



# Heritage Happenings

NOVEMBER 2019

The mass on Friday, November 1 at 10:30 am, will honor the life and ministry of our friend Fr. Terry Davis. A reception will follow in Morgan Hall at 11:00 am.

## Hear District Attorney Candidate Suzy Loftus

Friday, November 1, at 2:30 pm in the Stucky Library

This is the last of the four candidates to address us. Come, ask questions, and prepare to share your thoughts with fellow residents.

## Grant Avenue Follies Dance Troupe Returns

Thursday, November 7, at 3:00 pm in Friendship Hall

From the original group of 4 dance professionals from the nightclub days of San Francisco Chinatown, the group now has thirteen members, with Chuck Gee as Master of Ceremonies. Since 2003, this senior dance group has brought the joy and freedom of dance to senior facilities around the Bay Area. Cynthia Yee, founder and leader of the group, received the Jefferson Award for providing these services.



## Coffee and Conversation with Board Member David Gruber

Friday, November 8, at 3:00 pm in Morgan Hall  
(cookies, too!)



## Memorial service for Wade Acton

Saturday, November 9, at 2:00 pm in the chapel.  
A reception will follow in Morgan Hall.

## Pianist Ian Scarfe and Violinist Brynn Albanese

Monday, November 11, at 7:15 pm in Morgan Hall

These two virtuoso musicians will play classical masterpieces by Mozart and Brahms, romantic gems by Kreisler and Boulanger, and sultry tango music by Astor Piazzola.



## **Stuart Hall Visit**

Tuesday, November 12, at 10:15 am in Friendship Hall



Join us for our monthly intergenerational program with 1<sup>st</sup> grade students from Stuart Hall, as they read and create a holiday craft for us.

## **Marie Jobling Presents The Community Living Campaign**

Friday, November 15, at 3:00 pm in Friendship Hall

The Community Living Campaign was founded in 2007 by a small group of activists who had worked for decades to make San Francisco a better place for seniors and people with disabilities. Thanks to their vision, the Community Living Campaign is charting a new path for what it means to age in place in San Francisco. Marie Jobling, a founder and the current leader, will present the wonderful work the Campaign and the Dignity Fund is doing.



## **De Young Fine Arts Docent Christina Crosby Presents: James Tissot: Fashion and Faith**

Monday, November 18, at 3:00 pm in Friendship Hall

James Tissot was one of the most celebrated artists of his time, yet today less is known about him than his contemporaries, the Impressionists. This first major reassessment of Tissot's career offers West Coast audiences a rare glimpse at the fascinating life and dazzling art of a man who captured an era.

## **From the San Francisco Conservatory of Music: A String Quartet**

Wednesday, November 20, at 10:30 am in Friendship Hall

The ensemble includes Rocio Lopez-Sanchez, cello; Kexin Ye, violin; Chuxuejie Zhang, violin; and Paulina Flores, viola.

## **Baritone Richard Fey in Classical Cabaret**

Thursday, November 21, at 3:00 pm in Morgan Hall

The cabaret will start with a fierce Baroque Handel aria, several songs with themes of a lost love, humorous ambition, the human cost of war and a "surprise" child. Bridge's song *Love Went A Riding* is pagan and exciting. Sentimental feelings will stir with standards by Cole Porter. Following are two dramatic German lieder, three humorous French songs by Gabriel Fauré, and Figaro's three arias from Mozart's famous opera. Dmitry Cogan, pianist, will add a couple of solos and we'll close with Mussorgsky's hysterical and sarcastic song about a king who dresses up his favorite flea with fine clothing, with annoying consequences.

## **Holiday Sale Hosted by Repeat Performance**

Friday, November 22, at 11:00-3:00 pm in Morgan Hall



A happy holiday awaits you. Paul Delucchi, Manager of REPEAT PERFORMANCE, has selected reasonably marked items to give you, your family and friends a head start on Holiday shopping. REPEAT PERFORMANCE is the shop run on behalf of the San Francisco Symphony. Proceeds go to the Symphony's outreach to children of San Francisco. The symphony will donate 10% of the sales to The Heritage Employees' Appreciation Fund. Cash, checks or credit cards accepted.

## **Another Opening! Monday, November 25, at 2:30 pm in the McGinley Room**

This month would have been Wade Acton's 87th birthday. This exhibit is dedicated to him. It will be a collection of paintings by your neighbors – the usual suspects: Pat Bixby, Gloria Learned, Mary Charlotte Roper and Doris Howard. Wine and cheese will be served, and maybe something special that Wade liked. Come one! Come all!

## **News from the Arts and Crafts Class**

**From Doris: So, You Still Can't Draw a Straight Line?** Come to Art Class Mondays or Thursdays at 9:30 am and learn. Do you realize that knowing nothing about something is the reason to go to a class? Come take a chance. Have a piece of chocolate and paint a sunflower. We bet you can do it-if you try!

I didn't have "an artistic bone in my body" nor could I "draw a straight line" but now it is the most rewarding thing I do. Much more exciting than watching television. I promise you.

**From Yvette: Monday, November 4th.** Gather for some cut, paste and reflection in the Art Room. We are doing Creative Memory Collages. We have lots of magazines and pictures to create a personally memorable piece of art. No drawing, art or painting background required!

**The class on Thursday, November 14th** is the Woven Project. Be a part of the art. Everyone is invited to come write, draw or paint on a long slice of handmade paper. Write, draw or paint as much or as little as you wish. The pieces will then be woven into a design to be displayed for all the community members to enjoy.

**From Margaret:** It has been a long time since the whole resident family participated in a Heritage-wide art project. (Remember the butterflies and the posters?) Let's do it again. Join Yvette on November 4 and/or November 14 in the Arts and Crafts Room.



## Greetings Heritage on the Marina Folks,

I would like to invite you all to participate in the Cottage Day Program. Although the main focus of this program is to offer an array of activities providing memory support for our residents who are cognitively impaired (trouble remembering, learning new things, concentrating or making decisions that affect their everyday life), these same activities can assist in slowing the development of some impairment. Participating in a variety of daily activities that engage the brain is good for all of us! **Scientists have found that challenging the brain with new activities helps to build new brain cells and strengthen connections between them, as well as slow down the progression of Alzheimer's.**

In the few months since the Cottage Day Program has opened we have seen a variety of changes among a handful of residents e.g. increased socialization, success at learning new games such as Shinro and Rebus, and overall improved mood. One resident said that before the Cottage Day program opened he "did not do much physical activity" and spent most of his time in his room. Another resident said "you need to tell more people about this place!"

Please check out the November calendar that is delivered to your apartment at the beginning of the month, as well as posted daily in the Dining Room. Highlights for November include International Tongue Twister Day, the History of the Saxophone, Sadie Hawkins Day, more Master Class Videos with Leonard Bernstein, and Origami Day. Some of our discussions for November include King Tut's tomb, how pickles are made, chrysanthemums, as well as the history of Mars. We also play Scrabble on Mondays and Fridays at 10:30am (we have 2 brand-new amazing boards to play on); flower arranging on Mondays at 4 pm and Meditation and Massage on Wednesdays at 4:00 pm. We will also start announcing the daily activities in the Dining Room.

Hope to see you all soon!

Warmest regards,

**Stephen Camarota,**

Activity Leader for the Cottage Day Program

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom." – Marcel Proust

## **DINORA GARCIA**

### A Straight Path in the Culinary World

Dinora was born and has lived in the East Bay her entire life. She now commutes from her home in Richmond.

After high school, Dinora attended the California Culinary Academy, where she received an associate degree in Occupational Studies.



The Academy was a premier school, owned by France's Cordon Bleu. However, soon after Dinora graduated, the school stopped issuing degrees, replacing them with certificates. It closed December, 2012.

The Academy was an excellent place to learn French cooking methods and gave Dinora a good, solid understanding of the culinary world.

After graduating, she went to work for Erin Prosser in two different retirement communities. Dinora was a cook in both of these communities, one in Pinole and the other in Walnut Creek.

Then Erin brought Dinora over to The Heritage, where she was initially a server. But as we all know, she quickly became a Captain. In December she will have been here four years.

Currently Dinora is studying at night to be a Certified Dining Manager. Part of her new role in the Health Center will be to ensure that residents/patients are pleased with their dining experience as well as seeing that their dietary needs are met. Dinora is spending most of the time in the Health Center already. But she will still be helping out in the Dining Room when needed.

Dinora has stayed in the senior dining services field all her working life. She understands what it takes to be a cook as well as what is required in dining services in senior communities, Dinora brings a lot to her role at The Heritage.

*Martha Nell Beatty*

### **Position Open**

The Residents' Council has a job open. Gail Lindlow has submitted her request to retire as the Secretary of the Residents' Council at the end of the year. We are looking for someone to take over this position effective January 1, 2020. We offer competitive pay and benefits. Contact Tony Hanley or Bernie Burke.

## A Most Memorable Day . . .

For those living here a decade or so ago, that day in December 2008 when Kazzy, a 1750 pound Bactrian camel, came to call was a most memorable day in our history. She marched right in through the front gate on Laguna Street where she was greeted by a host of residents waiting to welcome her, to touch and talk with her, including Enid, Ellie, Vivian and Gail. Board Member Jane Hickerson (in checked jacket) helped arrange Kazzy's visit.



Kazzy was a therapy camel who lived on Lyon Ranch near Sonoma with other rescued furry and feathered friends. She had been specially trained to interact with sick and elderly people.

While here she paid a call on Assisted Living residents as well, where she gently rested her head in the laps of those in wheel chairs, according to a story in the [Marina Times](#).

Kazzy was indeed a sensation in the neighborhood, attracting a group of school kids clustered outside the front gate.

Four years later during the 160<sup>th</sup> Anniversary Celebration, all residents were given a blank 11" x 17" poster on which to display whatever they wished in order to tell a story about themselves. These posters were on display in the art gallery during the three-month celebration. Most people crammed their posters with photos and stories about themselves and their families. Gail Lindlow, however, put a single item on her poster: a photo of herself with Kazzy—a picture tells a thousand words. The joy on Gail's face is palpable!



*Jean Fowler*

## *November Birthdays*

Jo Ann Wentker	11/02	Mollie Leong	11/13
Marlene Wesson	11/09	Mary Pierce	11/15

This month's birthdays will be celebrated on Friday, November 8, at 5:15 pm in Morgan Hall.



**BINGO!** The present game facilitators (Kay Narron and Doris Howard) are willing to continue to the end of the year. New volunteers are needed: a reader who holds the cards, collects and dispenses the money and buys the chocolate; a bookkeeper who records all the winners during the games; an announcer who reads the cards. All are fairly simple jobs, but we need new helpers for the one-hour Bingo game, once a month. See Karina Tapia, Activities Director.

## **MOVIES IN NOVEMBER**

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

**The Straight Story** (1999) Nov 2  
An old man makes a long journey by lawnmower to mend his relationship with an ill brother. Stars: Richard Farnsworth, Sissy Spacek, Jane Galloway Heitz

**Rivers and Tides** (2001) Nov 9  
Portrait of Andy Goldsworthy, an artist whose specialty is ephemeral sculptures made from elements of nature. Stars: Andy Goldsworthy, Anna Goldsworthy, Holly Goldsworthy

**Maiden** (2019) Nov 16  
The story of Tracy Edwards, a 24-year-old cook on charter boats, who became the skipper of the first ever all-female crew to enter the Whitbread Round the World Race in 1989. Stars: Frank Bough, John Chittenden, Bruno Du Bois

**Babbette's Feast** (1987) Nov 23  
During the late 19th century, a strict religious community in a Danish village takes in a French refugee from the Franco-Prussian War as a servant to the late pastor's daughters. Stars: Stéphane Audran, Bodil Kjer, Birgitte Federspiel

**The Farewell** (2019) Nov 30  
A Chinese family discovers their grandmother has only a short while left to live and decide to keep her in the dark, scheduling a wedding to gather before she dies. Stars: Shuzhen Zhao, Awkwafina, X Mayo

## **President's Corner**

What a great October. We learned whether our ancestors were Neanderthal or Denisovan or a combination of both. We had great music throughout the month and of course an outstanding picnic at Samuel P. Taylor Park. Good food, good weather and fun games. No one could guess what resident played left field for the Giants.

October was the start of out two milk shake month.

October was also the month when we lost two great friends. A compassionate and caring man-Fr. Terry Davis.

In addition, a man who always had a smile and a hearty laugh, plus a great voice in calling card bingo-Wade Acton.

While we know they are in a better place, we will miss them.

November has two important dates: November 11-Veterans Day-and we thank those residents who served their country; and November 28-Thanks- giving Day, an opportunity to give thanks for the care and family we have here at The Heritage.

I look forward to November and all of the activities that have been planned for us this month. I am glad that Linda and I live here. The Board continues to work on the Strategic Plan, a road map for where The Heritage will be heading over the next 5-10 years. Margaret Jacobs and I are working with the Board on this project, which will take several months to complete. We will be requesting input from the residents this month.

Take care of your neighbors and take care of our home – and remember get an advocate and BECOME DEPENDENT on your PENDANT.

**Tony**

### **TOGETHER, WE CAN end Alzheimer's**

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Their mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.



This year we will show our support by donating to the Walk to End Alzheimer's. If you are interested in donating, please pick up a donation sheet in the dining room and give it to Katrina or Karina to mail. Thank you for your support.

## **AN OLD CHINESE GENTLEMAN: HOME GROUND**

Loyalty is often a matter of the heart as much as of legal standing. In the 2006 Fall issue of San Francisco Attorney Magazine I wrote a column about my divided loyalties between the land of my birth, Hungary, and my adopted country, America. I likened my feelings to that of my love for each of my parents, demonstrating that the love for one does not diminish the love for the other.

This election year the subject of immigration continues to be debated across the United States. Most of the time the discussion focuses on the status of Latino immigrants and their economic aid to those left behind. Here in San Francisco, many in the Asian communities also experience the pull of their homeland.

My mother, Eva DeMarthon, came to America in 1949 as a refugee, became a citizen within five years of her arrival, and continued throughout her life to be interested in the travails of those who, like her, continue to arrive on our shores from faraway lands. Recently, I ran across some notes she had written sometime prior to her death in 1992, in which she related the following story:

An old Chinese gentleman, Mr. Henry Wong, lived in San Francisco's Chinatown. He had come from China forty years earlier. He had left his wife and baby son behind, hoping to make a home for them so that they could join him in a year or two. Things did not go well for Wong, and he was unable to bring his family to America. Many years later, letters from his wife stopped coming and a friend wrote to Mr. Wong that she had died. The son did not remember his father at all and never wrote to him.

One day, the old man realized that death was near. Henry Wong, like many Chinese immigrants, wanted to die in China and be laid to rest in home ground. He believed that only then would he be assured of eternal peace. He, however, had no money, so his friends banded together and collected sufficient funds to buy him a steamship ticket. After that he made preparations to return to China. His few belongings were packed, and the night before he was due to sail he painfully walked up Nob Hill and took a last look at San Francisco. The sun had just set – he looked at the beautiful view, the twinkling lights and the wisps of fog swirling in.

"A damn fine town," the old man is said to have muttered to no one in particular. He took his ticket out of his wallet and tore it into shreds, and the breeze that had sprung up carried the pieces away. Then, slowly Mr. Wong walked down the hill, back to his little room in Chinatown. A few days later he

died. His friends saw to it that his remains were shipped to China and laid to rest in home ground, so that Henry Wong would be at peace. The economic tsunami continues to bring waves of immigrants to our shores and across our borders, enriching the melting pot that is America.

*Aggie Hoff*

"every man has a map in his heart of his own country and the heart will never allow you to forget this map. (p. 18)"

— Alexander McCall Smith, *The No. 1 Ladies' Detective Agency*

## **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

## **NOVEMBER SPECIAL EVENTS**

Fr. Terry Memorial	Fri	Nov 1	10:30 am	Chapel
Meet Susy Loftus	Fri	Nov 1	2:30 pm	Stucky Lib
Book Club	Mon	Nov 4	11:00 am	Stucky Lib
Tigges Jewelry	Mon	Nov 4	1:00 pm	Morgan Hall
Food Committee	Mon	Nov 4	1:30 pm	McGinley Rm
Sing-Along with Phil	Wed	Nov 6	3:00 pm	Friendship Hall
Grant Avenue Follies	Thu	Nov 7	3:00 pm	Friendship H
Residents' Council	Fri	Nov 8	9:30 am	Dining Rm
Coffee with David Gruber	Fri	Nov 8	3:00 pm	Morgan Hall
Birthday Celebration	Fri	Nov 8	5:15 pm	Morgan Hall
Wade Acton Memorial	Sat	Nov 9	2:00 pm	Chapel
Ian Scarfe Concert	Mon	Nov 11	7:15 pm	Morgan Hall
Stuart Hall Visit	Tue	Nov 12	10:15 am	Friendship Hall
Bridge Class	Wed	Nov 13	1:00 pm	Fitness Center
Community Living Campaign	Fri	Nov 15	3:00 pm	Friendship Hall
Docent: James Tissot	Mon	Nov 18	3:00 pm	Friendship Hall
Jason Myers	Tue	Nov 19	3:30 pm	Friendship Hall
SF Conservatory String Quartet	Wed	Nov 20	10:30 am	Friendship Hall
Sing-Along with Phil	Wed	Nov 20	3:00 pm	Friendship Hall
Richard Fey Classical Cabaret	Thu	Nov 21	3:00 pm	Morgan Hall
Repeat Performance Sale	Fri	Nov 22	11:00 am	Morgan Hall
Art Opening	Mon	Nov 25	2:30 pm	McGinley Rm
Bridge Class	Wed	Nov 27	1:00 pm	Fitness Center
<b>Happy Thanksgiving!</b>	<b>Thu</b>	<b>Nov 28</b>		
Card Bingo	Thu	Nov 28	7:15 pm	Friendship Hall

