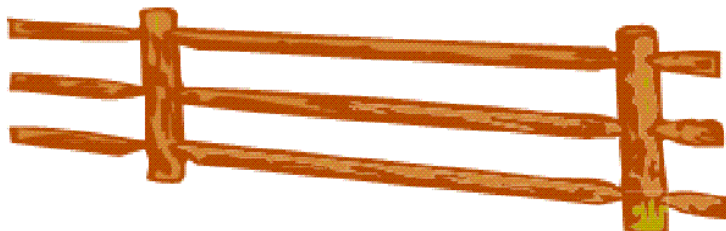


OVER THE BACK FENCE NEWS



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

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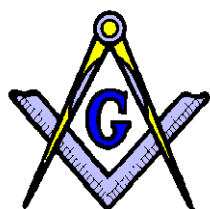
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July 4: Independence
Day



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.



Submitted by: Judy Figueroa, Executive Director, Covina Campus

FALL ASLEEP IN A SNAP

You climb under the covers, and suddenly
your brain decides to break out the buzzy thoughts.

Sleep doctor and Good Life columnist
Michael Breus, Ph.D., to the rescue.

It's the number one complaint I hear from patients: "I can't turn down the noise in my brain long enough to fall asleep." But sleep doesn't work like an on-off switch; you have to ease your foot off the gas pedal and slowly press on the brake. There are tools you can use -- starting with your own breath -- that make the transition to quiet mode easier. Many of my patients keep these three methods in rotation and pull them out whenever they need to calm a racing mind. Try them all, or stick to the hack that works best for you.

JUST BREATHE.

Here's a quick sleep-science lesson: Your heart rate needs to be below about 60 beats per minute in order for your body to enter a state of unconsciousness. Deep breathing is a powerful way to lower your heart rate and doze off; it triggers a reaction in your parasympathetic nervous system (the opposite of the fight-or-flight response) that tells the brain to chill out. I encourage patients to try the 4-7-8 method: Breathe in for 4 counts, hold for 7 (which also helps slow your heart rate), then exhale for 8. Repeat the sequence 10 times. It gets more calming oxygen into your body; plus, counting your breaths can distract you from worried thoughts.

PLAY A GAME OF TENSE AND RELEASE.

When anxiety takes hold, your body tightens up as if preparing for an attack. If you're in this state at bedtime, it'll be hard to doze off. That's why I often recommend progressive muscle relaxation to bring stress levels down. You just tense and release one muscle group at a time. Start by curling your toes down and tensing the soles of your feet. Hold for 5 seconds, then release. Pause for 5 seconds, then move on to your legs and tense your calf muscles. (Point your toes toward your knees as you do this.) Work your way up your body ending with your face.

TRY GUIDED MEDITATION.

Often what keeps people awake is ruminating thoughts--when their mind keeps going over and over things they can't control. Mindfulness meditation can help people break this cycle. One study found that after six weeks, people who practiced mindfulness training had less insomnia. There are many meditation apps you can listen to at bedtime; my advice is to choose one in which the experience just washes over you. For instance, if you're asked to visualize going on a nature walk to search for flowers or birds, that requires a certain level of alertness. A better bet? Floating in the clouds. Next stop: dreamland.

(drozthegoodlife.com)

MICROBIOLOGY

Human beings carry a minimum of 150 billion bacteria which makes us the major hazard against food, especially our hands. Bacteria, viruses, and parasites usually come from people who improperly handle food, and from microorganisms that are already in the food when we receive it.

> If we leave food out in the **Danger Zone (41degrees F - 135 degrees F)** the bacteria will multiply in great numbers.

> **The maximum accumulated time that food can remain in the Danger Zone is 4 hours**; remember that the higher the temperature, the shorter the amount of time the food can be left outside. (During optimal bacterial growth temperature, one bacterium will become 4,000 bacteria in 4 hours).

BACTERIA

Bacteria are the most common microorganisms that affect food. They live and can multiply anywhere and they can grow on food. Other microorganisms like viruses or parasite will not grow on food.

Bacteria need the following conditions in order to multiply faster:

- 1) **Food** - especially food that is high in protein such as milk, meat, fish, or eggs
- 2) **Moisture** - they like foods with plenty of water
- 3) **Warm temperatures** -70 F - 135 F
- 4) **Time** - they need time to reproduce
- 5) **Adequate pH** - 4.6 - 7.5, they do not like very acidic foods

The types of food in which harmful bacteria can grow are called PHF - potentially hazardous foods (chicken, eggs, cheese, shellfish). Even cantaloupes and watermelons are classified as PHF because they have plenty of water, not too acidic, and have the nutrients that bacteria needs to grow.

Freezing, refrigerating, and drying foods do not kill bacteria. This only keeps them in a dormant or hibernating state. As soon as you thaw or take food from the refrigerator, the bacteria will continue to grow and double in number every 20 minutes which is the way bacteria reproduces itself.

1 bacteria	2 bacteria	4 bacteria	8 bacteria	1 billion bacteria
1 minute	20 minutes	40 minutes	1 hour	12 hours

When bacteria are multiplying, it consumes the nutrients in foods, and then produces waste products or metabolic by-products called toxins. These toxins may look and feel like slime, such as the one formed on old fish or meat. Toxins cannot be killed with heat or cold; this is the reason why food that does not smell good or feels slimy, cannot be fixed under any circumstances. If ingested, these toxins will produce intoxication in people.

Not all metabolic by-products are undesirable. Some are beneficial like the ones produced by bacteria used to prepare cheese, yogurts, sour cream, and similar foods.

(Taken from Wikimania 2017/Medical Microbiology)

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

Total Population: 67 Women: 39 Men: 28 Couples: 13

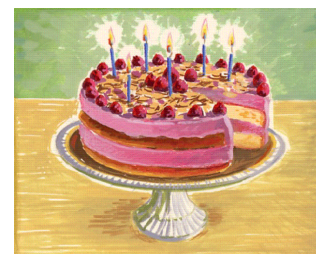
Including 3 Outplacements
John Pickett - Palm Desert
Betty Parker - Claremont Place
Lena Weeks - Claremont Place



JULY BIRTHDAYS

Birthstone: Ruby

7/02: Brownie Brown	7/14: Bob Dow
7/04: Ruth Caster	7/16: Betty Parker
7/07: Dean Arnell	7/19: Tony Mangan



JULY ANNIVERSARIES

7/26: John and Opal Abernethy



© wondercliparts.com

Submitted by: Pat Long, Resident

Bits and Pieces

"You are braver than you believe, stronger than you seem and smarter than you think." Winnie The Pooh, A.A. Milne

"Be a good listener. Your ears will never get you in trouble." Frank Tyger

"Memories are all we really own." Elias Lieberman

"We are not old unless we desire to be." Taylor Caldwell

"If you can't change a situation, you can change your attitude toward it." Author Unknown

"Let go of what you cannot control. Author Unknown

Subject: Outing to Barbara's Victorian Tea House
Submitted by: Carole Haggart, Resident

On June 1, 2017, eight women residents, plus Shari and Will, boarded the bus at 11:00 AM to go to Barbara's Victorian Tea House in Rancho Cucamonga. It was a lovely day when we got there, even though it had been drizzly when we left home. The friendly lady who greeted us there, in her fancy apron, was none other than Barbara. Her delightful personality added much to our enjoyment of the afternoon.

The Tea House was decorated sumptuously with all manner of beautiful Victorian items. A feast for the eyes! We were told by Barbara what to expect in the way of food, and the order in which to eat it. We were then served a secret recipe of mashed potato soup in a small delicate bowl. It was delicious! Then we had a wonderful quiche. Also delicious! Then we were served a large yummy scone with clotted cream and lemon curd. Another delicious item. Then we were told to cleanse our palate with a small dish of fresh fruit. Oh, yes, and we had hot pots of different kinds of tea interspersed with the food. By this time, many of us were already full, so Barbara boxed up the tea sandwiches, dessert and chocolate covered strawberries for us to take home. Every single item was Delicious!!!

After taking time to peruse the many beautiful items which were for sale, we paused on the front porch to have many pictures taken by Shari, Will and Barbara. We then boarded the bus and soon arrived home by 2:30. We all agreed that we should return there soon. All in all, it was a Delicious! afternoon.

Subject: OES Festival, June 3
Submitted by: Jan Arnell, Resident

While boarding our bus, the sun began peeking through the early morning overcast promising a beautiful day for an outdoor festival. We journeyed to the beautiful grounds of the Order of Eastern Star Home in Yorba Linda. Shopping and more shopping was enjoyed by all. Women's clothing and jewelry were featured items but several booths showcased unique gift items. There was a small but very interesting car show. The cars certainly reflected all the labor and love that went into each restoration. Food vendors were in abundance. A gourmet food truck featuring Maine lobster was quite a hit. Breakfast burritos, regular burritos, tacos, nachos, ice cream and shaved ice left everyone well fed.

During the festival, a four piece band entertained us with music from the 50's. The music and food were enjoyed from our seating area in the shade of large beautiful trees. We arrived back home in time for lunch just in case any of us still wanted a snack.

Never be a prisoner of your past.
It was just a lesson, not a life sentence.

Subject: JPL (Jet Propulsion Labs)
Submitted by: Dean Arnell, Resident

It was high noon on the 8th of June when eight brave residents and two activities leaders climbed aboard our "earth surface craft" (Masonic Bus) for our trip to the famous Jet Propulsion Laboratories (JPL).

During the mid-1930's, a few Caltech students began experimenting with rockets. After an unintended explosion occurred on campus, this group of rocket enthusiasts moved to an area next to the San Gabriel Mountains (present site of current JPL facility). The group officially became known as Jet Propulsion Labs (JPL) in 1944. JPL was sponsored by the U.S. Army to develop rocket technology. In 1958, JPL was transferred from the U.S. Army to the newly formed NASA (National Aeronautics and Space Administration) and began to focus on space vehicles and space exploration.

Our guided tour of the JPL facility began at 1:00 PM. The first stop was at the Von Karman auditorium for a very informative talk and film of the exploration of the planets in our solar system. We then toured a static display of various space vehicles such as Mariner, Voyager, and many others. We also watched as technicians were at work in a giant "clean room" constructing a new rover vehicle for Mars exploration. The tour covered far too many projects to cover in this article so let's go to the grand finale, "Mission Control". Since there were no active launches this day, we all were seated in the actual mission control stations where the project technicians sit during a launch. We all got to feel what it must be like to communicate with a spacecraft exploring or leaving our solar system--What a thrill!

A bit weary from our outer-space travels, we all boarded our "earth surface craft" and headed for our earthly residence. Our pilot, Will, got us to our final destination just in time for dinner. Great trip -- this is good for a repeat!

AND WHAT ARE FRIENDS FOR?

FRIENDS ARE FOR COMPANY, to call when you just want to talk or to tell the latest joke, or for when you need someplace to go where faces light up when you come in and you're always welcome.



FRIENDS ARE FOR MAKING YOU FEEL SPECIAL WHEN THE WORLD IS COLD. A fireplace warms the outside, but friendship warms the inside.

BUT MOSTLY, FRIENDS ARE TO LOVE, even though it is possible to feel quite inadequate when you are trying to find the words to tell them. You can only hope that in some measure you can give them the satisfaction in your friendship that you find in theirs.

Submitted by: The Famous Hidden Mickey Hider
AKA Bobbie Dimmitt

MASONIC HOMES BYE-BYE BBQ



On Wednesday, June 21st, residents and staff gathered at the BBQ area located at R4 for the first and hopefully only Bye-Bye BBQ Goofarama. This was a time to be a kid again with carnival games of yesterdays. Ms. Bobbie--AKA Director of Great Ideas, Fun, Laughter, and OMG that was a BLAST!!! Along with Ms. Jennifer--AKA Director of Mickey's Right Hand; Mr. Ralph--AKA Director Grill Master and, of course, what would a Disney Party be without the Queen of Make-It-Happen Mrs. Judy. Games included a Cake-Walk, Bean-Bag Toss, Pinatas and the Game of all Games--"The Now Famous Hidden Mickey" . Beginning at 6am on Tuesday, it was ON-YOUR-MARK--GET-SET--WALK--DON'T RUN--GO!! And residents and staff set off in search of Hidden Mickeys  Searching buildings, elevators, wellness center (haha), dining room, outside digging in bushes, searching trees, drain pipes, fence posts, lamp posts, fire hydrants and anywhere else a Hidden Mickey could be. Residents needed to locate 25 Hidden Mickeys and staff 50 Hidden Mickeys. After about 30 hours and 227,496.3+ steps, all but 1 Mickey (infamous #8) were accounted for. On Friday, the forms were calculated and it came down to 3 residents finding a total of 24 Hidden Mickeys and 3 staff finding a total of 49 Hidden Mickeys. A drawing was held and Dean Arnell was the winner of a \$50 Visa gift card for the residents and Andrea Yannone won the \$100 Visa card for staff. Other winners for participating included Sharanne for \$25 and Wilma \$25. A great time was had by ALL!!

Volunteers: A GREAT BIG HUGE THANK YOU to our Volunteers. The Greatest Gift you can give someone is your time because when you give your time, you are giving a portion of your life that you will never get back. We thank you for all you do. You never go unnoticed.

Our Dietary Department: It's Simple Great Ingredients (staff) Make Great Food ... Thank you for all you did to fill our belly's with childhood memories.

And we are eternally grateful for Fearless Leader Mrs. Judy. She has gone above and beyond bringing little breaks of fun and laughter, all the while making us feel like truly valued employees.

To Our Residents. You are like family. Each and every one of you are a "Jewel." We thank you so much for the blessing we call work. The Masonic Homes is truly an amazing place to work.

"We don't stop playing because we grow old;
we grow old because we stop playing"



Subject: Trip to Jewelry Show
Submitted by: Lenore Upson, Resident

On June 30, six residents plus Will and Shari went to a jewelry and gem show in Pasadena. A pleasant trip and we had a lunch that our kitchen had packed for us while on the bus. We were then dropped off at the Pasadena Civic Auditorium where the show was held.

We shopped for about 1-1/2 hours. There was an amazing display of jewelry, beads, and all kinds of items for crafters who make jewelry and/or do beading. We were like kids in a candy store!

On the way home (with our loot!), Will took us by a lovely neighborhood where there were many peacocks! Beautiful!

A great time was had by all and we were home in time for dinner!

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

6/7: Farewell Luncheon for Kerry Hendrickson, Staff Accountant.

Kerry and his family will be moving to the Florida area to join other family to work in a family business. He will be missed and many of our staff, residents and MOS came to speak to him and we all offered our best wishes. We were pleased to have Kerry speak to us and say goodbye. All were then served a delicious ice cream cake.

6/18: Father's Day Lunch. Thanks to Dietary, we had a very special luncheon honoring all the fathers and each of them received a gift.

6/23: Farewell Luncheon for Rudy Frias, Environmental Services. Rudy is retiring after having worked here for 19 years. During the lunch hour, many staff and residents spoke offering him the best wishes of all of us.

6/24: The Young Leaders Performing Arts Company of Merced. These young people entertained us in the Lodge Room with a variety of very unusual dances. Their performance of "Labels" was outstanding. They did a dance from India wearing Indian costumes--and barefoot with bells on their feet. They did a lively dance from Mexico with beautiful colored costumes. They also did a combination of swing medley from the 1950's and many tricks, dips and slides. What a fantastic group of young people. We were so fortunate to have them come here.

All Residents, please note -- Your friends and family can read our Newsletter on the Masonic Homes website each month. They just need to 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.