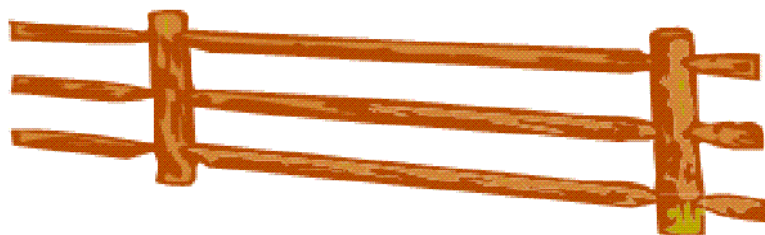


OVER THE BACK FENCE NEWS



MASONIC HOMES OF CALIFORNIA AT COVINA
One Hundred Years of Compassionate Care

Volume 27, Issue 4

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Covina Campus

A-7, X32230

Jennifer Shapiro, Director of Senior
Services

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Crystal Heredia, Concierge

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4/1: April Fool's Day

Lois Gray, Editor

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4/16: Easter

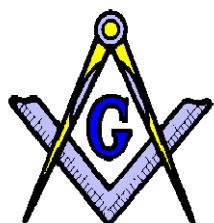
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4/22: Earth Day



ALL RESIDENTS are welcome to contribute to your Newsletter. Opal Abernethy will assign specific articles to various residents. If you have an article you wish to have published, please give it to Opal before the 15th of the month. Space is limited so please restrict your article to a half page.

Get to know your VOCAL CORDS

What they are

The vocal cords are made up of two bands of smooth muscle tissue covered in a mucous membrane. They stretch like guitar strings over the voice box, located between the base of the tongue and the top of the windpipe.

Their job

When you're not speaking, the cords are open, so you can breathe in. (Try saying something while inhaling--can't do it, right?) But when you talk, the vocal cords draw together, your diaphragm pushes air from the lungs up past them, and the cords vibrate. These vibrations create sound waves that travel and resonate throughout the nose, throat, and mouth, and ta-da! Out comes the unique sound of your voice.

200 About how often the average woman's vocal cords vibrate per second. (Men's vibrate 100 times, creating a deeper sound.)

5 The number of tissue layers that make up the vocal cords. The more pliable outer layers allow the cords to vibrate easily.

2-3 How many weeks of vocal rest--as in zero talking or singing--that performers like Adele endure after surgery.

THEY PERSONALIZE YOUR SOUND

The quality of your voice--its pitch, volume, and tone--is partially determined by your vocal cords. Just like fingerprints, your vocal cords are uniquely shaped, but by themselves they produce only a buzzing noise. It's the resonating cavities located in your nose, throat, and mouth that help translate the vibrations of the cords into song or words.

Men have deeper voices thanks to extra testosterone, which makes their vocal cords longer and thicker. Guys also have larger resonating cavities to amplify sound.

In both genders, a drop in testosterone as we age weakens the vocal cords, and the mucous membrane coating becomes thin and stiff. The result is a voice makeover: The pitch of a man's typically goes up, while a woman's drops. You can't stop the process, but staying hydrated may keep the cords and the membrane from becoming overly stiff.

ABUSE IT AND LOSE IT

Our vocal cords are built to withstand clapping together hundreds of thousands of times a day, but if they're used too forcefully (hello, teachers and sports fans), they can develop possibly permanent lesions that give your voice a breathy, low quality. Ditto if you gab or cough too much when you have an upper-respiratory infection; if the vocal cords are already irritated, there's a higher chance for lesions. To ditch the hoarse, raspy sound sooner, give your voice a rest or speak quietly. Another

Continued from Page 2.

no-no is clearing your throat. It's like slapping the vocal cords together (ouch!). Docs say that throat clearing starts a vicious cycle: The trauma can inflame your throat and make mucus feel extra thick, triggering the need to ahem yet again. Instead, take a sip of water to thin out and flush away excess mucus.

NOT A FAN OF YOUR VOICE?

Fillers aren't just for foreheads. Doctors can inject them into weak vocal cords to plump them up for a stronger, smoother sound (dubbed a voice lift). Sorry--this fix isn't recommended when cords are healthy. A better option for dealing with a nasal or squeaky voice, toning down booming vocals, or amping up soft ones is to work with a voice coach. You can learn how to adjust your jaw or control your breath when talking to tweak the way you sound.

Care for Your Cords

If they could talk (you know what we mean), your vocal cords would tell you to knock off these habits:

Sucking on menthol or eucalyptus cough drops.

Throat clearers often reach for them, but the ingredients in these drops can irritate the cords' sensitive mucous membranes. Reach for ones made with glycerin or peptin instead.

Taking oral antihistamines or decongestants.

While squelching your sneezes, they can dry up the mucous membrane that keeps vocal cords lubricated. So when you're using these meds, stay hydrated: Drink extra water and run a humidifier at night.

This one is never OK. -- Smoking (or breathing in secondhand smoke).

When you suck in smoke, it irritates and swells your vocal cords and can also cause precancerous lesions or cancerous tumors on the cords--frightening, yes.

Get help quitting at Smokefree.gov.

drozthegoodlife.com

Peace, like charity, begins at home.

Franklin D. Roosevelt

There is no pleasure in having nothing
to do; the fun is having
lots to do and
not doing it.

Mary Little

Subject: Resident Stats
Submitted by: Jennifer Shapiro, Director of Senior Servies

Total Population: 67 Women: 40 Men: 27 Couples: 13

Including 5 Outplacements (SNF - Skilled Nursing Facility)
Marilyn Steadman - Villa Mesa (SNF)
Ray Parkins - Sunrise Senior Living
John Pickett - Palm Desert
Betty Parker - Claremont Place
Lena Weeks - Claremont Place



APRIL BIRTHDAYS Birthstone: Diamond

4/09: Malini DeAlwis	4/14: Margaret Mulhern
4/11: Lois Gray	4/29: Lenore Upson
4/12: Rudy Oviedo	



APRIL ANNIVERSARIES

4/01: Sequoyah and Marilyn Dawes
4/05: Jerry and Pearl Chandler



THE COLORS OF EASTER Jelly Bean Prayer

Red is for the blood He gave.
Green is for the grass He made.
Yellow is for His sun so bright.
Orange is for the edge of night.
Black is for the sin we made.
White is for the grace He gave.
Purple is for His hour of sorrow.
Pink is for our new tomorrow.
A bag full of Jelly beans
Colorful and sweet.
It's a prayer; it's a promise;
It's an Easter treat!

CONGRATULATIONS JENNIFER AND BOBBIE

All residents were pleased to hear of Jennifer and Bobbie's new positions. Our congratulations to Jennifer on her promotion to Director of Senior Services and to Bobbie who will now oversee the Facilities and Housekeeping Departments.

Subject: The Young Americans Present - A Tribute
Submitted by: Jan and Dean Arnell, Residents

This musical masterpiece, which is a tribute to all types of music, began softly with a lone violin introducing classical music. Quickly the tempo increased, the volume increased and high energy filled the theatre as 210 voices and 420 dancing feet took us through a tribute to all kinds of music. This tribute included the greats of vinyl records like Buddy Holly, Elvis, The Beach Boys, Tina Turner and too many more to list. The high energy level of The Young Americans took us from one hit recording to the next in a smooth non-stop transition. Performers in groups or individually entered the stage while others left for costume changes all without missing a beat.

After the intermission, we enjoyed a tribute to Broadway Musicals such as Les Miserable, Phantom of the Opera, The King and I, and Hamilton just to name a few. Each musical was performed by the full cast and with the same high energy and professionalism.

The grand finale had all 210 performers on stage and along the theatre walls singing, clapping and stomping their feet while the entire audience stood and joined in the fun. It was quite a sight to behold. WOW - WHAT A SHOW!

Subject: West Side Story Performance - March 8
Submitted by: Jan and Dean Arnell, Residents

What a wonderful treat we had recently. Our neighbor, Charter Oak High School Theater Class, came to our campus and performed the first act of "West Side Story." The cast, 40 student actors strong, performed with such professionalism that we had to remind ourselves that these were high school students and not a professional acting company. Their high energy dancing was astonishing and their vocal presentations were amazing.

Their instructor told us that originally he had only 4 dancers. His friend, who holds several martial arts titles and is also a professional dancer, came to the school to train the student actors. When the word got around, there was no longer a shortage of dancers. Even some of the football team stars joined the cast.

Words just can't do justice when describing the performance these kids gave. WOW - what a treat!

Subject: The Blackwood Brothers
Submitted by: Lenore Upson

On March 25, five residents drove to the Christ First Baptist Church in Covina to watch the performance of the famous Gospel Quartet in Concert. As we arrived, we were greeted by Dan Burr at the door (along with many others). He has been here at MHC to entertain us. Prior to the start of the concert, we enjoyed some of his beautiful piano playing. Turns out he also was one of the quartet (Baritone) performing.

The Blackwood Brothers harmony is outstanding, their voices magnificent, and their performance flawless. They sang many gospel songs, among them "I'll Fly Away Home," "Long Gone," "Forever Forgiven," "Who Am I" and many others.

The Blackwood Brothers have been singing since 1934. The group was started in Mississippi by the Uncle of the lead singer. The Bass has been voted among the top ten in the country!

Rousing songs, peaceful songs, clapping and joyous melody! After a short break, they asked the audience for requests and got many. They sang "I'll Fly Away," "In the Garden," "What a Friend We Have in Jesus," and "The Lighthouse."

All-in-all a wonderful performance and a joyous evening.

Subject: Trip to the California ScienCenter
Submitted by: Billie Karz, Resident

On March 31 at 9:00 a.m., six residents along with Shari and Will were on the way to the California ScienCenter. Upon our arrival, we were greeted by the Director of Volunteers. She took us to see the Endeavour display and to meet our personal guide, Marty. (It should be noted that all of the guides in this display actually took part in creating, building or furnishing parts for this fantastic space ship.) Marty spent over one hour answering questions and telling us some wonderful "secrets" he knew about the ship. After lunch, we went to see the 3-D show "Jean-Michel Cousteau's Secret Ocean" at the Imax Theater. We got home after 3:30 p.m. tired, happy, and looking forward to our next adventure.

They say that old age
is all in the mind.
The trick is keeping it
from creeping down
into the body.

Subject: Ladder Golf and Carnival Games
Submitted by: Will Lozano, Activity Leader

Ladder Golf takes place between Beechwood and Ashwood. It's a game that requires hand and eye coordination. With practice, the player's aim gets better as well as maintaining the correct balance when launching the ball. The game has two ladders with three levels. The objective is to wrap the balls (which have a string) around one of the levels. The top level is worth 3 pts. The middle level is 2 pts. The bottom level is 1 pt. There are two teams for each game. Each team has two players. The team that reaches 21 pts first wins. The rule is not to go over 21 pts. If a team goes over 21 pts, the team losses. Defense is allowed in Ladder Golf. A team can bump the other teams balls off the ladder which, at that point, the team would lose points.

Our next game will be on Monday, April 17th at 3 p.m. Activities would like to invite you to come watch or participate.

Carnival Games takes place in lower R4 on Tuesday at 10:30 a.m. This activity is open to all residents. Each week, we alternate between games. Carnival games consist of beanbag baseball, table tennis, and ring toss. All of these games are offered to help residents with hand and eye coordination, balance, reaction, blood flow, and just good old fashioned exercise. It's very important to stay active, even if it's light movement. Please join us on our next scheduled game.

The Art of Living

Most of us will be here for many years. Why not make this experience profitable, for physical, mental and spiritual reasons? Having the freedom to decide is essential and priceless on our journey ... We then can continue to go further in our effort for quality in "The Art of Living." The practice of self-control in our ethical decisions, our appetites which need discipline, the attention we give to fitness or well-being of mind and body will have long and short term benefits and increase the quality of our moment to moment experience. This effort or curriculum will support the accomplishment in mastering "The Art of Living."
Michael Magliato, Resident

Memories between friends
are blessings of the heart.

Friends are angels, sent to us
on the wings of a blessing.

Subject: Special Events Here at Home
Submitted by: Lois Gray, Editor

3/16: St. Patricks Day was celebrated with a very special Happy Hour with a variety of special food and drinks. Activities arranged to have Mark Vargas, a violinist with an outstanding background, come to play a variety of unusual songs. Of course the Irish songs included "Danny Boy." "My Darling Nellie Gray" was among those from the Civil War period. We enjoyed "Look Away" and many others closing with "Battle Hymn of the Republic."

3/18: Atwater Larchmont Tila Pass Lodge. We were delighted to have members of this Lodge and their families come and invite our residents to join them for the delicious BBQ they prepared. Many of their group were interested in touring the Home. It is always a pleasure to have Lodges visit us and we enjoy showing them our lovely homes. We look forward to having them return again.

3/19: Sing Along with Pat. Once again Pat invited us into the Library after dinner to sing some of our favorite songs. She always hands out song books and plays piano. This time we sang some of our favorite Spring songs and closed with several hymns. We were pleased that Celia and Mary Jane were able to join us. Pat puts a lot of time and effort into planning these programs for us and we do appreciate all her hard work. Thank you, Pat.

In 1950, remember these top hits?

- "Music, Music, Music" -- Teresa Brewer
- "Ballin the Jack" -- Georgia Gibbs
- "A Bushel and a Peck" -- Perry Como, Betty Hutton
- "All My Love" -- Patti Page
- "A-Razz-Ma-Tazz" -- Jimmy Durante
- "Are You Lonesome Tonight" -- Al Jolson
- "Bewitched" -- Doris Day
- "Chattanooga Shoe Shine Boy" -- Red Foley
- "Goodnight Irene" -- Gordon Jenkins Orchestra and The Weavers
- "Harbor Lights" -- Billy Vaughn
- "Hoop Dee Doo" -- Perry Como, Fontane Sisters
- "I Can Dream, Can't I" -- Andrews Sisters
- "Mona Lisa" -- Nat King Cole
- "My Foolish Heart" -- Margaret Whiting
- "Rag Mop" -- Ames Bros.
- "Tennessee Waltz" -- Patti Page

