



Morningside Monitor

A CONTINUING LIFE® RETIREMENT COMMUNITY

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A NEWSLETTER FOR AND BY THE RESIDENTS OF
Morningside of Fullerton, California

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Dive into
Fun!



Help Yourself to Health

By Kyle Berrios, Fitness Instructor and Diana Blidy



Morningside offers its residents several great fitness classes and programs to encourage them to stay active and fit. Two of these great classes are the Friday Park Walk and Fitness for Health and Wellness.

The weekly Park Walk is a great opportunity to enjoy socializing while taking a walk in one of the local scenic parks to embrace the fresh air and the sights, sounds and smells of the great outdoors. Residents reenergize themselves by getting a change of scenery and being in the company of others, which is a great time to just chat and get to know one another better. The Residents who attend the Park Walk challenge their mind and body with new experiences and continue to improve endurance as they increase the

distance or speed of their walk. They improve balance by varying the walking route and learn to adapt to new environments as well. Not only does the Park Walk offer an opportunity to get some exercise, it gives residents the experience of discovering all that our local parks have to offer.

The Wednesday and Friday morning Fitness for Health and Wellness classes are also great opportunities for residents to exercise while having fun socializing with one another. These classes are designed to assist residents in establishing a comfortable exercise routine and to learn about important health topics, such as nutrition, stress management, fall prevention and how to exercise safely.

The exercises in these classes are designed to assist residents with becoming more limber by working all joints from the head to the toe. The exercises also increase energy and endurance by gradually increasing the amount, duration and intensity of the workout. Bones can become stronger just by participating in the standing weight bearing and strength training activities, and brain power can be increased by learning new exercises and learning to concentrate on performing movements correctly.

Fitness for Health and Wellness classes can also enhance balance by improving posture, strengthening legs, and by practicing standing, weight shifting and stepping activities. These classes also help maintain and even increase metabolism by building muscle—one of the keys to maintaining a healthy weight. Becoming more active helps one burn more calories, which helps to manage weight gain or loss. The key to managing weight is balancing how many calories one burns (physical activity/metabolism) with how many calories are taken in by eating.

The best prescription for preventing or managing health problems always includes exercise! The Fitness for Health and Wellness classes are designed for each individual to exercise at his or her own comfortable level. Residents are encouraged to start slowly and to learn which exercises are best for them and how to go about exercising safely. They are encouraged to not to push too hard at first and to give themselves time to build strength, endurance, flexibility gradually. When exercising, residents are instructed to give themselves permission to rest and/or to skip a particular exercise and always to work at their own pace or to slow down and take a break if they feel too tired or out of breath. Residents may try modifying the exercise movement by going slower or using a smaller range of motion if an exercise feels too uncomfortable or they experience a slight pain in a joint or muscle. People who care about their health are those who are dedicated to taking an active role in improving their health. Why not get started and Help Yourself to Health today!



Excavation Exclamation!!!

Did you know that the large, blue forklift on site is called a Pellibone? This telescope forklift is a multipurpose workhorse that is a rough and tough, 4-wheel drive machine that helps the framing work move along. The forklift pulls double duty with all its various attachments such as pallet forks, material loader bucket, an employee work platform and truss boom. Take a moment to watch this big, blue machine and its operator work as the framework of Lakeview Hall continues to go up.

Fitness at Morningside

By David Lowe



I thought I was in pretty good shape when I came to reside at Morningside. I had been going to the gym four days a week, which I continued at the Lakeview Hall Fitness Center, where Steve helped me lubricate my knees, and later at M-109. Most of the things that I read indicated that walking was a very good exercise, so I added a four tenths mile walk around Morningside Drive which I timed at 1.25 miles per hour. While recovering from a couple of bad falls, I took up Kyle's Berrios' Friday Park Walk class. I enjoyed these walks, but I was always the laggard in the park.

So after my last Park Walk, I followed Kyle to the tent for her fitness class. I first thought her simple exercises were easy, but I soon learned that they must have been scientifically designed to get each of my muscle groups in shape. Later, I tried Al Talberg's Tai Chi class and discovered that what looked like simple movements, were really that. Nothing complicated, but I still had difficulty keeping up with the class.

I later joined instructor Karen Nelson in her Move and Groove class. She found even more muscles to work with than in my first two classes. I thought that "swing and sway with Danny Kaye" would be fun and easy. But she found ways to make it challenging.

Then, I tried Kyle's Balance class. There I found that I could do a lot of moves if I had the back of a chair within easy reach to give me confidence.

I have heard that Yoga is a method to relax one's body. That will be my next challenge, but I bet that I will leave that class with knowledge of muscles, I never knew I had.

Karen conducts another movement class in the water. Her Aquafit class eases the strain of weight bearing on your joints.

It's been a week now since I got serious about keeping up with the Park Walk. All my body stiffness has gone and I am ready to help Morningside get me fit.

Movin' Right Along

By James D. "Jim" Young

Hector the Inspector snoops around at Morningside.

He likes to watch the people moving dirt.

He liked it when they busted out the walls at Lakeview Hall.

The real fun is that nobody got hurt.

Hector the Inspector keeps an eye on Hard Hat Harry.

He wants to know what this guy is about.

When Hard Hat put a fence around the place where he would work,

It wasn't done to keep the people out.

The fence is there to help the workers know where they should go
to spend the day in moving things around.

The residents can watch them through the knotholes in the fence.

We like to see them moving so much ground.

Hector the Inspector likes the tent out on the point.

It is there we have some wonderful events.

Huell Howser was a speaker there one lovely day in May.

The residents are really glad they went.

Dave Harbour is a Hard Hat guy whom everyone should know.

He oversees the whole construction team.

They tear things down, then build them up. That's how you do the job.

They never leave until the place is clean.

Well, residents of Morningside, we aren't disturbed too much.

We're hoping you are really having fun.

No one seems to be upset and when the job is finished

You'll really wonder where the time has gone.