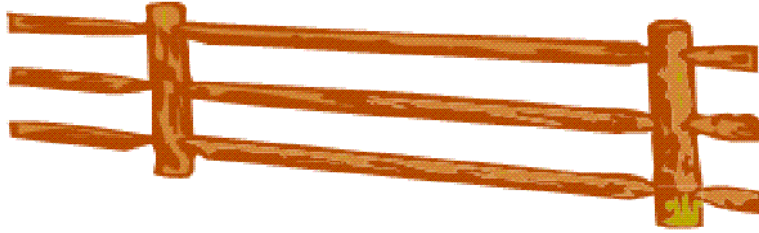


OVER THE BACK FENCE NEWS



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

Volume 28, Issue 2

February 2018

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, X32233

A-7, X32232



2/14: Valentine's Day

Lois Gray, Editor

C-112, X32268

Opal Abernethy, Assistant Editor

A-102, X32255



2/19: Presidents Day

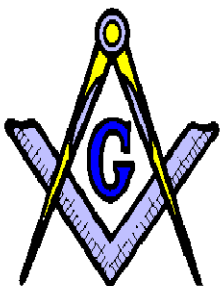
Resident Reporters:

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

A Good Attitude Can Add Years

Living longer may be correlated to optimism, stubbornness and bonds with family, religion and land, according to a new study.

Research in International Psychogeriatrics examined why several hundred citizens over age 90 are clustered in a small Italian village. The University of Rome La Sapienza and University of California-San Diego School of Medicine researchers identified common traits.

They found positivity, work ethic and strong bonds with family were tied to better mental well-being even if the participants had worse physical health.

(By Elizabeth Newman)

Dear Residents,

The California Department of Social Services requires that Residential Care Facilities for the Elderly follow the requirements of the LGBT Long Term Facility Resident Bill of Rights. The Masonic Home and facility staff are required to observe personal rights specific to residents who identify as LGBT in addition to current residents rights. The Masonic Home is required to post a notice alongside its current Nondiscrimination Policy. The notice has been posted for the residents review in the Communication Center. Copies of this notice are available to you at the reception desk. Please let me know if you have any questions.

Thank you

Judy Figueroa



Subject: Resident Stats

Submitted by: Jennifer Shapiro, Director of Senior Services

Total Population: 65 Women: 35 Men: 30 Couples: 11

Including 2 Outplacements:

John Pickett - Palm Desert

Betty Parker - Claremont Place



FEBRUARY BIRTHDAYS
Birthstone: Amethyst

2/02: Gene Sloyer
2/04: Opal Abernethy
2/07: Clement DeAlwis

2/19: Milton Freer
2/20: Florence Gerber
2/29: Howard Steinore



Subject: Santa Anita Park, January 11.
Submitted by: Will Lozano, Activities Dept.

Residents at the Masonic Homes at Covina and the Activities Department went to the horse races. Santa Anita Park has been around for 110 years and it's as beautiful as ever. Picking the right horse to win is difficult and might take some 110 years but trying to win is also fun. With names like Ms. Dupree, Wicked Storm, Son of the South, and my personal favorite, Insubordination, how could you not enjoy a day at the park? The day was perfect with not much wind and a bright sun. Residents that attended were Len, Rudy, Ed, Robert, Milt, Nancy, and Irv. Our residents were driven by Will. Karen and Tina-Marie (Will's wife) also went on the trip and helped the residents find their seats.

Wellness Center

Hello everyone! My name is Eduardo Escobar and I am the Wellness Specialist at the Wellness Center. In the Wellness Center, we provide two classes. The first is the chair exercise class which is on Monday and Thursday from 10:00am to 10:30am. The chair exercises go through a circuit training style workout where you do a certain amount of exercises with a small amount of rest. This style of workout does both cardio and resistance training since it keeps your heart rate elevated. Another class we have is the walking class which is only offered from 9:00am to 9:30am every Monday. During this class, we walk around the campus and I observe your gait. During or after the class, I offer some advice not only on your gait but your overall physical fitness and how to improve it. I also do some personal training for whoever is willing to go through my training regimen according to your fitness level and goals. If anyone has any questions related to fitness, I will be glad to answer your questions. Remember, if you do not use it, you will lose it!! Have a good day everyone!

It's never too late
to live happily everafter.

Submitted by: Jerry Chandler, Resident and Secretary of Destiny Lodge

Destiny Lodge Holds 5th Installation of Officers

On Saturday night, January 20th, Solomon's Square dining room was transformed into a large lodge room so that Destiny Lodge could hold its Fifth Annual Installation of Officers. The Daughters from Claremont Bethel No. 301, IOJD, presented the flag and served as our hostesses for the evening.

There was between seventy-five and one hundred people in attendance and they saw Wor. Juan Mena installed as Master of Destiny Lodge for the 2018 Masonic Year. He will be assisted by our very own Hersh Mazer as Senior Warden and Ernie Salcido as Junior Warden. Jerry Chandler was installed once again as Secretary and Ralph Mulhern was installed as Marshal. Another resident taking an office was Duane Bente as Tiler. Our LVN Marie's husband, Oscar, was installed a Senior Steward. Also of note, a former house parent from the years the kids were here, John Pomroy, was installed as Junior Steward. (John is also very active with the CAC here on campus.)

The retiring Master of the Lodge, Gus Cordes, although not here (due to his recovering from his recent heart attack) was recognized and his wife, Joyce, was presented with a bouquet of flowers and a gift card to a day spa for a little much well deserved "me time" for a facial and massage. The Lodge has a presentation for Gus when he is back on his feet.

We were entertained by the Charter Oak High School Advanced Choral Ensemble who performed three patriotic songs that were extremely well received by all in attendance.

The officers were installed by the Installing Team consisting of Wor. Robert Sechrest as Installing Officer, Wor. Richard Watson as Master of Ceremonies, Wor. John Abernethy as Installing Chaplain and Wor. Steven Miller as Installing Organist. After Installation, the Ladies of the Lodge were escorted to the Fellowcraft Room for a reception where all enjoyed a Hispanic flavored meal prepared by Maria Duran, catering.

The pictures you have been enjoying on the monitor in the library are courtesy of our very own Sharanne Wick who did a great job!!

Wisdom is knowing
what to do next.
Virtue is doing it.
(David Starr Jordan)

Subject: Meet Bruce Ivie
Submitted by: Sharanne Wick, Resident Reporter



Bruce Ivie is Cedarwood's newest Resident. He comes to us from Old West Lodge No. 813 in Newhall. He is also currently a member of Burbank Lodge. In his 50-years plus 2 months as a Master Mason, he has had quite a career. In addition to being Master of his Lodge, he served as Inspector for 14 years, on the Grand Lodge Service Bureau for 20 years

and as Senior Grand Deacon of the Grand Lodge of California. He is a member of the Scottish Rite and is the only person who has ever served as Master of all four Scottish Rite Lodges. He belongs to Al Malaikah Shrine, and is also a National Sojourners life member.

Bruce was born in Pasadena, went to High School in Inglewood, then earned a degree in Grocery Management. His work career started when he was 9 years old. Making his rounds on his bicycle, he sold newspapers to four military bases. As an adult, Bruce worked for Safeway Stores for 37 years. In addition, he served as the Bush Foundation President for 30 years.

He is the proud father of four "wonderful, successful children,"--one daughter and three sons that he fathered with Harriet, his beloved wife of over fifty years. His daughter is now retired; one son runs two hospitals; one is president of a company; and the third, who lives in San Francisco, is a planner for large corporate-type parties. He also has three grandchildren.

Spend some time with Bruce and you will surely see his smile and the twinkle in his eyes when he talks about some of his favorite things.

Taken from an e-mail.

This is a new word -- and here's a pretty good description.

I am a Seenager (Senior teenager)

I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have an ID that gets me into bars.

The people I hang around with are not scared of getting pregnant.

I don't have acne.

Life is good.

Submitted by: Ralph J. Romero, Director of Facility Engineering

Construction of the New Skilled Nursing
and Memory Care Building

The actual construction of the new Skilled Nursing Facility (SNF) and Memory Care Building has unofficially begun. On Monday January 29, 2018, the Contractor from Bernards Construction started saw cutting the asphalt on the road just north of the Maintenance Building. They started digging the ground so that they would be able to put in a new gas line that will feed the existing buildings and the new SNF/Memory Care Building.

The area was fenced off 2 weeks ago to keep residents, staff, and guests safe. Unfortunately, the carport will also be demolished because that area will be needed for emergency access when the building is ready.

In the upcoming days, weeks, and months, trenches will be made to locate water lines, gas lines, sewer lines, and any electrical that is buried underground. Unfortunately, a water line was discovered and was broken during trenching. It started to fill the trench with water but was quickly capped off before it could totally fill up the trench. That water line was used to feed the Facility Managers house that has long since been demolished in 2009. Soon Southern California Gas Company will be here to install the new natural gas line.

For some of you, the water at your patios has been shut off. This is due to the construction because we have so many irrigation lines running through the demolition area. We had to cut and reconnect these lines even as I type this construction update. I hope to have these lines reconnected by early the week of February 5. As a reminder, we will be sending out notices to all residents and staff that there will be disturbances involving water, gas, and fire sprinkler water.

I will send monthly updates to you on the progress of this project.

Remember Those Days?

Notice:

Due to the current workload,
the lights at the end of the tunnel
will be turned off until further notice.

Submitted by: Opal Abernethy, Resident

WHERE THE PILLS GO
(How many of us can relate to this
poem shared by Etta Cisco of
Bradenton, Florida?)

A row of bottles of my shelf
Caused me to analyze myself.
One yellow pill I have to pop
Goes to my heart so it won't stop.
A little white one that I take
Goes to my hands so they won't shake.
The blue one that I use a lot
Tells me I'm happy when I'm not.
The purple pill goes to my brain
And tells me that I have no pain.
The capsule tells me not to wheeze
Or cough or sneeze.
The red one, smallest of them all,
Goes to my head so I won't fall.
Such an array of brilliant pills,
Helping cure all kinds of ills,
But what I'd really like to know
Is what tells each pill where to go.

Subject: Bits and Pieces
Submitted by: Pat Long, Resident

Before you speak: Think.
T is it true?
H is it helpful?
I is it inspiring?
N is it necessary?
K is it kind?

INFLATION: cutting money in half without damaging the paper.

COMMITTEE: a body that keeps minutes and wastes hours.

TOMORROW: one of the greatest labor saving devices of today.

Don't use a big word
when a singularly
unloquacious
and
diminutive linguistic
expression will
satisfactorily accomplish
the contemporary
necessity.

Taken from an e-mail.

You will feel much more intelligent after reading this.

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full. Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more. Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise. SO THERE!

Submitted by: Pat Long, Resident

Valentine Memories

Do you remember your first Valentine?
Perhaps you were seven or eight or nine.
Each year there were trinkets and treasures, too.
A memory will last your whole life through.
Love that you give, comes back in full measure.

*Valentine's
Day*