



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

Welcome to **Pat and Richard Zinn**, who come to Morningside from nearby Whittier. Both Pat and Richard are children of immigrants to California. Pat's parents immigrated to Whittier from Cornwall, England, which may explain why she understands the accented dialog on the television show, "Doc Martin"! Richard's family immigrated to Whittier from Kansas.



Born in Whittier, both of them attended, and met, at Whittier High School, where they knew of Pat Ryan (Nixon) when she taught there. Both Richard and Pat still have good friends from high school living in the area. The Zinn's introduction to Morningside came through a number of their Whittier friends who are now Morningside residents.

For a long time, Richard organized the regular Whittier High School Reunions. He played sports there as well. Then he attended the University of California at Davis campus, where he majored in animal husbandry. He enjoyed playing sports at UC Davis until he suffered a serious injury, from which he had difficulty recovering. When the war came along and the Army took over the UC Davis campus, the draft board called Richard to take a physical, but he was disqualified to serve due to his injury.

A friend got him a job with Swift and Company Meat Packers, where he trained in sales and remained for forty-five years.

After Richard and Pat met in high school, the two started dating steady in the summer, then were wed in January at the Whittier Methodist Church. They honeymooned in Santa Barbara and San Francisco. Throughout their married life they have enjoyed traveling to England, France, Hawaii, Canada, Alaska and the New England Coast on small cruise ships that carry only about 60 passengers.

The Zinns have a daughter who lives in Placentia and a son who resides in Tustin. The couple have seven grandchildren and seven great-grandchildren. Asked what makes Morningside memorable for her, Pat replied that it was the relief from family cooking chores!

By David Lowe

Why Pardon a Thanksgiving Turkey?

By James D. "Jim" Young

The president pardoned a turkey.
Now what did the turkey do?
Why did he need to be pardoned?
He was willing to feed me and you?

He was willing to have his head lopped off
He was willing to find himself plucked
He was willing to lie on the table
With his legs up because he'd been stuffed.

He was happy to be surrounded
By people with forks and knives
To lop off his legs, to carve up his chest
So they could enjoy their lives.

Well, turkeys don't need to be pardoned.
They need your blessing instead

Because they mean a lot more to you
When they lie on your table dead.

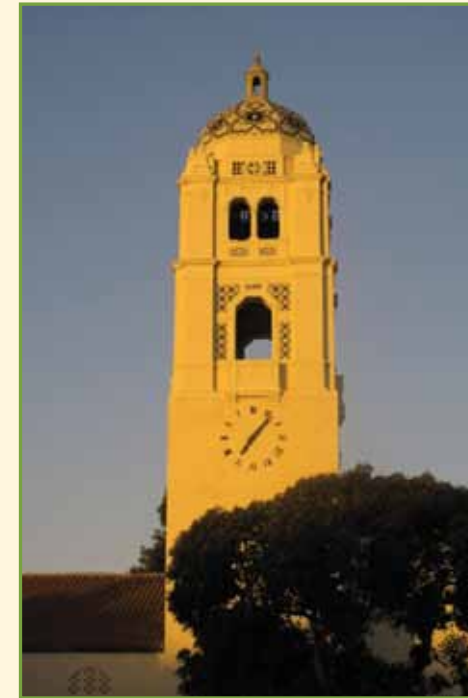
Surround them with stuffing and gravy.
Add biscuits and veggies galore. . .
Mint jelly, potatoes, green salad too
Will have your guests asking for more.

So why would you pardon a turkey?
Did he do some serious wrong?
NO! Honor the guy for his great sacrifice
And he'll burst into turkey song.

The turkey should pardon the office
The president represents.
Really, to pardon a turkey
Simply doesn't make any sense.

November: It's About Time

By LeNelle Cittadin



November is the month of pumpkins and jack-o-lanterns. Of harvest and haystacks. And it's about time to begin preparations for the Thanksgiving celebration.

It's about time. How many times in a day do we think, "It's about time to ...?" Have you ever wondered why the central building in medieval towns had a clock tower? Or why Fullerton has a clock tower?

Before the adoption of a standard, worldwide system of measuring time, each town would have a town clock and a clock maker who was in charge of setting the town clock each day at high noon. The citizens would then set their pocket watches and clocks to the time of the town. Or, perhaps, hire an enterprising citizen to set their private clocks to the correct time each day.

The need for a system to measure time was recognized as early as the 1st Century BC The Greek Philosopher and astronomer; Hipparchus (190-150 BC) constructed a time system using the Island of Rhodes as the "prime meridian." Ptolemy (85-150 AD) used a line running through the Canary Islands as his "prime meridian."

The world continued to measure time, village by village. Merchants and "thinkers" throughout this period attempted to develop a system of measuring time that would "work" for all. But it just didn't happen.

The railroads, especially in the U.S., were finding schedules impossible to establish when each town had its own time. So the U.S. and Canadian railroads threw up their hands and adopted a standard time system that had been proposed by Sir Sanford Fleming (Canada) in 1878.

The First International Geographical Congress, (IGC), met in Antwerp, 1871, to consider the question. The 2nd IGC (1875) met in Rome to further consider the question. No Agreement.

The "hang-up" was measurement. How and where to place the "prime meridian" was the question. Ultimately, it was agreed that they would accept the system proposed by Sir Sanford Fleming (Canada) based on a prime meridian running through Greenwich, England, (zero degrees longitude) and establishing 24 time zones. Time was then measured in relation to location within one of the 24 time zones. From that time on it was easy to know when it was "about time to ...?..."



Living In Action

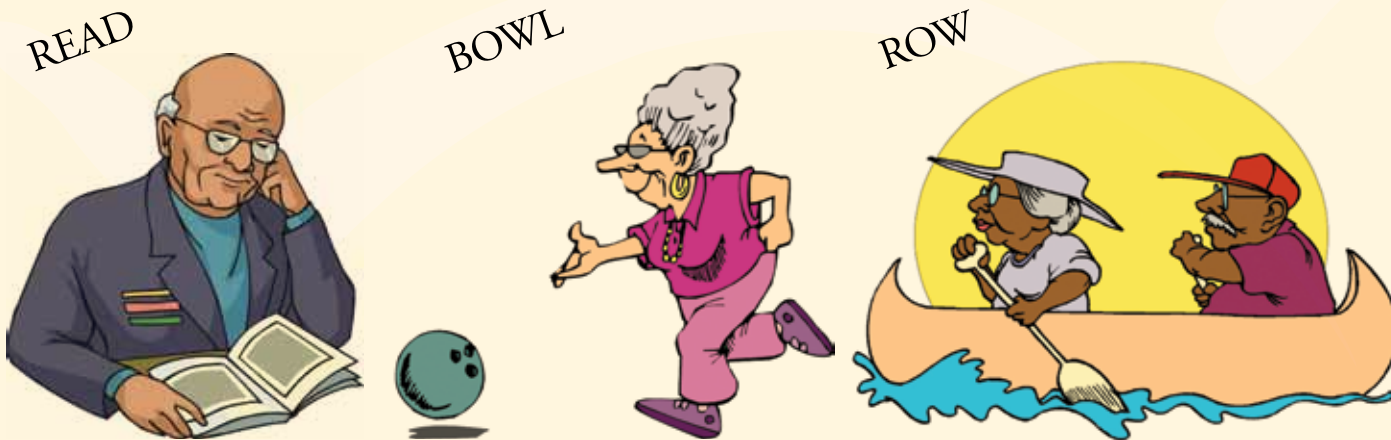
News from the Morningside Wellness and Fitness Center



The last week of September, Morningside participated in Active Aging Week. Several new classes were debuted and residents were encouraged to try something new and “Expand their Experience.” We had 220 participants in the various fitness classes and 60 residents tackled the brain workout challenge. At the end of the week a drawing was held for residents who took part in the brain challenge. Marie Sires was the lucky winner of various health and fitness goodies. I hope that all who participated in active aging week enjoyed the challenge, and I look forward to coordinating another brain challenge event in the future.

November is National Alzheimer’s Awareness month. With added focus on brain fitness, more people are becoming concerned with remaining mentally sharp. Studies have shown that the more brain connections we make in life, the more likely we will have some “reserve” when faced with diseases that affect our brain. When we learn a new task or exercise our mind we are growing new dendrites, thus creating new brain connections. There are a few key words to keep in mind when doing brain fitness exercises: novelty, variety, and challenge. Here are a few exercises that just might provide those:

- Play the devil’s advocate: Try making a good argument for the opposite point of view that you usually hold.
- Work your way to math smarts: Calculate in your head, how much your grocery bill will be, how much change you will get back from a purchase, or how much tip to leave.
- Use your non-dominant hand: Try brushing your teeth or eating with the opposite hand.
- Tune into something new: Try listening to a radio or television station you never listen to. Read a publication that is outside your profession.
- The single best 20 -minute brain maintenance exercise is participating in an aerobic activity for 20-30 minutes at least every other day.



Have you DaKimed?

Did you know that we have a brain fitness computer in the computer lab? It’s called the DaKim computer and its software is designed specifically for active adults over 60. Dakim BrainFitness is designed to provide a fun, comprehensive brain workout in just 20 minutes. It’s never too early or too late to start a brain fitness program! To find out more about the Dakim computer contact the Wellness office at X8176.

Steve’s Fit Bits



Are you looking for an exercise that will engage your body and mind, one that will improve not only flexibility, strength, posture and balance but also coordination, stress management and mental focus? Here are several examples:

Yoga: Yoga involves directing your attention and breath as you assume a series of poses, or stretches. It is very gentle; extremely effective for improving flexibility, stress, relaxation and awareness of breathing.

Tai Chi: Practicing Tai Chi involves performing a series of movements while paying attention to the body and staying aware of your breathing. The exercises are especially effective for developing balance, focus, coordination and graceful centered movement. Tai Chi is an excellent way to ease gently into movement, particularly if you spend the majority of our day inactive.

Meditation: Sit quietly with eyes closed and repeat a “mantra” or phrase, such as “relax-release”. Be conscience of your breathing pattern as you repeat your phrase. There is no movement involved. Research studies have suggested that meditation reduces the stress hormone, cortisol, which dampens the inflammatory processes associated with hardening of the arteries (atherosclerosis). You can use a guided tape or CD or simply listen to the sounds around you. 10 to 20 minutes a day of quiet time with your thoughts can yield big results.

Deep Breathing: What do all of the above mind-body practices have in common? Deep slow and controlled breathing! It’s not really an exercise but the simple act of sitting and focusing on your breathing can do wonders. Simply sit, eyes closed, inhale through your nose and gently extend your belly button out, do not expand the chest. Exhale slowly through slightly closed lips pulling your belly button back toward your spine. It fuels your body with nutrient rich oxygen and lowers your blood pressure. Try it 2-3 times a day.

Morningside offers tai chi and yoga classes. For additional help or pointers on meditation and deep breathing contact Steve at the Wellness/Fitness Center x8590.

Wi-Fi on Campus

By Virginia White



What is Wi-fi? It’s a magical system which allows anyone who has a computer to connect with the internet without being connected by a wire to a modem, a device which connects via telephone or cable.

Morningside has wireless internet capabilities. If you are on the Promenade, the entire area is live. Lakeview Hall is also wirelessly connected, so you can take your computer, iPod, iPad, Kindle or Nook and download books and apps from anywhere in the hall. You may catch up on your e-mail or surf the net, make airline reservations, or purchase items to be delivered to you from any vendor with a web site.

If your family needs to print boarding passes, they may come into the lab when an attendant is there, or call a computer committee member to open the lab and stay while they print their passes.





Road Trips in November

Sunday, November 13: LUMA

Venue: Brea Curtis Theatre in Brea

Cost: \$32

Sunday, November 20: The Wedding Singer

Venue: California State University, Fullerton
Little Theatre

Cost: \$27

**Tuesday, November 22:
Shopping at Drapers
and Damons**

Venue: Drapers and Damons
Store in Tustin

Cost: \$6 for bus
transportation.

