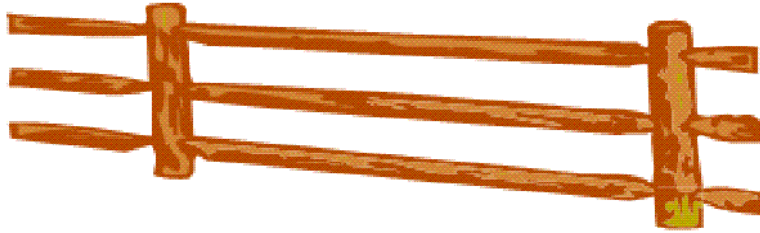


OVER THE BACK FENCE NEWS



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

Volume 27, Issue 5

May 2017

Judy Figueroa, Executive Director,
Covina Campus

A-7, X32230

Jennifer Shapiro, Director of Senior
Services

A-7, X32231

Crystal Heredia, Concierge

A-7, X32232

Lois Gray, Editor

C-112, X32268

Opal Abernethy, Assistant Editor

A-102, X32255

Resident Reporters:

John Abernethy
Nettie Hasler
Sharanne Wick

A-102, X32255
B-108, X32251
C-104, X32277



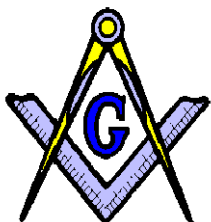
5/5: Cinco de Mayo



5/8: Mother's Day



5/20: Armed Forces 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.



5/29: Memorial Day

Submitted by: Judy Figueroa, Executive Director, Covina Campus

FCC Warns Consumers of "Can you Hear Me Scams"

The Federal Communications Commission (FCC) is alerting consumers of the cell phone scam "Can you hear me". This scam is aimed at getting people who answer the call to say the word "yes." It may not seem like a big deal at the time, but it's what the criminals can do later with that recording that's dangerous to you, your information and your identity. Once they have a recording on file of your voice saying "yes," scammers can then use it to authorize unwanted charges on bills, credit cards and more.

"You say yes, it gets recorded and they say that you have agreed to something," Susan Grant, director of consumer protection for the Consumer Federation of America, told CBS News. The caller may also ask you to press a button to be placed on the "do not call" registry, which is just a way for the crooks to find out if the number they called is active. Other ways the scammers might get you to say yes. If you get a call from a number you don't recognize, you should always be skeptical of anyone who tried to get you to respond with a simple "yes."

For example, here are a few ways scammers might get you to say yes:

Can you hear me?

Are you the lady of the house?

Do you pay the household phone bill?

Do you pay the household bills?

Are you the homeowner?

You should be skeptical of any yes or no question that has no context provided by the caller.

The safest thing to do is to just hand up.

What scammers can do with a recording of you saying yes

How can crooks cause any damage if you didn't provide your credit card number or other information over the phone? They have your phone number and you saying yes, which is often all they need to get the phone provider to pass through third-party charges. Plus, the crooks may have already gotten their hands on some of your personal information through some other type of data breach. For example, they may have your cable bill or credit card number--and then when you dispute the charges, they can counter that they have your consent recorded.

How to protect yourself.

If you think you may have already been a victim of this scam, check all of your statements line-by-line -- including your checking account, credit card, cable bill,

Continued on Page 3

Continued from Page 2 ...

phone bill, utility bill and any other bill or account that contains your personal information and/or payment info. If you see any charges you don't recognize, call the billing company immediately and dispute the transactions. Also call your bank to make sure they are aware of what's going on.

**Bottom line: Do not say anything and do not
press any buttons -- just hang up!**

Dear Residents:

During the time I was out, I scribbled some notes to share with you:

A few weeks ago while I was mending, I happened to be watching a championship boxing match on television. It was a very good fight that went 12 rounds. Now you ask "what does this have to do with me being out?" Well, as I watched that battle, I sat there thinking about the battle that I went through. It was a tough few months and I was very worried because of the events that had happened to me.

My loving and caring wife saw how bad I was the first week I was out because my body was not responding to any medication that I received that week. She took me to see the doctor and immediately I was sent to the emergency room. My body was failing very fast. I ended up in the ER 3 different times during those 5 months.

It took about 3 months to have enough energy to have the surgery done to repair my illness and it took about 6 weeks after that to recover. During those 6 weeks, I gained some weight and slowly my strength returned. First, I used a walker, then a cane to help me get around. What a battle it was and it seemed like forever but finally I am better now and getting around on my own. Right now I am still working on getting my agility and strength back.

But, of course, the real reason I wrote this is to thank all of the residents and staff of Masonic Homes for your caring thoughts and prayers. Thank You, Thank You, Thank You!

Again, thank you all and it's so very good to be back!

Ralph J. Romero

And we are all so happy to have Ralph back!

All of us could take a lesson
from the weather.
It pays no attention to criticism.

Welcome Keith Breton, Director of Dining Services

Keith Breton: Born in San Bernardino, CA, raised in Glendora and San Dimas area, and graduated from San Dimas High School. As a Southern California native, his immediate family still resides in the surrounding cities. Directly after high school, he became SAG (Screen Actors Guild) eligible for a reoccurring role in the hit TV show "Boston Public." Television also included Doritos Commercial, Hallmark Commercial and classes from Howard Fine.



Since 1994, Keith has worked in the food service ranging from Personal Chef to Acute Care Settings. He is a Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP) has the education, training, and experience to competently perform the responsibilities of a dietary manager.

Special hobbies include bowling, home remodeling, woodworking, miniature golf, watching comedy shows, American Legion Post 790 (Azusa, CA).

When you see Keith, say hello and welcome him to our Masonic Home.

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

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

Including 4 Outplacements (SNF - Skilled Nursing Facility)
Marilyn Steadman - Villa Mesa (SNF)
John Pickett - Palm Desert
Betty Parker - Claremont Place
Lena Weeks - Claremont Place



MAY BIRTHDAYS
Birthstone: Emerald

5/04: Yvonne Stoddart
5/07: Hilda Chapman
5/10: Patricia Sanchez
5/11: Duane Bente
5/27: Georgia Brown
5/28: Neva Grecian*
*Special greetings--102 yrs
5/30: Carole Haggart



MAY ANNIVERSARIES

5/13: Ralph and Margaret Mulhern



Subject: Spring Blooms, Poppies
Submitted by: Lois Gray, Editor

On April 6, several of us were taken on a trip to see the Spring flowers. Will took us first to Chino Hills where we stopped at the entrance to the State Park to look at some poppies there and the hills were covered with beautiful yellow wildflowers. We did not try to walk into the park. We then went over to Lake Elsinore but did not attempt the long walk. Again, there were wildflowers but not the poppies like some years. Will then took us to Corona for a very delicious meal at the Claim Jumper. Maria drove us home and Will was able to just ride in the bus and relax. We thank Will and Maria for a pleasant trip.

Subject: Two Crowns
Submitted by: Sharanne Wick, Resident

On Palm Sunday, seven residents attended the Christ First Baptist Church Easter Concert, Two Crowns, in which resident Sharanne Wick sang as part of the Chancel Choir. The evening began with the congregation singing three favorite hymns, followed by the Welcome and a prayer. The program contained beautiful anthems and solos by both the adult choir and the Kid's Choir, who also had two dancers. The music told the story of Jesus Christ's death and resurrection, and the two crowns He wore: one of thorns and one of gold. It was a wonderful way to start Passion Week.

Subject: Quakes Baseball Game
Submitted by: Irv Lieber, Resident

On April 13th, six residents and Maria, our driver, traveled to the Quakes first baseball game of the season. The Quakes won 6 to 3. It was a chilly night and we arrived as the game was about to start. There were fireworks later but we left before they started. It was a fine night and we all got back to the Home safely.

Give a person a fish and you feed them for a day. --- Teach a person to use the internet and they won't bother you for weeks, months, maybe years unless you give them your email address.

Subject: Trip to Valley View Casino
Submitted by: Jan Arnell, Resident

On April 20, it was with great expectations that a small group of residents boarded our bus bound for Valley View Casino located near Escondido, CA.

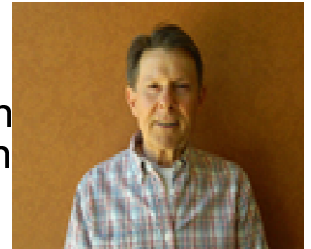
After getting our "Club" cards, it was off in search of "Lady Luck." There was an abundance of machines from which to choose. Some of our party won a little and some lost a little but everyone had fun.

The lobster and crab buffet was next on our schedule. We were a little disappointed with the manner in which the lobster and crab were served. The same could be said about the strange side dish selection and manner of presentation. We must, however, compliment the casino staff. Each staff member was extremely nice and friendly. They even gave us a case of water for our drive home.

All things considered, we all had a good time but we probably won't make this trip again.

Subject: Meet Our New Resident
Submitted by: Sharanne Wick, Resident

Our newest resident, John Feagans, lives in Cedarwood 213. He comes to us through Silver Gate Three Stars Lodge No. 296 in San Diego. Before his recent retirement, John was the Production Manager for nine of San Diego Union Tribune's newspapers.



Born in Indianapolis, Indiana, John is the second of five children. He enjoys photography, painting, cooking, exercise, musicals and the symphony. Although his career left little time for doing any of the things he loves, he is looking forward to being able to do them now that he is living here.

John also loves to socialize, something that has been missing from his life. He is a good conversationalist, and an attentive listener, low-key but not shy. He is well-traveled, so be sure to ask him about his travels, as you get to know this interesting man.

Bits & Pieces

Worry is like a rocking chair. It will give you something to do, but it won't get you anywhere. Vance Havner

The only thing that has to be finished by next Tuesday is next Monday. Jennifer Yane

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

4/21: Caremore Magic Show. Caremore Medical arranged a very special show for us. They brought a magician from Magic Castle who was fantastic. This delightful gentleman worked with our residents doing a variety of card tricks, sleight of hand, and more mind boggling magic. We thank Caremore for bringing us this great entertainment.

4/23: Sing Along with Pat. Once again after Sunday evening dinner, Pat handed out song books and played piano while twenty three of us sang some of our favorite songs. We always enjoy having Sharanne tell us the history of each song. Among the songs were "April Showers," "Easter Parade," "Put on Your Old Grey Bonnet" and also a variety of hymns including "Standing on the Promises," "His Eyes are on the Sparrow," and "Sweet Hour of Prayer." We thank Pat for arranging these special programs. It requires a lot of planning and hard work.

Submitted by Virginia Nash, Resident

How To Know You Are Growing Older

Everything hurts and what doesn't hurt, doesn't work.

The gleam in your eye is from the sun hitting your bifocals.

You feel like the night before and you haven't been anywhere.

Your little black book contains only names ending in M.D.

You get winded playing cards.

Your children begin to look middle aged.

You join a health club and don't go.

You know all the answers, but nobody asks you the questions.

You look forward to a dull evening.

You need glasses to find your glasses.

You sit in a rocking chair and can't get it to go.

Your knees buckle but your belt won't.

Your back goes out more than you do.

You have too much room in the house and not enough in the medicine chest.

You sink your teeth in a steak and they stay there.

Submitted by: Opal Abernethy, Resident

FRIENDS

A Friend is someone you can rely on,
and trust to know the truth of you and
love you anyway.

A Friend is someone you can tell a secret to and
know without a doubt – that they won't tell,
even when they are mad at you.

A Friend is someone who will allow you to
have a bad day and not write you off
as a lost cause.

A Friend is someone who will go the distance with you
and help you finish the course, no matter
how rough the terrain.

A Friend is someone who will see past
your grouchy words to your hurting heart.

A Friend is someone you can trust.

A Friend is someone who will be there tomorrow
for you, no matter what.

Subject: Aging Gracefully

1. I didn't make it to the gym today. That makes five years in a row.
2. Last year I joined a support group for procrastinators. We haven't met yet.
3. I don't need anger management. I just need people to stop irritating me.
4. When I was a child I thought nap time was a punishment. Now, as a grown up, it feels like a mini vacation.
5. If God wanted me to touch my toes, he would've put them on my knees.
6. The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes."
7. I'm going to retire and live off of my savings. Not sure what I'll do the second week.
8. Why do I have to press one for English when you're just gonna transfer me to someone I can't understand anyway?
9. Of course I talk to myself, sometimes I need expert advice.

PLEASE NOTE: Your friends and family can read our newsletter on the Masonic Homes website each month. -- Please let them know there is a new way to reach this website: Type in masonichome.org then click on Covina. There will be a large picture followed by 2 paragraphs. The last sentence is Read the resident newsletter. Double click on that sentence and the current newsletter will come up.