



Morningside Moments

**Morningside
Williamsburg
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Williamsburg, VA
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(757) 221-0018**

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Morningside of Williamsburg VA,
National Assisted Living Week
September 12th – Friday September 17th, 2010
“Stepping Out and Living LIFE”

Monday September 13, 2010

A Day on the Town

Plan on a long day of shopping, lunch and a matinee out on the town of Williamsburg.

Tuesday September 14, 2010

“Spirit of Norfolk Cruise” COME SAIL AWAY!

Join us on a fun and exciting voyage aboard the Spirit of Norfolk on Tuesday September 14th. A memorable cruise for the residents, family and guests awaits as we set sail for a luncheon, sightseeing and entertainment cruise aboard the Spirit. Call to sign up today. Cost is \$36.00 for this all inclusive trip!



It's a no ants picnic!

Come have some fun at an old fashioned family picnic. We'll have fried chicken and all of your favorite fixin's for this monumental outing. We'll be departing from the Morningside building at 11:00 am. All family and friends of the community are welcome to attend. Please RSVP to the receptionist by Monday, Sept. 13th to save your spot!



Thursday is Movie Day!

All day long beginning at 10:00 am there will be a Doris Day movie marathon in the community room. See such favorites as “The Man Who Knew Too Much, Please Don't Eat the Daisies, That Touch of Mink and Move Over Darling” Popcorn, refreshments and drinks will be served throughout the day.



Fiesta Friday Sept. 17th at 11:00 lunch

Buenvenidos!

The dining room will proudly present a fiesta of flavors for the dinner hour! We will be whipping up a muy grande batch of margaritas to go along with your choice of a Mexican Salad or Steak Fajita Platter with all the delicious side dishes! Served by your management team and everyone is invited!

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We kindly ask all that wish to go please RSVP with Mary at 757-221-0018. We are able to charge the \$36.00 to your room, if you wish to pay by check please make all checks at to Morningside Asst. Living. We will be leaving Morningside at 9:45 getting to Norfolk to board the ship at 11:30. The Cruise will leave Norfolk at 12:00 and dock back at Norfolk at 2:00. An all you can get buffet, dancing and sight seeing is in hold for all of you. If you wish for more information please call Rick

757-221-0018

Mary at 757-221-0018

Birthdays



Happy Birthday to all of our September Residents and Staff of Morningside!

*The family of Mr. Westenberger would like to invite all
Residents & Staff to a
Memorial Service*

For

John (Dad) Westenberger

Date: Wed. September 2, 2010

Time: 10:00 am

Location: Community Room

Reasons Why Pre-Planning is so Essential to You & Your Family:

- ✓ With all of your plans in writing, pre-paid-your family won't worry about details giving them time to grieve.
- ✓ You will pay today's prices, avoiding inflation.
- ✓ You & your family will have the peace of mind of knowing that your final wishes have been

Happy Grandparents Day!

September 12th, 2010

Take time today to stop and call your Grandparents!

Many people may not know that this day exists. Some may choose to ignore it. They may think, "must we have a day for every person in the universe, when does all this day naming end?" Sadly, those people probably did not have an opportunity to develop a relationship with their grandparents. They don't understand the gifts that grandparents can give. Grandparents can provide a sense of continuity and roots to their grandchildren. They can provide a sense that life matters, and the ability to see life within a larger context of time. **Happy Grandparents Day!**

Source: Grandparents Day Poems <http://www.familyfriendpoems.com/holiday/grandparents-day-poems.asp#ixzz0xwtla3j2>

Need help with long term life care? Join us on September 14th from 6-7 for a meeting on “The Myths about Long Term Care”

Long-term care issues have been everywhere in the news lately – from stories of people needing these services to how the government is responding. But there is also a lot of conflicting, and even mistaken, information. Misconceptions may have prevented you from including long-term care planning into your retirement portfolio. But long-term care planning can be a critical component to any comprehensive retirement plan. So now is the time to dispel these myths.

Myth #1: I'll never need long-term care.

Most people can't imagine themselves needing long-term care services. But, the U.S. Department of Health and Human Services indicates that people age 65 face at least a 40% lifetime risk of entering a nursing home sometime during their lifetime^[1]. Living a long life may increase your risk of needing long-term care. Isn't it better to insure against what that risk may do to your family and your financial plans?

Myth #2: Long-term care is only for the elderly.

Actually, a surprising amount of long-term care services are provided to younger people. The U.S. Government Accountability Office estimates that 40% of 13 million people receiving long-term care services are between the ages 18 and 64^[1]. The unexpected need for long-term care could arise at any age for any number of reasons, including illness, or an accident.

Myth #3: I'll pay for my own long-term care.

In 2008, nursing home costs averaged over \$76,400 a year nationally, but in some regions these costs are sometimes twice that amount^[1]. How long can you pay for these expenses without jeopardizing your financial plan or exhausting your savings? It may make good sense to transfer this financial risk just like you do with your homeowner's insurance or

auto insurance. Even if you can afford to pay for long-term care services out of pocket, why would you want to when you can transfer the cost to an insurer for premiums that may total a fraction of the cost of care?



Asst. Living Week
September 13th-17th

2010 Voters Meeting

Monday September 13th from 11am to 1pm The Voters Meeting Group will be here to help you get your up-to-date voters cards

Residents Council meeting

Tuesday September 21st at 2:30
Come let your voice be heard!

Prayer and Praise with Pastor Smith

Wednesday September 22nd at 2:00