF Chronicle or NY Times to report a missing paper so that you will get credit, and that this is documented.

SF Chronicle:

415-777-7000 or 800-310-2455

homedelivery@sfchronicle.com

Monday - Friday: 6:30am - 2:30pm

Saturdays and Holidays 6:30am - 10:30am

Sundays 8:00am - 11:00am

NY Times

1-800-698-4637

The best way to report a delivery problem is online, by visiting
myaccount.nytimes.com/seg/subscription/homedelivery.

Customer Care is available

Monday through Friday 7 a.m. to 10 p.m. E.T.
weekends and U.S. holidays 7 a.m. to 3 p.m. E.T.

If you have further questions, feel free to discuss this with Alicia or Stephanie.

Medical Alert Systems

Medical Alert systems enable users to reach emergency help if they experience falls, acute shortness of breath, chest pain, altered states of consciousness, etc. As it is not always possible for someone living alone to reach the bathroom cord or the house phone, residents may wish to purchase a Medical Alert product.

A recent survey sent to all Independent Living residents at The Sequoias yielded 174 responses (about 70% of our population). Slightly less than half had a Medical Alert device. Forty-four percent of those without a device would like to have one.

Surprisingly, almost half of the sight impaired and ambulation impaired residents had no Medical Alert system.

The survey lists four basic systems in use at the Sequoias. Below are descriptions, options, limitations, and capabilities of the various devices: 1.push button, 2. Apple watch or equivalent 3. Wi-Fi activated system 4. Cell phone

There is no one device suitable for all people. Important considerations are:

1. Range, location: Some may be useful only in one's apartment; others can be used wherever there is cell phone service.
2. Fall Alert: This feature can detect a fall without any action from the user. This is important in instances when loss of consciousness or speech has precipitated the fall. This would be recommended in someone with known heart disease or history of stroke or other brain disease.
3. Monitored or unmonitored: With the former, one can respond to the voice and give some description of the problem. With the latter, an ambulance may be summoned, sometimes unnecessarily.

Push Button Medical Alert Systems

Many companies offer push-button Medical Alert systems which can be worn as a neck lanyard or wrist band. Technicians set up these systems in your apartment. This article will only discuss monitored push button systems. Unmonitored push-button systems exist but do not have a dispatcher. Several options are available.

1. Range: Do you want a landline service which operates only in your apartment or one with a GPS which will operate anywhere in US where there is cell phone service?
2. Will the device have a fall detection monitor?
3. Cost: Activation (upfront) cost and monthly maintenance cost
4. Monitor: A monitored system will have a voice monitor, i.e. after pushing the button, a voice will answer. User may reply: Call security (415) 351-7911, call 911, false alarm, or give other directives depending on the circumstances. Monitoring company should be given instructions to call other individuals, i.e., Medical POA, primary care MD,

1. hospital, etc. only after emergency calls are complete. These parties must all be listed at time of installation of service
2. Other issues: language used, waterproofing, battery life, battery recharging
3. Some have no upfront, or installation, cost. One company charges \$34.95 for apartment coverage only, \$39.95 for a device which will work the US wherever there is cell phone coverage (GPS), and \$44.95 fee for GPS and fall detection. For this particular monitoring system the technician sets up the system in the apartment.

Apple Watch Health and Fitness Features

In 2018, the Apple Watch Series 4 launched with 2 new features that allowed for fall detection and heart rate monitoring, including doing a one lead EKG to determine if heart rhythm was irregular, a sign of atrial fibrillation. Subsequent models up to the newest model Series 7 have improved on that technology as well as other features.

Important information to consider if you would like to use an Apple Watch to monitor your health and safety:

1. Only works with an iPhone
2. You must wear it snugly on your wrist
3. It can get wet, so you can wear it while showering or swimming.
4. Emergency contacts must be entered into your phone
5. It does not include a professional monitoring service. If you haven't fallen but have an emergency, it is most feasible to dial 911 on your iPhone. It can also be done by pushing the side button on the watch until the screen comes up to call 911.
6. You pay for the watch based on size, composition of the case and whether you want it to be independent of your phone. Models are GPS (requires your phone to be with you) or GPS with cellular (can leave your phone at home, i.e., when swimming or boating, etc.). Price range for the newest series 7 starts at \$399. There are no monthly payments
7. It can monitor your heart rate and depending on the parameters set, can notify you of a too rapid or too slow heart rate.
8. Fitness monitoring.
9. The Series 7 can also measure blood oxygen levels.
10. The Series 7 display is larger which is helpful for those with low vision.

Wi-Fi Activated System

The Alexa device can be used for many purposes, but this note deals only with its ability to make a call after a person has fallen and is not able to reach a phone. A person can say "Alexa, call security" (or call any person in a contact list) and the device, if properly set up, will place the call and allow a conversation as in any telephone call.

Approximate cost: \$40 to purchase a basic Alexa device (called an Echo Dot). It is often on sale. There are no monthly fees.

It is necessary to have both a smart phone and a Wi-Fi connection.

There is no fall alert.

GPS range: The unit works well in an apartment. Outside of an apartment it is much easier just to call for help directly.

Once it is set up, there is no need for a cell phone connection when using Alexa to make a call from an apartment. However, it is necessary to be within voice range of the device both so it can hear the request and so that the person who answers the call can hear about the need for help. For this reason, in a one-bedroom apartment it might be best to have two devices.

Smartphones:

Smartphones have an emergency call feature that shows up on the lock screen. (That is the screen that uses a code or face recognition to access the phone's apps and personal information. If you don't use a lock screen, activate it to prevent unauthorized use.) The word EMERGENCY appears on the lock screen. Simply press EMERGENCY and you will get a dial pad. You then dial 911. The operator will determine your location and condition before dispatching help. **If you dial 911 directly from your cell phone, notify Security as soon as possible so first responders can enter the building easily. This is especially important after hours.**

If you're already past the lock screen, use your phone app. Smartphones have speed dial features that enable automatic dialing to selected numbers--without having to look them up and dial them. Those numbers must first be stored in your contact list. If you need help setting this up or learning how to set up a lock screen, contact your cell phone wireless carrier (e.g., AT&T, T-Mobile, Verizon). You can do this by dialing 611, the universal number for all carrier help.

Your speed dial list should have SEQUOIAS SECURITY at the top. Security will notify the clinic or health center, assist health care personnel, and call 911 if needed.

You'll need to keep the phone on your person as much as possible (e.g., in a pocket). When you are in the shower have it within easy reach. Most accidents occur in the bathroom!

PRO: This alert works wherever your cell phone works.

CON: You must be conscious and able to manipulate the phone.

Submitted by the Health Care Liaison Committee:

James Campbell, Chair

Judith Reddig, co-chair

Paul Albert

Demetri Polites

Events in the Fireside Lounge

Wednesday, February 9 @ 2:00 pm: Lisa Lee, violinist.

Monday, February 14 @ 2:00 pm: Valentine's Day event with Brian Campbell Jazz Duo

Wednesday, February 16 @ 2:00 pm: Ian Scarfe pianist



LifeBEAT Wellness Circle

**Friday, February 18 at 2:00 pm
Auditorium**
Find your rhythm, find your joy!

Facilitated by Jeni Swerdlow, MA-ATR, Founder of DRUMMM®.

Everyone is welcome. No experience necessary.

Instruments will be provided.

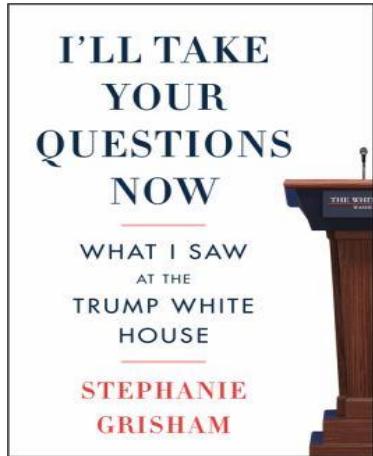
Aaron Cabalquinto

The Book Corner



I've read two books about President Trump early in his administration. I thought they were enough until I came across, *I'll Take Your Questions Now*. It is a gossipy kind of book...an up-close personal shot of Trump's family and his administration. This book is available from the SF Public Library. *Donna*

► Please submit your book review to: Donna Quan
dquan55@yahoo.com



I'll Take Your Questions Now
Stephanie Grisham
2021; 329 Pages

At the outset, Grisham said the book was "part chronicle of a chaotic administration, part therapy session, and part personal reckoning" for her. It surely was a chaotic administration which was not news, given that Trump constantly changed cabinet members as well as top White House staff.

Moreover, many of us were aware of the power that Ivanka Trump and Jared Kushner held sway and their audacity to assert their self-declared "expertise" in areas of government that had recognized experts in those positions; Grisham simply highlighted the enormity of their actions and the serious consequences that they entailed. In addition, Trump himself only trusted a small circle of loyalists and was obsessed with finding leaks of White House information to the press. He surrounded himself with "wealthy grifters," as Grisham described.

The part of the book I found most interesting was about the First Lady, Melania. She was a mystery. However, Grisham, as her Communications Director, was as close as one gets to the First Lady. She became her friend and trusted staff member. There were many "uh huh" moments in the book, such as the story about Melania's notorious jacket and her trip to Africa. On the one hand was the media's fuss over her attire at the time, and on the other, the real "dirt" elaborated by this insider.

There were many events Grisham detailed. But the standout was a dinner invitation by the Queen to Trump at Buckingham Palace. It highlighted the frenzied activities and dramatics that surrounded this stately affair, capping it off by the Queen's choice of a Burmese tiara to wear, which purportedly wards off evil.

Grisham resigned from her job on January 6th, the date of the insurrection. She felt ultimately betrayed by the First Lady, whom she frequently referred to as "my girl" in the book.

BOOK NOTES FOR FEBRUARY 2022 NEW BOOKS

FICTION

The Final Case by David Guterson. Based on a true story, the novel's main character is Royal, an octogenarian lawyer, who takes the case of a woman accused, and clearly guilty, of a heinous crime. He acts with respect and dignity in a situation most lawyers would avoid. By the author of *Snow Falling on Cedars*.

Olga Dies Dreaming by Xochitl Gonzalez. At turns hilarious and heartbreakng, the author gives us a gripping novel about community, family, betrayal, and the complicated inheritance of the Puerto Rican diaspora. "A fantastically engaging story." Soon to be a TV series.

****The Promise** by Damon Galgut. Winner of the 2021 Booker Prize. This family saga follows the lives of three white siblings in pre- and post-apartheid South Africa. *The Times* calls it a "magisterial, heart-stopping novel bursting with life."

Small World by Jonathan Evison. This epic novel travels through 170 years of United States history, set against the California Gold Rush, the development of the transcontinental railroad, and a speeding train of modern day strangers forced together by fate. "A masterpiece."--Booklist

MYSTERY AND THRILLERS

Family Business by S. J. Rozan. When the niece of Chinatown crime boss Choi inherits the Tong headquarters building in NYC from her dead uncle she hires PI Lydia Chin to inspect the property with her. Once there they find the dead body of Choi's chief lieutenant.

The Maid by Nita Prose. Molly Gray has difficulty reading social cues but is an excellent maid at the Regency Grand Hotel. When she discovers a wealthy guest dead in bed, the police peg her as the prime suspect due to her unusual behaviors. Captivating and heart-warming.

So Far So Good by John Straley. To his chagrin, Alaskan PI Cecil Younger learns his teenage daughter has launched her own detective agency. But when her first case goes awry, she's going to need some help from an unlikely source: her father, who's currently locked up in prison.

(continued on page 15)

BOOK NOTES FOR FEBRUARY 2022 NEW BOOKS (*continued from page 14*)

Something to Hide by Elizabeth George. When a police detective is taken off life support after falling into a coma, only an autopsy reveals the murderous act that precipitated her death. Detective Sergeant Barbara Havers and Detective Inspector Thomas Lynley are on the case.

The Torqued Man by Peter Mann. In 1945 Berlin two manuscripts are found in the rubble, each one narrating conflicting versions about a German spy handler and his Irish secret agent, neither of whom were quite what they seemed. For fans of John LeCarre.

LARGE PRINT

The Bookseller's Secret by Michelle Gable. The library owns a hardcover edition of this book.

Hotel Portofino by J.P. O'Connell. A British family opens an upper class hotel on the Italian Riviera during the 'Roaring 20s'. A PBS series based on the book is coming in 2022.

Just Haven't Met You Yet by Sophie Cousens. Hopeless romantic and lifestyle reporter Laura's business trip to the Channel Islands isn't off to a great start. After an embarrassing encounter with the most attractive man she's ever seen in her life, she arrives at her hotel having grabbed the wrong suitcase at the airport. Can anyone guess who owns the luggage?

The Last Dance of the Debutante by Julia Kelly. Set in mid 20th century Britain, the novel follows three of the last debutantes to ever be presented to Queen Elizabeth II.

Wish You Were Here by Jodi Picoult. A young woman reexamines her plans for the future when she is quarantined, away from her fiancé, on the Galapagos Islands during the pandemic.

NONFICTION

All About Me: My Remarkable Life in Show Business by Mel Brooks. "In this laugh-a-minute memoir, the actor and producer looks back at his rise through Hollywood, gleefully doling out punch lines along the way." Hilarious while also being profound and touching.

(continued on page 16)

BOOK NOTES FOR FEBRUARY 2022 NEW BOOKS (*continued from page 15*)

All the Young Men by Ruth Coker Burks and Kevin Carr O'Leary. A gripping and triumphant tale of human compassion that is the true story of Ruth Coker Burks, a young single mother in Hot Springs, Arkansas, who finds herself becoming a pivotal activist in America's fight against AIDS.

****Call Us What We Carry: Poems** by Amanda Gorman. Includes "The Hill We Climb," which the author delivered at President Biden's swearing in ceremony. While it is very much a time capsule of this moment, future generations will take comfort in the poems' universal and enduring themes of hope and healing.

Chasing History: A Kid in the Newsroom by Carl Bernstein. The Pulitzer Prize-winning author and investigative journalist recalls his beginnings as a teenage newspaper reporter in the nation's capital.

How Civil Wars Start: And How to Stop Them by Barbara F. Walter. As a political scientist who has spent her career studying conflicts in other countries, the author approaches her work methodically, patiently gathering her evidence before laying out her case and arguing, chillingly, that many of the conditions that commonly precede civil wars are present today in the United States.

WORD for Dummies by Dan Gookin. The latest edition of this useful book.

**Books purchased in memory of Lilly Urbach.

-Anne Roughton

LIBRARY BOOK DONATION

Jim Clavin, *The Contest*. Jim's booklet will be placed on the resident shelf in the future.

Sue Parsell, Chair

The San Francisco Sequoian is published every other Thursday by The Sequoias-San Francisco Resident Association,
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It is a community of Sequoia Living Life Services for Seniors

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Deadline for each issue is 5:00 p.m. the preceding Thursday. Please leave all copy in the wall pocket at Apt. 1601.

**Deadline for the February 17th issue #1971 is Thursday, February 10th at 5:00 p.m.
email: ireneyoungng@sonic.net**

FRIDAY NIGHT MOVIES
Start time 7:00 p.m. The Auditorium

Friday, February 11th at 7:00 pm
An unusual love story for Valentine's Day

THE NOTEBOOK (2004)

2 hrs 4 min

The Notebook is a deeply moving and tender film about love and memory loss. It depicts relationships between the same persons at very different times in their lives. As teens, Allie and Noah have a summer love affair when Allie and her family are staying in Noah's hometown. They are then separated and lose contact as a result of opposition from Allie's family. Many decades later when Allie is a senior and develops Alzheimer's disease, Noah moves into the retirement community where she is cared for, and every day he reads her a story written in a notebook about a beautiful relationship. Allie sometimes says that the story sounds familiar to her.

The film cuts back and forth between scenes of the elderly couple and scenes showing the relationship of the young couple described in the story. Directed by Nick Cassavetes, it stars Ryan Gosling and Rachel McAdams as the young Noah and Allie, with James Garner and Gena Rowlands playing the characters in their old age.

Viewer alert: The relationship of the elderly couple is very tender and moving, but because the film portrays the devastating effects of memory loss, some residents might prefer not to attend.

Friday, February 18th at 7:00 pm

BELFAST (2021)

1 hr 37 min

Written and directed by Kenneth Branagh, *Belfast* is the semi-autobiographical story of the city of his youth, during the time that came to be called The Troubles – the violent conflict in Northern Ireland between the Catholics and the Protestants, lasting from about 1968 to 1998. It is not a happy film, given the subject matter, but it is real and it contains some incredible performances.

The “star” of the show is a nine-year old boy (presumably Branagh) growing up in a middle-class Protestant neighborhood and trying to understand the violence in his street while also struggling with his “first love,” who happens to be not only the smartest girl in the class, but a Catholic. Watching life, as it unfolds, through his eyes, is a special experience.

The rest of the cast is also superb. Known to him (and to us) only as Ma and Pa, his mother (Caitriona Balfe) is elegant and feisty, while his father (Jamie Dornan) is charismatic and kindhearted. Judi Dench and Ciaran Hinds have an effortless chemistry as his grandparents, teasing each other mercilessly from a place of deep love and affection and a lifetime of commitment – to each other, to this place.

There's nothing original about the story; it was a violent, tragic time in Ireland's history, and we know how it ended. But if you love wonderful acting, and that's enough, it's well worth your time.

- Movie Committee

SPECIAL EVENTS
February 3, 2022 to February 18, 2022

This information is correct as of the time of print, but subject to change.

Day	Date	Time	What	Where	Who
Thurs	3	2:00	Claudia Dudley Writing Class (<i>every Thursday</i>)	Golden Gate Rm	A.Cabalquinto
	3	4:00	Tai Chi & Mediation w/Janet (<i>every Thursday</i>)	Sequoia/Redwood	A. Cabalquinto
	3	4:15	David Casuto Tech Class (<i>every Thursday</i>)	via Zoom	A. Cabalquinto
Fri	4	8:30-12:30	PCR Testing (<i>and for next Friday</i>)	California Suite	C. Hobbs
	4	2:00	Art with Elders (<i>every Friday</i>)	Arts & Crafts Rm	A. Cabalquinto
	4	7:00	Movie: <i>When Hitler Stole Pink Rabbit</i>	Auditorium	J. Fremen
Sat	5	1:00	Mah Jongg (<i>every Saturday</i>)	Fireside Lounge	S. Parsell
	5	2:00	Scrabble Group (<i>every Saturday</i>)	Sky Room	A. Cabalquinto
Sun	6	2:00	Self Defense Class for Seniors (<i>and Feb. 13th</i>)	Auditorium	PJ Jamison
	6	3:30	Tai Chi & Mediation w/Janet (<i>every Sunday</i>)	Sequoia/Redwood	A. Cabalquinto
Mon	7	9:00	Phil Tryon, Adv. Balance Class (<i>every Mon & Wed</i>)	Auditorium	A. Cabalquinto
	7	1:45	Presentation on Palliative Care by Casey Hobbs	Auditorium	B. Carmack
	7	3:30	Arts DVD: Jean-Honore Fragonard, Painter	Auditorium	D. Brydon
Tues	8	1:00	Library on Wheels (<i>Parked on the Post St. lot off G-Level Lobby</i>)		S. Ugrin
	8	3:00	Great Books Discussion Group	via Zoom	D. Brydon
	8	7:15	Performing Arts: A. Lee & M. Pawlik	Auditorium	M. Lamm
Wed	9	10:00	Sequoia Living Town Hall Meeting	Auditorium	C. Shoemake
	9	12:00	Watch Batteries Service Pick-Up	Lobby	T. Rebullida
	9	2:00	Lisa Lee, Violinist	Fireside Lounge	A. Cabalquinto
	9	4:00	Shabbat Service	via Zoom	H. Luey
	9	7:15	BINGO	Auditorium	C. Joe
Fri	11	7:00	Movie: <i>The Notebook</i>	Auditorium	J. Fremen
Sun	13	2:00	Juan Aninao, Pianist	Atrium	A. Cabalquinto
Mon	14	2:00	Brian Campbell Duo	Fireside Lounge	A. Cabalquinto
	14	7:15	Reading of Love Letters by Jean and Richard	Auditorium	J. Wilcox
Wed	16	2:00	Ian Scarfe, Pianist	Fireside Lounge	A. Cabalquinto
	16	3:00	End of Life Talks (<i>1 out of 3 talks</i>)	Auditorium	D. Polites
Thurs	17	1:30	CALCRA Membership Meeting	Auditorium	R. Sneed
Fri	18	10:00	Resident Update	AUD & Zoom	G. Goddard
	18	2:00	LifeBEAT Wellness Circle	Auditorium	A. Cabalquinto
	18	7:00	Movie: <i>Belfast</i>	Auditorium	J. Fremen

Reminder: Masks required at all times outside your apartment.