



Heritage Happenings

DECEMBER 2019



Tree Trimming with Patti Gallagher

Wednesday, December 4, at 10:30 am

in Morgan Hall

Join in the fun! Refreshments will be served.

Ian Scarfe Holiday Performance

Thursday, December 19, at 7:15 pm in Morgan Hall

Ian brings a program of classical masterpieces with a dramatic twist: Haydn's Piano Sonata in E-Flat Major, No. 49; Beethoven's Piano Sonata in F Minor, Op. 2, No. 1; Schubert's Impromptu for Piano, Op. 90.

Christmas Caroling

Children of Sacred Heart Elementary School

Friday, December 6, at 10:00 am in Friendship Hall



Marin Men's Chorus Holiday Performance

Friday, December 6, at 7:15 pm in Morgan Hall

Cable Car Carolers

Saturday, December 7, at 2:30 pm in Friendship Hall

Come early and enjoy cookies, tea and coffee while we wait for the carolers from the Institute on Aging to serenade us. Cable Car Caroling, now a 35-year tradition in San Francisco, is a multicultural event, including Hanukkah songs and Hispanic Christmas carols. This annual fundraising songfest brings holiday cheer to older adults in the community.

The S. F. Conservatory of Music Presents a Horn Quartet

Sunday, December 8, at 3:00 pm in Friendship Hall



Four students, Molly Shannon, Ben Engelmann, Adolfo Pena, and Jenessa Hettwer will bring the holiday spirit with joyous traditional tunes to celebrate the holiday season.

Preschool Lady Bug Holiday Visit and Program

Wednesday, December 11, at 10:15 am in Friendship Hall

Annual Holiday Party

Wednesday, December 11, from 6:00-8:00 pm



Saint Vincent De Paul Second Grade Class Carolers

Thursday, December 12, at 10:15 am in Friendship Hall

Guided City Light Tour

Monday, December 16, at 7:00 pm in Friendship Hall

Join your fellow resident, Gail Lindlow, to see downtown San Francisco and all that glitters at the Holiday Season! This fun-filled tour provides insights into San Francisco history and current city trivia. It includes uniquely decorated festive hotels, office lobbies, and retail locations. On return, enjoy hot chocolate and cookies in Friendship Hall. Sign-up sheets are located in the main dining room.

Song Birds Holiday Performance

Tuesday, December 17, at 1:15 pm in the Dining Room

Gift Wrapping With Home Instead

Thursday, December 19, at 3:00 pm in Friendship Hall

Home Instead Senior Care partners with local non-profit and community organizations to identify seniors who might not otherwise receive gifts this holiday season. The company then works with local businesses and retail stores to help facilitate the purchase and distribution of gifts by placing trees and ornaments within their various locations. Join Home Instead in gift wrapping for local communities!



Christmas Carols with Gale Bradley & Friends

Friday, December 20, at 3:00 pm in Friendship Hall



A Hanukkah Celebration

Monday, December 30, at 3:00 pm in Friendship Hall

Join us as the festival of Hanukkah ends. The Rabbi will bring traditional foods, some grape juice, light the menorah, sing songs and have a discussion about the holiday. All residents and their families are welcome.

New Year's Eve

Tuesday, December 31, in Friendship Hall

Card Bingo – 7:15 pm

New Year's Celebration – 8:15 pm



Meet Kathy Kirkpatrick

Down-to-earth and plainspoken are appropriate words to describe one of our newest residents, Kathy Kirkpatrick, befitting one who hails from Kalispell, Montana. As the children of a salesman father and a school librarian mother, she and her younger brother had a normal childhood in Kalispell, but when it came time for college, Kathy left Kalispell with no regrets.



Carleton College in Northfield, Minnesota was her destination where she majored in Government and International Relations, (areas of study now known as Political Science.). Upon earning a BA degree Kathy took a Federal Service exam which resulted in two job offers - one with the Defense Department in Los Angeles and one with the Social Security Administration in San Francisco. She chose the San Francisco job.

While working with the Social Security Administration as a Program Specialist, Kathy often did volunteer work at Grace Cathedral. Eventually she was offered a job at Grace. In the years that she worked there, she worked her way up to Facilities Manager - primarily via on-the-job learning. Being Facilities Manager involved such duties as fund raising, supervising workers, organizing and managing the repair of stained glass windows, repairing a leaky roof, and managing the destruction of the building in front of the Cathedral and replacing it with a new building on Sacramento Street.

Five years ago Kathy retired but maintains her connection with Grace by volunteering, often as a "Wedding Verger" which involves helping to arrange and execute weddings, and by serving as a lector at services.

Traveling to England to visit great cathedrals was a particular pleasure for Kathy and she has also enjoyed visiting Australia and New Zealand. She hopes to travel more in the future.

Kathy is now enjoying her hobbies of reading, movies and theatre. (She is a member of ACT.) She has settled into room 225C and can be reached at 415-509-4445.

Katherine Conley

Do you Know -

That you can (and *should!*) wear your pendant in the shower?

That you should not open the front door to strangers if the Front Office is not staffed? The Health Center has a camera trained on the Laguna entrance and can question and buzz in visitors. Well-meant kindness may interfere with our security.

Revisiting Heritage History: Board of Managers

For much of its history, governance of The Heritage was overseen by two boards: an all-male Board of Trustees that controlled the finances and an all-female Board of Managers who were the overseers of the in-house activities. It was not until late 1999 that these two entities were restructured and merged into a single Board of Trustees.

The volunteer Board of Managers was responsible for oversight of the daily operation of the facility in accord with the San Francisco Ladies' Protection and Relief Society's mission. The women who historically comprised this board were often descendants of the founders and/or long-time financial supporters of the Society. They met monthly and zealously ensured that the facility was properly maintained and personnel performance was adequate to maintain the standard of gracious living the Board envisioned—right down to selection or approval of furniture acquisitions and which pictures were to be hung on the walls and where. They also participated in interviews and selection of new residents. There was a garden committee, library committee, food committee . . . does all this sound familiar?!

Current resident **Martha Nell**

Beatty was serving on the last Board of Managers at the time it was disbanded in 1999; She went on to serve on the "big Board". (After moving into The Heritage she later served again when she was President of the Residents' Council.) **Patsy Hulting's** mother also served, as did current Health Center resident **Martha McDaniel**.



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Martha Nell on Board of Managers

Bound volumes of detailed hand-written minutes taken at Board of Managers meetings are housed in the Stucky Library, available for all to peruse. Interesting tidbits from these minutes will no doubt become the subject of one or more future stories about our history!

Jean Fowler

Troll the Ancient Yuletide Carol: Christians celebrate the birth of Christ at this time of year, and Yule is connected to the joy at the birth of the Sun God, child of the Goddess. It is a celebration of rebirth. This is the turning point of the year, when the days gradually become longer and the darkness of winter is overcome.

The actual date of the birth of Jesus is not given in the Bible. The spread of Christianity during the first millennium was aided by the new religion adapting to the ceremonies and traditions of the existing religions. At times the early Christians also adopted existing deities to ease the transition from old beliefs to new ones, as is thought to be the case with Brigid, the Celtic fertility goddess, who became known to Christians as Saint Brigid.

Christmas traditions have roots that go far back into Celtic history: the Mistletoe, gathered by the Druids for its magical and health-giving properties; the Yule log, burnt to counter the darkness of mid-winter when they thought the sun stood still for twelve days and to bring good luck; the Holly and Ivy, evergreens to keep evil spirits at bay; the tree decorated with symbols of solar objects and gifts to Celtic gods and goddesses.

MOVIES IN DECEMBER

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

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| After the Wedding (2006) | Dec 7 |
| A manager of an orphanage in Kolkata travels to New York to meet a benefactor. Stars: Billy Crudup, Michelle Williams, Julianne Moore | |
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| Official Secrets (2019) | Dec 14 |
| The true story of a British whistleblower who leaked information to the press about an illegal NSA spy operation designed to push the UN Security Council into sanctioning the 2003 invasion of Iraq. Stars: Keira Knightley, Matthew Goode, Matt Smith | |
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| Love, Actually (2003) | Dec 21 |
| Follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England. Stars: Hugh Grant, Martine McCutcheon, Liam Neeson | |
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| Fiddler: A Miracle of Miracles (2019) | Dec 28 |
| The origin story behind one of Broadway's most beloved musicals, Fiddler on The Roof, and its creative roots in early 1960s New York, when "tradition" was on the wane as gender roles, sexuality, race relations and religion were evolving. Stars: Marc Aronson, Michael Bernardi, Jerry Bock | |

President's Corner

Thanksgiving has passed and the year 2019 is coming to an end. But before I leave Thanksgiving, I want to reflect on why Linda and I are thankful for being part of the family living and working at Heritage on the Marina. We are thankful for our fellow residents and the kindness and openness they have extended to us. We are thankful for the wonderful Administration which watches out for us and works to keep our home the way we would want it; to Morrison and the folks in the kitchen who keep us well-fed with great food; to the Dining Room staff who care for our dietary needs and always greet us with a smile and a "no problem" response; to all the staff in the Health Center and clinic who watch over our health needs and give us medical security; to our maintenance folks who respond to our requests and keep things running smoothly; to Housekeeping for keeping us clean, with willing smiles to attend to our needs; and, of course, the Front Office folks who help us on a daily basis. And where would we be if it were not for the Activities group, as well as those residents who plan weekly activities to keep us entertained.

As we move into December and the end of my term as your President, I am thankful for all who have volunteered to do the various projects that not only help us to contribute to the Appreciation Fund, but those who keep our home and gardens beautiful. I have been honored to serve as your President and to represent you on the Board of Directors, communicating to them your concerns. Fortunately, since recently elected to the Board of Directors as a voting member, starting in January 2020, I will be able to work with Margaret and Bernie to keep that communication going.

I want to thank Bernie Burke, Gail Lindlow, Katie Loo and Martha Torres for their service and congratulate Bernie Burke, Fred Wentker, Gary Skootsky and Martha Torres as your new Resident Council officers.

Have a Merry Christmas; and before I leave, remember, get an advocate and BECOME DEPENDANT on your PENDANT.

See you at our Annual Meeting on Friday, December 13th.

Tony

Another Step Forward for Resident Engagement

Residents are considered stakeholders in The Heritage enterprise. To further this, California requires at least one resident voting member on the Board of Directors. The election of Tony as a second voting member will further this movement to partnership in oversight and planning. The attendance at Board meetings of the Residents' Council president, Bernie Burke, adds even more. Let your representatives know your thoughts and feelings.



Dorothy Ormasa	12/02	Sheila Moore	12/12
Richard Wesson	12/09	Sisi Luopajarvi	12/13
Margaret Jacobs	12/12	Betty Dy	12/17
		Rita McEvoy	12/29

This month's birthdays will be celebrated on December 13, at 5:15 pm in Morgan Hall. Join the holiday sing-along at 5:30 pm around the piano.

WEEKLY ACTIVITIES

Art with Yvette	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
Backgammon	10:30 am	W	BCM
Walking for Health	1:30 pm	W	Porter Lib
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
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
Episcopal Eucharist	10:30 am	Su	Cedar Rm
Coffee Time	3:00 pm	daily	Dining Rm

* No Tai Chi Mon., Dec. 2. Rescheduled for Wed., Dec. 11.

DECEMBER SPECIAL EVENTS

Book Club	Mon	Dec 2	11:00 am	Stucky Lib
Tigges Jewelry	Mon	Dec 2	1:00 pm	Morgan Hall
Tree Trimming with Patti	Wed	Dec 4	10:30 am	Morgan Hall
Sing-Along with Phil	Wed	Dec 4	3:00 pm	Friendship Hall
Ian Scarfe Holiday Performance	Thu	Dec 5	7:15 pm	Morgan Hall
Children Caroling	Fri	Dec 6	10:00 am	Friendship Hall
Catholic Mass	Fri	Dec 6	10:30 am	Chapel
Marin Men's Chorus	Fri	Dec 6	7:15 pm	Morgan Hall
Cable Car Carolers	Sat	Dec 7	2:30 pm	Friendship Hall
SF Conservatory Horn Quartet	Sun	Dec 8	3:00 pm	Friendship Hall
Make Your Own Wreath	Mon	Dec 9	2:30 pm	Friendship Hall
Lady Bugs Holiday Visit	Wed	Dec 11	10:30 am	Friendship Hall
Bridge Class	Wed	Dec 11	1:00 pm	Fitness Center
Annual Holiday Party	Wed	Dec 11	6:00 pm	
St. Vin. De Paul Carolers	Thu	Dec 12	10:15 pm	Friendship Hall
Annual Meeting	Fri	Dec 13	9:30 am	Friendship Hall
Birthday Celebration	Fri	Dec 13	5:15 pm	Morgan Hall
Guided City Lights Tour	Mon	Dec 16	7:00 pm	Friendship Hall
Song Birds Holiday Concert	Tue	Dec 17	1:15 pm	Dining Room
Jason Myers, Pianist	Tue	Dec 17	3:30 pm	Friendship Hall
Sing-Along with Phil	Wed	Dec 18	3:00 pm	Friendship Hall
Home Instead Gift Wrapping	Thu	Dec 19	3:00 pm	Friendship Hall
Ian Scarfe Holiday Performance	Thu	Dec 19	7:15 pm	Morgan Hall
Gayle Bradley and Friends	Fri	Dec 20	3:00 PM	Friendship Hall
Hanukkah Celebration	Mon	Dec 30	3:00 pm	Friendship Hall
Card Bingo	Tue	Dec 31	7:15 pm	Friendship Hall
New Year's Eve Celebration	Tue	Dec 31	8:15 pm	Friendship Hall