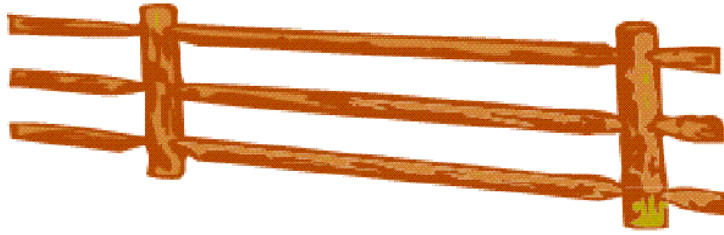


OVER THE BACK FENCE NEWS



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

Volume 27, Issue 8

August 2017

Judy Figueroa, Executive Director,
Covina Campus

A-7, X32230

Jennifer Shapiro, Director of Senior
Services

A-7, X32231

Crystal Heredia, Concierge

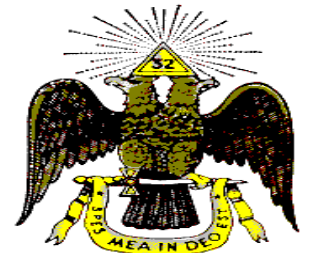
A-7, X32232

Lois Gray, Editor

C-112, X32268

Opal Abernethy, Assistant Editor

A-102, X32255



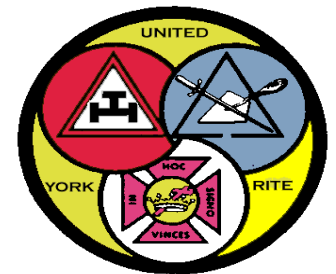
Resident Reporters:

John Abernethy
Nettie Hasler
Sharanne Wick

A-102, X32255

B-108, X32251

C-105, X32240



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.



4 Ways To Fend Off Skin Cancer

Melanoma represents a fraction of skin cancer cases, but it's responsible for most skin cancer deaths. It's largely preventable if you take steps to protect yourself from the sun, but many people don't do so. A study published in March 2017 in *Cancer Epidemiology, Biomarkers & Prevention* found that a significant proportion of melanoma survivors reported elevated sun exposure, sunburn, and lack of sun-protection measures. What's more, melanoma survivors have a ninefold increased risk of recurrence that persists 20 years after the initial diagnosis. Here are four ways to protect yourself.

1. **Use sunscreen.** Generously apply a broad-spectrum, water-resistant sunscreen with a sun protective factor (SPF) of 30 or higher. Reapply approximately every two hours, even on cloudy days and after swimming or sweating. Use a lip balm with a high SPF.
2. **Stay in the shade,** especially between 10 a.m. and 4 p.m., when the sun's rays are the strongest. Avoid tanning beds. Use extra caution near water, snow, and sand, which can reflect and intensify rays.
3. **Wear clothing that covers your skin,** such as a long-sleeved shirt, long pants, sunglasses, and a hat with a three-inch or larger brim.
4. **Check your body monthly.** Ask your doctor to examine any new or changing skin growths or moles, especially those that bleed, itch, or are painful.

Straight Talk About Hammertoe

Hammertoe is a painful foot deformity in which a toe bends unnaturally and becomes clawlike. This malformation occurs because the toe's tendons contract abnormally, forcing the toe to bend downward and the middle joint of the toe to protrude upward. Hammertoe usually affects one of the three middle toes, which curve into a hammer-shaped position and can eventually get painful and interfere with walking.

As long as hammertoe causes no pain or any change in your walking or running gait, it isn't harmful and doesn't require treatment. Seek medical attention if the toe becomes painful and you have difficulty walking. The condition is usually irreversible without surgery, but its progress may be slowed. Hammertoes are a particular problem for people with diabetes because the greater pressure on the foot can increase the development of foot ulcers.

What to do: Switch to low-heeled shoes that have a soft, roomy toe area; wear sandals (but not flip-flops) when possible. Insoles may also provide some comfort. A physical therapist can provide recommendations and devices to help retain the toes that still have some flexibility; in some cases, the toes may be splinted.

Continued on Page 3

For hammertoes that cause extreme discomfort, surgery is an option, though it may involve a long recuperation--four to six weeks--depending on the severity of the condition. Stiffness, redness, and swelling can last for weeks and even months. During your recovery, you'll have to avoid most physical activity, which may sometimes include standing and walking. You may need to use crutches or a walker, and if the surgery was done on your right foot, you might not be able to drive while you heal. What's more, surgery isn't a guarantee that the hammertoe won't return.

Submitted by: Judy Figueroa, Executive Director, Covina Campus

New Employees

I would like to welcome our newest employees to the Masonic Homes in Covina: Amber Neff (Dietary Aide), Maria Nolan (Dietary Aide), Amber Rossi (Dietary Aide), Edgar Reynoso (Environmental Specialist), Yessenia Carbajal (CNA), Lydia Aldarawsheh (CNA), Jordyn Seevers (on call LVN), and Karen Ramos (Activity Leader). Please introduce yourself and welcome our new staff.

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

AUGUST BIRTHDAYS

Birthstone: Peridot

8/04: Rosemary Spencer

8/22 Michael Magliato



"Good judgement comes from experience,
and a lot of that comes from bad judgement."
Will Rogers

Tips and Reasons for Blood Sugar Swings

UPSWING: CAFFEINE. Your blood sugar can rise after you have coffee—even black coffee with no calories—thanks to the caffeine. The same goes for black tea, green tea, and energy drinks. Each person with diabetes reacts to foods and drinks differently, so it's best to keep track of your own responses. Ironically, other compounds in coffee may help prevent type 2 diabetes in healthy people.

UPSWING: SUGAR-FREE FOODS. Many of these will raise your blood sugar levels. Why? They can still have plenty of carbs from starches. Check the total carbohydrates on the Nutrition Facts label before you dig in. You should also pay attention to sugar alcohols such as sorbitol and xylitol. They add sweetness with fewer carbs than sugar (sucrose), but they may still have enough to boost your level.

UPSWING: STEROIDS AND WATER PILLS. People take corticosteroids, such as prednisone, to treat rashes, arthritis, asthma, and many other conditions. But they can boost your blood sugar, and may even trigger diabetes in some people. Diuretics that help high blood pressure, also called water pills, can do the same. Some antidepressants also raise or lower blood sugar.

LOWER: YOGURT. Foods that have healthy bacteria, such as many types of yogurt, are called probiotic. They can improve digestion and also may help you control your blood sugar. Some yogurts have added sugar and fruit, so be careful to count the carbs. Your best choice is plain or light yogurt without extra sugar.

PROMISING: CINNAMON. A sprinkle of this spice can add flavor without adding salt, carbs, or calories. Some studies suggest it also can help the body use insulin better and may lower blood sugar in people with type 2 diabetes. Doctors need more research to know for sure, and supplements that have large doses can cause side effects. So it's best to talk with your doctor before you try cinnamon.

CAUTION: SLEEP. Blood sugar can dip dangerously low during shut-eye for some people with diabetes, especially if they take insulin. It's best to check your levels at bedtime and when you wake up. A snack before bed may help. For some people, blood sugar can rise in the morning—even before breakfast—due to changes in hormones or a drop in insulin. Regular testing is important. One option is a continuous blood glucose monitor, which can alert you to highs or lows.

ROLLER COASTER: ALCOHOL. Alcoholic drinks have plenty of carbs, so at first they'll raise your blood sugar. But your levels may drop for as long as 12 hours after drinking. It's best to have your booze with food and to check your blood sugar. The American Diabetes Association advises no more than one drink a day for a woman and two drinks for a man. One drink is 5 ounces of wine, 12 ounces of beer, or 1-1/2 ounces of liquor like vodka or whiskey.

ROLLER COASTER: HEAT. You'll be safer inside with the AC when it's hot outdoors. Heat makes your blood sugar harder to control. You should test it often and drink plenty of water to avoid dehydration. High temps can affect your medications, glucose meter, and test strips, too. Don't leave them in a hot car.

Continued of Page 5

(Blood Sugar Swings -- continued)

IS SUGAR BAD FOR YOU? If you love sweets, don't despair. You don't have to give them up forever. Sugar will raise your blood sugar levels more quickly than other carbs, but diabetes experts now say the total amount of carbs is most important. So keep your serving sizes small and take into account the total carbs and calories.

WHAT ABOUT THE GLYCEMIC INDEX? Your daily carb total, spread steadily across the day, is one key to good blood sugar control. Some people also use the glycemic index (GI), a rating of how individual foods raise blood sugar levels. Beans and whole-grain breads and cereals have a lower GI than white bread or regular pasta. Juice has a higher GI than whole fruit. Craving a high-GI food? Eat it along with a lower-GI choice to help control your levels.

Resources: <http://www.webmd.com/diabetes/daily-control-17/slideshow-blood-sugar-swings>

Subject: Quakes Game and Fireworks
Submitted by: Shari Jayasekara, Activities

The residents went to a special Quakes baseball game on Monday July 3. This time there would be a fireworks show sponsored by the Ontario International Airport after the game. We got some promotional bags from a local business. The game started with a special salute by the Color Guard and the National Anthem sung by a Navy Officer. The quakes were on a winning path in the 1st inning but the visiting team was able to catch up and, at one point, they were tied.

Throughout the game there were little skits by mascots and entertainers: one group did a lip sync skit to the song YMCA, a female mascot dinosaur did a dance, and a parade of kids chased a pizza delivery man. Also, a moment was taken to honor those who serve and have served in the Armed Forces. Though the Quakes lost to the visiting Lancaster, CA team, the fireworks show was spectacular. It was colorful, loud, fiery sparks bursting in the air at the LoanMart field. There were thousands of spectators in attendance. Our residents had a very late night outing.

Submitted by: John Abernethy, Resident Reporter

DESTINY MASONIC LODGE NO. 856 PRESENTS

On Saturday, July 15, 2017 at 1:00 pm, the Officers were in their respective Stations, the guests were seated, and this year's Hiram Award Presentation was about to begin.

But first, let me tell you about the Hiram Award and what it represents. First of all, it is the highest Masonic Honor a Lodge can award. The Master of the Lodge
Continued on Page 6

Hiram Award Presentation, continued --

appoints a committee to select a recipient. Their selection is based on a member who distinguished himself through service not only to his Lodge, but to his Community, his Family and Masonry in General. They present their findings to the Master who in turn announces the recipient to the members.

This being said, this years Prestigious Hiram Award goes to Brother Ralph E. Mulhern. Brother Mulhern is a charter member of Destiny Lodge and has served as the Lodge Marshal since it's inception. He truly fulfills the Principal Tenants of Free Masonry: "**Brotherly Love, Relief, and Truth.**" The highlight of the presentation was when Past Grand Master Charvonia presented Brother Ralph E. Mulhern with his Hiram Award. Refreshments and good fellowship followed in the Library.

**Congratulations Brother Ralph E. Mulhern on
becoming a Hiram Award Recipient**

Submitted by: Jerry Chandler, Resident

Summerfest 2017
Comes to
Masonic Home Covina

The tents were all up, the tables and chairs were in place and at 10:00 am, the people were all coming through the gate, either on foot or by bus. The staff had been up for hours, getting things ready in the kitchen and on the grounds. All the displays were set up by the various organizations. Even Forest Lawn had a booth to talk about what none of us ever want to talk about. The disc jockey had the music going, the inflatable slides and jumper houses were operating. A bus with our Sisters and Brothers from the Eastern Star Home in Yorba Linda even made it all the way here to Covina.

Then, the police cars and fire trucks showed up along with an ambulance and a police K-9 unit with K-9 Officer Jano (their dog) and his partner, Officer Rasmussen. Along with him was a Covina Police Department SWAT armored vehicle with all the toys they use in the performance of their dangerous duties. K-9 Officer Janos was a hit with all, demonstrating his skills for all to see. The fire trucks, the ladder truck from Station 153 (the one that is here for our 911 calls) and the engine from Station 154 (the one that comes when 153 can't make it) came and opened up all their compartments for all to see. Many of the kids and grandkids got to climb on the trucks and even use one of the smaller fire hoses. Some came away with junior fireman's hats and badges.

Schaeffer-Cole Ambulance sent an ambulance for all to look at when we didn't have to use it as a patient. They really look different when you are standing outside looking inside rather than laying down on the stretcher.

Continued on Page 7

Summerfest 2017, continued...

At 11:30 am, the program started under the big tent. Judy Figueroa and Gary Charland started with introductions of all the Masonic Dignitaries in attendance including our Grand Master, Most Worshipful John Heisner. Mike Cornell was here to represent MW John Lowe, Chairman of the Masonic Homes Board of Trustees.

Judy presented MW Heisner with a gift from the Home and the Residents. Wor. Gus Cordes, Master of Destiny Lodge, presented MW Heisner with a check from the Lodge representing 100% of the Officers of the Lodge donating to the Grand Masters fund for the year. Chief John Curley, Chief of Police for the City of Covina, along with Officer Rasmussen and K-9 Officer Janos were called up to the stage and presented with checks from the Home and the Lodge for the Department's K-9 fund and the Police Explorer Scout Post. Then the Captains of the two fire stations were called up and presented with checks from the Home and the Lodge for the Fire Explorer Post. MW Heisner and Gary Charland then presented Chief Curley and the Fire Captains with Certificates of Appreciation from Grand Lodge and The Masonic Homes of Covina for their service to the Home and the community. The Home and Grand Lodge then presented Destiny and several other lodges with certificates of appreciation for their continued support of the Home's annual Summerfest.

During this time, In-n-Out Burger trucks (yes, 2 trucks) were serving burgers (I'm told close to 1,400 burgers) along with drinks and chips. In other parts of the area there were hot dogs, baked beans and enough snow cones to make an igloo.

MOS had many game booths going and everyone walked away a winner. Rusty Trowel Committee was doing Child ID. Masons-4-Mitts had a booth to promote the game in September and there was a place for kids to paint and keep their own ceramic figurines and such. Many of the Masonic Concordant Bodies also had information booths set up.

The last but definitely not least highlight of the day was the Destiny Divas Fashion Show in Solomon Square. They have been booked for encore performances in Yorba Linda and I'm told maybe even at the employee's campus gathering in the future.

All in all, it was a lot of hard work for a lot of people, but it was a great success. Our thanks to all the Home's employees for their dedication to this event and to the many hours our many residents put in to make this a super day...Until next year.

Subject: Lois Gray - Seventy-Five Years of Service!
Submitted by: Sharanne Wick, Resident

On July 25, a balmy summer evening, 21 residents set out for Arcadia Pasadena Chapter No. 108 Order of the Eastern Star to see our own Lois Gray receive her 75 year pin and certificate! Will drove the bus and Shari took a van. Understandably, the presentation of this award is a rare occasion, and some never get to see one. Upon arrival, we were escorted into the dining hall of Arcadia Masonic Center where we enjoyed a tasty dinner. After the invocation and Pledge of Allegiance, we were served our dinner by Job's Daughters in a very professional manner. They also made sure our ice water and iced tea glasses were full.

Continued on Page 8 ...

Lois Gray - 75 Year Membership, continued

Following dinner, a 50-year pin was presented, then the big moment! Lois was escorted to the podium where her Eastern Star history was read. Past Grand Patron Don Snider pinned her beautiful pin on her lapel. After her certificate was presented, we joined hands and sang "Blest Be The Tie That Binds." Following the benediction, we joined hands and recited the Mizpah Benediction, which is a traditional end to many OES events. Full of good food and good will, we headed for home--tired, but happy.

Subject: Outing to Pageant of the Masters
Submitted by: Carole Haggart, Resident

On July 27, 2017, ten residents, plus Karen, Shari and Will boarded the bus at about 3:00 to go to The Pageant of the Masters in Laguna Beach. We stopped about halfway there and had dinner at a wonderful Steakhouse in Irvine. Both the dinner and the service was superb. A little pricey, but worth it.

When we got to Laguna, we had some time before going into the amphitheater to look at some of the marvelous artwork on display the Fine Arts Show. Near dark, we congregated at the entrance to the amphitheater where we were met by some extremely nice volunteers who helped us to our seats about halfway up to the top row. They helped those of us who have trouble with climbing stairs and, after the show, came back to help us again. Very nice ladies!

We were enchanted by 90 minutes of living pictures, which were incredibly faithful re-creations of classical and contemporary works of art, with real people posing to look exactly like their counterparts in the original pieces. (My favorites were the statues and the depiction of the Last Supper. We headed to the bus, and our wonderful bus driver, Will, got us home safely. We were all tired after a late night, but it was worth it.

Subject: Special Events Here at Home

7/2: Sing Along With Pat. Once again after dinner, Pat handed out song books and played piano while we sang a number of summer songs. Remember "In the Good Old Summer Time," "Cruising Down the River," "June is Busting out All Over," and "You're a Grand Old Flag." We also sang a number of hymns including "Just a Closer Walk With Thee" and closed with "God Will Take Care of You." Thanks Pat for another great program.

7/6: Bronwyn Schramm. We all remember Bronwyn and were delighted to have her come again to tell stories and sing for us. Her 4th of July program, "A Journey Across America," started with her singing "America, America." At the close of her program, we sang "God Bless America." It's not possible to do justice to the stories and songs. I can only say you must come and hear this very talented lady the next time she comes--and we do hope there will be a next time!!
