

## Dmitry Karpinsky: This Driver Enjoys the Ride

Dmitry Karpinsky obviously loves his job as the driver at Sterling Court. He enjoys being out and about and, of course, chatting with the residents. He was born in the U.S.S.R. in the same year the country launched Sputnik, a basketball-sized satellite that became the first manmade object to orbit the Earth. Dmitry too has always been ready for adventure.

“I like to travel. The best part of my job is seeing the blue sky every day,” says Dmitry. “Sitting in an office is boring. It’s why I also enjoyed my job in television so much.” When you talk to Dmitry, you quickly learn that he is funny, direct, and has a very interesting past!

In Russia, Dmitry was an electrical engineer and used those skills first as a captain in the military and then as a technician on a TV crew. Does he have any stories from his TV days? A few spring to mind.

In January 1991, his crew was shooting a documentary about Stalin and traveling to Georgia to visit one of Stalin’s dachas (summer homes), called Cold River, which is now a museum. Dmitry talked to one of the employees who told stories from Stalin’s time.

“He said that the security of the dacha was very strict,” says Dmitry. “In addition to the numerous guards posted around the dacha, the surroundings were covered with special pebbles and when they were stepped on, they emitted a very loud screeching. No one can sneak up on that house!”

Afterward, the crew continued traveling for the documentary. Even though the Soviet Union was “coming apart at the seams” during this time,



*Dmitry Karpinsky at the wheel!*

says Dmitry, they weren’t having any trouble going between countries. They knew that the Ossetian-Georgian conflict had flared up but had no idea about the severity until they reached the checkpoints.

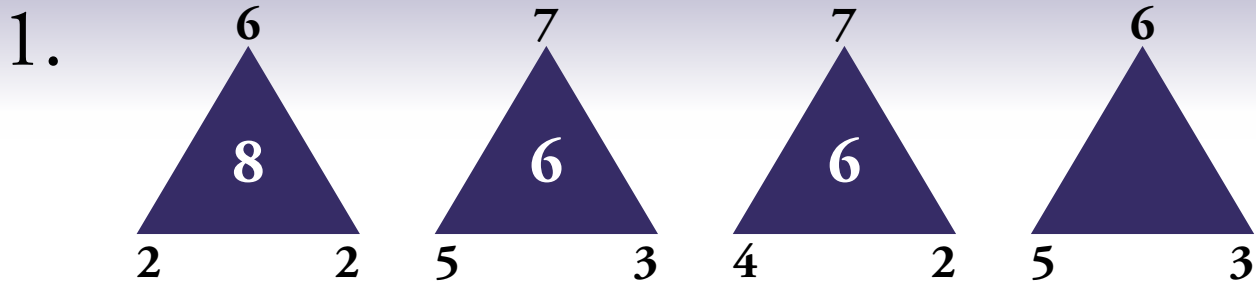
“Our driver was from Tbilisi and a Kurd by nationality,” says Dmitry. “One night in the Gori area we were stopped at two checkpoints. Civilians with hunting rifles were on duty. At both posts, they asked for passports and we were allowed to pass without incident. Our Kurdish driver explained that at one post Georgians were catching Ossetians, and at the other Ossetians were catching Georgians. We had only Russians and a Kurd in the car. That’s why they didn’t touch us.”

It was shortly after this that Dmitry decided to move his family to the United States and if you ask him why he decided to move, he laughs like he’s wondering why someone would ask such a silly question.

When Dmitry first got to America, 31 years ago, he continued his work as an electrical engineer including working for Hitachi Instruments. But when the company closed the department where he worked, he decided to get his commercial driver’s license, leading to his job at Sterling Court.

*(continued on page 7)*

## BRAIN TEASERS



What number should be placed in the fourth triangle to continue the pattern?

2. What letter comes next in this pattern?

**O T T F F S S**

Check page 7 for answers.

## We Love Our New Look!



### Mark Your Calendar

Thursday, February 2	Groundhog Day
Friday, February 10	The EJ's Valentine Serenade
Sunday, February 12	Super Bowl LVII
Tuesday, February 14	Valentine's Day Special Dinner
Sunday, February 19	Pancake Bingo
Monday, February 20	Presidents' Day
Tuesday, February 21	Mardi Gras Special Dinner
Tuesday, February 21	The Mardi Gras Gumbo Band
Wednesday, February 22	Ash Wednesday

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# A Lasting Legacy: Writing Your Life Story

Over the years, your words and wisdom have no doubt helped shape the lives of those around you – your children, partner, colleagues, and even fellow Sterling Court residents. Each of us has a unique set of experiences and resulting life lessons, and the practice of sharing these can forge new friendships, deepen existing relationships, and impart insight. One way to share your story is to write it down as part of a growing trend called “life story writing.”

## *The Benefits of Recording Your Story*

It has been reported that those who write their life stories often find a new appreciation for the people and events that they have experienced in their past. The act of reviewing and recording memories allows you to tell your story from your perspective and, as a result, realize how distinct and important your life has been. You may recall a previous struggle that you successfully overcame or a significant goal that you achieved. The process of reviewing these memories can strengthen your self-confidence and improve your attitude toward confronting new life challenges.

## *How to Start*

The task of writing your life story may initially seem daunting, but there are no rules for how to format or record your tales. The trick is to just start writing. Whether you put pen to paper or use a computer, start by recording a single event, something that sticks out to you, or a story that you have told many times before. Once the words start flowing, writing will not seem as momentous a task, and you can go back and reorder your stories later.

Another helpful tip is not to get hung up on spelling or grammar when first transcribing your thoughts. When starting out, it is more important to open your memory floodgates and get reacquainted with writing than to capture every word in a print-perfect form.

Lastly, another good way to get the ball rolling is to conduct a personal interview – either of yourself or by enlisting the help of a friend or family member to interview you and record your answers. Here are a few interview



prompts that may jump-start your memories:

1. What personal accomplishment brings you the most pride – parenthood, a home you built, a business you started, etc.?
2. What is one of your best childhood memories?
3. What advice would you give your 20-year-old self?

## *Resources*

The practice of life story writing is expanding as new generations with an interest in preserving their stories enter retirement. There are several resources dedicated to helping storytellers pass on their memories, including books, websites such as [alifeuntold.com](http://alifeuntold.com) and [your-life-your-story.com](http://your-life-your-story.com), and even community classes right here on the Peninsula.

## *Conclusion*

No matter how you go about it, the practice of recording your life story is sure to help you gain a deeper perspective on your past, as well as serve as a cherished gift to your loved ones that they can pass down to future generations.

# February 2023



# Sterling

## Activity Rooms

- BR—Bristol Room
- CY—Court Yard
- DR—Dining Room
- LB—Library
- LR—Living Room
- MV—Mt. Vernon Room
- PDR—Private Dining Room
- RR—Revere Room

- BRC—Burl. Rec. Ctr.
- SMSC—San Mateo Senior Center

## The Weekly

Check *The Weekly* for current updates or changes in schedule.

## The Daily

Check our main board for daily activities, located opposite the Front Desk.

## Scheduled Appointments

Transportation Provided Monday–Thursday

	Sunday	Monday	Tuesday
	<b>5</b>	<b>6</b>	<b>7</b>
	10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Frank Venturelli - Accordion 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 11:00–2:00 Covid 19 Test 1:00 Movie - RR 3:00 Eric Shifrin - Piano
	<b>12</b>	<b>13</b>	<b>14</b>
	10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 4:30 Super Bowl - RR 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 11:00–2:00 Covid 19 Test 1:00 Movie - RR 3:00 Michael Rabbino - Piano 4:30 Valentine's Day Special Dinner 7:00 Evening Movie - RR 7:00 Games - BR
	<b>19</b>	<b>20</b>	<b>21</b>
	10:00 Fitnessize - RR 10:45 Fitnessize - RR 11:30 Pancake Bingo - DR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 11:00–2:00 Covid 19 Test 1:00 Movie - RR 3:00 Jeff Wessman - Piano 4:30 Mardi Gras Special Dinner 7:00 The Mardi Gras Gumbo Band - LR 7:00 Games - BR
	<b>26</b>	<b>27</b>	<b>28</b>
	10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 11:00–2:00 Covid 19 Test 1:00 Movie - RR 3:00 Randy Johnson - Banjo 7:00 Evening Movie - RR 7:00 Games - BR

# ing Court Calendar of Events

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;"><b>1</b></p> <p>10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;"><b>2</b></p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Arts &amp; Crafts w/Mary - MV 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;"><b>3</b></p> <p>9:30 Donuts on Wheels 10:00 Shopping - Safeway &amp; Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Games - BR 2:00 Communion w/Father John 3:00 Alex Bootzin - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;"><b>4</b></p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>
<p style="text-align: right;"><b>8</b></p> <p>10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games -BR</p>	<p style="text-align: right;"><b>9</b></p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 2:00 Scripture Study w/Martha &amp; Rebecca - BR 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;"><b>10</b></p> <p>9:30 Donuts on Wheels 10:00 Shopping - Safeway &amp; Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 The EJ's Valentine Serenade - Piano &amp; Vocal 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;"><b>11</b></p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>
<p style="text-align: right;"><b>15</b></p> <p>10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Book Review - RR 3:00 February Birthday Bash 4:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games -BR</p>	<p style="text-align: right;"><b>16</b></p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Trader Joe's 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;"><b>17</b></p> <p>9:30 Donuts on Wheels 10:00 Shopping - Safeway &amp; Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Tom Shaw - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;"><b>18</b></p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>
<p style="text-align: right;"><b>22</b></p> <p>10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Ash Wednesday Communion w/Father John - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;"><b>23</b></p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 2:00 Scripture Study w/Martha &amp; Rebecca - BR 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;"><b>24</b></p> <p>9:30 Donuts on Wheels 10:00 Shopping - Safeway &amp; Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Kathleen Nelson - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;"><b>25</b></p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>

## Classes & Lectures

### Lecture Series with Dick McKee

*Dick McKee will host a series on Tuesdays at 11:00 a.m. in the Revere Room.*

### World Heritage Sites:

This course is taught by Professor Justin M. Jacobs, a history professor at American University, who has written many books especially on the history and culture of Asia.

- |             |   |
|-------------|---|
| February 7  | <i>Samarkand, Crossroad of Central Asia</i> |
| February 14 | <i>Ancient Egyptian Thebes</i>              |
| February 21 | <i>The Forbidden City of Beijing</i>        |
| February 28 | <i>Mount Fuji, the Symbol of Japan</i>      |

### Scripture Study

Thursdays, February 9 and 23 at 2:00 p.m. with Martha Saul and Rebecca Padulo in the Bristol Room. All are welcome.

### Library Book Review

The third Wednesday of the month, February 15, Cynthia from the Burlingame Library reviews books for us. You can also check books out and keep them until next month. Meet at 3:00 p.m. in the Revere Room.

### Arts and Crafts

Please come and join us in the Mount Vernon Room on Thursday, February 2 at 2:00 p.m. for a fun afternoon with Mary. Flower arrangements is our theme for this month, Mary will bring flowers from San Francisco Market. We will supply all materials along with help for whoever needs it. No experience needed!

## Wellness Support

### Manicurist/Pedicurist

Cindy Gonzales does fantastic work and is very popular. Call for appointments at 650-834-2878.

### Beauty Shop

Nina Delgado's hours are 9:00 a.m. to 5:00 p.m. on Tuesday – Friday. Call for an appointment at 650-863-0413. She does new-fashioned and old-fashioned hair styles.

## Program Highlights

### Super Bowl LVII

Come and watch the Super Bowl in the Revere Room. Wear your favorite football gear and root for your favorite team Sunday, February 12 at 4:30 p.m.

### Valentine's Day Special Dinner

Celebrate Valentine's Day with our special dinner prepared by Chef Denis and his staff Tuesday, February 14. Dining Room doors open at 4:30 p.m.

### Pancake Bingo

After a breakfast of pancakes and eggs enjoy a lively game of Bingo. The cost for Bingo is \$2.00 and includes a delicious breakfast. Sunday, February 19.

### Mardi Gras Special Dinner

Join us in the Dining Room for a Special Mardi Gras Dinner Tuesday, February 21 at 4:30 p.m. Laissez les bon temps rouler! (Let the good times roll!).

### The Mardi Gras Gumbo Band

Celebrate Mardi Gras with the Mardi Gras Gumbo Band, dress in green, purple, and gold. Tuesday, February 21 in the Living Room.

### Ash Wednesday

Father John will hold Ash Wednesday Communion and place the ashes on the foreheads of those in attendance in the shape of a cross in the Revere Room on Wednesday, February 22 at 1:00 p.m.

## Fitness & Exercise

### Chair Yoga with Holly Roser Fitness

Holly, John, and their team stress the importance of exercise for all stages of life but especially for seniors as regular exercise can help make you stronger, prevent bone loss, improve balance and coordination, improve your memory, reduce the symptoms of many chronic conditions, and boost your mood. Join the class every Monday and Wednesday at 10:00 a.m. and Friday at 11:00 a.m. in the Revere Room.

### Senior Fitness Video

This video is a completely balanced workout in chairs. The program incorporates Hatha Yoga techniques, gentle weight training, leg and abdominal strengthening, exercises to improve balance, stretching, deep breathing, and relaxation. Join us every day, please see "The Weekly" for more details.

### Nintendo Wii

Join us to play bowling with Nintendo Wii, some of the benefits include improving balance, coordination, and strength. Wednesdays and Saturdays at 3:00 p.m. in the Revere Room.

Please sign up for all events in the Activity Book located at the Front Desk

## Dmitry Karpinsky *(continued from the front page)*

Outside of work, Dmitry is the proud father of two daughters, one called Yana, who moved back to Moscow, and the other Natalie, in Seattle. Yana is an architect, married to an architect, and they have two children. Natalie is a registered nurse, married, and living in Seattle. "I'd like more grandchildren, but they keep postponing it," says Dmitry.

Dmitry also has some famous relatives. These include his great-grandfather Alexander Karpinsky, who was a prominent Russian geologist and mineralogist, and the president of the Russian Academy of Sciences. There is also his great-grandfather's cousin, Boris Alexandrovich Bakhmeteff, an engineer, businessman, professor of civil engineering at Columbia University, and the only ambassador of the Russian Provisional Government to the United States.

For relaxation after work, Dmitry rides his bicycle

almost every evening. He also loves swimming and used to swim a mile every day at the YMCA.

When Dmitry first came to work at Sterling Court, he wasn't sure what to expect, but he was grateful to meet happy people enjoying life. He takes pride in making sure that everyone gets to and from their appointments safely and on time. And after 11 years, he still loves his job.

### Would you like to be our next interview subject?

It's easy and it's fun! Simply tell Sarah St. Charles and we'll get rolling. Everyone has a story and we'd love to tell yours!



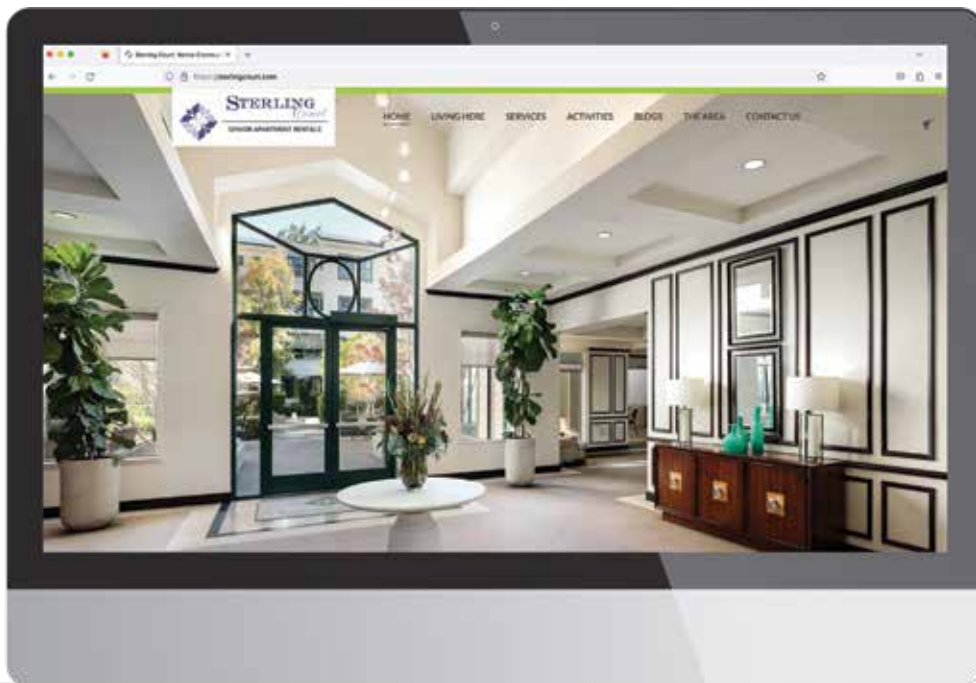
## BRAIN TEASER ANSWERS

2. E. These are the first letters of the numbers 1-7.

1. 3. The top number minus the bottom left-hand number is multiplied by the bottom right-hand number to give the number inside the triangle.

## Have you seen our new web site?

A fresh new update that shows off our new look! Spread the word.



# www.sterlingcourt.com



## Musical Notes

Enjoy a live musical performance on Tuesdays and Fridays at 3:00 pm in the Living Room.

### Friday, February 3

Alex Bootzin – Piano

### Sunday, February 5

Frank Venturelli – Accordion

### Tuesday, February 7

Eric Shifrin – Piano

### Friday, February 10

The EJ’s Valentine Serenade

### Tuesday, February 14

Michael Rabbino – Piano

### Friday, February 17

Tom Shaw – Piano

### Tuesday, February 21

Jeff Wessman – Vocal

### Tuesday, February 21

The Mardi Gras Gumbo Band

### Friday, February 24

Kathleen Nelson – Piano

### Tuesday, February 28

Randy Johnson – Banjo

## February Birthdays

February Birthday Bash will be on Wednesday, February 15.

- February 2 Eric Tang
- February 3 Ada Rideau
- February 5 Charlotte Leslie
- February 6 Becky Stafford
- February 9 Marilyn Chiappari
- February 11 Sally Bernstein
- February 13 David Donnelly
- February 16 Bernie Katz
- February 18 Carol Willard
- February 22 Ruth Rothman
- February 27 Bruce Belding
- February 28 Norma Siskin

## Welcome

Please give a warm welcome and introduce yourself to our new residents:

- #133 Thelma Gates
- #222 Jeannine Ryan
- #401 Del Karp

## Ash Wednesday

One of the holiest and most somber days in the Christian calendar is Ash Wednesday. This is the first day of the season of Lent in which Christians are called to repent and ponder their own mortality. Christians who observe Ash Wednesday pray and fast, as well as attend special worship services. The most important ceremony connected with the day is the imposition of ashes in which a cross of ashes is placed on the head of each worshipper. Accompanied by the solemn words, “Remember that you are dust, and to dust you will return,” these ashes are meant to be a reminder of the brevity of life, the need for repentance, and especially the suffering and death of Jesus on the cross.

In the Old Testament tradition, wearing sackcloth (rough, burlap type of material) and adorning one’s head with ashes was a symbol of humility before God, and an acknowledgement of sin (see Esther 4:3, Daniel 9:3, Jonah 3:6). In some of the earliest Ash Wednesday practices, those who had committed a particularly egregious sin came before a priest in tunics made from rough cloth or animal hair and had ashes placed on their heads. The

period of mourning for sins extended over the next 40 days, until Maundy Thursday (Thursday of Holy Week, the week before Easter Sunday), when they returned to the church to receive Holy Communion, a symbol of God’s forgiveness and grace.

