

# Morningside MOMENTS

VOLUME 3 ISSUE 7

JULY 2010

SPECIAL  
POINTS OF  
INTEREST:

JULY EVENT  
CALENDAR

JULY TRIPS  
AND POINTS  
OF INTEREST

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## Morningside Update: Director's Corner

"I want to move and live where you all live" was recently spoken to a group of Morningside residents-Juliets to be exact- by a woman who observed our laughter and conversation as she and her husband ate at a table near us. That comment was met with enthusiastic replies cataloging the reasons that Morningside is a great place to live. If I remember correctly, the replies included:

“We love all the people who live here”

“We laugh and have fun everyday”

“I don't have time to clean my house-there's always something to do”

“Look at me, I fit right in already”

This unexpected, unsolicited conversation reaffirmed my convictions that Morningside is a wonderful place to live!

“When you dance your purpose is not to get to a certain place on the floor. It is to enjoy each step along the way.”

Wayne Dyer

## Morningside Goes on the Road

**Tall Ships at  
Cleveland Harbor  
Friday, July 9th  
Depart at 9:50am**

**Concert - Lakeview Park  
Friday, July 9th  
50's, 60's & Motown  
Leave Clubhouse  
6:20pm**

**Please note  
reservation and  
payment  
deadlines for  
each event on the  
sign-up sheets.**

**Wine Tasting Cruise on  
the Jet Express  
Wednesday, July 28th  
Details to be announced**

**Dinner Club  
Angry Bull, Huron  
Thursday, July 29th  
6:00pm**



“Be thankful when you are tired and weary because it means you have made a difference.”

Unknown

## Morningside is Thankful!

The torch is being passed: the coordinators for the Monthly Community Pot Luck-Jack & Jo Coffman, as well as for the bi-monthly Coffee Conversations-Terry & Chuck Grotsky are stepping down from their positions. New residents will bring new ideas to these events, but this community will be forever grateful for the leadership and commitment shown by these two couples.

The Coffmans have coordinated the Pot Luck since it's conception almost three years ago. The monthly gathering has grown as the community has grown and provides a relaxed evening of good food and good friendship. The welcoming nature of these two residents have served them well in their roles. Jack's fun-loving and teasing are complimented by Jo's caring and sincerity. It is not unusual for this unassuming couple to offer a ride, a meal or a hug to a neighbor in need. I personally love to see their white Cadillac pull up to the door, because what usually follows is-"do you need any help?". Looking back I'm sure that my orientation to the ways of the Morningside world would have been more difficult and time consuming

without Jack & Jo's constant support and encouragement.

Coffee Conversations, as I have been told, originally consisted of a few residents meeting in the atrium for coffee. They often brought a book to read in case no one else showed up. Under the leadership of Terry and Chuck Grotsky, Coffee Conversations has become a boisterous, indulgent and well attended activity. Twice a month the residents who spend countless hours together every week, gather to share wonderful refreshments, large amounts of coffee and **endless** conversation. Chuck has put his "human resource" experience to good use creating a well organized host schedule, taking inventory to assure that we have supplies in the kitchen and bringing new residents into the fold. (Having said all that I'm still not sure he deserves a "special" donut). Terry is his graceful and charming assistant and together they have put their mark on Morningside.

**Thank you!**

“Then followed the beautiful season... Summer....

Filled was the air with a dreamy and magical light; and the landscape lay as if newly created in all the freshness of childhood.”

Henry Wadsworth Longfellow

## Protect Those Baby Blues



It's important to wear protective eyewear all year round , but especially during the summer months. Contacts with UV protection do not protect the entire eye, thus contact wearers should also wear sunglasses.

The two types of UV rays can damage eyes in different ways. **UV-A** can effect your central vision and damage the macula, the part of the retina at the back of the eye. **UV-B** rays mostly effect the front of the eye-the cornea and the lens.

Corneal sunburn may be the result of intense **short** term exposure to UV-B rays. Corneal sunburn can be very painful and may cause temporary loss of vision. Skin cancer around the eyelids has also been linked to prolonged UV exposure. Sunglasses should block 99-100% of both UV-A and UV-B radiation. They should cover the entire eye and reduce light intensity without distorting the color of objects. Gray-colored lenses may provide the most natural color vision. Seek advice from your eye doctor at your regularly scheduled eye check ups. **Have a safe and healthy summer!**

## Meet Your Neighbors: Paul & Joyce Tight

Paul and Joyce Tight are the perfect traveling companions. Joyce delights in seeing new things and has a creative and fun attitude, while Paul is just plain curious. Living at Morningside will allow more travel in their future, when they both retire from their present jobs. Paul is an air traffic controller at the Cleveland Center and Joyce is a registered nurse who currently works part time for an oral surgeon. With Morningside as their home base they plan to explore many new places and revisit some the places they have lived during 38 years of marriage.

Both Paul and Joyce grew up in Sandusky. Joyce, the youngest of 12 children, remembers her Dad riding a bike to work and the fun her family had ice skating and visiting Cedar Point. Paul remains nostalgic about spending Friday nights in downtown Sandusky when the Bay was filled with the flicker of boat lights. These St. Mary's high school sweethearts have lived in a variety of places, mainly due to Paul's job. Joyce loved the lights in the city of Phoenix and the feeling of vulnerability while standing in the

expansive desert. In contrast, Paul loved to hunt and fish in the woods of South Bend. Since moving back to Ohio, Paul, a history / architecture sleuth, has been fascinated with the remnants of the Inter Urban Lakeshore Electric Railway and the fraternal halls in Amherst bearing the initials IOOF (Independent Order of Odd Fellows) and KOP (Knights of Pythias) and other historical artifacts. The Tights decided to move to Morningside at Joyce's insistence that she could no longer navigate their two-story home in South Amherst. Plus, they agreed-it's easier to move to a "retirement" community before it becomes a medical or financial necessity. Fortunately they found the perfect lot on Cardinal Court with trees providing the privacy they wanted. Unfortunately a home already existed on that lot that had been built to a former owner's specifications. Paul, an avid wood worker was able to use his skills and expertise to alter that home to meet their own specifications and in doing so he created a great space to display their "treasures". Two of which

are in the front window-a "leg lamp" (a Christmas Story icon) and an "ice card" displaying the numbers 25/50/100 that tells the iceman how many pounds of ice to deliver. The ice card reminds Paul of delivering ice in Sandusky to earn money for his Princeton tuition. So what's on the "Bucket List" for these two travelers? They both would like another trip to Alaska, Arizona for Joyce and the Big Sky Country for Paul to hunt and catch halibut. Actually, Paul is even more specific. He definitely wants to have a beer at the "Malamute Saloon" reenacting the Robert Service poem. In the meantime, their lives are filled with visits from children Brad and Kathy, who were adopted from El Salvador and three daring grandchildren, never-ending wood-working projects, Classic Carr "Cruisin" and of course Morningside activities. Despite all of that activity one can sense that they are preparing to climb the next mountain- Joyce with her quiet strength and Paul with his curiosity and these words of wisdom- just keep climbing-you never know what you are going to see.

**"The really happy person is one who can enjoy the scenery on a detour."**

**Unknown**



\*Guests must be accompanied by residents at all times.

\*Guests are not permitted to use the fitness equip-

ment or computers.

\*Guest passes are good for one calendar year. They may be purchased for \$5 each.

\*A maximum of 6 guest passes may be purchased per unit.

\*No one under the age of 18 may reside in a Morningside home for more than 90 days in a calendar year.

# What's New at Morningside

New faces are here and most of them enjoyed the **2010 Meet Your Neighbor** event presented by Cardinal Court and the Residences. The evening was a huge success due to the hard work, creativity and attention to detail provided by the hosts. One of the hosts experienced a personal first during the Cornhole competition that evening -all 4 bags in on one turn -congratulations Ross -even if you scored

that against me. The **"99" Party** that took place on National Donut Day was a loud and rowdy affair- I'm not sure what table was the loudest or most competitive, but everyone had fun! Pancakes and sausages were consumed in large quantities at the **Community Pancake Breakfast** on June 6th-Rita and Bob were busy flipping cakes to keep up with the demand. Residents were educated about the art of "bargain

shopping during the Lifelong Learning Program which featured none other than Bob Bargain Hajski as the guest speaker. **Water Exercise** has become quite popular and is now being offered 3 times per week: Tuesdays and Thursdays at 11:00am and Saturdays at 9:30am. The **Community Garden** is in full swing- lettuce, onions and radishes are already being harvested. Can't wait for fresh picked tomatoes. There's even talk of a signature Morningside tomato sauce.



## July Highlights

**Movie Night**  
**Friday, July 2nd**  
**7:00pm**  
Feature presentation:  
"Blind Side"

**Progressive Dinner**  
**Saturday, July 10th**  
1st Course begins at  
**5:00pm**

**A Winning Combination:**  
**Water volleyball &**  
**Cheesecake**  
**Sunday, July 18th**  
**6:30pm**  
**Meet at the pool**

**Summer Game Night**  
**Saturday, July 31st**  
**7:00pm**

# Morningside Moments

## July 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Key</b> Health & Wellness Trips Recreational Social Educational Event				<b>1</b> Brain Aerobics 9:30am  Water exercise 11:00am  Wii Bowling League 3:00pm	<b>2</b> Walking Club 9:00am  Movie Night 7:00pm	<b>3</b> No Water Aerobics
<b>4</b> Happy Holiday! 	<b>5</b>	<b>6</b> Juliets 8:45am Romeos 9:00am Water Exercise 11:00am Bridge 2:00pm Creative Writing 7:00pm	<b>7</b> Golf 9:00am  Tennis 6:30pm  Poker 7:00pm	<b>8</b> Coffee Conversations 9:30am Water exercise 11:00am Wii Bowling League 3:00pm	<b>9</b> Walking Club 9:00am Tall Ships 9:50am Bridge 12:00pm Concert at Lakeview Park 6:20pm	<b>10</b> Water Aerobics 9:30am  Progressive Dinner 5:00pm
<b>11</b>	<b>12</b> Bridge 9:30am  Recipe Club 11:00am  Euchre 1:00pm  Exercise 3:30pm	<b>13</b> Juliets 8:45am Romeos 9:00am Water Exercise 11:00am Bridge 2:00pm	<b>14</b> Golf 9:00am  Ladies Lunch 11:30am  Tennis 6:30pm  Poker 7:00pm	<b>15</b> Brain Aerobics 9:30am Water exercise 11:00am Wii Bowling League 3:00pm Neighborhood Watch 7:00pm	<b>16</b> Walking Club 9:00am Bridge 12:00pm	<b>17</b> Water Aerobics 9:30am  Investment Club 10:30am 
<b>18</b> A Winning Combination: Water Volleyball and Cheesecake 6:30pm 	<b>19</b> Bridge 9:30am Euchre 1:00pm Exercise Class 3:30pm Ladies Poker 7:00pm	<b>20</b> Juliet Walk 8:45am Romeos 9:00am Water Exercise 11:00am Bridge 2:00 pm Pot Luck 6:00pm	<b>21</b> Golf 9:00am  Tennis 6:30pm  Poker 7:00pm	<b>22</b> Coffee Conversations 9:30am Water exercise 11:00am Wii Bowling League 3:00pm	<b>23</b> Walking Club 9:00am  Bridge 12:00	<b>24</b> Water Aerobics 9:30am
<b>25</b>	<b>26</b> Bridge 9:30am  Euchre 1:00pm  Exercise Class 3:30pm  Caring Circle 6:30pm	<b>27</b> Juliet Walk 8:45am Romeos 9:00am Water Exercise 11:00am Bridge 2:00 pm Book Club 7:00pm	<b>28</b> Golf 9:00am  Tennis 6:30pm  Poker 7:00pm  Wine Tasting Cruise on Jet Express	<b>29</b> Water exercise 11:00am  Wii Bowling League 3:00pm  Dinner Club 6:00pm	<b>30</b> Walking Club 9:00am  Bridge 12:00pm	<b>31</b> Water Aerobics 9:30am  Game Night 7:00pm

## Welcome Our New Neighbors

**Lynn & Joe DiMarco**  
4767 Hawk Lane

**Ron & Shirley Himeback**  
4843 Meadowlark

**Jan Baxter**  
Residence II; Suite 102

**Barb & George Pepon**  
5180 Cardinal Ct.

**Hope & Bob Tilk**  
4742 Meadowlark

**Mark, Rita and Mary Hoyt**  
4283 Cardinal Ct.

## July Birthdays

7th Charlene Connors  
15th Francine Hajski  
18th Vince Dindia  
26th Delaine Ward  
27th Sally Kossler



**Look Twice  
Save a Life**

**MORNINGSIDE**  
AT • MARTIN'S • RUN

## Summer Recipes for Healthy Eyes

### Chopped Salad with Orange Oregano Dressing

Dressing:

1/2 tsp. orange zest  
1/2 cup orange juice  
1/4 cup cider vinegar  
1 tbsp. olive oil  
2 tsp. fresh or 3/4 tsp dried oregano  
1 tsp. Dijon mustard  
1/2 tsp. salt  
1/2 tsp. freshly ground pepper

Place all ingredients in a jar and shake to combine

Salad:

1/2 cup chopped peppers (any color)  
1 1/2 cups broccoli florets  
1 cup shredded carrots  
1/2 cup diced radishes  
3/4 cup chopped tomatoes  
1/4 cup chopped red onions  
Combine and toss with dressing

### Grilled Salmon with Mustard and Herbs

2 lemons thinly sliced  
25 sprigs of fresh mixed herb, plus 2 tbsp. chopped mixed herbs  
1 clove garlic  
1/4 tsp salt  
1 tbsp. Dijon mustard  
1 lb. center cut salmon skinned

Preheat grill to medium high.

Layer 2 pieces of heavy foil on baking sheet. Arrange lemon slices in 2 layers in center of foil. Spread the herb sprigs over lemons.

Mash garlic with salt. Stir in mustard and 2 tbsp of chopped herbs. Spread over both sides of salmon and place on top of lemons and herbs.

Carefully slide foil onto the grill. Cover and cook until the salmon is opaque in center, 18-24 minutes. Transfer foil back to baking sheet for serving. Discard lemons and herb. Serve salmon with fresh lemon wedges.

## REMINDER

**Current Morningside Homeowners who sell their home/condo need to do the following upon closing:**

- \*Notify Continental Management of closing date, new owner's name and phone number
- \*Notify Lifestyle Director of closing date and new owner's name and phone number
- \*Return key cards with Clubhouse access to Lifestyle Coordinator
- \*Provide new homeowners with contact information for both Continental Management and Lifestyle Coordinator

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