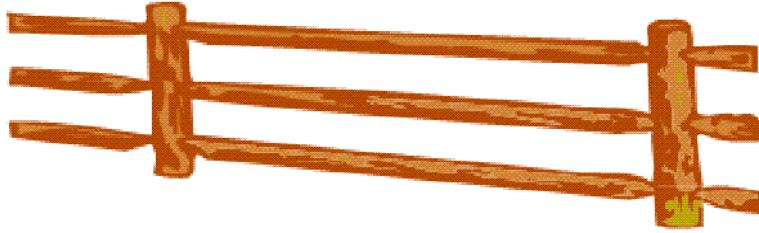


# OVER THE BACK FENCE NEWS



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

Volume 27, Issue 11

November 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



© Can Stock Photo - csp16545486  
11/11: Veterans' Day

Lois Gray, Editor

C-112, X32268

Opal Abernethy, Assistant Editor

A-102, X32255

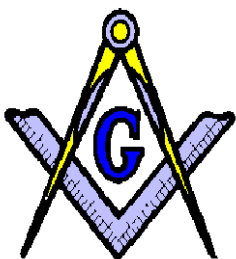


11/23: Thanksgiving

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.



Submitted by: Judy Figueroa, Executive Director, Covina Campus

Healthy Habits  
for a  
Happy Heart

The human body is a hardworking machine, constantly sending messages and clues about your health. All you have to do is listen! No one knows your body better than you do, and when it comes to keeping your heart healthy, paying attention to its signals is key - especially when something doesn't seem quite right. Stay in tune with your personal health and try these helpful ideas for recognizing your body's needs.

**Be Mindful**

Taking time to relax and let go of stress can help you better focus on living your healthiest life. Try meditating for a few minutes each day - find a comfortable position in a quiet spot and concentrate on the natural flow of your breath, feeling each inhale and exhale.

**Track Changes**

To help monitor your physical activity and stay on course, use a daily tracker. Pay attention to the kinds of activities you're engaging in, time spent and intensity level. Be sure to evaluate and tell your doctor about any changes in your ability to do small tasks, like climbing a flight of stairs.

**Listen To Your Body**

Don't overdo it. If any activity becomes too strenuous or challenging, try something lighter. Seated stretching exercises are a simple go-to that still gives the good-for-you benefits of physical activity.

(Presented by NOVARTIS)

\*\*\*\*\*

HAPPY THANKSGIVING

May your stuffing be tasty,  
May your turkey be plump,  
May your potatoes and gravy  
have nary a lump.  
May your yams be delicious,  
May your pies take the prize,  
May your Thanksgiving dinner  
stay off of your thighs.

\*\*\*\*\*

## **WATER**

"Water, water, everywhere"

### **Why do we need water?**

- \* To carry nutrients and waste in the body
- \* To lubricate joints, digestive tract and body tissues
- \* To cool the body, especially during periods of physical activity.

### **What happens when you don't get enough water?**

Our bodies can survive without some nutrients for months, but we can only live for 5-10 days without water! We lose water when we sweat, when we breathe and in body waste. An adult loses up to 2-3 quarts of water per day normally. An athlete can lose up to 6 cups of water in just one hour of continuous activity.

Inadequate fluid intake can lead to constipation and dehydration. Besides decreasing your endurance, dehydration can cause serious effects like heat stroke to occur. Even a small amount of dehydration (1% of body weight or 1.5 pounds on a 150-pound person) can increase your risk of impaired performance and heat injury.

### **How much water do I need?**

Most people need about 6-8 glasses of water each day. Caffeine-containing beverages (coffee, tea, colas, etc.) should not be included in this amount because caffeine acts as a diuretic and actually causes you to lose water.

More water may be needed during times of fever, illness, or extreme temperatures. Athletes should drink additional amounts before, during and after exercise. A good rule of thumb is to add 1-3 cups of water per hour of physical activity. Thirst is not the best indicator of hydration. Often an athlete can be dehydrated and not feel thirsty.

If you ignore your thirst, you may start to show signs of mild dehydration:

- \* dry mouth
- \* less urine when you go to the bathroom
- \* dizziness or light-headedness

These are sure signs that you need to start hydrating quickly. Don't let it get severe!

### **What about sports drinks?**

Water is the best source of fluids for most athletes. It is readily absorbed and quickly replaces any lost fluids. For athletes exercising continuously for more than 60 minutes, a fluid with some extra nutrition may be beneficial. Diluted fruit juices, fruit drinks and sports drinks can effectively replace lost fluid as well as provide necessary energy to working muscles. Full-strength juices should be avoided during exercise as they may cause cramping or nausea.

Continued on Page 4 ...

## Water --continued

Sports drinks do have quite a few calories due to their relatively high sugar content. For recreational exercisers and those exercising less than 1 hour, the additional calories may not be necessary. Water would be a better and more refreshing choice.

### **What about bottled water?**

It seems that everyone these days is drinking special bottled waters, spring waters, mineral water and even flavored water. These products are convenient but they can be expensive. Regular tap water is carefully regulated to be safe to drink. Many bottled waters are tap water that has gone through some filtration process before bottling.

If taste of your tap water is a problem, it could be the taste of the chlorine used to treat water. Try filling a container with the tap water and keeping it in the refrigerator. That usually eliminates the problem.

### **Tips for Increasing Your Daily Water Intake**

Never walk past a drinking fountain without stopping for a drink.

Fill a quart container with water daily and keep it in the refrigerator; vow to drink it all!

Freeze a water bottle, take it with you to work, and keep it at your desk for an ice-cold supply!

Have water with your meals and/or snacks.

### **Words to know**

Dehydration - condition caused by inadequate fluid intake or excessive fluid loss; can cause dizziness, confusion

Constipation - infrequent or difficult bowel movements, can be caused by inadequate fluid intake.

Diuretic - a drug that promotes fluid loss.

(Connecticut Team Nutrition Training Program [www.team.uconn.edu](http://www.team.uconn.edu))

\*\*\*\*\*

Bits and Pieces submitted by Pat Long

Courage is nothing more than when taking one step more than you think you can.  
Hally Lisle

Worry serves no useful purpose, is of no value, and doesn't change a thing.  
Debbie McComber

The trouble with good advice is that it usually interferes with our plans.  
Croft M. Pentz

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

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

Including 2 Outplacements:  
John Pickett - Palm Desert  
Betty Parker - Claremont Place

Temporary Stays (Skilled Nursing Facility)  
Georgia Brown - Pilgrim Place



\*\*\*\*\*

### NOVEMBER BIRTHDAYS Birthstone: Blue Topaz

11/02: Ralph Mulhern	11/12: Angele Johnston
11/02: Sharanne Wick	11/19: Daisey Ripley
11/05: Don Schmidt	11/26: Don Oliphant
11/10: Rita Dow	11/27: Alma Hartman



### NOVEMBER ANNIVERSARIES

11/29: Ed and Carole Haggart



\*\*\*\*\*

Subject: Trip to Oak Glen Apple Farm  
Submitted by: Eloise Oviedo, Resident

It was a beautiful day when we boarded the bus on October 5th to visit Riley's at Los Rios Ranch in Yucaipa. On the drive up, we saw many apple ranches, horses and what we thought were bulls--until Irv corrected us and told us they were buffalo. It seemed most of the places we passed along the way catered to tourists because of the many places to eat including steakhouses and there were advertisements for craft leather goods. Some signs advertised apple tamales and apple burritos!

When we arrived at Riley's, we didn't have any trouble finding a parking space. Will found one right in front. When we went inside, we saw bushels of apples in so many different varieties. We were told they grow all different kinds and that we even had the choice of picking them ourselves. At the bakery, I was able to buy an apple fritter the size of a small pizza. Many of the residents went into the BBQ area to eat but Rudy and I stayed to look around. By the time we decided to eat, there was a long line moving very slowly, so we went back to the store to get some cold cuts and chips to eat outside. We enjoyed the nice seating area and fresh air.

Continued on Page 6 .....

Continued from Page 5 .....

After lunch, everyone lingered around a little and then agreed to go to another nearby place. Karen pointed out some peacocks that were just lying on the roof of the shed under the shade from the trees. There was a train to ride, but it wasn't open that day. By the end of our visit, we were all ready to start back home. What a nice way to spend a beautiful, sunny day. It was a very pleasant trip.

\*\*\*\*\*

Submitted by: Jan and Dean Arnell, Residents

GRAND LODGE ANNUAL COMMUNICATION  
October 12 - 16, 2017

It was early morning (7:50 AM on Thursday Oct. 12) when our small group (Jan and Dean Arnell, Herschel Mazer, Bobbie Dimmitt, and Ernie Salcido) along with Destiny Lodge Master Gus Cordes and his wife Joyce met up with Will who drove us to Ontario Airport to board our Southwest plane to Oakland. After arriving in Oakland, we gathered our luggage and boarded two "execucars" for our trip to the Holiday Inn Golden Gate located on Nob Hill, in the heart of downtown San Francisco.

We were assigned rooms, got unpacked and gathered in the hotel lounge for a refreshing "happy hour" and discussed plans for dinner. We decided that Ruth's Chris right across the street from the hotel would be good. We thoroughly enjoyed our dinner. Everyone remarked that this was the finest dinner in recent memory.

The California Masonic Grand Lodge was only a few blocks from the hotel but it was all up a steep hill. We decided a taxi was the only way to transport to the Grand Lodge. Friday was the first Grand Lodge business session which concluded at 5:30 PM and our group along with several residents from Union City boarded the Union City bus for Fisherman's Wharf. Gary Charland was our host for a lovely dinner at Bistro Boudin. Several residents and staff from Union City plus our group made our dinner group rather large. This was no problem as Gary had reserved the top floor of the restaurant with a great view of the wharf which helped make this a very festive evening.

Saturday, while Master Masons spent the day in the Grand Lodge, the ladies attended a light hearted comedy theatre production "Beach Blanket Babylon." That evening our little group gathered in the hotel lounge to enjoy "happy hour" and make the big decision regarding dinner. Jan and Dean chose to go to Fisherman's Wharf while Ernie and Hersch opted for the hotel restaurant. Bobbie, Gus and Joyce went to "Izzy's." Later that evening, Bobbie became quite ill. Fortunately, when it was time to return home on Monday, she was feeling almost human.

Sunday is a big day at Grand Lodge. The public is invited to witness the installation of the new officers, special recognition of residents of Acacia Creek, Union City and Covina. This "changing of the guard" is quite a sight to behold and every Master Mason should see it at least once. This session ended around 12:30 PM with a reception for all attendees following.

Continued on Page 7 .....

## Grand Lodge Annual Communication, Continued

Monday morning we grabbed a quick buffet breakfast and boarded two "execucars" for our trip to Oakland airport. We had a smooth flight and arrived back at the Ontario airport on time. After grabbing our luggage, we climbed aboard our trusty bus and Will brought us safely home.

We owe a great big THANK YOU to Bobbie and Ernie for all the assistance they provided us during this trip.

\*\*\*\*\*

Subject: Outing to Candlelight Pavilion - "My Way"  
Submitted by: Carole Haggart, Resident

On October 12th, 10 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 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 tribute to Frank Sinatra, "My Way" created by David Grapes and Todd Olson. David Grapes is Professor of Theater and Director of the School of Theater, Arts and Dance at the University of Northern Colorado. Todd Olson is currently Director for American State Company in St. Petersburg, Fla. The entertainment was performed by four excellent actors/singers who sang some of the many songs Frank Sinatra made famous. During intermission, we were served absolutely delicious desserts which we had ordered earlier. Once again, we all had a wonderful evening of dinner and entertainment. We got home about 11:45 and went to sleep humming some favorite tunes from the show.

\*\*\*\*\*

## HALLOWEEN PARTY FOR THE KIDS

Our Masonic Home had a great turn out and awesome event for our Resident and Staff kids and grandkids at OUR HALLOWEEN TRICK OR TREATING PARTY that occurred on October 28th.

Residents handed out candy to the kids as they stopped by each of the apartments. Then they went to the party and enjoyed a great evening. It was a delight to see the beautiful and scary costumes along with smiles and excitement.

Karen Ramos, Activities Department Leader, prepared and organized our very first HAUNTED HOUSE HALLOWEEN TRICK OR TREAT EVENT. Big success, great decorations, scary ghosts and witches and mummies filled the hallways along with spider webs and spiders!

Looking forward to next year's Halloween event. Thank you, Karen, for all your dedication and hard work to make this happen!

\*\*\*\*\*

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

**10/19: Ghoulies and Ghosties with Bronwyn Schramm.** We have met Bronwyn before and always look forward to having her come and tell us many unusual stories. Once again we had a great time when we met in Lower R-4 for soft drinks and to hear great Halloween stories and poems and sayings by this very talented lady from Glendale. She also is a great singer. She had us sing along with her "Alive, Alive, Oh" and "Mollie Malone." She closed her program with all of us singing a patriot song and she gave a Scottish Blessing. Her stories are so unique, it isn't possible to write about her program but Billy described her perfectly in one word--"Unbelievable"

**10/31: Halloween.** The entire campus was really well decorated and we had already enjoyed a Halloween Party with the kids the Saturday before.

This was quite a day! For lunch we had Spooky Cobb Salad or Spooky Spaghetti and Meatballs. (Have you ever had Spaghetti with black noodles?) In the evening we had stuffed Jack-O-Lantern with sweet potato mash.

We also had a HAPPY HOUR HALLOWEEN PARTY with a variety of drinks and snacks. Some of the staff came in to show us their costumes. Also, we learned which Department won the Pumpkin Contest. Congratulations to the Nursing Dept. And of course the television was on for the Dodger Game. Thanks to the Activities Department for a great party.

\*\*\*\*\*

### **Thanksgiving Arithmetic**

Count your blessings instead of your crosses,  
Count your gains instead of your losses,  
Count your joys instead of your woes,  
Count your friends instead of your foes,  
Count your smiles instead of your tears,  
Count your courage instead of your fears,  
Count your full years instead of your lean,  
Count your kind deeds instead of your mean,  
Count your health instead of your wealth,  
Count on God instead of yourself.

\*\*\*\*\*

Residents please note:

Your friends and family can read our Newsletter on the Masonic Homes website each month. To read 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.