



Morningside Monitor

A CONTINUING LIFE® RETIREMENT COMMUNITY

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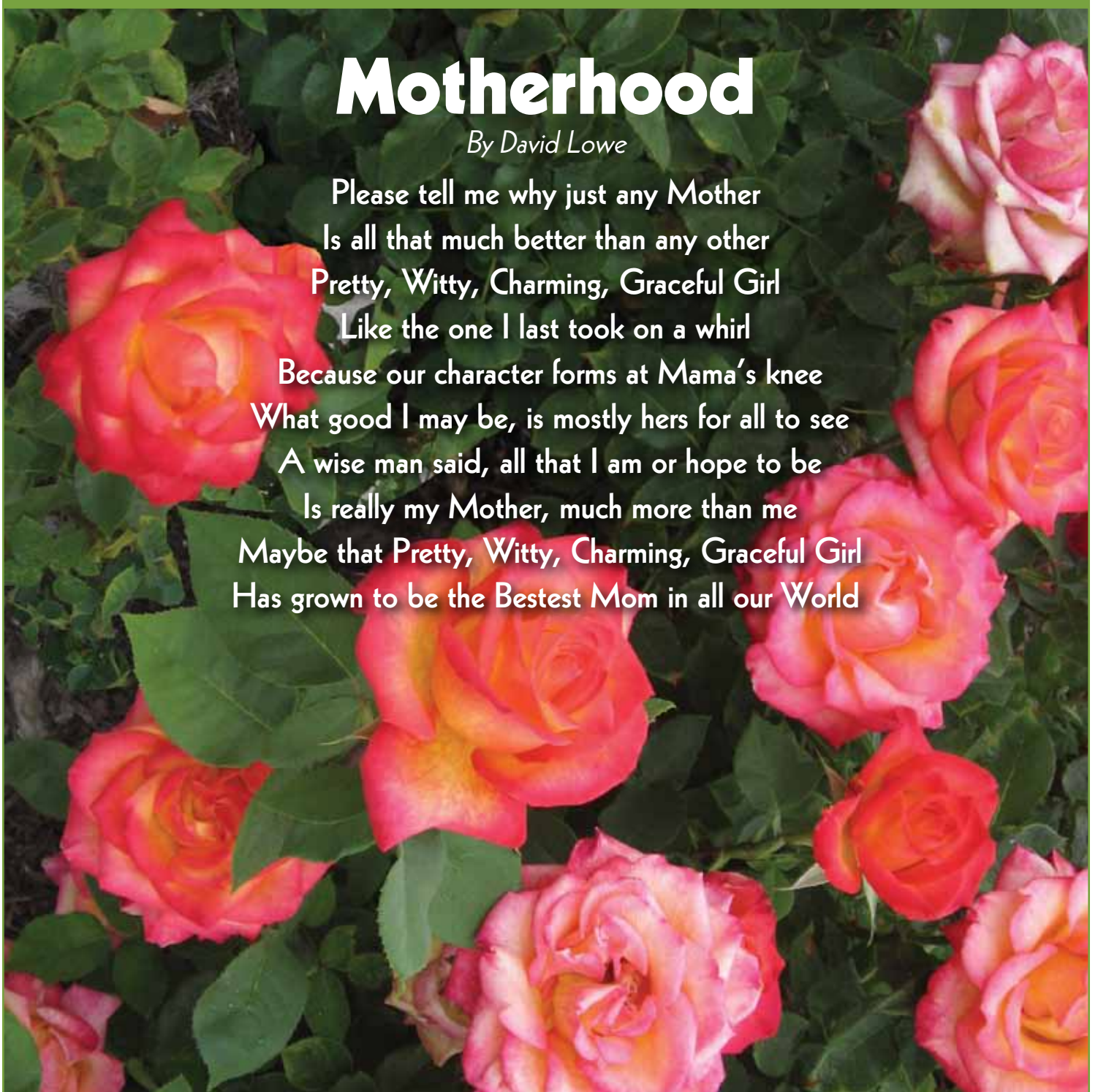
A NEWSLETTER FOR AND BY THE RESIDENTS OF
Morningside of Fullerton, California

VOLUME TWENTY
ISSUE FIVE

Motherhood

By David Lowe

Please tell me why just any Mother
Is all that much better than any other
Pretty, Witty, Charming, Graceful Girl
Like the one I last took on a whirl
Because our character forms at Mama's knee
What good I may be, is mostly hers for all to see
A wise man said, all that I am or hope to be
Is really my Mother, much more than me
Maybe that Pretty, Witty, Charming, Graceful Girl
Has grown to be the Bestest Mom in all our World



Friends and Neighbors

“Old age is not for sissies!” This sign on **Gloria Davenport’s** door gets attention from all who walk down Mountainside’s first floor hallway.

New resident Gloria is especially well qualified to comment on aging issues. She was one of the first to incorporate older



adult peer counseling at Santa Ana College, where she was a professor and counselor for 24 years. For the last 12 years of her tenure at SAC she was the Counselor for Reentry Students and Older Adults.

But her qualifications don’t end there. In addition to numerous degrees, including graduate and postgraduate work, Gloria earned a Ph.D. degree from Claremont Graduate University in Education at the age of 63, her dissertation focusing on “The Determinants of Successful Aging.” She retired in 1996 to complete research for her book on toxicity in aging, which has since been published.

Born and raised in Minneapolis, Gloria was active in academics and athletics (she was the city badminton champion). She met her husband Hugh at a church youth camp during a trip to California, a high school graduation present. Hugh then enrolled at

Macalester College in St. Paul, while she attended St. Olaf’s College

Gloria and Hugh were married after they graduated, spending their honeymoon on a chair car coming back to California by train. He worked at Hunt Wesson Foods for many years, eventually conducting management training and pioneering computer training programs. Meanwhile Gloria was creating and developing a variety of programs in the helping professions, ranging from Head Start and the YWCA youth program to those for older adults. They were both busy raising their two children. Together the Davenports spent weekends and vacations over a 20 year period designing and building their homes in Orange and later in McCall, Idaho.

Ask Gloria about two of her husband’s adventures: a solo walking tour in Scotland at age 80 and his trip crossing the Atlantic on a three-masted schooner. Sadly, Hugh died of lung cancer a few days before the Davenports were scheduled to move into Morningside.

Although scattered, Gloria’s family stays in close touch. She is surrounded by engineers—structural, civil and electronic. Granddaughter Kirsten, the structural engineer, lives nearby and is already amusing Gloria and other residents by bringing her toddler and three month old baby over for visits. Grandson Bart, an electronic engineer, resides in northern California. Gloria’s son Scotty and daughter Kim live in McCall, Idaho. Kim teaches at-risk high school students near Boise.

Gloria is particularly enjoying Morningside’s exercise

opportunities and hearing about interesting trips taken by the residents.

By Debbie Hancock

Welcome to **Lois Ferguson** who came to Morningside after living in La Habra in the same house for 58 years.

In contrast to that long period of “staying put”, she had lived earlier in nine different locations: Chicago, Toledo and Bettville, Ohio, and then in California in Montebello, Stockton, Los Angeles, Brentwood, Venice and Santa Monica.

Born in Chicago, the eldest of three children, she was schooled in a two-story building that provided classes for children from first grade through high school. She enjoyed tennis, studied elocution and presented programs using that skill. At an early age she aspired



to become a nurse. To fulfill that goal, she attended the University of Southern California where she graduated with a degree in nursing. Training required for the nursing degree was not just on campus. Students were sent as far away as San Francisco for specialized, on-site study of different subjects such as communicable diseases and tuberculosis.

Friends and Neighbors

Several members of Lois’ family worked in jobs related to medicine. Her father was a doctor, her mother was a nurse who helped deliver babies and perform other procedures, her brother was a doctor, as was her mother’s brother.

She met her husband John (Jack) at a tennis game. The two married in 1949 and had four children. The marriage ended in 1965. At present, the children all live in California; Stephanie in Whittier, Kimberly in Claremont, Craig in Corona Del Mar and Eric in La Habra.

Lois served as a school nurse for Fullerton Elementary Schools from 1960 to 1985 so it isn’t surprising that she knew at least seven former teachers when she moved to Morningside.

One of her most interesting jobs was working at the first aid station at Knotts Berry Farm from 1983 to 1994. Treatment was often having patients lie down on cots, hoping they would recover quickly and spend more money in the park! Her own children liked having her work there because of the free passes issued to employees.

Lois chose Morningside for her new home because her children liked the idea of her being surrounded by other people. They researched available retirement communities in Southern California and decided Morningside had the most to offer to meet her needs.

Asked what she likes about living at Morningside, she says the people are very helpful and pleasant. She enjoys the music programs and lectures available on campus and nearby. She has already joined the bell-ringers group and hopes to

take part in other activities after she recovers more completely from a recent surgery.

By Vi Johnson

Welcome to **Jerry and Hilda Safarik**, who have joined us recently at Morningside. They have lived in Fullerton since 1958. Both are native Californians. Hilda was born and grew up in Los Angeles, and Jerry spent his early years in Alhambra.

Hilda graduated from Hollywood Presbyterian Hospital’s Nursing School, and was head delivery room nurse at that hospital. Jerry attended USC Dental School, graduating in 1953. He and Hilda met on a blind date and married the same year Jerry graduated.

Jerry was drafted after graduation, and became an Army dentist. He and Hilda spent two years in Germany, where they bought a VW bug and traveled all over Europe. They visited Norway, where Hilda’s family came from,



and Czechoslovakia, where Jerry’s family originated. They had family members in both places, so made new connections.

On returning to the United States, Jerry joined a group practice in West Fullerton. He later opened

his own office in downtown Fullerton. By that time, Hilda had retired to raise the family. She continued in her nursing career as she volunteered at Fullerton Community Hospital for 20 years. She was also a volunteer school nurse at St. Juliana’s elementary school.

The Safarik’s have seven children and numerous grandchildren. Three of their daughters are registered nurses, and all but one live nearby.

Jerry’s hobbies include travel, music, reading, and computer games. Hilda likes to knit, read, and organize! She sends cards to the family and friends.

Jerry said that he once was a beekeeper, and as he was retrieving a swarm from a tree, a branch broke and dropped the whole swarm on his head! Other than that, he and Hilda have had such good luck in life. They found each other, had seven great children and successful careers. They have had much joy in their lives, and are now extremely happy at Morningside, where there are “So many nice people.”

By Virginia White

Staff Box

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LeNelle Cittadin, Feature Writer
Debbie Hancock, Reporter
Vi Johnson, Reporter
David Lowe, Reporter
Hildie Sittig, Reporter
Doug Tubbs, Reporter
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Be on the Lookout!

By Debbie Hancock



Jack McGouldrick (Resident Representative) and Bill Snyder (Alternate)

It's nearly time to select Morningside's Resident Representative and Alternate. Residents can help by encouraging qualified candidates to apply.

The Residents' Council will soon begin seeking candidates who are willing and qualified to serve a two-year term as Resident Representative and Alternate. Specific information on applying for these positions will be available for all residents by May 20. Council members will elect the new Representative and Alternate at their June meeting.

What do the Resident Representative and Alternate do? Their participation in Residents' Council and Morningside management meetings is designed to foster communication and cooperation between the providers and residents. The Representative and

Alternate review management's concerns, discussions, and meeting outcomes with the Resident Council. They also report Council's issues at the management meetings.

California statutes require that at least one resident participate in management meetings of continuing care facilities. Currently at Morningside both the Resident Representative and Alternate participate in these governing board meetings.

Who qualifies for these positions? The qualifications are outlined in the Morningside Procedural Manual which includes the following requirements: the Resident Representative and Alternate need to have executive or management experience and/or have served on the Residents' Council. They must have been Morningside residents for at least one year, have participated in Morningside activities, and cannot concurrently serve on the Residents' Council, the Food and Beverage Committee or as a Floor/Villa Representative. The Alternate Resident Representative may be an elected Resident Representative, but the Resident Representative cannot be elected as an Alternate Representative.

Jack McGouldrick, who is currently completing his term as Resident Representative, talked recently to the Floor and Villa Representatives about the election. He stated that, in addition to himself, the Morningside governing board consists of Justin Wilson, Core Care III Managing Partner; Deidre Kinsey, Executive Director; Gary Stork, Park Vista Administrator; Connie Hellyer, Marketing Director; and Bill Snyder, Alternate Resident Representative. "The meetings are informal and all six are active participants," Jack added.

Jack noted another facet of the Resident Representative and Alternate roles: "In addition to reporting to the Residents' Council and Management, one must be willing to serve as a counselor and conduit of information beneficial to all parties. The incumbent must be a good communicator, impartial, and strive to earn the trust and respect of all concerned." "The Resident Representative and Alternate positions offer a unique opportunity to function on the inside and learn the mechanics of operating this complex community," Jack concluded.

**Have you seen the
Morningside Web site?**

Log on to

www://morningsideoffullerton.com

Park Vista Home Care – Independence and Choice

By Virginia White



(left to right) Asia Christopher, Homecare Assistant and Tracie Tullis, Director of Assisted Living and Home Care

Last spring, Morningside Director Deidre Kinsey challenged Tracie Tullis to create a program to provide Morningside and Park Vista residents with another level of service. After research and investigation was complete, Park Vista Home Care began operations on July 30, 2010, with Ms. Tullis as director.

Care is available for Morningside and Park Vista residents, and can be hourly with a two hour minimum, intermittent or permanent. Services are personalized to residents' needs, and can include assistance with personal care, bathing, dressing, pet care and companionship. Caregivers can also make beds, prepare meals, and escort residents to shopping, errands and medical appointments.

There are currently 18 caregivers on the staff, and more will be added as needed. All caregivers are insured, and come with at least two years experience. Some have many years of service. They have undergone background screening, health checks, and orientation. At this time, the service has 15 clients. If you or

your loved one has need of this service, please call 714-256-8120 for more information or to sign up for care.

The Merry Month Of May

By LeNelle Cittadin

Visions of Maypoles, May baskets and children dancing around the Maypoles usually come to mind when the month of May arrives each year. The month of May was celebrated by ancient civilizations even before they knew it was a month on a calendar. It is believed that the ancient Celts of Ireland and the Druids of the British Isles were among the earliest civilizations to celebrate May Day. This festival was called Beltane, the second most important holiday of this ancient civilization, and celebrated the end of the "darkness" and beginning of new life. The corresponding holiday, the most important holiday that was celebrated, was Samhain. Samhain was celebrated in November at the end of the growing season and the beginning of the dark and short days of winter.

Beltane was celebrated during the Iron Age in the British Isles and perhaps even earlier in other parts of the world. The Druids celebrated May Day as the end of the long winter and the beginning of the growing season... the vernal equinox. May Day was the day that the daylight and nighttime were equal. This was a celebration of fertility and new life. They set a "new fire" to encourage and lend life to the springtime sun. Cattle were run through the fire to purify them and young couples ran through the smoke for good luck. Mistletoe was collected to be used in fertility rites and two white bulls were usually sacrificed.

The Romans entered the picture about 300 BCE and added features of their Festival of Floralia, named for the Goddess of Flowers, Flora, to the celebration. The Festival celebrated the beginning of longer days and the growth of flowers and vegetables. It was a five-day festival beginning on IV Kalenda of the Roman calendar, April 25. Gradually, the rituals of Beltane and Floralia blended and the holiday celebrated the new growing season, the season of fertility rituals.

Trees were always an important part of the celebration and the tradition of the Maypole and dancing around it evolved in early England. Nearly every village had its Maypole during the early years. However, the celebration maintained ties to its pagan origins. The Puritan controlled Parliament banned these May Day celebrations in 1644 AD and no celebrations were held for about 20 years. With the return of the Stuarts came the restoration of the May Day celebration with dancing around the Maypole and other merriment sans the pagan aspects of the earlier celebrations.

May Day has become one of the most significant days of the modern calendar. May Day is celebrated around the world. The month of May probably has more celebrations and holidays than any other month. For instance, May 1 is also International Worker's Day (Labor Day in some countries) and Law Day. Other holidays such as Mother's Day and Memorial Day, along with several other special day celebrations are held in May, both in the United States and Worldwide.

TAMED BY A SCRUB JAY

James D. "Jim" Young

Ready at your beck and call, I hear your Scrub Jay squawking pierce the reddening dawn
From my window I can see you perched on eaves, demanding my appearance.

"Come out to play and don't forget the peanuts,"
Is how I hear your early morning screech.
Could I be wrong about "the play"?
Perhaps the peanuts would suffice.

Fearing that impatience might cause you to seek new playmates,
I grab unsalted peanuts from a jar and softly step outside the sliding door.
Lifting my open palm towards your cherished confidence.
I wait the gentle prickling of your tiny feet on fingers you have come to know
That will not harm you.

Grasping with your needle claws and ruffling wings for balance,
You cock your head in triumph. You have given commands.
You have been obeyed.

Before dipping for a nut, knowing full well I will replenish the supply
You till your beak in hurried pecks
Then triumphantly you dive toward the gravel walkway
Trusting me to help you keep the secret,
You lay the nuts aside and rapidly bob storage
Where you bury your treasure, each one, carefully
Gavel by gavel, storing them for another day when winter comes
— if it comes.

Spellbound, I wait with open palm
While you skip, hop, dip, flutter, cover,
Triumphantly taking your time to store your food
Before your arrogant return to the willing slave who conquered
Your confidence and trust.

