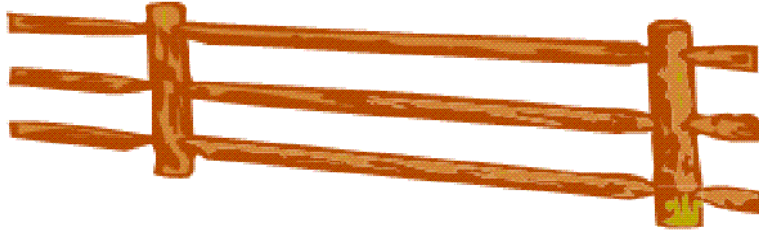


OVER THE BACK FENCE NEWS



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

Volume 28, Issue 1

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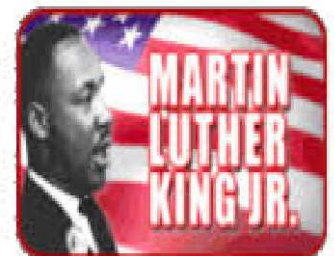
January 1, 2018

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1/15: Martin Luther
King Day

Resident Reporters:

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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: Jennifer Shapiro, Director of Senior Services

What's Normal, What's Not?

Source: <https://www.nih.gov/health/memory--and--thinking--whats-normal-and-whats-not>

Memory and Thinking

Many older people worry about their memory and other thinking abilities. For example, they might be concerned about taking longer than before to learn new things, or they might sometimes forget to pay a bill. These changes are usually signs of mild forgetfulness--often a normal part of aging--not memory problems.

Talk with your doctor to determine if memory and other thinking problems are normal or not, and what is causing them.

What's Normal and What's Not?

What's the difference between normal, age-related forgetfulness and a serious memory problem? Serious memory problems make it hard to do everyday things like driving and shopping. Signs may include

- * Asking the same questions over and over again
- * Getting lost in familiar places
- * Not being able to follow instructions
- * Becoming confused about time, people, and places

Mild Cognitive Impairment

Some older adults have a condition called mild cognitive impairment, or MCI, in which they have more memory or other thinking problems than other people their age. People with MCI can take care of themselves and do their normal activities. MCI may be an early sign of Alzheimer's, but not everyone with MCI will develop Alzheimer's.

Signs of MCI include:

- * Losing things often
- * Forgetting to go to important events and appointments
- * Having more trouble coming up with desired words than other people the same age

If you have MCI, visit your doctor every 6 to 12 months to see if you have any changes in memory or thinking skills over time. There may be things you can do to maintain your memory and mental skills. No medications have been approved to treat MCI.

Dementia

Dementia is the loss of cognitive functioning--thinking, remembering, learning and reasoning--and behavioral abilities to such an extent that it interferes with daily life and activities. Memory loss, though common, is not the only sign. A person may also have problems with language skills, visual perception, or paying attention. Some people have personality changes. Dementia is not a normal part of aging. There are different forms of dementia. Alzheimer's disease is the most common form in people over age 65.

There are different forms of dementia. Alzheimers is the most common form in people over age 65. The chart on the next page explains some differences between normal signs of aging and Alzheimer's disease.

Normal Aging

Making a bad decision once in awhile

Missing a monthly payment

Forgetting which day it is and remembering it later

Sometimes forgetting which word to use

Losing things from time to time

Alzheimer's Disease

Making poor judgments and decisions a lot of the time

Problems taking care of monthly bills

Losing track of the date or time of year

Trouble having a conversation

Misplacing things often and being unable to find them

Submitted by: Keith Breton CDM, Director of Dietary Services

Benefits of Vitamin C

Both vitamin C and low glycemic foods can be helpful for promoting optimal health. Vitamin C is a powerful antioxidant and vitamin that can help to protect against heart disease and some cancers, and help to minimize the duration and affects of the common cold. The glycemic index is a way of ranking carbohydrate foods on how they affect glucose (or blood sugar) levels. By moderating your intake of high glycemic index foods, you can help to minimize spikes in blood sugar, which may lead to insulin sensitivity--possibly a precursor to insulin resistance, which is linked to high blood pressure, an increased risk of type 2 diabetes, and obesity.

Benefits of Vitamin D

Vitamin D, also known as the sunshine vitamin, is produced by the body as a response to sun exposure; it can also be consumed in food or supplements. Having enough vitamin D is important for a number of reasons, including maintaining healthy bones and teeth; it may also protect against a range of conditions such as cancer, type1 diabetes, and multiple sclerosis.

Vitamin D has multiple roles in the body, helping to:

- * Maintain the health of bones and teeth.
- * Support the health of the immune system, brain, and nervous system.
- * Regulate insulin levels and aid diabetes management.
- * Support lung function and cardiovascular health.
- * Influence the expression of genes involved in cancer development.

What is vitamin D?

Despite the name, vitamin D is considered a pro-hormone and not actually a vitamin.

Vitamins are nutrients that cannot be created by the body and therefore must be taken in through our diet. However, vitamin D can be synthesized by our body when sunlight hits our skin.

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Vitamin D -- continued

It is estimated that sensible sun exposure on bare skin for 5-10 minutes 2-3 times per week allows most people to produce sufficient vitamin D, but vitamin D breaks down quite quickly, meaning that stores can run low, especially in winter.

Recent studies have suggested that a substantial percentage of the global population is vitamin D deficient. WebMD-resources

Subject: Resident Stats

Submitted by: Jennifer Shapiro, Director of Senior Services

Total Population: 64 Women: 35 Men: 29 Couples: 11

Including 2 Outplacements:

John Pickett - Palm Desert

Betty Parker - Claremont Place

Age range of residents at the Home:

60-64 -- 1; 65-74 -- 8, 75-84 -- 25; 85-94 -- 22; Over 95 yrs -- 8.

JANUARY BIRTHDAYS

Birthstone: Garnet

1/14: Nettie Hasler
Happy 101 Years
1/15: Jan Arnell

1/16: Virginia Nash
1/24: Sequoyah Dawes



JANUARY ANNIVERSARY

1/4: Rudy and Eloise Ovieda



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To be happy in 2018
you must:
Let go of what's gone.
Be grateful for
what remains
and
Look forward to what
is on the way.

Subject: Christmas Lights Trip
Submitted by: Sharanne Wick, Resident

On Tuesday, December 5, a group of Masonic Homes residents in good Holiday spirits went to see the Brea Christmas lights. What a sight they were! Driven by our very capable bus driver, Will, and accompanied by Karen, we oohed and wowed our way through countless cul-de-sacs full of every imaginable color and configuration of holiday lighting. Some of the displays were incredibly elaborate and others beautifully elegant. Because the night was quite windy, we saw bouncing snowmen, Santa Clauses and other inflatable items, along with swaying artificial and real trees and dancing icicles. We were back home safely before 7:45, having satisfactorily launched our Christmas cheer.

Subject: Christmas in Covina, Christ First Baptist Church
Submitted by: Lois Gray, Editor

On 12/9 a group of us went to Christ First Church as we do each year. The Chancel Choir and the Kids Choir are both outstanding and it is always a joy to hear them. The drama team also performs with an interesting and unusual story. Near the close of the program, Pastor James Laing spoke and the congregation sang "O Come All Ye Faithful." Following the program, there was a reception and dessert was served. We look forward to this special event again next year.

Subject: Chanukah Menorah
Submitted by: Bob Dow, Resident

On December 12, we kindled the first light of the Chanukah Menorah. Chanukah marks the deliverance of the Jews from the oppression of the Syrians in the second century B.C. The Syrians attempted to impose heathen practices upon the Jewish population and converted the temple into a pagan shrine. Judah Maccabee and his brothers led a rebellion against them and defeated the Syrian armies, after which the temple was cleansed and rededicated.

Only one cruise of dedicated oil was found, enough to light the Menorah one day. When the Menorah was kindled, a miracle happened. The flame continued to burn for eight days. Thus the holiday is observed for eight days and is known as The Festival of Lights.



Submitted by: Karen, Activities Department

On 12/12 a group of us took a trip to Fontana to see the Magic of Lights at the Auto Speedway. What a sight!! Will drove our bus on the speedway track for 1-1/2 miles and we could see the most amazing lights around each turn we made.

I also wish to say a special Thank You to each of you who came out and volunteered your time to help stuff the Christmas stockings and the homeless bags. Florence, John O., Eloise, Neva, Milton, Nancy and Molly and Jennifer--THANK YOU SO MUCH FOR YOUR TIME!!! On 12/14, we took 150 Christmas stockings to the Shriners Hospital for the children and 300 bags filled with beanies, gloves and socks to the Mission in Los Angeles for the homeless.

Subject: The Magic of Christmas (Dec. 14, 2017)
Submitted by: Jan and Dean Arnell, Residents

"The Magic of Christmas," starring The Young Americans is the most impressive musical presentation we have ever seen. The cast of over 200 singers and dancers performed (non-stop) more than 45 favorite Christmas and Holiday classics. They are truly magical themselves in their unique ability to segway from one number to the next number even while changing costumes and set decorations. The 30 scene changes were made right before our eyes and the audience was not really aware these changes were being made. During this "high energy" production, over 6,000 costumes were used which certainly added to the excitement.

The musical numbers performed by cast members ranged from hip-hopping penguins to dancing Santas to The Nutcracker Suite to The Polar Express and Toyland. The vocal numbers included virtually all the favorite secular and religious Christmas songs. As this wonderful show came to a beautiful end with the singing of Silent Night, the audience was filled with the true spirit of Christmas and we can't wait until next year's show.

Subject: The Grand Master's Holiday Party
Submitted by: John Abernethy, Resident Reporter

The Holiday Season is here and it's time to enjoy the twinkling lights of the Christmas trees and the soft glow of the Menorah Candles! -- And welcoming the Grand Master of Masons for California, **Most Worshipful Bruce Galloway**, for his Annual Holiday Party at the Masonic Homes of California at Covina.

The first order of business was the ribbon cutting for the two newly decorated Senior Shared Housing Bldgs. They will be ready for occupancy after the first of the year.

From there it was on to the Library for a social hour where it was time for renewing

Continued on Page 7.....

12/1: Charter Oak High School Choir. We started our Christmas activities in the dining room at 3:30 when this fantastic award winning choir came once again to sing Christmas carols. They gathered among us wearing black formal gowns and tuxedos and singing together and also some duets and individual numbers. At the end of the program, they came around to each of us and wished us a Merry Christmas. How fortunate we are to have this talented group of students come to entertain us each year.

12/6: Memorial for Nikita. At 10:30 on Wednesday morning, a group of residents and staff gathered in the Rose Garden area to place a memorial plaque for our Nikki-- such a great pet and companion for 10 years. Father Steve spoke, followed by Sharanne reading a psalm and then John L. talked about her life here with us. A plaque was placed in the ground and Father Steve closed the ceremony with a prayer.

12/7: Bronwyn Schramm, Entertainer. What a joy to have this lovely lady here for her first Christmas show. Some of her songs were "Deck the Halls," "Good King Wenceslas," "Jingle Bells," "We Wish You a Merry Christmas." She not only has a beautiful voice but is an amazingly talented story teller. The wonderful tales that she tells are so unusual. We are looking forward to her next visit to hear more of her great stories and to visit with her.

12/9: A Visit From Santa. Santa comes to visit us each year and our residents and staff bring their children, grandchildren, and great grandchildren for a really fun afternoon. Lots of great pictures are taken with Santa. Some Rainbow Girls sang carols. Hot chocolate and cookies were served. Activities had set up tables with balls to be colored and a variety of interesting paints to choose from. The children had a great time and we look forward to Santa coming again next year.

12/10: Orange Grove Lodge. We were pleased to have a group from Orange Grove Lodge sing during lunch. We always enjoy having Lodges come visit us. Also, a DeMolay group stayed with us for lunch after having come to play games with our residents that morning.

12/17: Sing Along With Pat. We met in the Lodge Room at 5:30 to enjoy singing Christmas Carols as Pat played piano. We started with "White Christmas," and then other favorites including "Oh Come All Ye Faithful," "Hark The Herald Angels Sing," "Deck The Halls," "Oh Little Town of Bethlehem," closing with "Silent Night."

12/31: New Year's Eve. At 6:00, we gathered in the Activities Room for a very special dinner. The room was beautifully decorated by our Activities Dept. and they along with the help of Will's wife and Karen's friend arranged for us to have a great party. Four very talented musicians, The V-Tones, entertained us all evening. At 9:00 we watched the ball drop in Times Square. It was New Years! We were served champagne, sang Auld Lange Syne, wished everyone a Happy New Year and went home. Thanks to all who made this such a delightful evening welcoming in the New Year.

