



# 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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## Friends and Neighbors

**W**e welcome **Louise Maraist**, who came to Morningside after living thirty-six years in San Clemente. Although the move meant leaving a hilltop house with spectacular views of sunsets and the ocean, it has also provided several pluses—she now lives near her niece, Gloria Rice,



a Morningside resident, and near her granddaughter Jennifer, who lives in Anaheim Hills. She also has the assurance that several levels of health care are available should they be needed.

Louise was born and raised on a one-acre farm in Whittier, the youngest of eight children. Mornings she fed the chickens before climbing on a yellow school bus.

During her school years she especially enjoyed sports and business classes. One of her high school teachers was Pat Ryan, better known later as Pat Nixon, the wife of our thirty-seventh president. Louise remembers Miss Ryan as a strict but efficient instructor of

shorthand and typing, typically dressed in pleated, plaid skirts and twin sweaters.

After graduating from high school, Louise attended Fullerton Junior College where she again concentrated on business subjects. She met and married a former classmate, Raymond Crawford. Raymond joined the Air Corps after Pearl Harbor and got his wings. Fourteen months later, they had a baby boy, Raymond III. Louise was able to stay with her husband for five months. Then he was sent to England, flew as a bombardier on B-17's but sadly, was killed. Louise returned to Whittier to live with her mother.

A very different segment of her life came after a friend introduced her to William (Bill) Maraist, a divorced man with a son and daughter, eight and nine years of age. (Raymond III was four at the time). Bill worked as a detective for the Los Angeles Police Department, a career that was to last thirty years.

The two married and formed one happy family. Louise was a stay-at-home mom during the early years of their marriage. At present, the three children are retired and living in Palm Desert, Laguna Niguel and North Carolina. Louise is proud of the accomplishments of all three.

After Bill's and Louise's own retirement, they enjoyed a variety of travels, both on cruises and on their own. Avid golfers, several of their tours they selected were with golfing groups. Bill passed away in 2004, after a marriage of 57 years.

Asked what she likes about Morningside, Louise says she appreciates the way the maintenance

staff is so responsive to requests. She likes the people and the food. Above all, she and her family believe she lives in a secure community where every resident is important.

By Vi Johnson

**H**arvey Rupp was born a Minnesotan, in a small town just north of Iowa. He doesn't remember much about that time, for his parents moved to California with him and his three brothers when Harvey was just a year old. The family first settled in Long Beach, just in time for the 1933 earthquake. Their home had little damage, but it took his mother quite a long time before she could sleep comfortably at night again.

Harvey grew up in Southern California, graduating from Long Beach Poly High School. After



graduation, the Depression was in full swing so Harvey joined the Civilian Conservation Corps (CCC). His CCC station was located in the high sierras. His main chore was to dig up gooseberry

## Friends and Neighbors

plants by their long roots. He also had occasional chores as a cook.

Harvey left the CCC after one year. A week after returning home, he received a letter from the draft board. He had dug enough holes in the mountains, so to avoid digging holes in the Army, he joined the Coast Guard.

He was first stationed in San Pedro. Then he met and married his lovely wife, Betty, and later, their son, John was born. The Coast Guard needed a cook at Long Beach, so they sent Harvey to cooking school in San Diego. After that, Harvey was sent to San Francisco to board a ship for the South Pacific. He was very seasick for the first three days aboard ship!

After enduring thirty days of rough seas, Harvey found himself in New Guinea on a Landing Ship Tank (LST). His ship supported MacArthur's Island, hopping north in the Pacific, going in close to the beach, releasing tanks, armored vehicles, artillery, fuel and supplies.

Harvey doesn't remember how many islands they liberated, however, he does remember the Philippines, and the end of the war when Kamikazes almost sank his ship. On V.J. Day, the entire Navy lit up at night!

Harvey returned home to Betty, his son, John, and his baby daughter, Virginia (Ginger). He built homes in Long Beach and in Downey while going to work for Texaco. Harvey then ventured south to Fallbrook, bought a ten-acre farm and planted one thousand avocado trees. That was before Aqueduct and Colorado River water reached Fallbrook. He eventually lost half

his orchard to drought, but kept the farm. He moved back to Long Beach and to work for Texaco while his children farmed in Fallbrook. Harvey still owns the farm today.

Harvey's daughter, Ginger, now lives in La Habra Heights, while son John is a Marine Biologist living in Seattle. Harvey was introduced to Morningside by his friend, and Morningside resident, John Kline.

Harvey thinks the food at Morningside is excellent, which, from a professional, is a tribute to the Morningside Food and Beverage staff. Harvey gets his exercise in his daily walks around the beautiful Morningside campus and by walking to the nearby shopping center. It's a pleasure to welcome Harvey to Morningside!

By David Lowe

**W**elcome to new resident **Ruth White**. Ruth was born, raised and went to school in Long Beach, California. After graduation from Long Beach City College, she planned to attend UCLA, but her plans went awry when she got married instead. Her husband, Cedric, was a real estate appraiser. They moved to Anaheim in 1958, when real estate was booming. He was very busy, with recently opened Disneyland attracting so many people.

In 1980, after the children had grown up. They moved to Fairway Village, almost across the street from Morningside. He is now a resident in a nearby nursing facility. The three children all live nearby, one in Fullerton, one in

Placentia and the other in Yorba Linda.

The Whites had a motor home, which they used to travel all over the United States. They took it to Alaska four times. In 1980, they took a trip to Europe, where they attended the Passion Play in Oberammergau in Germany. Their tour took them to eight countries



in all, including Holland, Belgium, France, Italy, Switzerland, and Luxembourg.

Ruth now has a small RV, and she goes on an outing once a month with her RV club. Her children all have motor homes, and they all take a trip together every summer.

In addition to travel, Ruth enjoys reading, golf and gardening. She works at her son's office, doing bookkeeping one day a week.

When asked her opinion of Morningside, she replied, "I like it very much. The people are all so friendly." Ruth's sister and brother-in-law will be moving in soon.

By Virginia White

# Fountain Fanfare at Morningside

By Diana Blidy



Lights, music and dancing waters! The newest addition to the Morningside landscape is a beautifully designed natural pond flanked by lush greenery, colorful flowers and two natural rock formations whose cascading waters fall gently into the pond's depths. In the middle of this lovely water feature is something very special, something that residents have come to anticipate with great enthusiasm each day. At the stroke of noon, and again at 5:00 in the evening, lights come on in the middle of the pond and soon music is heard and sprays of water from several fountains located at the bottom of the pond burst forth to "dance" in rhythm to the music.

Dancing Waters fountain is programmed to play one of twelve musical selections twice each day, and the length of each show time varies with the recorded length of each musical selection, so that each day, the fountain plays a different song and for a different length of time. Part of the fun of the musical fountain is the anticipation of which song will be showcased on any given day! The musical selections vary in length from "Rhapsody in Blue" at nine minutes, thirty seconds, to Beethoven's "Ode to Joy" at two and a half minutes. Other musical selections one might hear on any given day are: "The Blue Danube", Olympic Fanfare", "Chariots of Fire", "Memory", Clair de Lune", "Bolero", "Canon in D", "When you Wish Upon a Star", a selection from Tchaikovsky's "The Nutcracker Suite", and John Philip Sousa's "Stars and Stripes Forever". Each musical piece was individually selected and intricately programmed to be in synchronization with the water sprays and fountains. The end result is a beautifully choreographed water show that delights residents and guests each day. Come and see for yourself the beautiful dancing waters at Morningside.

## Park Walk

By Harriett Nichols



We've all heard the expression, "It's just a walk in the park," meaning something easy to do. Every Friday, Morningside residents catch the Morningside bus at 8:00 a.m. sharp and go to a park to walk. All park entrance fees are covered by Morningside and there are five different parks that the group visits, one each week in a rotating cycle. The parks are Craig Park, Tri-City Park, Carbon Canyon Park and the Arboretum at California State University, Fullerton. How fortunate it is to have so many beautiful parks close by the Morningside campus!

The group of people that enjoy the Park Walk is made up of both slow and fast walkers. People can join in the walk and do so at a pace most comfortable for them. The ride on the bus to the various parks is

almost as much fun as the walk itself—lots of joking, kidding and laughing. The group walks for a little over a half hour and returns to Morningside by 9:00 a.m.

So, come join the fun! It's as simple as a Walk in the Park!

## Going to Park Vista?

By Virginia White



What happens after your stay in St. Jude Hospital? In many cases, you will be transferred to Park Vista for convalescence and therapy. A recent conversation with Denise Bartley, Director of Admissions at Park Vista, answered many of your questions.

If your hospital stay has been scheduled ahead of time, you should notify Peggy Chestnut, Morningside's Director of Resident Services, and she will consult with Denise. While you are in the hospital, a social worker will be in contact with you. That person will notify Denise when you are ready to be sent to Park Vista. Your records will come with you, as well as therapy instructions you may require to help you to get back on your feet. If it is medically necessary, you will be transferred by ambulance at no extra charge.

When you arrive at Park Vista, there will be forms to fill out including a standardized consent to treat form, Patient's Bill of Rights. You will also receive information regarding laundry, telephone and other details. The length of your stay will depend on your condition and speed of rehabilitation. Denise's assistant, Pat Richardson, is available to answer your questions.

Before you are returned to your home, Lisa Sherman, the discharge planner, will send a therapist to your home to see if any modifications are necessary, such as having to remove throw rugs or to eliminate any other possible hazards. On the day of your discharge, a nurse will go over your instructions, determine whether you need medications, and see what method of transportation you require. Morningside Resident Services staff is also apprised of your condition and will offer any necessary assistance.

There will be a presentation on the procedures for Morningside residents in the near future. Look for an announcement in the Monitor calendar, the Happenings, or on Channel 95/995.

## The Month of the Rose

By Lanelle Cittadin

June is the sixth month of the Gregorian Calendar—the month of the summer solstice in the Northern Hemisphere. The summer solstice is the longest day of the year and had a very special significance in ancient times. The ancient peoples considered the time of the solstice a time to celebrate. The spring crops were planted and the time for harvest had not yet arrived. Flowers were blooming. The weather was warm. The days were long. It was a time to celebrate.

The modern calendar year, creating a year of one solar cycle including 12 lunar cycles, evolved very slowly. The Romans tried an annual calendar based on 10 lunar months, the agricultural cycle, and ignored the two lunar cycles occurring between the end on the harvest (December) and the spring planting season (March). Not satisfactory!

Julius Caesar, with help from important astronomers of the time, proposed a twelve month year based on the lunar cycle. Months were of different lengths, 30 or 31 days except for February, to keep the twelve lunar cycles of the year in sync with one solar cycle. This formula still did not achieve the synchronization of the seasons and the months that was needed. A fraction of a day short from month to month caused the months to migrate through the calendar year until June could become the month for planting crops, or March could be the month for harvesting. The twelve lunar months, even with days added or subtracted, were not in line with the  $365 \frac{1}{4}$  days of the solar cycle.

The Council of Trent attempted to remedy this situation. In the year 1545, they authorized Pope Paul III to reform the calendar once more and the new calendar was implemented by Pope Gregory XIII. Thursday, Oct. 4, 1582, would be the last day of the Julian Calendar. The next day would be Friday, Oct. 15, 1582. The leap year rule was adopted to maintain long range accuracy of the calendar with the solar year.

The sixth month of the Gregorian Calendar is June. It is generally accepted etymology that the sixth month was named for Juno, wife of Jupiter and equivalent to the Greek goddess Hera. She is sometimes called the Goddess of Marriage. On almost any day of this month you can find a celebration in progress. The rose is the official flower for the month of June. The pearl, the moonstone and the mineral Alexandrite are the official symbols of the month of June. A June birthday suggests health and longevity.

# Celebrating Father's Day

By Diana Blidy



On a Sunday morning in May of 1909, Sonora Smart Dodd of Spokane, Washington was in church listening to a sermon on Mother's Day, a holiday in the early stages of being recognized as such. As she sat listening to the pastor's words, Ms. Dodd's began thinking about her father, a Civil War veteran, who had raised Sonora and her five siblings after her mother died in childbirth. It came to her that there should be a day set aside to honor fathers and she began to get local religious leaders to support that idea. The first Father's Day was actually celebrated on June 19, 1910, the month of the birthday of Dodd's father.

President Calvin Coolidge gave his support to the observance of Father's Day in 1924 and, in 1966, President Lyndon B. Johnson officially proclaimed Father's Day a national holiday. Observance on the third Sunday of June was decreed by law in 1972.

At first, Father's Day was more of a religious holiday. Over time, some people began the custom of wearing a red rose to indicate that one's father is living, or wearing a white rose to indicate that he is deceased. Still later, Father's Day became more commercialized with the giving of gifts and greeting cards. Today, family celebrations often include honoring uncles, grandfathers and godfathers as well as Dads.

To my terrific Dad, and to all dads everywhere: May you have a wonderful and very Happy Father's Day!

