



Guess Who

Heritage Happenings

September 2020

September National Holidays

Roaming Carts 2:30pm-4pm



Monday, September 7

Special BBQ lunch will be served.

Tune into Channel 998 for a Special Concert by Jeff Wessman.

National Grandparents Day - Thursday, September 17, at 3:00 pm

The Sacred Role of Grandparents in the Time of COVID-19

by author Jane Isay

Other National Holidays

GreenPeace Day - Tuesday, September 15

World Ozone Day - Wednesday, September 16

World Alzheimer's Day - Sunday, September 20

Love People Day - Wednesday, September 30



Happy First Day of Fall!

Tuesday, September 22

Note: Daily Dose of Music will continue to air at 3:00 pm on Channel 998, (daily except Mondays) to include full concerts on Sundays.

Lecture Series by Dr. Patrick Arbore

#2- Grief & Loss

Thursday, September 10, at 3:00 pm
on Channel 998



**David Peritz Current Events Final Lecture:
The End of Inequality - Ambitious Policy Proposals**
Monday, September 21, at 3:00 pm on Channel 998



**De Young Museum Presents Art Talks Virtually
(on Zoom)**
Thursday, September 24, at 3:00 pm on Channel 998

Vacation Memories Exhibit Opens
Friday, September 25

There is still time to submit your vacation or travel memory and/or picture. Please include your name, location, year and memory of the vacation/travel experience when submitting it to the Front Office—Activities, or email it to kkleine@heritagesf.org.

Morning Exercise Classes on your TV (998)

10 minute Meditation every day at 9:15 am

Every Monday, Wednesday and Friday at 9:30 am
Seated Exercises with Ann Rieger-Matthews



Tuesday & Thursday at 9:30 am
Seated Yoga with Ilya Kaltman

Every day at 10:30 am
National Institute on Aging
20-minute Seated and Standing Exercises

Optional exercise programs on Channel KPIK (Channel 17)
9:00 am-9:30 am Monday thru Friday
Classical Stretch-The Esmonde Technique
(Intermediate to Advanced level workout)

9:30 am-10:00 am Monday thru Friday
Sit and Be Fit with Mary Ann Wilson
(Beginner to Intermediate level workout)

Meet Rod and Lucia Dugliss

It was perhaps inevitable that Rod and Lucia would move into Heritage on the Marina in that they were familiar with the Church of St. Mary the Virgin and knew the Stucky sisters, Leighton Reid and Jan Bolles. Rod had served as Eucharistic Minister to Heritage Episcopal residents and both Rod and Lucia had visited here and become familiar with the premises. Due to this earlier connection both say the Heritage on the Marina already feels like home.



Lucia was born in Pittsburgh, Pennsylvania, the daughter of a businessman and a housewife. A pleasure of her childhood was horseback riding. She attended Vassar, majoring in Italian, and earned a degree. Following graduation she went to Europe where, after traveling for a few months, she studied art in Florence and Paris. She is an accomplished artist, specializing in painting religious icons. She has also dabbled in photography, worked as a secretary in a law office, and done volunteer work at Raphael House in San Francisco.

Ron comes from Detroit, the son of a sales engineer and a physical education teacher. When it came time for college, Rod accepted a scholarship to Stetson University in Deland, Florida. After graduating from Stetson he did graduate work at Duke University, culminating in a PhD. As part of his PhD studies he spent eight months in England studying Church/State relations.

Upon returning to the United States he and Lucia were married and immediately flew to Japan where Rod taught at the International Christian University.

Returning to the United States, Rod worked in a teaching position in an experimental college at Stillman College in Tuscaloosa, Alabama. This was followed by a position at the University of the Pacific in Stockton. Next he worked as the Academic Vice President at the San Francisco College for Women, (Lone Mountain.)

Rod's next step in his varied career was a position with Omega Performance - a firm which trained bankers how to lend money successfully, among other things.

Finally, Rod became a dean at the Episcopal School for Deacons in Berkeley and still works there part-time.

Lucia and Rod have two children, a son who lives in North Carolina and a daughter who lives in San Jose. A second daughter died of breast cancer. They have five grandchildren, one in Maine, two in North Carolina and two in San Jose. A cat named Sabine completes the household.

Lucia and Rod are settling into their Octavia Street apartment and can be reached at 415-596 9504, (Rod) and 415-596-9505, (Lucia).

Katherine Conley

FAMILY TRAVEL

My husband enjoyed automobile trips. He was also a Civil War enthusiast. One September, he, our son Michael and I went South for a week. With a ten-year-old, motels were a significant part of the trip. Motels and swimming pools were high on everyone's list.

Our first night stands out in my memory. We reached Virginia in early evening. Driving on the famed Blue Ridge Drive, we dipped down and then up repeatedly. The road curved up and down through the hills. It is a beautiful drive and every time we went up, we found ourselves driving through fog. Finally, we reached our destination: the Blue Ridge Mountain Lodge. A beautiful wooden structure. Lovely big room with a double bed for Michael, all his own.

The next day we drove further to meet with a local Civil War expert who took us around some battlefields. The high point was looking for minie balls. Minie balls were bullets made of saltpeter, mined in the caves of Virginia. There were still many left in the battlefields of the South and, indeed, we did find a few. We then had a great Southern dinner with his family - the best biscuits I ever tasted.

After a few days spent wandering around Virginia, we headed for the Shenandoah Valley. This provided us with a wonderful northward drive. It was September, ham-smoking season. The air smelled of smoking ham all over the countryside as we began our trip home. We ate ham three times a day, the smell was so delicious. The Shenandoah Valley is one of the most beautiful places in the country. At least it was sixty years ago. And, of course, we arrived home with the biggest smoked ham we could find.

Doris Howard

"Everybody needs his memories. They keep the wolf of insignificance from the door."

Saul Bellow

Memories Get Rewritten

One of the more intriguing ways memories improve with age is that they get "rewritten."

Have you ever heard the phrase: "The older you get, the better you used to be?" Indeed, we all have a knack for embellishing the past and adding accomplishments out of our personal "highlight reel" that may not have happened exactly as we describe them.

No harm, no foul, right? We're simply romancing the story a little bit to make it more interesting.

According to recent research conducted by Northwestern Medicine and published in the Journal of Neuroscience, the very act of recalling a memory changes it. Think of the old game of telephone. A memory from your childhood that's been recalled often gets progressively less accurate as a different version of it gets filed back in storage after each recollection.

Memories also get better with age because of the nostalgia effect.

Nostalgia is a sentimental longing or wistful affection for happy associations with the past. Reminiscing about positive memories of the past gives us a boost of positive feeling in the present.

Life Stories and Legacies

The final way memories get better with age has to do with life stories and legacies. Studies in personality psychology reveal that we translate the events, experiences and relationships of our lives (preserved as memories) into on-going life stories that provide a narrative by which we understand our identity and role in society.

These memory-inspired stories usually reflect one's morals and help to answer basic questions like, "Am I a good person? Have I led a good life?" At their best, they are a window into understanding our essence and true purpose in life. As one's memories get woven into the fabric of life stories, the memories get better because they are being put into the broader perspective of life, which gives them deeper meaning and purpose.

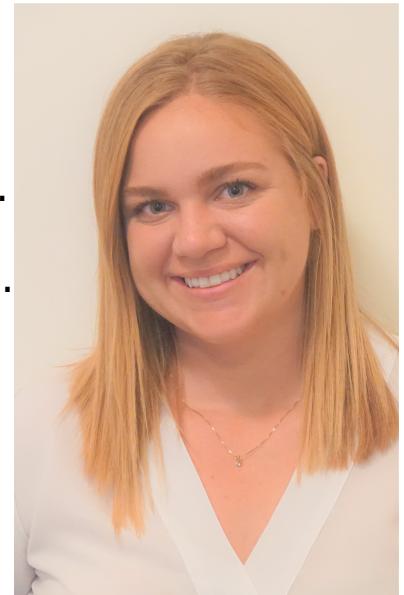
Peter Hubbell, author of "Getting Better With Age", is the founder and CEO of an advertising agency dedicated to the aging consumer.

ANDREA NICHOLSON

Marketing and Administrative Assistant

After graduating from high school in San Diego, Andrea headed north to Washington State University in Pullman. There she studied Hospitality Business Management. In alignment with her major, she was a Banquet Captain. Andrea helped put on events, from cultural to sports banquets to exclusive house parties for the President of WSU.

Andrea says, "One thing I did carry with me into my work life was the value of teamwork. I have always enjoyed being part of a team"



After graduating from WSU, Andrea headed back to San Diego, where she found a job at the San Diego Marriott Gaslamp Quarter as a Guest Services Agent. Eventually she was lured away from San Diego by the opportunity to work at Heritage on the Marina. She had been recommended by Katrina, whom she has known her whole life. Andrea decided she was ready for a change, packed her bags and drove to San Francisco.

At The Heritage, Andrea's title is Marketing and Administrative Assistant but mainly she is on the marketing side. She likes that her position is a hybrid of responsibilities. One aspect of her job is creating the slides for residents for the in-house television and for the hallway monitors. Last fall she put together two team-member appreciation parties and the employees' picnic.

For marketing, she communicates with prospective residents and takes them and their family members on tours to acquaint them with The Heritage. But Andrea also assists Janet with marketing events, social media postings and the *Highlights*, the seasonal newsletter for the outside community.

Andrea has always been into sports. She started playing softball at four and played until she was 17. In San Francisco, she likes to go to the beach and on hikes. But when visiting San Diego, she can paddle-board, swim in the ocean and ride her bike along the ocean.

Andrea's life also includes drawing, reading, cooking, and puzzles. Hers is a full and varied life.

Martha Nell Beatty

The remaining work to finish in order to reach your goal increases as the deadline approaches. ~ Bove's Theorem

I took this delightful picture a week or so ago when Doris Howard and Margaret Jacobs happened to be wearing pink tops embellished with "Doris Original" designs. Margaret is the editor of *The Happenings* and makes sure each edition is in our mailboxes by the first of the month. Doris organizes and displays the art exhibitions in the Tony Lawrence Gallery and - in normal times - hosts a reception in the McGinley room for each new exhibition. They are both over ninety yet both add a great deal to our life at The Heritage.

Jane Standing



Donate now!

In 2013, Lorraine Baxter started an annual outreach project providing Christmas gifts to the Mission Neighborhood Centers Headstart Program. Each year residents held fundraisers including teas, car-washing (Marianna Pieck), knitted dozens of hats and scarves, and donated items and dollars to stuff Christmas stockings with reading and coloring books, goodies, tooth-brushes and paste, and toys. Dave Costello, the former Maintenance Director, dressed as Santa Claus and distributed the gifts and hugs to the children.

After Lorraine's death, Stella Voyles and her elves continued the project. This year, with the restrictions of the corona virus, Stella is asking for donations which will enable outside friends to purchase items needed for 20 3- and 4-year-olds. The children meet five at a time. This year there may not be a Santa or a party, but we can still make sure that the stockings and gifts are there.

Send your checks to the Front Office made out to The Heritage, with a notation that it is for the Headstart Program.

Editor: Margaret Jacobs

Editorial Committee: Martha Nell Beatty, Katherine Conley,
Barbara Anderson, Jean Fowler, Jane Standing

Special Contributors: Aggie Hoff, Doris Howard

Proofreaders: Katherine Conley, Mercedes Van Den Berg,
Midge Mansouri,

AGGIE HOFF'S CYCLIST'S PHRASEBOOK

Cyclists are the biggest sandbaggers and secret trainers around. They'll say anything to soften you up for the kill. Don't let this happen to you. Study this handy rider's phrasebook to find out what they really mean when they say: "I'm out of shape"

Translation: I ride 400 miles a week and haven't missed a day since the Ford administration. I replace my 11-tooth cog more often than you wash your shorts. My body fat percentage is lower than your mortgage rate.

"I'm not into competition. I'm just riding to stay in shape"

Translation: I will attack until you collapse in the gutter, babbling and whimpering. I will win the line sprint if I have to force you into oncoming traffic. I will crest this hill first if I have to grab your seat post, and spray energy drink in your eyes.

"I'm on my beater bike"

Translation: I had this baby custom-made in Tuscany using titanium blessed by the Pope. I took it to a wind tunnel and it disappeared. It weighs less than a fart and costs more than a divorce.

"It's not that hilly"

Translation: Yo, lard ass, I'd like to get home before midnight. This is what you get for spending the winter decorating and eating chocolate. Shoulda married that cute Cat 1 racer when I had the chance.

"This is a no-drop ride"

Translation: I'll need an article of your clothing for the search-and-rescue dogs.

"It's not that far"

Translation: Bring your passport.

Gleaned over the years by riding with "old geezers."

Aggie and Friends

(Aggie is third from the right.)

"The picture was taken on the 84-mile, 84th birthday ride of one of the guys. When something malfunctioned on his bike at about mile 60, I thought 'thank God, now we get to quit'. Not so. Ed, the honoree, just took someone else's bike and told him to call his wife to come get him and the broken-down bike. The rest of us rode on."



President's Corner

Another month of social distancing and mask wearing. Thank you for your diligent efforts to keep us healthy. When you read this, we will have had our Covid-19 testing completed. We hope for good results.

It is rewarding to see the garden being enjoyed by so many. We appreciate the work of our fellow residents keeping it maintained. Thanks to them. We have been fortunate to have warm weather to enjoy the garden, but the fires and smoke have placed such a burden on so many. So many people have lost everything. Our hearts go out to them in rebuilding. Also, a big thanks to the many firefighters doing that very dangerous work.

This is an election year. You can check your registration status at "SF.gov". If you are going to vote absentee by mail, as many of us do, please do it early. The resident council can deliver your ballot to either the election dept. at City Hall early, or on Election Day to the polling booth. California is a state that allows bundling of ballots. That means the person delivering the ballots does not have to be named on the envelope. The Resident Council wants as many of us to take advantage of this valuable right. More in October.

Again, thanks to the staff for their hard work during this pandemic. Our staff members continue working hard to keep us entertained and cared for. Whether it is Cowboy Day or milk shake delivery, they do their best to care for us.

The library has some new books and residents have been using it to advantage to keep themselves entertained and educated. Please continue to use the sign-out system and enjoy your reading.

Keep enjoying the puzzles in the Porter Library and paperbacks on the shelves there.

Enjoy the Labor Day holiday and the coming of Fall. Don't forget to wear your pendant.

Bernie Burke

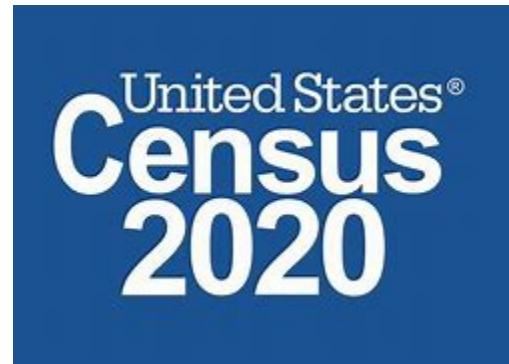


Barbara Anderson	9/10
Marcia Forman	9/14
Mary Maglio	9/18
Nancy Stent	9/22
Mary Liz Harris	9/24
Gloria Learned	9/25

Have You Been Counted?

The 2020 U. S. Census is underway. In March, all residents at Heritage on the Marina received a letter from the Census Bureau telling us how to access the very short questionnaire that provides population information. If you haven't already submitted your response, you have just one more month as it is due by September 30th.

The 2020 census marks the first time that you can choose to respond to the census online, by phone, or by mail. Instructions are in that March letter. The questions are easy because they are all about you. And it only takes about 10 minutes.



If you need help completing the questionnaire, the letter provides a phone number. If you can't find the letter, or if you don't remember whether you already responded to the letter, check with the Front Office; Maya Hovey will be happy to help.

Why do you need to respond to the Census Bureau?

Your response is important for the government allocation of resources. The number of seats California gets in the U.S. House of Representatives is based on census data. The allocation of funds for assistance and development projects is based on the population. And, by law, your response is required.

What about privacy issues? Why do I have to give information about me?

The individual records are kept confidential for 72 years to protect respondent privacy. This means that records from 1950 - 2010 can only be obtained by the person named in the record or their heir by submitting a request on a special form.

What does the Census Bureau do with all these records?

Aggregate counts of the records are used for statistical purposes such as: a list of the states by population, distribution of the population in the U.S. by race and ethnicity by region, state and metropolitan area (e.g. San Francisco Bay Area).

Census records have been collected and compiled every 10 years. Records from 1790 – 1940 are maintained by the National Archives Records

Administration. These records are available to the public and can be used for ancestry and genealogy studies or to provide details for historical research.

Interesting facts about the U.S, Census history:

- **Racial Definitions.** The census' racial definitions have fluctuated wildly over time. For the first 50 years there were only two: white and black. In the late 1800s three additions were made: Chinese, Japanese, and American Indian. A category for mixed raced began in 2000.
- **Law.** The census is part of the U. S. Constitution. Article 1, Section 2 calls for an "enumeration" of the populace every 10 years. The ancient Babylonians, Chinese, Egyptians, and Romans all conducted censuses.
- **Women.** The Census Bureau was one of the earliest government agencies to employ women. In 1880, 50% of the enumerators were women. Having a taste of civic pride, many of these women went on to become part of the women's suffrage movement.
- **Storage Advances.** The Census Bureau was always in search of better ways to store and search data, experimenting with various proto-computers. In 1951, the Census Bureau got a UNIVAC 1, the first non-military computer ever produced in the U.S.
- **Largest City.** Since 1790, New York has always been the largest U.S. city.
- **Largest State.** The largest state (by population) has varied. Virginia was first (1790-1800), then it was New York (1810 -1960), and then California (1970 – present).

So, if you haven't yet responded to the 2020 census call, you have until September 30 to turn it in to be counted and become a tiny part of history.

Barbara Anderson