



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

We welcome **Earl and Lois Blanchard**, who moved to Morningside after living in the same house in Fullerton for forty-five years.



Earl was born and raised in New Orleans, Louisiana. His lack of accent prevents listeners from guessing that he lived for many years in the South. During both junior and senior high school, he kept busy with the school bands, in which he played the trumpet.

Following graduation from Redemptorist High School, he worked for Wesson Oil Company in New Orleans. He was later transferred to Fullerton, California, to Hunt Foods, where he worked in the transportation department.

Although Lois was born in Milwaukee, Wisconsin, her family moved to Detroit, Michigan, when she was only a year old. She was raised with one sister and attended Dearborn schools. She loved participating in just about every sport except football. Following graduation she worked as an elementary school secretary.

Lois and her first husband, Bill, moved to California. After Bill

passed away, Lois began working for Hunt Foods. She and Earl met at a bowling alley where he was substituting in a bowling league. The two were married in 1965.

Lois began working for Brea Travel, continuing for thirty years. She and Earl traveled extensively, especially enjoying cruising. Her hobbies of sewing, embroidery and tailoring, had to be side-tracked because of all the hours her job required.

Earl moved on to a different employer when he was hired by Unocal in Los Angeles, again in the transportation department.

The Blanchards have been dedicated volunteers at the Fullerton Friends of the Library used book sales for the past twenty-five years. Because of that activity, they were already acquainted with many Morningside residents.

Asked what they like about Morningside they say it's the good food and the friendliness shown by everyone. In addition, they appreciate the lovely surroundings of their new home.

By Vi Johnson

Welcome to **Tom and Barbara Schofield**, who have come to Morningside from Placentia.

Both were born and grew up in Philadelphia, where they became high school sweethearts at the age of 16. Tom attended Pierce Business School in Philadelphia and Barbara graduated from Westchester State Teacher's College. They were

married after graduation.

Tom was hired by Monarch Marking Systems at age 20, the youngest employee at the firm. He stayed with them for 38 years before retiring. Barbara taught one year, then retired to raise their family.

They lived for short times in Syracuse, New York, Overland Park, Kansas, and Piscataway, New Jersey. In 1968 they finally settled down in Placentia, where they remained until moving to Morningside.

The Schofields have three children, sons Tom Jr. and David, and their daughter Lisa. All three are married and are parents of several children.

Tom was active in Placentia Y's Men's Club, the service club of the YMCA, for about 10 years. Both have been active in their church in Placentia.



Their travels have mostly been confined to the United States. Their summer vacations were usually spent at the beach. On their 50th anniversary, they took the whole family to Jamaica for a special trip. There were 16 in the group.

Tom's hobby is golf, and Barbara's is reading. Tom is looking forward to participating in the Morningside Chorus.

Friends and Neighbors

They are enjoying the favorable life at Morningside. They are impressed with friendliness of the residents and staff, who go out of their way to accommodate them.

By Virginia White

Some years ago, **Mike Gallo** traded the hustle and bustle of New York City and the Bronx for the laid back life of Southern California. He was born at 311 East 119th Street, New York City. When he was five, his family moved to the Bronx. As a grade-schooler, Mike attended P S. 12, whose principal, John F. Condon, later became a central figure as ransom negotiator in the kidnapping of the baby son of Charles Lindbergh. He graduated from James Monroe High School in the Bronx.

Mike was married for 50 years

to Annabelle who bore them two daughters and a son, who now lives in Brea. After Annabelle passed away, he met, then married Patricia.



In the early days of World War II, Mike joined the U.S. Air Force and became a B-24 mechanic at a base in Blythe, California. Following his three years of service, he took advantage of the G.I. Bill and became an accounting major at The University of Southern California. It was a long haul. Mike worked

during the day and went to school at night for seven years while holding down a steady daytime job. Schooling and experience paid off with a 25 year career as an agent with the Internal Revenue Service in Los Angeles as well as a two year stint in Guam which has a tax program similar to that in America. He was able to do some traveling, drove twice across the United States, attended the 1939 and 1964 New York World's Fairs and later enjoyed trips to Hawaii, the British Isles, Spain and Russia.

Mike is settled in at Morningside and enjoys the friendliness of the residents "who make me feel good", but still looks forward to closer ties and participation in Morningside's many activities. He will find a number of fellow New Yorkers among the residents.

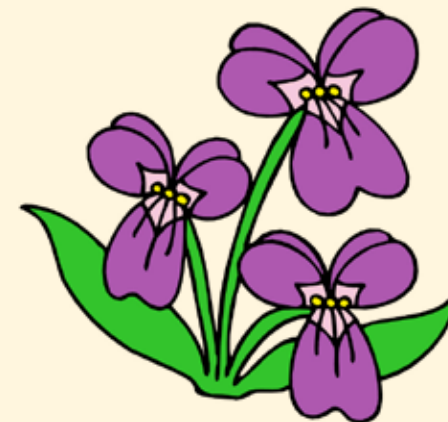
By Doug Tubbs

Morningside Attraction

By Hildie Sittig

Each Tuesday morning, sunrise glowing,
there begins a frantic mowing
of grasses green and fresh with dew
All hands on deck it is our crew!
That caused award winning sensation
Triggered in us deep appreciation
For hard work and dedication!
The rocks reflect for you and me
How beautiful huge rocks can be!
Enhance the flowers and waterfall
Such peace and beauty overall.

The music swells, the waters dance
We eat and smile for there's a chance:
Vienna Woods or Stars and Stripes.
Could anyone truly nurse his gripes?
The treat is ours at twelve, three and five
Indeed it's great to be alive!



Living in Action

News from the Morningside Wellness and Fitness Center

Exercise and Arthritis

By Dianna Smock



We all know that exercise is good for you, but did you know that exercise can reduce inflammation from arthritis, lessen your risk of chronic diseases associated with arthritis and ease the pain of arthritis? To get the full benefits of exercise for arthritis you need a balanced fitness program that includes aerobic conditioning, strengthening, and flexibility exercises. Here are a few Do's and Don'ts from the Arthritis Foundation on exercise:

- For aerobic fitness work up to 30 minutes of activity. This can also be broken up into three 10 minute intervals throughout the day.
- Aquatic exercises, cycling, swimming, and walking are great for arthritis. Don't do high-impact aerobics or running.
- For strengthening, Do use light dumbbells, resistance bands, or water resistance to build strength. Do slow, controlled movements, concentrating on proper form. Don't over do it by lifting too much weight, doing too many repetitions, or using jerky movements.
- For flexibility Do try classes like yoga and tai chi. Also include stretches for the hamstrings, shoulders, neck and back after your workout while your muscles are still warm.
- Don't bounce when you hold a stretch or forget to stretch altogether after a workout. If you are interested in starting an exercise program, check with your doctor first. He/she may advise against specific activities because of your medical history. If you would like more information on classes offered at Morningside that can help your arthritis, please contact the Wellness Office at X8176.

Steve's Fit Bits

By Steve Hernandez

Four additional reasons why exercise is important for people with arthritis:

1. Exercise improves endurance and heart health: Inflammatory conditions, such as arthritis, increase the risk of heart disease because inflammation that affects joints affects arteries as well; this can lead to increased blood pressure. Exercise gets your blood flowing, boosting your endurance and improving your cardiovascular health.
2. Exercise helps arthritis and diabetes: The same inflammatory chemicals associated with rheumatoid arthritis and lupus can block insulin receptors leading to diabetes. A recent study showed that exercise increased the amount of insulin and glucose that the body used by 16%.
3. Arthritis and weight loss: Exercise, not just cutting calories, counts. Cutting calories can help you lose weight, reducing pressure on your joints, but it can also slow your metabolism. Increasing your activity level, along with cutting calories, is a smarter way to lose weight. To reduce inflammation and jump-start your metabolism, you need the two-pronged approach of exercise and diet.
4. Exercise keeps you young: Researchers don't know exactly what causes aging, but inflammation is involved. A study of healthy men age 65-74 concluded that the more physically active they were, the fewer inflammatory chemicals their cells produced. Thus, exercise can stave off the decline in function that is associated with aging.

October: Goblins, Witches And The Model T

By LeNelle Cittadin



October is the month of witches and goblins. Of pumpkins and Jack O'Lanterns. Of black cats and Trick-or-Treat. And the Model T Ford!

Yes, indeed. On October 1, 1908, the world was introduced to the concept of automation and assembly-line production. It has not been the same since. Many automobiles, including the Ford Models A-N, had been available to the American public for many years. These automobiles were very expensive and each was individually hand made. Henry Ford thought there had to be a better way. And he found it.

Henry Ford's "better way" consisted of three major changes to the way automobiles were built. The first change was the use of a vanadium steel alloy. This steel alloy was stronger and could be

machined more easily than plain steel. The second major change was the design and use of standardized parts. And then the assembly line.

The automobiles built earlier were handmade vehicles, each being manufactured by one team at one station, and the parts were brought to the worker. Ford's idea was to bring the car to the parts for installation. The chassis was placed on skids and pulled by ropes from one station to the next one. A fully functioning automobile emerged, ready to drive. The Model-T Ford signified the first step toward the world of automation we now know. The fully power driven assembly line was in place five years later.

The first Model T was available to the public on October 1, 1908 (1909 Model) for \$825 fully equipped and over 10,000 cars were sold in the first year. The Model T sold over two million before it was taken off the market in 1927. The original cars were available in 4 colors, red, green, blue and gray. The black only policy was implemented after 1913. Thus, Henry Ford's dream of an automobile that was simple, reliable and affordable was realized. An automobile that the average American could afford was achieved. An achievement that changed the world.

Morningside Chorus Welcomes New Members

By Virginia White

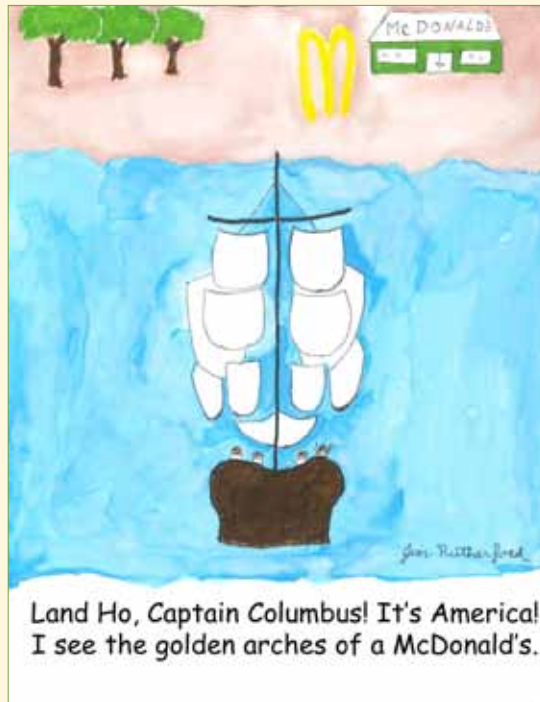


Morningside's chorus is now accepting new members. As the holiday season approaches, more bell ringers and singers are needed. The chorus performs at Park Vista two or three times a year, and always at the Morningside Christmas party.

The group rehearses every Thursday at 3:00 p.m., usually in Lakeview Hall. When pre-empted by a larger program, the rehearsals are held in the Saddleback Room. Residents who would like to come and observe are always welcome, and we hope decide to join the chorus.

The chorus theme song, sung to the tune of Let Me Call You Sweetheart, is:

*Won't you join the chorus, we have need of you,
We have fun in chorus and you'll love it too.
We meet every Thursday at the hour of three.
Won't you join the chorus, fill your life with glee!*



Road Trips in October

Saturday, October 8: Cruising the New England Coast

Venue: Celebrity Summit Cruise Line - Returns Oct. 23

Cost: Varies per cabin

Monday, October 10: Santa Anita Races

Train Trip and Lunch

Venue: Santa Anita Race Track

Cost: \$52 includes lunch

Monday, October 10: Community Concert at the Methodist Church

Venue: Fullerton Methodist Church

Cost: \$6 for bus transportation. Tickets are pre-purchased as series.

Saturday, October 22: La Mirada Symphony Concert

Venue: La Mirada Performing

Arts Center

Cost: \$6 for bus transportation.

Concert is free

Sunday, October 30: Marvin Hamlisch: From Broadway to Hollywood

Venue: Cerritos Performing Arts Center

Cost: \$78

