



Morningside Monitor

A CONTINUING LIFE® RETIREMENT COMMUNITY

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Morningside of Fullerton, California

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Does August Have a Holiday?

By David Lowe



The month of August was named for Roman Caesar Augustus, who dedicated the month to Queen Cleopatra's birth month. August is the only month that does not have an official United States national holiday.

I used to think that August might be the only month that did not have any holiday at all. Then I did some research which warmed my heart for August.

The month starts off well with Respect for Parents Day on the first. But then it goes from good to bad on the second with the anniversary of the first Income Tax in 1861. Holiday makers then redeem themselves on the third with

National Watermelon Day.

Morningside has a plethora of residents who celebrate birthdays and wedding anniversaries during August. Let us wish them all well. I also feel sure that the Morningside Food and Beverage Department will pay homage to August as National Catfish Month by serving double orders of Hush Puppies with the fish entree.

The thirteenth of August hails the celebration of Left Handers' Day, which falls on Saturday, not on Friday, this year. Lastly, the twenty fifth is designated as Kiss and Make Up day. Let us all lobby to have this holiday moved to appear earlier in the month.

Friends and Neighbors

Welcome to **Arby and Helen Moore**, who have recently moved to Morningside from Fairway Village. Helen is the sister of Ruth White, another recent arrival at Morningside.

Arby was born in Los Angeles, and grew up in El Monte and Walnut. He attended high school in Hayward, in the Bay Area. He returned to Southern California to attend Los Angeles Baptist College, where he majored in business. He and his wife had three



sons and one daughter. His daughter is a nurse at Los Angeles Children's Hospital, mostly in management. One son is an electrical contractor in Upland, and the other is a window and door installation specialist in Tustin.

He was employed for several years at CF Braun, working with IBM punch cards. He soon went into management. He also worked at a commercial air conditioning company for 11 years, then spent the rest of his career at Burroughs in West Covina. Arby ran computer main frames, but he does not enjoy personal computers.

Helen was born and grew up in Long Beach, attending Long Beach Poly High School and Long Beach City College. Before she earned her AA degree, she married and had three children. When they were grown, she went back to

college and earned her degree.

Her career was being a mother and nurturing her children. She also did a lot of volunteer work along the way. Her daughter is a certified midwife in Yakima, WA. Her elder son is a software manager in St. Louis, MO and her younger son is a fire captain in Abilene, TX.

Both Helen and Arby were widowed, then met and married 13 years ago. At the time of their marriage they had between them 21 grandchildren, all but one of whom attended the wedding. They now have eight great grandchildren, with another one expected soon.

Arby and Helen have traveled extensively in their motorhome, touring most of the United States and a part of Canada. Currently they belong to a RV club and go on outings once a month.

Helen likes to read, knit and crochet. Arby enjoys reading and working jigsaw puzzles. Both have enjoyed gardening, but now their garden is located on the patio outside their living room!

The Moores like Morningside very much. The residents and staff are so nice and friendly. They are now beginning to feel at home.

By Virginia White

A stone statue of a winsome little girl with uplifted hands resides beside the front door of new resident **Helen Dearden**. One day some pennies appeared in the little one's hands. Soon they were replaced with shiny new pennies. Helen wants to thank the "Penny Fairy," whoever it is, for making her feel welcome at Morningside.

Moving here from Balboa

Island, Helen has been struck by how easy it is to make new friends at Morningside.

"There are such interesting people living here," Helen observed, "including my long-time friend Delta Murphy, who gave me the



little stone statue many years ago."

Helen was born in nearby Corona, California, but grew up in Tonopah, Nevada. Tonopah was a mining camp then, where her father headed the local power company. There were only 18 in her high school graduating class, but that didn't deter her from attending UCLA, where she majored in Theater. After graduation, she began working at Paramount Studios. Some friends from college introduced her to the man she married shortly afterwards, Dick Dearden.

Dick was also from southern California and a graduate of UCLA. He joined Dearden's, the family furniture business, following his time in the service. His connection with the store proved useful after Helen and he were married. He was able to barter furniture for an apartment at a time when housing was in very scarce supply.

Dearden's is still a family-owned business having recently celebrated its 100th birthday. Helen proudly displays a replica of Dearden's first delivery wagon on

Friends and Neighbors (cont'd)

her coffee table.

Helen became a stay-at-home mom after she and Dick had two girls, five years apart. Today eldest daughter Robin and her husband live in Sherman Oaks and are parents of Helen's granddaughter Taylor who will enter USC this fall.

That should lead to some interesting family get-togethers! Helen's other daughter Diane and her husband live in Irvine and often come to Morningside for weekend visits.

Because of her husband's love of travel, Helen has seen most of the world. They especially enjoyed

cruises. Since her husband passed away more than fifteen years ago, Helen and her family have enjoyed cruising together. A family cruise to Mexico and northern California is planned for this fall.

By Debbie Hancock

Morningside Beautiful!

By Diana Blidy



All year long, the grounds at Morningside of Fullerton are bursting with color and lush foliage. It was with great pride and much excitement that Morningside's staff and residents recently learned that our community was awarded the prestigious Fullerton Beautiful Award in recognition of the campus' beautiful landscaping.

The concept for Fullerton Beautiful began in February of 1984 when a group of citizens, concerned with the appearance of Fullerton in anticipation of hosting of an Olympic event in the city, met to form a committee whose slogan was "Spruce Up, Fullerton, Company's Coming" Plans were made to add landscaping at various public sites and to sponsor a city-wide clean-up day. Fullerton Beautiful was established in 1985 as an outgrowth of the original committee. Currently a locally-based, non-profit organization, the group's mission includes providing an avenue for those interested in local environmental issues, initiating, promoting and supporting projects that provide sustainable landscaping to beautify the City of Fullerton, and to educate residents of all ages of the importance of caring for the planet, beginning with our own community.

The extensive landscaping throughout the Morningside community includes numerous trees and flowing plants and a re-designed interior waterscape that features tumbling waterfalls, a relaxation area and a spectacular dancing waters show, which entertains residents and guests at noon, 3:00 p.m., 5:00 p.m. and 6:00 p.m. daily. Congratulations to Morningside of Fullerton for being awarded this honor.

Road Trips in August

Monday, August 1: The Pageant of the Masters in Laguna Beach

Departs MSF: 6:15 PM.....Cost: \$71

Friday, August 12: The Orange County Fair

Departs MSF: 11:30 AMCost: \$15

Thurs. August 18: The Kutturam Chamoru Luau Show and Dinner

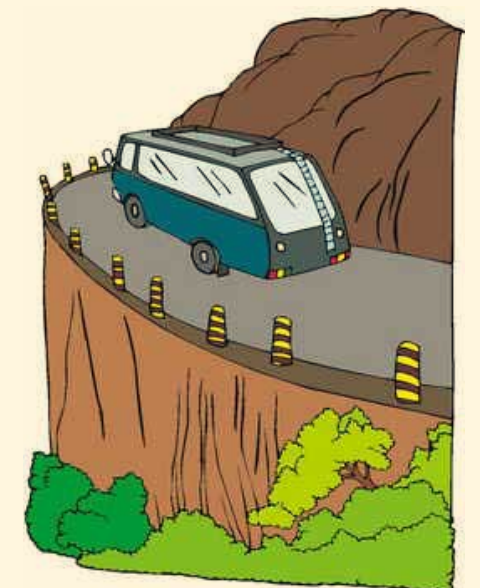
Departs MSF: 5:45 PM.....Cost: \$41

Tuesday, August 23: Chocolate: The Exhibition

Departs MSF: 9:30 AMCost: \$16

Wednesday, August 31: Sunset at the Beach

Departs MSF: 6:00 PM.....Cost: \$8



Meet the Wellness Center Staff

By Virginia White



Have you visited the Wellness Center in Lakeview Hall? It is staffed by two fitness experts who have many years experience in their respective fields, Dianna Smock and Steve Hernandez.

New to the Morningside staff is Wellness Center Coordinator Dianna Smock. Dianna grew up in the California town of Trona, near Ridgecrest. She attended schools in Long Beach, and graduated from San Diego State University with degrees in Gerontology and Kinesiology. She been married for 11 years and has a three-year-old daughter, Emily. She and her husband have enjoyed extensive travelling through most of the continents.

Dianna's areas of responsibilities include assisting with expanding the community's Wellness program to incorporate all aspects of the wellness spectrum, developing additional quality programs, instructing classes, and seeing that all classes are staffed. One new activity that she oversees is the Wii Bowling Class which meets on Tuesday and Thursday afternoons. She is also planning to add an additional walking group and balance class to the fitness schedule. Dianna also handles appointments for spa services and will occasionally assist in escorting some of the off-campus trips.

Fitness Center Coordinator Steve Hernandez, has been at Morningside for nearly ten years, developing individual exercise programs for residents. He assesses the capabilities of each person and confers with them when it is time to increase the level of challenge. He works extensively with residents who have been hospitalized and have been in physical therapy, continuing with the program which has been successful for them.

Steve has a Bachelor's Degree in Kinesiology from California State University, Fullerton. His experience includes 14 years as a fitness instructor with the North Orange County Community College District, and in community based programs in Laguna Woods and at Rio Hondo College. He enjoys working at Morningside and with the community college district. He is happy with the new expansion of the Fitness Center and is planning to add some more challenging classes to the fitness curriculum, including a stepping class.



Get in Line for Line Dancing

By Diana Blidy

The new Line Dancing class at Morningside is the perfect place to kick-up your heels, have fun and get in a little exercise all that the same time! Kyle Barrios, the instructor for the class, teaches a variety of simple and fun line dance routines designed for the enjoyment of all who attend. The group learns a variety of movements and dance steps which are put to music, creating an entire dance routine. In addition to learning the dance steps, the class also focuses on wellness and healthy lifestyle issues that residents can incorporate in their daily life. The class is open to both men and women and is held on Tuesday mornings at 10:00 a.m. in Lakeview Hall.



Renovation of the Fullerton Public Library

By Nancy Lee



WOW! All I can say is WOW! When you first enter the newly renovated Fullerton Public Library you are immediately struck by its openness. It is bright, cheerful and inviting. There is a friendliness that makes you want to wander among the stacks, pick out a book, then settle into one of the many comfortable chairs scattered throughout the library and read until your heart is content.

Gone are the dark book shelves, dark stone columns and dark corners. Soft light colors have changed all that. When entering the library, visitors can now see through to Commonwealth Avenue, for a series of large windows have been added to once dark walls, making the whole library seem light, bright and airy.

The computers that once dominated the front entrance now have their own area on the upper level, which also houses the new teen area. The room is cheerful, brightly painted and, above all, a good place to sit and study.

The Local History Room is now located on the main level and is so inviting it makes you want to go in and learn more about those ostrich farms and the elephant races at California State University, Fullerton, that are a part of Fullerton history.

The Friends of the Library, a committee on which many Morningside residents serve as active volunteers, now have a bookstore next to the Launer Room. There are a number of categories and books to peruse and books are reasonably priced. Go in and browse. Who knows, you may find that special book you have always wanted.

The new addition, the Conference Center, has been set up so that it can still be used for all sorts of occasions when the library is closed. The electronics are amazing!

Come in and browse the book stacks. Pick out a book or two and then check them out at the new self-checkout area.

I could go on and on, but honestly, I think the Ringmaster at a circus I went to many years ago said it best. "Ladies and Gentlemen, what you are about to see will amaze, delight and dazzle you." You will want to come back again and again.

The Sixth Month of the Roman Calendar

By LeNelle Cittadin

The month of August is the eighth month of the Gregorian calendar. It is the last month of the summer season as well. It seems that after all the activity of the previous seven months, a period of rest, or, at least, a slow down and rest from the frenetic activity is called for.

August was not always the eighth month of the year, nor was it always called August. The Roman calendar was established with only ten months and August was called "Sextillion" since it was the sixth month of the year. How can that be? The first month of the calendar was March! How could that be? January and February did not count. They did not exist. The Roman calendar had only ten months. It started with March when it was time to plant the seed for the next agricultural crops and the calendar ended with December when the harvest was completed.

What about January and February? They were non-existent until Julius Caesar came along. He created a twelve-month calendar based on the lunar cycle and attempted to fit it into the solar cycle. The goal? To have a calendar that was synchronized with the solar cycle and always has the agricultural cycle beginning with the same month of the year. It worked.

There were twelve lunar cycles, almost, in one solar cycle. January and February were added and the New Year was to begin on January 1. Thus, August became the eighth month of the calendar. The seventh month was called July, named after Julius Caesar. The eighth month remained "Sextillion" until later when it was decided it should be called "August" after Augustus Caesar, who had at one time had the name 'Octavian'. Thus the eighth month of the calendar became August but only had 30 days and July had 31. If Julius Caesar had 31 days, Augustus Caesar should have 31. So the calendar was changed to also give August 31 days. "Thirty days hath September, April, June and November. All the rest have thirty-one except for February, which has 28...."

Blue

By Virginia White

Cool blue sea
Below azure sky
Shelter life within.

Blue mood
Uplifted by soothing sound
Waves lapping on the shore.

Blue morning fishing trip
Catching two, while older
Queasy Sea Scouts fail.

Blue Calico Bass
Bring the taste of fresh catch
Home for dinner.

Navy blue sky,
Constellations to identify...
...A good day with Dad.



He comes from a fine family, but he
is nothing but a snake in the grass.