



# Morningside Monitor

A CONTINUING LIFE® RETIREMENT COMMUNITY

JANUARY 2012

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

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## Friends and Neighbors

Welcome to **Floyd and Janice Sabins**, who moved to Morningside from nearby Fairway Village. Floyd was born, and grew up, in Houston, Texas where he attended local schools and later graduated from University of Texas, Austin with a bachelor's degree in geology. From there he went to Yale University to earn his doctorate in geology.



He was hired by Chevron in La Habra, where he was assigned to the research lab. After 37 years, he retired as a Chevron Senior Scientist. The focus of his work was to find new ways to find oil. He recognized aerial and satellite imaging, including radar and thermal infrared, to be a valuable indicator of the presence of oil and other minerals. Chevron used these images to find oil in Sudan, Saudi Arabia and Papua New Guinea.

While at Chevron Floyd taught Remote Sensing at the UCLA Earth and Space Science department. Since there was no textbook on the technology, he wrote one that is now in its third edition.

Since retirement, he has been a volunteer with Mothers Against

Drunk Driving at DUI checkpoints around Orange County, trying to educate drivers about the dangers of driving under the influence of liquor and drugs. He has also been a member of the St. Jude Hospital Guild, volunteering in the Out Patient Testing Center.

Jan grew up in Connecticut, and met Floyd when she was working in the Dean's office at Yale. They met on a blind date at a toboggan party. She recalls how cold it was, even now shivering as she thinks of it. They were sliding down a hill toward a road and had to bail out in a snow bank to avoid traffic. Floyd later invited Jan to a Dana Club dinner, a geology graduate students' club, where the students "roasted" and impersonated faculty members.

They were married in the Dwight Chapel at Yale, then came to California to live first in La Habra, then Whittier and finally Fullerton. Jan was a domestic engineer, raising their son, Ed, and daughter, Barbara. She was involved in PTA, and enjoyed going to Little League and softball games to see the children play.

The Sabins' enjoyed cruising. Jan accompanied Floyd on some of his business trips, and saw such cities as Oslo, London, and Vienna. She was a member of a cactus and succulent club in Fullerton until she developed some vision problems. She enjoyed reading and knitting.

Jan stated that when she used to come from Fairway Village to Morningside to patronize the library bookmobile. She never dreamed she would one day get to live here.

By Virginia White

Many people often set the direction of their future lives according to their childhood experiences, parental guidance, or the influences of family or friends. **Harold Cochran** followed in the footsteps of his father who sold and serviced White school buses in Ontario, California.



Harold was born in Ontario and attended Chaffee High School and Chaffee College, where he studied aeronautics and took civilian pilot training which resulted in receiving his receiving a pilot's license. In 1943, he went to work at Lockheed Aircraft in Burbank as a builder of jigs and fixtures. For a time, he worked as an inspector at a Lockheed assembly plant in Bakersfield on various military aircraft, including B-17 bombers and P-38 twin-engine fighters.

In the summer of 1944, Harold joined the U.S. Army at Fort McArthur and subsequently served at Lowry Field in Denver as a bomb sight mechanic. Later, he was sent to Midland Army Air Field in Texas and to Gulfport, Mississippi, as a bombardier trainer. It was while he was stationed at McGill Field, in

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Tampa, Florida, that he met and married Thelma, who preferred to be known as Toni. Harold and Toni produced twins, a son Van and daughter Judy. Van graduated from the University of Wyoming, where he starred in water polo. He now lives in Upland and teaches in the Chaffee School District. Judy lives in Torrance and is an x-ray technologist.

After returning from Army service, Harold rejoined his father at their White Truck and School Bus Sales and Service in Ontario. He and Toni bought a fixer-upper home in the middle of an orange grove in Upland where they became orange ranchers by default.

Harold had ample early travel opportunities, driving new school buses from Lima, Ohio, to Ontario and later, with Toni, traveling wherever Van was competing in water polo. A couple of cross-country automobile trips from Florida to California were the extent of their other travels. They preferred to stay close to home and family.

In 1965, Harold went to work in Pomona as a quality control manager for Freightliner Corporation, builder of Diesel trucks. In 1980, he was transferred to the Portland, Oregon, plant and took up residence in Vancouver, Washington. After retiring from Freightliner in 1991, Harold and Toni moved to Prescott, Arizona, where Toni passed away in 2009. Harold decided that he would get closer to his children and wisely chose Morningside where he is still getting acquainted and enjoying the facilities and activities.

By Doug Tubbs

Morningside welcomes **Vincent Musso!** After living for forty-six years on Skyline Drive in Fullerton, Vincent Musso has now



he was assigned as an instructor in a Lab Technician's Course, after which he was assigned to a ship and given medical laboratory responsibility for the entire Seventh Fleet. Vincent hit the beach with the Marines on seven island invasions, under heavy fire, and never received a scratch.

After the war, Vincent returned to San Diego and taught a Lab Technician class before his discharge in January, 1946. He attended the University of Southern California in a Microbiology program on the G.I. Bill, graduating in 1950. Vincent was active in establishing medical clinics and laboratories in Orange County, including St. Jude Hospital.

He married wife Laura in San Francisco in 1946. Laura had taken literature and writing courses at the University of California, Berkeley and at the University of Washington. She especially enjoyed writing children's stories, as well as painting. Having fifteen relatives in the American Revolutionary War, she was a natural for membership in the D.A.R.

Vincent and Laura enjoyed traveling-to Hawaii, Europe and to Mexico. The couple had two sons, who now reside in Virginia, as do Vincent's two grandsons. Until Laura's passing, the whole family enjoyed skiing together in Park City, Utah.

Since Vincent's recent move to Morningside, he has been very impressed that all the dining room staff already know his name.

By David Lowe

## Living in Action

News from the Morningside Wellness and Fitness Center

Happy New Year! 2012 is going to be an exciting year with lots of opportunities to get involved and become more active. The first week of January the Fitness/Wellness Center will be sending out a survey to all residents. It is important that everyone respond, as we will base future fitness programming on the responses that we receive. On January 19 and 26 the Fitness/Wellness Center in conjunction with Rehab Care will be conducting a Fitness Assessment re-evaluation for those residents who took the assessment in June and July of 2011. Residents who have not had the opportunity to take the assessment are also welcome to sign-up. The sign-up sheet will be in the Wellness office in Lakeview Hall or you can call ext. 8176 to schedule a time. The Fitness Assessment re-evaluation is a great way to keep track of your progress and make adjustments in your fitness routine if needed. We will continue to offer the Fitness Assessment throughout the year on the third Thursday of each month for new residents and for those who wish to be re-assessed. In addition to the re-evaluation, the Wellness Department will be offering a motivational tool to aide you in keeping your fitness New Years resolutions. Stop by the Wellness office to pick up your activity log, goal setting worksheet and weekly activity plan. One of the keys to being successful in keeping your fitness resolutions is setting both short-term and long-term goals; both Steve and Dianna can assist you in this process. Get the New Year started right. Stop by the Fitness/Wellness Center for more information on all the excellent programs offered at Morningside.

## Quality of Life in Continuing Care Retirement Communities

By Virginia White and Eric Jensen

According to a recent study completed by the United States Department of Health and Human Services, residents living in a Continuing Care Retirement Community "have a life expectancy which is 1 ½ to 2 years longer than other seniors." It has also been determined that living in such a community can reduce the risk of disease and disability and improves the quality of life of the residents.

At Morningside of Fullerton, residents enjoy all the benefits of living in a CCRC (Continuing Care Retirement Community). In addition to health professionals on staff twenty-four hours a day to offer assistance to residents when needed, the close proximity to hospitals and medical offices is an additional asset. Assisted Living and Skilled Nursing facilities are located right on the Morningside campus as well, so visits to loved ones are conveniently within a short walking distance from the Independent Living apartments and villas. The Assisted Living and Skilled Nursing building, ParkVista at Morningside, are available to residents who are recuperating from surgery or illnesses, or who may need assistance on a more permanent basis.

Residents living in a CCRC setting are encouraged to participate in exercise classes and activities. Whether it be a morning park walk, yoga or tai chi class, the vigorous use of exercise machines or participating in an art class, computer workshop or putting tournament, residents can find many activities to keep busy and active. Many social activities are planned as well, ranging from Bingo games and parties, to off-site excursions, day trips and cruises. When participating in such activities, fast, long-lasting friendships can be established.

Residents are free to participate in as many activities as offered or choose to live a more private lifestyle. One resident of a CCRC wrote, "If you seek privacy, it is very easy to find here. All of us have a cocoon called our apartment or villa. You are not bothered by anyone in your own living unit. If you disdain social interaction... that is your choice." He continues, "On the other hand, there are numerous opportunities every day to meet new people, swap life stories, enjoy one another's company over a shared meal and glass of wine and just celebrate life." A great food and beverage department assures that numerous, nutritious menu selections are available to residents. With so many menu choices, residents are certain to find something to please the palette. Residents are also free to do their own cooking in their apartments or villas should they wish to do so.

There are many benefits to living in a Continuing Care Retirement Community. Morningside residents are lucky to have selected this lifestyle choice and feel that doing so has contributed to a longer and better life expectancy.

## Living and Loving It At Morningside

By Marilyn Winans

Deciding to make the move  
from the security of the old home,  
where children had grown,  
from toddlers to teens to parents,  
was difficult to make alone.

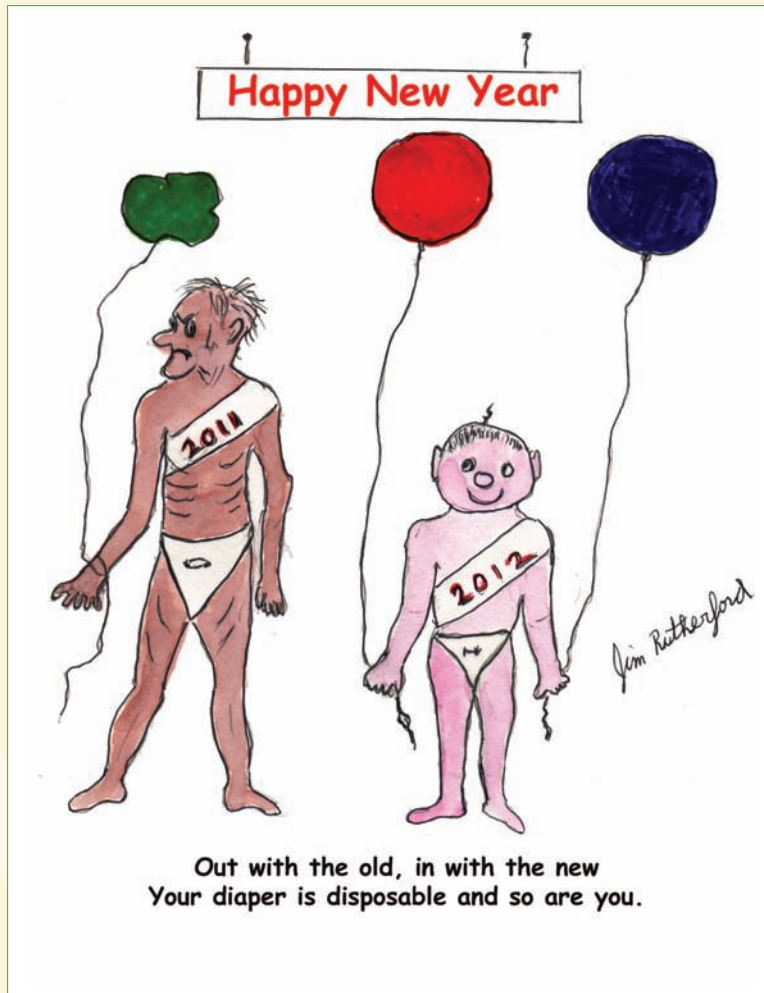
Lakeview Hall awakens  
to varied sounds from moans to laughter.  
The Wellness Center is demonstrating  
what you don't use you lose forever after.  
Not only your muscles will not hold up,  
but also your brain won't be much help.  
Unfortunately exercise doesn't come in a pill.  
However music refreshes the tired heart.  
You can join the chorus and sing in parts,  
or listen to a beautiful concert played.  
The Monitor is the news that ties us together.  
Writing might be your secret desire.  
Now is the time no need to be hired.  
Classes on computers and writing are held,  
While history is brought to life by a pro.  
What a shock when we realize  
events we experienced were a long time ago.  
Activity and longevity are Siamese twins.

Apprehension was no longer my companion  
when a lovely apartment was found,  
when the information desk  
calmly answered endless questions,  
when gourmet meals,  
with many choices, were served,

when conscientious young servers  
restored hope for the future,  
when apartments were cleaned by cheerful workers,  
when washed and ironed bedding  
was deposited at the door,  
when employees smiled and said "hello,"  
when the helpful ladies  
from residential services were always near,  
when transportation would drive you  
where you needed to go,  
when maintenance patiently  
answered frantic calls,  
when security was always there  
keeping us safe and secure.  
Serenity was a gift given to us all.

At the point dawn was pushing away the night,  
bringing myriad colors to the sky,  
announcing the arrival of a new day.  
Birds began to awaken and sing their songs.  
Water falling over boulders made its own music  
as it plunged into the lake.  
Flowers hugged the buildings and lined the walkways  
drawing darting hummingbirds to drink their nectar.  
Shadows were caressing the putting green  
silently waiting for happy putters.  
The patio bathed with sunlight waiting for those  
hungry for food and beauty.  
Roses in the garden, blooming in the sunlight.  
Nature restores our humanity.





## Road Trips in January

### **Saturday, January 14: La Mirada Symphony Concert**

Venue: La Mirada Performing Arts Center

Cost: \$6 for bus transportation

### **Wednesday, January 18:**

#### **Pechanga Hotel and Casino Trip**

Venue: Pechanga Hotel and Casino  
in Temecula

Cost: \$10 for bus transportation.

Lunch on your own.

### **Monday, January 30:**

#### **Community Concert**

Venue: Methodist Church in Fullerton

Cost: \$6 for bus transportation.

Series Ticket Required.

