



Morningside Monitor

A CONTINUING LIFE® RETIREMENT COMMUNITY

DECEMBER 2011

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

VOLUME TWENTY
ISSUE TWELVE

*Happy
Holidays*



Friends and Neighbors

Welcome to **Chell Bosson**, who comes to Morningside from Laguna Hills. He was born in Cannon Falls, Michigan, where he lived until he was 14 years old. His father was transferred to Sweden where the family were to remain until 1938.

World War II broke out and the family was trapped in Sweden, with Germany on one side and Russia on the other. In 1943 he



had to register for the draft at the American Embassy, but couldn't be drafted because he couldn't leave the country.

After the war ended, Chell enlisted in the United States Army and served in the Army of Occupation until 1948. He was a member of the Honor Guard at the Supreme headquarters of the Allied Expeditionary Forces in Frankfurt, Germany.

Following his service in the Army, he returned to the United States and enrolled in the University of Michigan, where he graduated with a degree in mechanical engineering. He was employed by North American Aviation, where he worked in the aerophysics lab

in Downey. He stayed with the firm through all its transitions as Autonetics, Rockwell International and Boeing. During his last 10 years at Rockwell he lived in La Mirada, where he served as Public Works Administrator.

Chell retired in 1985 when Rockwell merged with Boeing. At his retirement, he was Superintendent of Research Engineering. At that time he relocated to Laguna Hills.

Chell has three adult children who all live in Ojai. His second son moved there first, then persuaded his sister and older brother to settle there as well. Then they convinced their mother, Chell's ex-wife, to live in Ojai also. Family get-togethers are easy!

Chell has traveled to 50 countries, including all the countries of Europe except Albania. His other hobbies in addition to travel include photography, computers and listening to music.

When asked his opinion of Morningside, he replied ... "it's a beautiful place, with lots of opportunities for leisure activities, and delicious and varied menus., with excellent management and organization."

Chell explained that his name is a variation of a family name, Kjell, pronounced "Chell".

By Virginia White

Morningside welcomes **Warren Bowen**, a long time resident of Fullerton. Warren was born in Casper, Wyoming, then moved with his family to California in the early 1930's.

Warren graduated from Fullerton



High School and Junior College, and entered the Navy V-12 program. While in the Navy, he saw a number of naval battles. At the end of WW II, he was with the first navy group to occupy Tokyo.

He received his bachelor degree from Occidental College and M.A. from Cal State Fullerton, then attained some post-graduate work.

He spent ten years in business, taught economics and was a career guidance counselor for the Fullerton High District. He directed the evening Adult Education program in the Fullerton area for North Orange County Community College district.

Warren's community involvement is extensive. He has been Red Cross blood program chairman, a founding member of the first Fullerton Arboretum Commission and chairman two years. He has been president and is current board member and historian for the Friends of Fullerton Arboretum. He has served on the Fullerton Heritage board, and is a founding member of Fullerton Interfaith Emergency Services, where he is currently on the board. He is an active member St. Andrews Episcopal Church. Warren is a former member of the Fullerton College Foundation. He

has also been a City of Fullerton Centennial Committee member, writer for the Fullerton Observer, and is a Life Member of the Orange County Master Gardeners.

Warren has three children, Chris Bowen, Dan Bowen and Teresa Bowen Thomas. There are five grandchildren, and the first great grandchild is expected in April.

His hobby is his dog Charlie, as well as various community activities. Warren, with his late wife Jeanne, visited 15 US national parks and monuments. They cruised throughout the world. Turkey was their favorite place, because, while the children were in high school, the family hosted a foreign exchange student from Turkey, and they later visited his country.

Warren observes that the staff and residents are very friendly.

By Joyce White

We welcome **Louise Putnam** who came to Morningside after living twenty-three years in Laguna Hills. She chose this retirement community at the recommendation of longtime friends Apple King and Les and

Betty Nelson, and also because she had lived in Fullerton for thirty years prior to moving to Laguna Hills.



Louise was born in Hankow, China, (500 miles up the Yangtze River) where her father opened up an office for the Dollar Steamship Company, later to become the American President Lines.

Because her father replaced the various managers in the Orient as they returned to the States on home-leave, the family was constantly on the move and Louise attended schools in Kobe, Yokohama, Manila and Singapore, always returning to Shanghai their "home post" and the Shanghai American School. As

a little tot, she was taken to school every day in her own rickshaw.

Her high school years were spent as a boarder at Brent School in Banhio, a pine-covered mountain school in the Philippines. The family was fortunate indeed to have their home-leave in July of 1941, avoiding the internment by the Japanese in Santo Tomas in Manila.

Louise graduated in Pacific Basin Studies from the University of Oregon in Eugene. Both her children were born in Portland: a son, who is now an attorney, and a daughter, who is now a financial manager in Washington, D.C. Louise also has two adorable granddaughters.

Louise has enjoyed her life in Southern California, raising a family and being involved in numerous community charitable and volunteer organizations and fundraisers. She has traveled extensively through the years and attended many reunions and loved rekindling old friendships.

Her interests at present have dwindled to attending plays, enjoying movies, and watching the Lakers. She also enjoys reading, playing bridge, eating and people!

By Vi Johnson

October 2011 Putting Tournament

By Jim Richards



The photo is of the tournament winners, Jim Richards, left, 3rd Place, Marty Elenbaas, center, Champion, and Loren Grandey, right, 2nd Place.

30 residents entered this unisex singles tournament, 16 men and 14 women. 78 matches were played in four weeks. Each entrant played four matches for lowest average score to make the cut of 16. Etta Monson and Ortrud Kent had the lowest averages. An elimination round for the 16 lowest completed the tournament, with the winners in the photo.

The tournament hole-in-one derby was won by Trudy Elenbaas, Loren Grandey, and Joyce White, with 7 holes-in-one each. Everyone enjoyed our excellent putting green."

Living In Action

News from the Morningside Wellness and Fitness Center

The holidays are quickly approaching and trips to visit family and friends are being planned. Whether you will be driving locally or travelling a greater distance, driving safely should be a primary concern. Loss of strength, coordination and flexibility can make it hard to control your vehicle. People who keep track of these and other age related changes may be able to take steps to improve them and/or adjust their driving habits so they are safe on the road. Here are 10 tips from the International Council on Active Aging to help keep you driving safe now, and year round.



Dianna Smock

1. Get your vision checked every year. It is important to have eyeglasses with the correct prescription or treatment for age-related eye conditions. You need to see in front and on all sides when behind the wheel.
2. Get your hearing checked every year so you can hear sirens and other automobiles.
3. Talk to a pharmacist or physician about the medications you take. It's the best way to find out if any drug, or the interaction between two drugs, will affect your driving ability.
4. Do flexibility exercises for your neck and spine. These will help you look to the side and behind you.
5. Stretch your shoulders. It will help with turning the steering wheel and backing up.
6. Keep your feet and ankles limber. The flexibility helps with working the pedals.
7. Stay fit. Upper body strength helps turn the steering wheel and supports reaction speed. Lower body strength helps you push the pedals and get you in and out of the car safely.
8. Help your eyes stay in practice by watching sports with a lot of action, reading, working puzzles and playing games like ping pong where you have to follow the ball.
9. Take a refresher driving course. You can learn a few new tricks, be confident in the skills you already have, and find out about resources for older adult drivers. Your insurance company may even give you a discount after completing a course.
10. Get plenty of sleep. You already know this one! Being well rested is good for your eyes, your body and your mind. All the things you need to be a safe driver.

Steve's Fit Bits

For those of you who will be driving for the Holidays, upper body flexibility, in particular the spine, shoulders, and neck are important areas to pay attention to. You have to be flexible in order to safely turn and look over your shoulders while driving, and in many cases the DMV will even test your ability to look over your shoulders. Here are a few stretches and range of motion exercises to help maintain your upper body flexibility:



Steve Hernandez

EXERCISE I: Sit comfortably with your shoulders over your hips, chest up and shoulders slightly back. Slowly lift your head slightly toward the ceiling. Turn your head to your right shoulder then lower your chin to the shoulder. Repeat the process up and over to the left shoulder. Repeat 10-15 times twice a day.

EXERCISE II: Lift your shoulders up to your ears, pause then rotate your shoulders back pinching your shoulder blades together, pause then relax. Repeat 10-15 times twice a day.

EXERCISE III: Place your hands on your hips, slowly rotate from the hips to the right (your shoulders should follow your hips), pause then rotate to the left. Repeat 10-15 times twice a day.

As always, if you experience pain or dizziness STOP THE EXERCISE. Check with Steve or Dianna in the Fitness/Wellness Center if you have questions regarding these stretches. We wish you safe driving for the Holidays.

Volunteers Are Appreciated

By Diana Blidy



Back row from left to right: Dick Kratz, Bill Snyder and Jim Young
Front row: Barbara Stepp and Dottie Young

Morningside is a very special place to work and live! The campus is filled with residents who are active, intelligent, vital, and caring individuals who are always ready to give of their time and talents for the benefit of everyone who works and resides at Morningside and ParkVista.

On the evening of November 16, Morningside volunteers were honored with a recognition dinner held in the Crystal Terrace Dining Room. Deidre Kinsey and Justin Wilson thanked each resident for their individual efforts and dedication to the well-being of each member of the Morningside/ParkVista community. Each volunteer received a small gift from the Community Life Services Director as a token of appreciation. Four of the attendees present received the distinguished Resident Council Honor Roll Award for their volunteer service during the year 2011. With sincere appreciation this award was presented to Max Muller, Dottie Young, Bill Synder and Jim Young. Also, sincere congratulations are extended to Barbara Stepp, recipient of the Crystal Award, and to Dick Kratz for receiving the prestigious Hallmark Gold Award.

Those who volunteer bring joy to others, and, in doing so, bring joy to themselves. A person who volunteers is a happier, healthier person. Being needed, being useful, being active not only contributes to a person's overall well-being, but fills them and others with a glad heart. "No one is more cherished in this world than one who lightens the burden of another." Thank You.

Readers' Theatre

By Virginia White

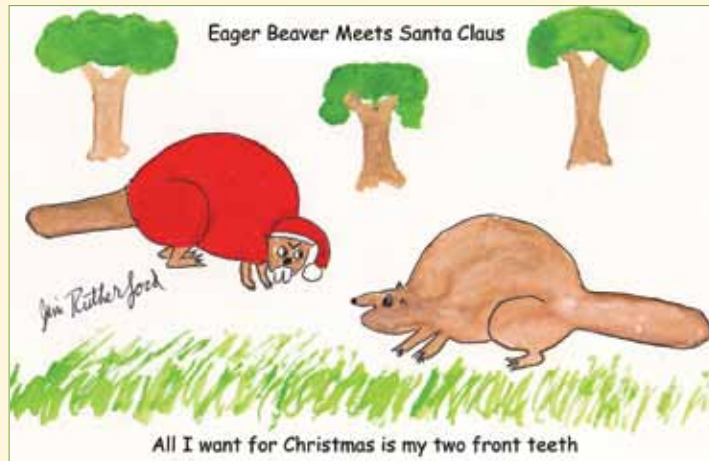


Members of the Readers' Theatre Group practiced for three months with plans to present two one-act plays during a performance for Morningside residents scheduled for the month of September. After considerable thought and many rehearsals, the cast decided that performing both plays together would take over two hours to present and that the "bottoms of our audience could not stand so much sitting!" Wisely, a suggestion was made to present the two plays separately, one in September, and the other in November.

The first play, titled "St. Martin's Summer", was performed on September 30, a Friday afternoon. The play was well received and the audience enjoyed the tender story of two lovers who, after being apart for over 20 years, were surprisingly, and sweetly, reunited.

The second play, A Western melodrama titled "The Pony Express—or How the Villain Came to a Grinding Halt", was performed on the afternoon of Sunday, November 6. On the day of this performance, the cast showed up in Lakeview Hall dressed in costume, with scripts, coffee mugs and hats in hand. They were eager to get the show on the road and please the audience. The sign holder raised the "Cheer", "Boo", "Aww", and "Applause" signs, at the appropriate times during the recitation, to which the audience responded enthusiastically. The play went without a hitch and everyone had a great time.

Other Readers' Theatre productions are being planned for the future. Residents interested in participating in the Readers' Theatre shows may contact the Activities Office for audition dates and times.



Road Trips in December

Thursday, December 1: Kodachrome Christmas

Venue: Brea Curtis Theatre in Brea

Cost: \$32

Friday, December 2:

Colorful Songs of Broadway: Happy Holidays

Venue: Almanzar Court, Alhambra

Cost: \$65

Sunday, December 4: Christmas Is!

Venue: Citrus College Haugh Performing Arts Center

Cost: \$28

Monday, December 12: Reagan Library Tour

Venue: Ronald Reagan Library, Simi Valley

Cost: \$22 with lunch on own

Monday, December 12: Community Concert

Venue: Methodist Church, Fullerton

Cost: \$6 for bus transportation

(series ticket pre-purchase required)

Thursday, December 15:

Holiday Shopping Trip

Venue: South Coast Plaza and Rodgers' Gardens

Cost: \$8 for bus transportation

Sunday, December 18:

Wonderful Christmas Carol

Venue: Great American Melodrama Theatre, Long Beach

Cost: \$28

Monday, December 19:

Holiday Lights Tour

Venue: Local City Lights

