



1945
Guess who

Heritage Happenings

JULY 2020

National Holidays Bring Treats

On the Roaming Carts that come to your room
between 2:30 pm - 4:00 pm



Tune in to Channel 998 for a special Patriotic Sing-A-long. Enter for the chance to win a 4th of July Basket full of goodies!! Stay tuned.....Raffle Tickets will be passed out by Irving Carrillo.

National Popsicle Day

Wednesday, July 8



National "Life is like a bunch of chocolates - you never know what you're going to get" Day

Thursday, July 9

Tune into Channel 998 at 6:30 pm for Movie: *Forrest Gump*

National Ice Cream Day

Sunday, July 19



National Wine & Cheese Day

Wednesday, July 22

International Best Friend Day

Thursday, July 30

"We've been friends so long I've forgotten which of us is the bad influence."

"Real friendship is when your friend comes over to your house and then you both just take a nap." — Anonymous

"One loyal friend is worth ten thousand relatives." – Euripides

**Professor David Peritz Continues His Lecture Series,
Rising Inequality,
on Channel 998 at 3:00 pm**

Week 6: 21st Century Inequality in Historical Context – Monday July 6

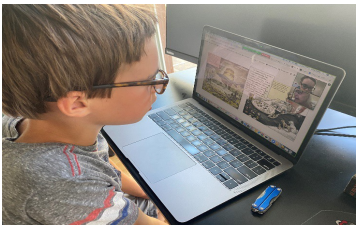
Week 7: What "Deaths of Despair" Teach Us About Inequality – Monday July 6

Daily Dose of Music will continue to air at 3:00 pm daily (except for the two Mondays when Prof. Peritz lectures)

Special Concert by Ian Scarfe: *Musical Excursions*

Sunday, July 26, at 3:00 pm on Channel 998

Ian says this digital concert is for everyone who has lost opportunities for summer travel during the pandemic crisis. The program features music by Samuel Barber, Claude Debussy, Enrique Granados, and Frederic Chopin. The culmination of the concert is Chopin's "*Barcarolle, Op. 60*", an ecstatic and impressionistic vision of the canals of Venice, and the operatic singing of the gondoliers.



1st grader Lee Jones

Virtual Intergenerational Summer Reading Program

Pair up with a first grader and engage in some summer reading fun via Zoom! The child will select the book ahead of time and share it on the screen so you can read and assist along the way. The mission of this program is to inspire the love of learning through human connection!

For more information, ask Katrina Kleine at Kkleine@heritagesf.org or call 415-202-0341. Also, interest signup sheets are located by the dining room.

The SF Shakespeare Festival presents Shakespeare at home: *King Lear*

"King Lear is the story of a nation disrupted by political convulsion. The play was composed while Shakespeare was in quarantine during the plague of 1606, so it feels essential to this moment. We have been developing the script since the shelter-in-place orders were issued in March, and so the multiple crises that characterize our world at this time also inflect the vision of this play. You won't want to miss it."

Stay tuned for a streaming performance on Channel 998 in July,
date and time to be announced

The Board of Directors of Heritage on the Marina

As most of us know, our home is governed by the Board of Directors. Recently, there have been some changes to both the membership and functions of the Board which are interesting to consider.

The former chairman, David Hines, resigned recently and has been replaced by David Gruber, who will serve until the end of the year. David came to the board via Coldwell Banker Commercial Real Estate which had the tradition of having a Board position to represent The Heritage real estate holdings. David accepted their invitation to continue this tradition and has served as a Board member for a number of years.

David's interest in gerontology began when his mother became a patient here. Through daily visits with her he became familiar with the operation of the Health Center and the challenges of the aging process. He learned that, "Getting old is not for sissies."

On the Board, working with Dr. Jeanie Keyser-Jones on the Health Committee, furthered David's knowledge of gerontology and the work of The Heritage.

Five members of the Board resigned during the past year and were replaced by five new members. (A complete list of members is posted on the basement bulletin board.) This brought about reconsideration of the Board's mission and goals.

According to David, "The common goal of the Board is to identify and complete a sustainable future that includes financial security, upgrading the physical plant and anticipating the rapid changes in care."

Although not Board members, Ken Donnelly is working with the Board on strategic planning while Mel Matsumoto is serving as interim CEO.

These are interesting times at Heritage on the Marina.

Katherine Conley



Gisela Lloyd	7/04	Katherine Conley	7/15
Enid Leff	7/05	Marjorie Mansouri	7/15
Vivian Peirce	7/06	Marianne Petersen	7/17
Jean Fowler	7/13	Gary Skootsky	7/22

SANDRA PERET

Sandra came to The Heritage as Director of Staff Development and Infection Prevention Nurse in October, 2018. Since Covid-19 appeared on the scene in March, her role Has expanded considerably.



She is a local girl, born and raised in San Francisco. After finishing Mercy High School, Sandra studied business administration at San Francisco State and then nursing at Holy Names University. Sandra has been in the nursing field ever since.

As a child, Sandra was very close to her grandparents and was devastated when they died. Her closeness to her grandparents made Sandra decide that she wanted to concentrate on the geriatric field. Sandra found she enjoys learning about elders' health history and status as well as their upbringing, achievements and accomplishments

At the beginning of her nursing career, Sandra started working full time in hospitals, which she didn't find fulfilling. In that setting she wasn't able to get to know her patients. She liked being busy, so picked up a second job at a skilled nursing facility in San Francisco. That was where Sandra was able to provide compassionate care. She ended up leaving her full-time hospital position when she was offered a role in staff development and infection control.

During normal times, her focus is on evaluation checks. She teaches and trains on an ongoing basis on such issues as HIPPA and confidentiality, elder abuse prevention, safety in the workplace and interpersonal communications. A significant part of her time is focused on antibiotic stewardship, which is an effort to measure and improve how antibiotics are prescribed by clinicians and used by staff.



With the advent of Covid-19, Sandra's job has expanded dramatically. She and Hanh Ta communicate with the San Francisco Department of Health, the California Department of Public Health and the California Department of Social Services on a daily basis. They share the status of staff and residents and learn about new recommendations and guidelines. Their goal is to prevent Covid-19 from infecting staff and patients.

Sandra has been retraining all departments on the use of personal protective equipment and cleaning and disinfection standards as outlined by the CDC. She also works with the nursing team on Covid- 19 screening. Sandra says she is now called the “infection preventions patrol” because she is constantly doing rounds to remind staff and residents to wear masks at all times and to practice social distancing.

Sandra’s job, always important, has become even more so in the last three months.

Martha Nell Beatty

LEMONS ANYONE?

I don’t know if you’ve visited the patio on the second floor outside of the McGinley Room lately, but if not it’s well worth a visit. Kay Narron works her magic with the pots and has something bright and colorful blooming all year round. It could be daffodils, orchids or geraniums in their season to name a few.



But the star at the moment is the little lemon tree. It was looking a bit “down at heel” but Kay trimmed and fed it and “voila” it sprang back to life with vengeance and now has lemons in all stages of development as well as blossoms. Apparently lemon trees like to be fed and do have fruit and flowers at the same time. As you step outside you can even smell them.

If you sit on the chair to the left you can survey the whole space and try to count the lemons. I counted more than 18 the other day with more developing, though they won’t all come to fruition). There is even a table for your coffee cup and book. It is a quiet space if you want solitude instead of socialization.

If you see Kay, do thank her for what she does to make the patio such a pleasant place.

Jane Standing

6 Coronavirus Scams and Hoaxes Targeting the Elderly

1. Home test kits for COVID-19

Scammers call or text messages offering “coronavirus test kits” in an attempt to collect your credit card or banking information. In some cases, scammers pose as officials from the U.S. Centers for Medicare and Medicaid Services (CMS) and ask you to “verify” your Medicare ID or Social Security number. They may ask for your address to drop off the test kit.

2. Bogus Products to Prevent or Cure COVID-19

Be aware of text or phone calls advertising fake drugs, vaccines, and devices. Fake gift-card emails are also sent offering “assistance” or “rewards” for following public health guidelines.

3. Impersonating a government agency

Scammers pose as agents from the Social Security Administration telling you your benefits will be suspended or decreased unless you provide personal information or payment.

4. Insurance scams

Several scams are offering low-cost health and life insurance, often in conjunction with at-home COVID-19 test kits or other products that are being presented as “free gifts.”

5. Stimulus-related scams

Scammers may ask you to provide bank account information so funds can be “released”.

6. Charity scams

Charity scams prey on your good nature to collect money for bogus COVID-19 relief charities.

How to Avoid a COVID-19 – or any - Scam?

No government agency will **ever** ask you for personal or payment information via phone, text, or email.

Do not answer calls or respond to text messages that come from unknown or suspicious numbers.

Be suspicious of any caller pressuring you to make an immediate payment or share personal information.

Do not click suspicious links in text messages or emails, **even if they appear to come from a friend or family member.**

Verify charities by calling or checking the organization’s website before giving money.

If you think you might be a victim of a COVID-19 hoax, ask for help from CEO Mel Matsumoto or Controller Joe Conroy.

Crows - Friends or Foes?

"Crows are pests: they are very messy, very noisy, and frequently leave a trail of litter when they visit."

That's a common view of these avian visitors to the Heritage. Yes, crows are messy and noisy, but they are fascinating birds. They are curious, smart and can be friendly. Researchers now consider them to be among the world's most intelligent animals, mentally and cognitively on a par with primates.



Crows can use tools (a stick, a pin, etc.) to get at a piece of food they want. They not only use tools they find, but also construct new tools. In one study, food was placed at the bottom of a narrow bud vase. The crow was too big to get into the vase, but he found a piece of wire which he bent at one end, making a hook which was used to successfully get the food. In other tests, they have worked their way through mazes that require six to eight successive steps to get at the food inside.

Something to remember when you encounter crows is that they remember human facial features and also recognize those with whom they have had a good or bad encounter. Not only do they remember a person who has been mean, they have shown that they can share that news with other crows and even their next generation. Yes, you can be on a crow's "bad list." Or, if you offer something to eat on a regular basis, they may reward you with a small gift, a colorful stone or an earring they have found.

The bad reputation that crows have comes mostly from their eating habits. They eat almost anything: fruits, nuts, earthworms, seeds, insects, crops as well as insects, frogs, small reptiles, nestlings (of other birds), carrion, and garbage. They are very opportunistic when it comes to food – garbage and trash may be strewn about as they search for the best morsel. They are gregarious creatures that gather in noisy flocks when they roost together for protection.

Crows are found in every continent of our planet, except for Antarctica. The U.S. species are officially called American Crows. They mate for life and live about seven-plus years. The main enemies of crows are large raptors such as Great Horned Owls, or Red-Tailed Hawks and (maybe) angry humans.

Barbara Anderson

Movie Nights At Home
7:15pm Tune into Channel 998

Friday, July 3 Zorba the Greek (1964)

An uptight English writer travelling to Crete, on a matter of business, finds his life changed forever when he meets the gregarious Alexis Zorba. Stars: Anthony Quinn, Alan Bates, Irene Papas

Thursday July 9 Forrest Gump (1994)

The presidencies of Kennedy and Johnson, the events of Vietnam, Watergate and other historical events unfold through the perspective of an Alabama man with an IQ of 75, whose only desire is to be reunited with his childhood sweetheart. Stars: Tom Hanks, Robin Wright, Gary Sinise

Friday July 10 Frida (2002)

A biography of artist Frida Kahlo, who channeled the pain of a crippling injury and her tempestuous marriage into her work. Stars: Salma Hayek, Alfred Molina, Geoffrey Rush

Friday July 17 Uncut Gems (2019)

With his debts mounting and angry collectors closing in, a fast-talking New York City jeweler risks everything in hope of staying afloat and alive. Stars: Adam Sandler, Julia Fox, Idina Menzel

Friday July 24 Flawless (2008)

In 1960s London, an elderly janitor convinces a glass-ceiling constrained executive to help him steal a handful of diamonds from their employer, the London Diamond Corporation. Stars: Demi Moore, Michael Caine, Lambert Wilson

Friday July 31 The Spirit of St. Louis (1957)

Charles 'Slim' Lindbergh struggles to finance and design an airplane that will make his New York to Paris flight the first solo transatlantic crossing. Stars: James Stewart, Murray Hamilton, Patricia Smith

"Hope" is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -



Emily Dickinson
1861

COGS

Thinking about Vladimir's story had me laughing out loud. Vladimir's drinking buddy, Boris, died not long ago, leaving him lonesome for company. He took it upon himself to teach a cockroach to drink vodka. The roach now comes crawling out of a crack in the wall every morning and Vladimir squirts a few drops of Smirnoff's finest on the table. The roach slurps down the booze, then staggers over to the windowsill, rolls on his back and takes a nap. Vladimir himself sighs contentedly as he empties his water glass of vodka, leans back in his chair, and following the roach's example, takes a snooze. I kid you not - it said so in the Chronicle.

I rode my bike across the Golden Gate Bridge at seven in the morning, glorying in the beauty of the empty sidewalk on a Sunday morning. Near the south tower I encountered one lone busybody jogger who took offense at my riding on the wrong sidewalk. She kept pointing at the opposite side as she approached and ultimately stepped right in front of me, forcing me to stop. Bikers are supposed to be on the west sidewalk on weekends, but alas, the view is better on the east side, so I was cheating.

Instead of offering humble apologies and going into an explanation about wanting to see the view, or cursing at her for forcing me to stop, out of nowhere I blurted out, "I'm patrolling for Suicide Prevention, do you need any help?" What I really meant was did she need any help going over the rail, but kept that opinion to myself.

I was wearing a yellow, official-looking windbreaker, with Ed Ellington's 80-mile-eightieth-birthday-ride patch on the sleeve. Apparently I looked official enough for the jogger to believe what I had said. She sputtered effusive apologies, which I magnanimously accepted before riding away. "Here's to Vladimir!" I muttered under my breath, smiling all the way to Sausalito. It did occur to me as I rode on, that there must be a couple of cogs loose in my brain which made the perverse remarks to the jogger come forth unbidden. Perhaps I was well taught by all the people to whom I listened while presiding in traffic court for many years. So many of them had such wonderful comebacks.

On the other hand, the cogs may have been loosened by many nights of volunteering on the hotline at Suicide Prevention. I know the other volunteers there will forgive me for taking the organization's name in vain.

Aggie Hoff

President's Corner

Dear fellow residents, June has been an eventful month. The Covid data in San Francisco continues on a positive track, allowing some opening. Now that we are free to dine at local outdoor restaurants we may get more walking miles in. One local establishment that has a large outdoor space is Squat and Gobble just past Books Inc. on Chestnut Street. They do follow CDC guidelines and are reasonably priced. Quite a few other restaurants have seating on the sidewalk.

Books Inc. is careful to let only a limited number in its once as are most stores on Chestnut that are open. We have had some restaurants close permanently and the William's Sonoma store looks like it may not reopen. Its sister store, Pottery Barn is open. Walgreens does have space markers on its floors to keep everyone properly distanced. The Apple store is open and also follows strict guidelines as does Lucca's across the street.

I hope you have been enjoying our beautiful garden or the McGinley deck on warm days. We are so fortunate to have them available to us.

I know we are all tired of the restrictions but they have kept us safe and healthy. Please keep wearing masks and gloves when necessary. There is plenty of hand sanitizer located throughout our residence.

Please contact me or any Executive Committee member with suggestions and questions. Stay well and enjoy July 4th.

Don't forget to wear your Pendant.

Bernie Burke

Need Help with your phone, tablet or computer? Call the front desk and ask to be connected to the Cottage, where you will find Steve and Irving who can give you expert assistance while we wait for Tess to return.

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Feeling down? Here are some resources:

Friendship Line: 800-971-0016 ioaging.org

Covia: 925-956-7400 covia.org community-based non-profit has two programs:

Well Connected offers activities/educational programs via phone

Social Call (matches volunteers with seniors for social conversations) programs

Little Brothers, Friends of the Elderly: 415-771-7957 littlebrotherssf.org

Mon Ami (650) 267-2474 www.monami.io supports seniors who are isolated by COVID-19. Offers friendly Phone Bank calls, grocery runs, tech help over the phone, and virtual concerts.

CA statewide hotline (833) 544-2374, in partnership with organizations like AARP, the Alzheimer's Association, the American Heart Association and the American Lung Association to assuage the loneliness and anxiety that the state's older residents may feel during the pandemic as they are self-isolating.

Some Humor for difficult times:

Seen on the secretary's desk:

"One day as I sat musing, sad and lonely without a friend, a voice came to me from out of the gloom saying, 'Cheer up. Things could be worse.' So I cheered up and sure enough—things got worse."

— Joan Howard Maurer, *Curly: An Illustrated Biography of the Superstooge*

For those who feel guilty when friends crow how they have used this time to get organized:

The real origins of the Round Tuit are unknown. A popular poem appeared sometime in the 20th century, using the word play from the phrase "when I get around to it". The poem reads:

This is a round tuit. Guard it with your life!
Tuits are hard to come by, especially the round ones.
It will help you become a much more efficient worker.
For years you've heard people say "I'll do that when
I get a round tuit."

So now that you have one, you can accomplish all those things
you put aside until you got a Round Tuit.

