



Heritage Happenings

March 2021

Staff members Stephen Camarota and JJ Alindogan sing a duet at the Palentine's Social in the Porter Garden on February 18.

Chelsea Roades will present **Challenging Your Brain** on Monday, March 1, at 3:00 in the Fitness Center. Sign up in the Dining Room.

THE MOONGLOW TRIO RETURNS

Thursday, March 4, at 3:00 via zoom

Led by the award winning violinist Richard Chon, The Moonglow Trio plays a mix of contemporary hits, gypsy jazz, and jazz!



Poet, Codebreaker, Nazi Hunter: The Puzzle-Solving Adventures of Elizabeth Smith Friedman

Presentation by Author Jason Fagone

Monday, March 8. at 3:00 Via Zoom

How did a 23-year-old schoolteacher from rural Indiana become one of the government's most effective secret weapons, a master puzzle-solver who used mere pencil and paper to catch gangsters during Prohibition and solve enemy messages in both world wars? Author Jason Fagone reveals the surprising and world-changing life and career of Elizebeth Smith Friedman, one of the greatest codebreakers of the 20th century.

Jason Fagone is a narrative writer and investigative reporter at the San Francisco Chronicle. His articles on technology, sports, and culture have appeared in The Atlantic, Mother Jones, The New York Times Magazine, Wired, GQ, Esquire, and Huffington Post Highline. In 2014-15, Fagone was the Knight-Wallace Fellow journalism at the University of Michigan. He lives in the San Francisco Bay Area with his wife and daughter.



Antoinette Canepa

A Celebration of Life

Thursday, March 11, 2:30-5:00
in the Porter Garden



Wednesday, March 17, 2:30- 4:30 in the Porter Garden

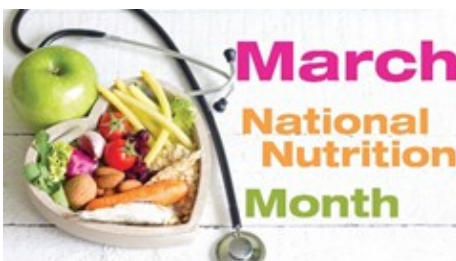
Eat, drink and be Irish! Join your friends for a socially distanced celebratory St. Paddy's Day Pub Party in the Porter Garden. All residents must sign up prior to the event. Sign-up sheets will be located in the main dining room.

Good News from Dining Services



Dining services is happy to announce we are bringing back BIRTHDAY NIGHT. Starting Friday, March 12, we will bring back a modified version of the monthly birthday celebration. Residents who have a birthday in each respective month will receive a personalized meal to enjoy at their assigned dinner time and the whole house will enjoy birthday cake to help celebrate. There will not be an administrative host, designated birthday table or pre-dinner happy hour at this time.

Bon Appetit,
Erin & Angie



March is National Nutrition Month! Each week during the month, we will be focusing on different activities to help our residents eat well. Come by the main dining room at lunch on Wednesdays in March for goodies and some great tips on "healthy" eating.



Tech Support with Tess Goldman Returns!

Please sign up in the Dining Room to meet with Tess in the McGinley room to receive computer tech assistance. Tess is available on the following days from 1:30-5:30 :

Tuesdays - March 2, 9, 23, 30 & Thursdays - March 4, 18, 25

COTTAGE DAY PROGRAM

You can tune into channel 998 daily or ask the front office for the monthly Cottage Day program Calendar which offers an array of activities that include flower arranging, brain games, trivia, arts/crafts, Bingo, music and movie's followed by discussion groups. Daily Sign-up sheets for the programs will be posted in the dining room.

Music

A Daily Dose of Music will continue to air at 3:00 on Channel 998 (except Tuesdays) and will include full concerts on Sundays.



Exercise Classes

Strength & Conditioning with Yasin

Monday, Wednesday & Friday
9:00 in the Courtyard
2:30 in the Fitness Center

Yoga & Meditation with Stephen

Tuesday & Thursday
9:15 in the CourtYard

On Channel 998

9:15 Meditation

9:30 am Mon., Wed., Fri. Seated Exercise with Ann Reiger-Matthews

9:30 am Tuesday & Thursday Yoga with Ilya Kaltman

Walking Group Every Wednesday at 1:30

Meet Activity Leader Stephen Camarota at the Porter Library every Wednesday at 1:30 to go for a stroll around the Marina!

Please dress appropriately for any outdoor programs. Sign-up sheets are located in the main dining room.

MEMORIES OF ELMER

Elmer was the editor of *The Happenings* in June 2000. I was to move in on June 28th. He wanted my interview to appear in the July 1st Happenings. In his organized fashion, he decided to interview me before I moved in. Elmer called me and then he and Marty (Martha), his wife, picked me up to come have lunch here at The Heritage and do the interview.



Elmer had moved in only eight months before I did, yet he was already doing *The Happenings*, giving rides to others, and was the resident computer technician. He knew nothing about editing before but he jumped right in. He separated articles not just vertically but used different typefaces to distinguish small items from each other. And, as long as he had a car, he was the first to volunteer to offer a ride. One time, he took me to an appointment at 6:00 am - two days in a row!

He and Marty had been a couple since they were in high school, a totally compatible couple. After bringing up three daughters, Marty began to work full-time in Elmer's drapery and upholstery business. Went to work, ate out every night and visited their daughters, two of whom lived elsewhere. He was most happy when these two visited and they had a reunion with the entire family here. Daughter Sally, who we all know, lives in San Francisco. She is so much a part of The Heritage that she and Elmer hung his two tie exhibits. Will we ever forget that huge collection of ties?

When we created the butterfly extravaganza in 2008, Elmer took many photographs, of the conference opening meeting, of us walking in wearing our white shirts with The Heritage emblem and of us painting downstairs. He photographed everyone. Marty was also a photographer, as well as a knitter and craftsperson. She and I regularly shopped for supplies together.

There are many ways I can describe Elmer. He became a fixture here, living to age 105. We have a constant reminder of him. At the end of the Tony Lawrence Gallery, where the Morgan and Perry buildings meet, his mobiles hang - small photographic replicas of several of the butterflies. He will be with us as long as they are there.

Doris Howard

Women's History Month

March is Women's History Month and it started in the Bay Area. In 1978 the Education Task Force of the Sonoma County Commission on the Status of Woman initiated a "Women's History Week" celebration for 1978. The week started on March 8th, International Woman's Day. The end of the week was a celebratory parade held in Santa Rosa.

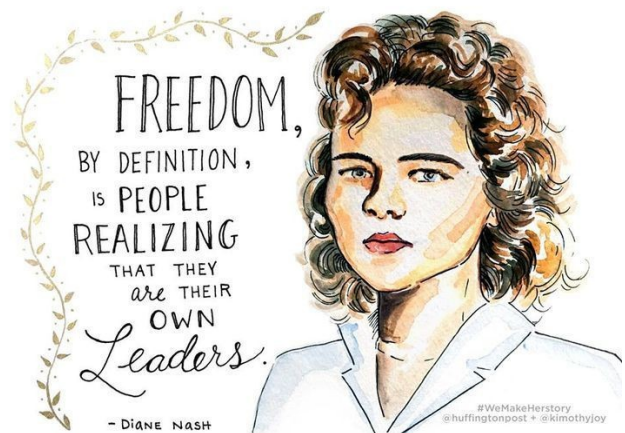
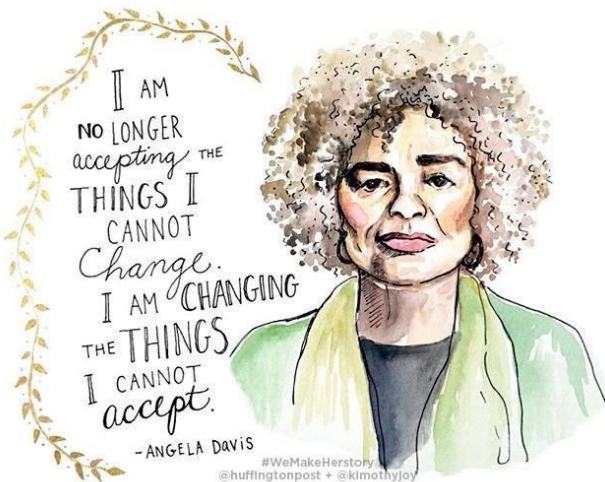
A member of the group, Molly Murphy MacGregor, was invited to participate in the Women's History Institute at Sarah Lawrence College in 1979. The women at this meeting wanted to secure a "National Women's History Week."

Their work was successful when President Carter issued the first Presidential Proclamation declaring the week of March 8th 1980 as National Women's History Week:

"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well."

In 1987 after being petitioned by the National Women's History Project, Congress passed a bill which designated March as "Women's History Month."

Gardner Haskell



A woman is like a tea bag - you can't tell how strong she is until you put her in hot water.

No one can make you feel inferior without your consent.

Quotes from Eleanor Roosevelt

NOTE:

A list of women authors is in the Stucky Library

Movies in March

Fridays, at 2:30

In the McGinley Room:

Something's Gotta Give (2003) Mar 5

Unfinished remake of "My Favorite Wife," due to the firing of Marilyn Monroe from the film. She was eventually re-hired, but died in August, 1962. Film was never completed. Stars: Marilyn Monroe, Dean Martin, Cyd Charisse

Charlie Wilson's War (2007) Mar 12

A drama based on a Texas congressman Charlie Wilson's covert dealings in Afghanistan, where his efforts have some unforeseen and long-reaching effects. Stars: Tom Hanks, Julia Roberts, Philip Seymour Hoffman

Waking Ned Devine (1998) Mar 19

When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money. Stars: Ian Bannen, David Kelly, Fionnula Flanagan

Hidden Figures (2017) Mar 26

The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program. Stars: Taraji P. Henson, Octavia Spencer, Janelle Monáe

Cottage Movie Matinee Program:

My Man Godfrey (1936) Mar 5

A scatterbrained socialite hires a vagrant as a family butler - but there's more to Godfrey than meets the eye. Stars: William Powell, Carole Lombard,

It Happened One Night (1934) Mar 12

A renegade reporter and a crazy young heiress meet on a bus heading for New York, and end up stuck with each other when the bus leaves them behind at one of the stops. Stars: Clark Gable, Claudette Colbert

Top Hat (1935) Mar 19

An American dancer comes to Britain and falls for a model whom he initially annoyed, but she mistakes him for his goofy producer. Stars: Fred Astaire, Ginger Rogers, Edward Everett Horton

The Man Who Knew Too Much (1956) Mar 26

A tale of innocent American tourists in Morocco whose son's kidnapping sets off a twisting plot of international intrigue. Stars: James Stewart, Doris Day

Heritage on the Marina Face Masks

Due to popular demand, face masks with the Heritage on the Marina monogram logo are now available for sale at the Front Office. The cost is \$8 per mask or two for \$15.

Resident Referral Program

The Resident Referral Program is still open to existing Residents who refer qualified prospects to the Marketing Team. If your referral submits an application to Heritage on the Marina, is accepted for admission and moves into the Community, you will receive a \$1,000 credit towards a future Monthly Care Fee (once their 90-day introductory period is completed). There is no pro-active credit available. Please contact Janet Howell at jhowell@heritagesf.org or 415.202.0307 if you have any questions.

A friendly reminder from Dining Services

Please refrain from leaving the Dining Room with any china, glass wear, silverware or linen napkins. We are happy to provide you with disposables such as paper cups/lids, cutlery packets and to go boxes. Thank you for your cooperation.

Out & About Program



Heritage on the Marina *Out & About* program provides opportunities for Residents to enrich their day to day life experiences outside of Heritage on the Marina to include a variety of weekly trips on the van for scenic drives, trips to local stores for essential items and pleasure trips such as museum outings. Currently, since the pandemic we are only offering scenic drives. We hope to bring back the other trips soon!

Katrina Kleine, Assistant Director of Community Life manages the *Out & About* program with the help of the Out & About committee.

We would like to extend a Special THANK YOU to Carm Arburua and Gail Lindlow who recently stepped down from the committee. They both contributed a lot of time, hard work, planning and coordinating weekly trips. We now welcome our newest members to the Out and About Committee Eleanor Burke and JoAnn Wentker. If you are interested in joining this committee or any other committees please sign up in the committee binder in the dining room or let Katrina Kleine know at 415-202-0341.

President's Corner

Fellow Residents,

We have enjoyed a short but eventful month. Besides a large number of birthdays, we have had a few holiday celebrations. We have enjoyed, Valentine's Day, Chinese New Year, and a Palentine celebration. The highlight of that party in our garden was a duet by JJ and Stephen. They both have beautiful voices and the singing was enjoyed by residents and staff. Thanks to both of them.

Of course Lion Dancing is always a hit and the dinner spearheaded by Katie Loo. She also planned an "Out and About" visiting the many Chinese neighborhoods in our city. Thanks Katie.

While the tour van is limited to four, many still have enjoyed trips throughout neighborhoods most of us are not familiar with, thanks to Eleanor and the experience she gained while walking the City in 2015.

We all are eagerly awaiting our new CEO, Mary Linde, who is expected to be here in late March.

We are fortunate to have been able to access the Covid Vaccine, but still need to be conscious of wearing masks, social distancing and avoiding large groups. Also remember to wear your pendants.

Thank you to all who have recommended books for the library. The library committee is hard at work adding new titles to keep us informed and entertained.

Since we cannot meet all at once, it is important to stay in touch as much as possible. Please contact me with questions or requests. Thank you for all your support.

Bernie Burke

Time may be a great healer, but it's a lousy beautician.

Dorothy Parker

If you survive long enough, you're revered - rather like an old building.

Katharine Hepburn



Eleanor Bissell

03/07

Ernie Sabini

03/22

Pat Rush

03/10

Linda Sharp

03/23

Martha Torres

03/13

Fail Lindlow

03/24

MUSIC

In the far recesses of my mind there is a mahogany piano bench. My mother sits between my sister and me. Sunlight is fading but Mama has lit candles that flicker on top of the piano as she plays.

This image reappears whenever I hear a bit of Chopin or Mozart, both of which composers she loved to play.

The house in which the piano stood in Budapest all those years ago is gone now, burned to the ground during WWII. I wish I could say that something beautiful has replaced it, but an ugly stucco apartment house has taken its place.

In my minds eye I can see the magic keys on that piano moving up and down as my mother plays. I take a step back, blink and the picture fades, then vanishes altogether.

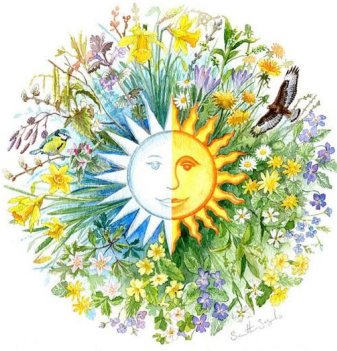
I try to reconstruct the apartment in which we lived – the kitchen, the bedrooms, the living room where the grand piano reigned. I try to resurrect it all, but it has vanished. Gone into nothingness until the next time a note wafts from an open window or KDFC plays Chopin once again.

Then I always wish my sister was with me. She is a couple of years older than I, so details of long ago may be sharper in her mind.

I am imagining it all - the fading light, the piano, the candles shimmering and the music – all dissolving into the sands of time.

Aggie Hoff

Happy Spring Equinox



The Spring Equinox is the first day of spring season and marks the moment the sun crosses the celestial equator. This is the imaginary line in the sky above the Earth's equator, from south to north. The North Pole begins to lean toward the sun again. Day and night have approximately the same length. ... The posh name for Spring Equinox is Vernal Equinox.

Ostara is named after Eostra or Ostara, who is the Anglo-Saxon goddess of spring to whom offerings of cakes and colored eggs were made at the Vernal Equinox. Rabbits were sacred to her, especially white rabbits, and she was believed to take the form of a rabbit.



March Special Events

Challenging Your Brain	Mon	Mar 1	3:00	Fitness Center
Professor Peritz Lecture	Tue	Mar 2	3:00	Channel 998
Moonglow Trio	Thu	Mar 4	3:00	McGinley Room
Saturday Shorts	Sat	Mar 6	3:00	McGinley Room
Poet, Codebreaker, Nazi Hunter	Mon	Mar 8	3:00	McGinley Room
Professor Peritz Lecture	Tue	Mar 9	3:00	Channel 998
Emotional Support Group	Wed	Mar 10	3:00	Stucky Library
Saturday Shorts	Sat	Mar 13	3:00	McGinley Room
Professor Peritz Lecture	Tue	Mar 16	3:00	Channel 998
Saturday Shorts	Sat	Mar 20	3:00	McGinley Room
Professor Peritz Lecture	Tue	Mar 23	3:00	Channel 998
Emotional Support/Jeanne	Wed	Mar 24	3:00	Stucky Library
Saturday Shorts	Sat	Mar 27	3:00	McGinley Room