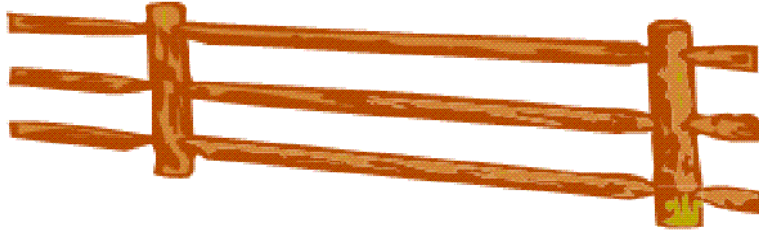


OVER THE BACK FENCE NEWS



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

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12/7: Pearl Harbor
Remembrance Day



12/25: Christmas Day



Time to Party!

12/31: New Year's
Eve

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.



INFLUENZA (FLU)

Flu is a serious contagious disease that can lead to hospitalization and sometimes death.

How does flu spread? Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. A person might also get flu by touching a surface or object that has flu virus on it and then touching their own eyes, mouth or nose.

How long can a sick person spread flu to others? People infected with flu shed virus and may be able to infect others from 1 day before getting sick to about 5-7 days after getting sick. This can be longer in some people, especially children and people with weakened immune systems. This means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

How severe is illness associated with flu? Each flu season, different flu viruses spread and affect people differently based on their body's ability to fight infection. Even healthy children and adults can get very sick from the flu and spread it to friends, co-workers, and family. In the United States, millions of people have to visit the doctor because of flu and hundreds of thousands are hospitalized from flu complication each year.

While flu can make anyone sick, certain people are at greater risk for severe illness resulting in hospitalization or death. This includes older adults, young children, people with certain long term health conditions such as asthma, diabetes, and heart disease and women who are pregnant. (See "What should I do if I get sick?" for the full list of high risk factors.)

What can I do to protect myself from getting sick from flu? CDC recommends a three-step approach to fighting flu: vaccination, everyday preventive actions, and the correct use of antiviral drugs if your doctor recommends them.

PREVENTION

#1 A flu vaccine is the first and most important step in protection against flu viruses.

*While there are many different flu viruses, the flu vaccine protects against the viruses that research indicates will be most common.

*Flu vaccines protect against three or four viruses; an H1N1, and H3N2, and one or two influenza B viruses depending on the vaccine.

*Everyone 6 months of age and older should get vaccinated against the flu each year.

*Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. Vaccination also is important for health care workers, and those who live with or care for high risk people to keep from spreading flu to high risk people.

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(Influenza -- continued from Page 2)

*Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for or live with them should be vaccinated to protect these babies.

#2. Take everyday actions to help prevent the spread of germs that cause respiratory illnesses.

*Try to avoid close contact with sick people.

*If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine.

*While sick, limit contact with others as much as possible to keep from infecting them.

*Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

*Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

*Avoid touching your eyes, nose and mouth. Germs spread this way.

*Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

#3. Take flu antiviral drugs if your doctor prescribes them.

*If you get the flu, antiviral drugs can treat your illness. These drugs can make illness milder and shorten the time you are sick.

*Antiviral drugs work best when started in the first 2 days of symptoms to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are at increased risk of severe flu illness.

IF YOU GET SICK

What should I do if I get sick?

If you become ill with influenza symptoms you should stay home and avoid contact with other people except to seek medical care. Most people are able to recover at home from flu without medical care.

However, some people are at risk of serious flu-related complications. They are:

*Children younger than 5, but especially children younger than 2 years old.

*People 65 and older.

*Pregnant women (and women up to two weeks postpartum)

*People who have

Asthma

Neurological and neurodevelopmental conditions (including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury).

*Chronic lung disease (such as chronic obstructive pulmonary disease (COPD) and cystic fibrosis)

*Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)

*Blood disorders (such as sickle cell disease)

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(Influenza -- Continued from Page 3)

*Endocrine disorders (such as diabetes mellitus)

*Kidney disorders

*Liver disorders

*Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)

*Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)

*People younger than 19 years of age who are receiving long-term aspirin therapy

*People who have extreme obesity (Body Mass Index, or BMI, of 40 or greater)

If you (or your child) are in one of the groups above and develop flu-like symptoms, consult a health care provider to get advice about seeking medical care. Also, it's possible for otherwise healthy people to develop severe illness, so any one concerned about their illness should consult their doctor.

There are "emergency warning signs" that should signal anyone to seek medical care urgently.



Subject: Resident Stats

Submitted by: Jennifer Shapiro, Director of Senior Services

Total Population: 66 Women: 36 Men: 30 Couples: 12

Including 2 Outplacements:

John Pickett - Palm Springs

Betty Parker - Claremont Place



Georgia Brown has now moved up to Union City with Brownie. We will miss Georgia and Brownie but are so glad for them that they can now be together. Our Best Wishes to both.

DECEMBER BIRTHDAYS

Birthstone: Turquoise

12/08: Clara Bente

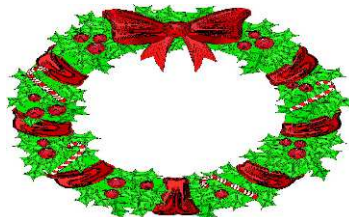
12/11: "Lyn" Effren

12/18: Robert Riedel

12/23: Eloise Oviedo

12/23: Patricia Beltranena

12/26: Margaret Honold



Submitted by: Jerry Chandler, Resident

Masonic Homes Residents
Visit New Shriners Hospital in Pasadena

Early on Thursday morning, November 9, 15 residents from the Covina Campus boarded one of the busses and headed to downtown Pasadena for a different kind of trip. We were all going to the hospital! Not because we were hurt or sick, but because we were going to see the new Shriners Hospital for Crippled Children.

This is a new type of medical center, not like the old one at the Los Angeles campus where children roamed the halls in special wheelchairs made especially for them in their body casts. This hospital has partnered with world renowned Huntington Memorial Hospital just two blocks away where all "in-patient" surgery is done and any children who need overnight or longer hospital stays are kept.

The Shriners Campus is a bright, new, modern, shiny facility where "day surgery" or what is now known as "same day surgery" is performed in two complete surgical suites which are part of a pre- and post-operative holding complex on the second floor where the kids are for their procedures and their families wait in as comfortable surroundings as you can have in such circumstances.

Getting back to when we first got to the Shriners, we saw a very impressive building and grounds that was modern but at the same time, seemed to give off an aura of being a friendly place. This feeling was carried into the lobby where we saw many children and their families waiting in the clinic waiting area. Naturally, it wouldn't have been a Shriners Hospital if there wasn't a small child running around with an artificial leg, just as happy as could be!! There is an interactive projector showing pictures on the wall where the kids and their parents can play while waiting.

There are admitting cubicles with clerks there to be of service to the families, right up front where they can be found without a lot of running around. The x-ray and outpatient clinics are right next to the admitting area. The x-ray area has the most modern, up to date equipment available, featuring the latest in low dose body scanners. There are only like 5 or so in service in the state at this time.

There is a state of the art rehabilitation laboratory (gym) where the kids can go to learn either to use what they have to work with, or to rehabilitate their limbs to get back to normal. It's fascinating and at the same time heart breaking to see the equipment room where everything is in miniature for the little kids to use. Heart breaking that they have things that small, and at the same time fascinating that they can make things that small and they can use them as well as they can.

The Shriners now provide a "fracture follow-up" clinic where a child can have a broken bone treated at an emergency room initially, and receive all their follow-up care at the Shriners. The clinic has four "cast rooms for the application and removal of cast and such." They also have a "prosthetics and orthotics lab", not as complex as at the old hospital, but they have centralized their operation where they now make the original prosthesis up north at another Shriners. They do have a lab at this facility to make a lot of changes and repairs as needed and have the personnel needed to do just about anything needed. In addition, a large number of other orthopedic conditions are treated including, but not limited to scoliosis (curvature of the spine in

Continued on Page 6

(Visit to Shriners Hospital, Cont.)

kids), club foot, cleft lip and palate. All in all, the number of conditions now treated takes just about a whole page to list. And remember, if it is not paid for by any other means, the Shriners will pay for it.

We could go on and on about this visit and still not cover everything. Our thanks to Bill Papas for coming up with the idea for this visit and to Will and Karen for making the arrangements.

****NOTE**** If you have a child, grandchild, great-grandchild, or know of a child (under 18 years of age) who needs or could benefit from Shriners, call 888-486-KIDS (5437), (Shriners Referral Line).

Subject: Remembrance Evensong and Veterans Day Service
Submitted by: Lois Gray, Editor

On Sunday, November 12, a group of our residents went to Holy Trinity Episcopal Church for a special Remembrance Day Service led by Father Steve DeMuth. We were each presented with a lapel poppy in remembrance of our soldiers.

The Parade of Official Colours was led by a bagpiper wearing a Scottish kilt. The LaVerne Lutheran High School ROTC Honour Guard brought in the United States Flag and other banners.

Following a welcome by Rev. Steve and opening song by the really outstanding choir, a Remembrance Wreath was placed at the front of the altar by Major General Gravett (U.S. Army--Retired), Capt. Stuart R. Bird (Spec. Air Service Regiment, British Army) and Brian Prewitt (RCL Western Zone, USA, Sgt at Arms).

After the Church Service, "In Flanders Field" was read and other tributes to the occasion followed including a tribute to the Military Services and all Veterans. The Colour Party and Flag Bearers retrieved the Colours and the National Anthem was sung. With the bagpiper leading, the Colours were then retired followed by the choir singing the Recessional Hymn.

We then retired to the Social Hall where we were served a large variety of food and drinks. What a fitting ending to a beautiful and moving service. Thank you, Father Steve, for inviting us to this very special occasion.

Faith makes the uplook
good, the outlook bright,
the inlook favorable, and
the future glorious.

V. Raymond Edman

Learn from yesterday,
Live for today, hope for
tomorrow.

Subject: Trip to Old Town, San Diego
Submitted by: Jan & Dean Arnell, Residents

Early on Thursday morning of November 16, twenty two residents and staff headed for the dining room for an early (7:00 AM) breakfast, thanks to our thoughtful Dietary Director (Keith) who opened the dining room early so our happy travelers could have a hearty breakfast to begin our day. Will had our bus all set to roll out at 7:45 AM sharp for the trip to the Fullerton AMTRAK Station. Karen made a final check of ID cards, fastened seat belts, checked our water supply, and with the cry "Let's Roll", we were off on our adventure.

The beautiful double deck train arrived right on time and our party, complete with walkers, wheel chairs and power chairs boarded successfully. What a treat to sit back in a very comfortable seat and watch the beautiful scenery glide by. Even though the AMTRAK Station is located in Old Town, it takes a considerable amount of effort getting our party from the train station to the actual restaurants, shops, etc. The staff members traveling with us made this task go smoothly.

A delicious lunch was enjoyed by all and there was plenty of time left to enjoy just sitting, sipping a beverage and soaking up the atmosphere or maybe that favorite pass time of shopping.

Time to start back to the AMTRAK Station came all too soon and thanks to the efforts of our staff members all the residents, walkers, wheel chairs and power chairs, etc. got on board for the trip home. There was a lot of train traffic going south so we got side railed several times and it took 3 hours just to get back to the Fullerton AMTRAK Station and, because of heavy rush hour traffic, Will finally got us home about 7:30 PM. Everyone on our trip had previously ordered an a la cart dinner so Leo stayed late to cook and Jennifer was there to make sure that everyone got their proper dinner and beverage. Thanks Leo and Jennifer.

All the residents had a great time and certainly had a lot to talk about with all the unexpected problems. A big THANKS to all the staff members who were involved. It couldn't have happened without you.

11/23: Thanksgiving. Many guests came to celebrate Thanksgiving with us. Our Dietary Staff prepared and served a very special delicious meal to 117 of us!! Each resident took some left overs home so we could have our evening meal in our apartment. Keith arranged for us to do this so the Kitchen and Dining Room Staff could go home in the middle of the afternoon and have time with their families. We were so pleased for them.



Thanksgiving, to be truly thanksgiving,
is first thanks, then giving.

Subject: New Residents
Submitted by: John Abernethy, Resident Reporter



Say "Hello" to our new residents: Nancy and Milton Freer, now residing in Ashwood Apt. A-109. They are from Santa Rosa, CA where Milt belongs to Santa Rosa Luther Burbank Lodge No. 57. He is a twenty four year Mason, a Scottish Rite member, and a Shriner.

Nancy and Milt have been married for 25 years and have three grandsons and a granddaughter. Nancy loves classical music and opera, and is also a classical piano player. Both Nancy and Milt love going to see and hear classical concerts.

They are looking forward to their retirement here and as Milt says, his retirement will start once they get all unpacked and settled in.

When you see them around the campus, stop, shake hands, and say "Welcome Home."

New Resident -- Ernie Marumoto, Cedarwood Apt. C-102



Ernest "Ernie" Marumoto is Cedarwood's newest resident. He comes to us from Huntington Beach Lodge #380, where he is a Life Member. He is also a Life Member of the Long Beach Scottish Rite Temple.

Ernie was born in Long Beach. After his father passed away, his mother moved the family to Korea. After four years, Ernie

returned to Long Beach. His mother remarried and Ernie moved back to Korea because his stepfather was stationed there in the U.S. Army. When the family returned to Long Beach, Ernie attended Long Beach Polytechnic High School after which he moved to Westminster, CA and attended Westminster High School. He joined the U.S. Marine Corps in 1972 and subsequently attended a Computer Technology School, studying computer technology and maintenance. He became a computer engineer, working on supercomputers for Control Data Corp., then Cray Research. His last job was working for NEC Information Systems as the Engineer in Charge of managing others in maintaining computerized fingerprint identification systems.

Ernie has two daughters with his former wife of 20 years, but no grandchildren. He has lots of hobbies, the main one being martial arts. He has a 1st degree Black Belt in Aikido. He is a 10th degree Black Belt in Tracy's Kenpo, after practicing Tracy's Kenpo since 1970. He also has a certificate to teach Jeet Kune Do Concepts and Filipino Martial Arts Under Paul Vunak.

Be sure to greet and get to know our new resident, Ernie.

