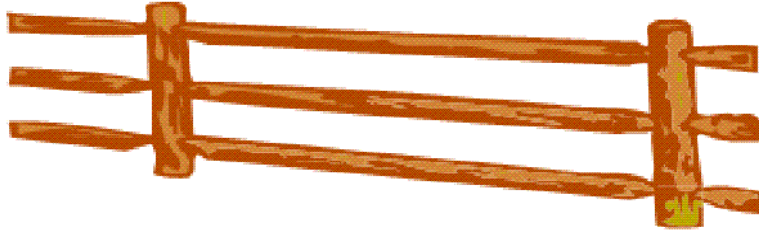


# OVER THE BACK FENCE NEWS



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

Volume 27, Issue 10

October 2017

Judy Figueroa, Executive Director,  
Covina Campus

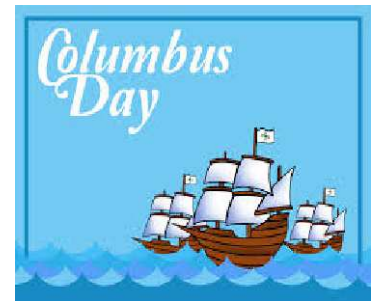
A-7, X32230

Jennifer Shapiro, Director of Senior  
Services

A-7, X32231

Crystal Heredia and  
Valerie Del Hoyo, Receptionists

A-7, S32233  
A-7, X32232



10/9: Columbus Day

Lois Gray, Editor

C-112, X32268

Opal Abernethy, Assistant Editor

A-102, X32255

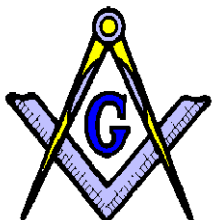


10/31: Halloween

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.



## 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, 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 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](http://drozthegoodlife.com)

The Loss of Nikki. Our residents and staff are saddened by the loss of our wonderful companion, Nikita, who has been quite ill. Nikki was a very special dog who brought great joy to the residents, staff, families and visitors. Nikki was born in January of 2007 . We adopted her in June of 2007 from the Baldwin Park Human Society. She will be brought home and her ashes placed in our Rose Garden.



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

Total Population: 64 Women: 36 Men: 28 Couples: 11

Including 2 Outplacements (SNF - Skilled Nursing Facility)  
John Pickett - Palm Desert  
Betty Parker - Claremont Place

Temporary Stay: (SNF)  
Georgia Brown - Pilgrim Place



\*\*\*\*\*

Our resident, Barbara Raney, is moving to the Masonic Home in Union City. We will miss her but she will be close to her family and friends that she had worked with for many years. Our best wishes will be with her!!

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### OCTOBER BIRTHDAYS

Birthstone: Opal

10/20: Pat Long  
10/20: Don Covey

10/23: John Abernethy  
10/25: David Studer



### OCTOBER ANNIVERSARIES

10/24: Brownie and Georgia Brown



\*\*\*\*\*

Submitted by: Keith Breton, Director of Dining Services

## Fiber Focus

You may already know that a fiber-rich diet helps prevent constipation and reduces the risk of some forms of cancer. Did you know the fiber is good for your heart? Ongoing research shows that fiber, also called roughage, may reduce your risk for developing atherosclerosis, a leading cause of heart disease.

### What is Fiber

Fiber is the undigestible part of plants. **Fiber can be water-soluble (like fiber in oats, fruits, seeds, dried peas and beans) or water-insoluble (like fiber in nuts, grains and vegetables).** Fiber helps to rid the body of waste products, help prevent constipation, diverticulitis (infection and inflammation of the pockets of the intestine) and possibly reduce your risks of colon cancer. Water-soluble fiber helps regulate blood cholesterol levels, which has a positive affect on the risk of heart disease.

### Fiber Guidelines

While the water-soluble fiber helps regulate cholesterol levels, it is also important to eat a variety of fiber-rich foods for your overall health. **Fresh fruits and vegetables, whole grains, legumes are all excellent sources of dietary fiber.** For most people, 20-35 grams of dietary fiber each day is the suggested daily allowance.

### Fit with Fiber

Fiber is not just a fad. It is not just a laxative, more than a dietary aid and more than just "bulk." Fiber is good for your heart and is an essential part of a healthy diet.

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Submitted by Pat Long, Resident

### Bits and Pieces

"It's the repetitive things that give your life an anchor."

Laura Linney

"We have what we need, if we use what we have."

Edgar Cahin

"If wool shrinks when we wash it, why don't sheep get smaller when it rains?"

Bon Bracken

Subject: Outing to Candlelight Pavilion -- "South Pacific"  
Submitted by: Carole Haggart, Resident

On September 7th, 12 residents, plus Karen and Will, boarded the bus at about 5:30 to go to The Candlelight Pavilion in Claremont. When we arrived at the dinner theater, we were taken to our tables and introduced to our very polite waiters who took our dinner orders. We had a choice of three entrees and everyone enjoyed their dinner. While we were eating, we were entertained by a classic guitarist who was very talented.

After dinner, we all enjoyed the play, "South Pacific." As usual, at that theater, the actors were all excellent. In case you don't remember back to 1949 when the movie came out, it was adapted by Richard Rogers and Oscar Hammerstein from James A. Michener's book, "Tales of the South Pacific." The play takes place during WWII on islands in the South Pacific.

During intermission time, we were served absolutely delicious desserts which we had ordered after the dinner. Food seems to be a big part of our outings. Once again, we all had a wonderful evening of dinner and entertainment. We got home about 11:30 and we didn't even turn into pumpkins.

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Subject: Silver Fox Follies  
Submitted by: Sharanne Wick, Resident

On September 9th, 16 residents and three guests attended the City of Rancho Cucamonga Silver Fox Follies. Will Lozano was our excellent driver. The theme of the evening was "A Few of Our Favorite Things." There were dancing, singing, and comedy routines performed by men and women from age 18 to 85 (and above!). We were entertained by some of the most delightful music from musicals of days gone by, such as "Showboat", "My Fair Lady", "Phantom of the Opera," "Cabaret" and "South Pacific", and many others. The sheer energy and joy they demonstrated left us with a sense of inspiration that you can never be too old to have fun. Perhaps the most rewarding part of the evening was the knowledge that the proceeds from the Community Theatre production will go to support the "IncredABLES", who are residents of the city with developmental and physical disabilities. They are offered reasonably priced classes, and recreational and social opportunities to enhance their quality of life. Ten of the IncredABLES participated in musical numbers, and their faces radiated the fun they were having. Although the evening was not what some of us thought it was going to be, it was, nevertheless, a thoroughly enjoyable experience.

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A clear conscience is a sign of a fuzzy memory.

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Submitted by: John Abernethy, Chairman

DESTINY MASONIC LODGE NO. 856

"PRESENTS"

On Thursday evening, September 21st, Destiny Masonic Lodge No. 856 presented its Second Annual Constitution Observance Program to a full Lodge Room. The Wor. Master "Gus" Cordes welcomed all and introduced Wor. Rick King as the Master of Ceremonies, and with that our 2nd Annual Speech Contest on what the Constitution of the United States of America means to them was under way. The contestants were from the Citrus Assembly No. 206 of Rainbow for Girls and the Claremont Bethel No. 301 for Girls. They were competing for a 1st prize of \$500.00, a 2nd prize of \$300.00 and a 3rd prize of \$200.00. The judges for the evening were Ms. Judy Figueroa, Executive Director of Masonic Homes of California at Covina, Ms. Sabrina Montes, Director of Masonic Outreach Services for California, and Mr. Ralph Romero, Director of Facilities and Engineering at the Masonic Homes of CA at Covina. The contestants presented their essays and the Judge's retired to reach their decisions on the presentations.

While they were consulting, the Chaplain of Destiny Lodge, Brother Steve DeMuth, presented a musical interlude singing several selections. The Judges returned with their decisions and Wor. Cordes and Wor. Abernethy awarded the winners with their certificates and prize money. The guests were then invited for refreshments and fellowship in the Hospitality Room and Library, each receiving a copy of the Constitution as they left the Lodge Room. The Lodge Room is quiet now, the guests have gone, but the memory of this year's Constitution Observance Program lingers on. Three young ladies telling us what The Constitution of the United State of America means to them and to all those who made the evening a great success, Wor. Gus, Rick, Jerry, Ernie, Steve, Ralph and members of Destiny Masonic Lodge No. 856 each living up to the Tenents of Free Masonry--Brotherly Love, Relief, and Truth--many thanks to all!

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Submitted by: Jerry Chandler, Lodge Secretary

Homes Residents Attend  
Masons-4-Mitts Night  
at Dodger Stadium

Wednesday, September 27th, saw 13 Dodger fans loading into the Homes bus, along with Ernie, Alan, Karen and of course, Will, to make the trek over the hill to Dodger Stadium to see our Dodgers play the San Diego Padres. We were met by Gary Charland (and his SF Giants orange socks) and MHC Board Chairman John Lowe with his wife Becky along with other Board members, PGM's Charvonja and Adamson with their wives, Linda and Lynn.

Continued on Page 7 .....

(Continued from Page 6)

Grand Master Heisner was one of the ones to throw out the first pitch and the California Masonic Foundation presented a check for \$48,000 to the Dodgers Charities. That equals out to 2,400 baseball mitts for needy kids in the L.A. area. Not bad.

Also honored that night was a retired soldier that was awarded the Congressional Medal of Honor for his actions as a Special Forces Medic in Viet Nam. Only took our government and several presidents awhile to figure all that out.

The seats were great. The game was great (depending on who you were rooting for) although some of the ladies thought it was kind of boring -- 10-0 (Dodgers won!!) and all those home runs. Just goes to show you, you can't please everyone.

Dodger Stadium prices are still a little steep for a retired budget (\$30.00 for 2 Dodger Dogs, 1 fries and 1 large coke, \$6.00 for a bag of peanuts). Bringing a box lunch from the Home looks a lotter better for next year.

But all-in-all, it was great to see all the different lodges names on the score board and the Masonic Homes Covina name up there as well. It was also a good time to see old friends and see a **great** game as well. Word is that next year the Angels may be involved in this as well. We'll see...

Thanks to Will and the MHC staff for their usual great job in helping all those who needed a hand and for just being there.

\*\*\*\*\*

Submitted by: Karen Ramos, Activities

Our Covina residents enjoy a great part of their lives being involved in many activities and events and volunteer hours.

We offer swimming and the instructor, Karen, gets involved with our residents in the pool three times a week for one hour doing exercise WE enjoy our heated pool and our jacuzzi.

We have a large team involved in playing bean bag baseball, practicing once a week then having a tournament with Bridgecreek Home once a month. We enjoy having our team spirit and hanging out with our friends.

We are starting our IPAD class and learning new technology and hands on skill with the use of our IPADS. Our first class is October 4th at 3:00 pm. Joseph from Union City will be down to teach the first class along with Boost Your Brain & Memory.

This Boost Your Brain & Memory program is unique because it takes a holistic approach to improving brain health and is evidence-based. Our aim is to help our residents implement new habits to maintain cognitive health while also practicing new skills for better memory performance.

We started a Sign Language Class, ASL, American Sign Language. Activities Director Karen Ramos teaches a one hour class each week. Karen encourages our residents to become actively involved and challenges us in moving toward our goals.

We also provide painting, ceramics, clay molding, Trivia, word searches, happy hour, and special events and outings once a week.

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A Poem In Memory of Nikki:

**The Rainbow Bridge**

By the edge of a woods, at the foot of a hill,  
Is a lush, green meadow where time stands still.  
Where the friends of man and woman do run,  
When their time on earth is over and done.

For here, between this world and the next,  
Is a place where each beloved creature finds rest.  
On this golden land, they wait and they play,  
Till the Rainbow Bridge they cross over one day.

No more do they suffer, in pain or in sadness,  
For here they are whole, their lives filled with gladness.  
Their limbs are restored, their health renewed,  
Their bodies have healed, with strength imbued.

They romp through the grass, without even a care,  
Until one day they start, and sniff at the air.  
All ears prick forward, eyes dart front and back,  
Then all of a sudden, one breaks from the pack.

For just at that instant, their eyes have met;  
Together again, both person and pet.  
So they run to each other, these friends from long past,  
The time of their parting is over at last.

The sadness they felt while they were apart,  
Has turned into joy once more in each heart.  
They embrace with a love that will last forever,  
And then, side-by-side, they cross over....together.

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Residents please note --

Your friends and family can read our Newsletter on the Masonic Homes website each month. To reach the website, type in [masonichome.org](http://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.