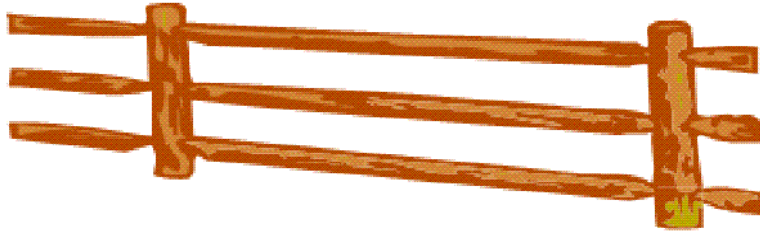


OVER THE BACK FENCE NEWS



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

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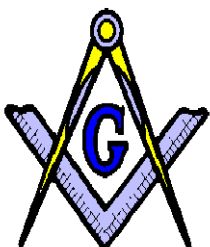
3/11: Spring Forward



3/17: St. Patrick's Day



3/25: Palm Sunday



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

(Source: <https://wa.kaiserpermanent.org/healthAndWellness/index.jhtm!?item=/common/healthyLiving/lifestyle/alcohol-seniors.html>)

Alcohol Use in Older Adults

Alcohol can act differently in older people than in younger people. As we get older, it takes longer for the body to break down alcohol. In addition, the amount of muscle in our body gradually goes down and the amount of fat in our body gradually goes up as we age. This causes our vital organs, such as the brain and heart, to be exposed to more toxic effects of alcohol. These are some reasons why people can feel the effects of alcohol longer without increasing the amount they drink. This can increase the risk for having accidents when drinking alcohol, like falling or getting in a car crash.

Health Impacts Over Time

Drinking too much alcohol over a long time can also affect your health in the following ways:

- * Lead to some kinds of cancer, liver damage, immune system problems, and brain damage.
- * Worsen some health conditions like osteoporosis, diabetes, high blood pressure, and ulcers.
- * Make it hard for doctors to find and treat some medical problems. For example, alcohol causes changes in the heart and blood vessels. These changes can dull pain that might be a warning sign of a heart attack.
- * Cause some older people to be forgetful and confused. These symptoms could be mistaken for signs of early dementia or Alzheimer's disease.

Alcohol and Medicines

Many medicines can be dangerous or even deadly when mixed with alcohol. This includes prescription drugs, over-the-counter medicines, and herbal remedies. Many older people take medicines every day and might be more likely to take a medicine that interacts with alcohol. Before taking any medicine, ask your doctor or pharmacist if you can safely drink alcohol while taking your medicine.

Here are some examples of problems caused by mixing alcohol with some medicines:

- * If you take aspirin and drink, your risk of stomach or intestinal bleeding is increased.
- * When combined with alcohol, cold and allergy medicines can make you feel very sleepy or confused.
- * Alcohol used with large doses of acetaminophen (Tylenol) may cause liver damage.
- * Some medicines, such as cough syrups and laxatives, have a high alcohol content. If you drink at the same time that you take these medicines, your alcohol level goes up even higher than normal.

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- * Alcohol used with some sleeping pills, pain pills, or antidepressant medicine can be deadly.

Drinking Limits for Alcohol

We recommend that healthy adults over age 65 should have no more than 7 drinks in a week and no more than 3 drinks in one day.

The recommended limit is based on the following amounts of alcohol in a drink.

Standard serving, 1 drink:

- 12 oz of beer
- 1.5 oz of 80 proof liquor
- 5 oz of wine
- 4 oz of brandy, liqueur, or aperitif.

How You Can Stay Healthy

There are many things you can do to cut back or stop drinking. You can:

- * Count how many ounces of alcohol you get in each drink so you know how much alcohol you're actually drinking.
- * Keep track of the number of drinks you have each day.
- * Pace yourself when you drink. Don't have more than one alcoholic drink in an hour. In place of alcohol, drink water, juice, or soda.
- * Make sure to eat when drinking. Alcohol will enter your system more slowly if you eat some food.

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

This is my update for the SNF/Memory Care construction. Well, on this day there is no construction due to the rain, but it was a busy week. First, we finally received the permit from OSHPD (Office of Statewide Health and Planning Development). This is the organization that oversees all developments from the construction of hospitals and Skilled Nursing from drawings to the actual construction of the building.

As the weeks went by, the ground was dug out to reroute underground utilities, the trees have been removed including the garden area, and concrete has been jackhammered. The garden area will be used for the new emergency generator that will be connected to the SNF/Memory Care building in case of power outages.

The east wall of the BBQ area gas also has been demolished so that area is definitely off limits to all. We will be moving the BBQ area near the A-6 patio by the fountain for future BBQ's. We are planning the Ground-Breaking festivities at the construction site for March 21, 2018 which will begin at 4:00 pm and end at 6:00 pm. Instructions will follow.

I will continue to give updates as they come in so stand by.

Why Does All My Food Taste Salty?

Quick Answer. The possible causes of a persistent salty taste are dehydration, medications, salivary gland diseases and post-nasal drainage, according to the Mayo Clinic. Rare causes include endocrine disorder, nutritional deficiency and neurological disorder, such as migraine and epilepsy.

Full Answer. The Mayo Clinic notes that changes in taste usually do not indicate a serious underlying problem, although they tend to impair a person's enjoyment of food. Dehydration causes salty taste due to insufficient fluid intake or too much fluid loss. Excessive alcohol or caffeine consumption causes fluid loss, leading to dehydration and saliva that is saltier than normal. A salty taste in the mouth is also a side effect of certain medications, such as chemotherapy drugs and anti-thyroid medications. Other potential causes are Sjogren's syndrome, bacterial infection of the salivary glands, sinus infection and allergies.

Treatment for a persistent salty taste is targeted at the underlying cause, says the Mayo Clinic. If a person experiences a salty taste as a medication side effect, stopping or altering the medication is likely to solve the problem. If the cause is a bacterial infection, treating the infection can help get rid of the salty taste. Additionally, taste changes sometimes resolve on their own. People experiencing changes in taste should consult with a doctor to find out the appropriate treatment.

(References: Mayo clinic (<https://www.reference.com/science/food-taste-salty-2a21c6e7564ffc82>)

Dehydration: When you're dehydrated, your body doesn't have enough fluid and electrolytes to work properly. An average person on an average day needs about 3 quarts of water. But if you're out in the hot sun or are exercising a lot, you need a lot more than that. You can also become dehydrated if you are vomiting, have diarrhea, or are sweating a lot. People who are elderly, very young, taking certain medications, or have a chronic illness have a greater risk. Signs of dehydration in adults include: *Being thirsty. *Urinating less often than usual. *Dark-colored urine. *Dry skin. * Feeling tired. * Dizziness and fainting.

(References: <https://medlineplus.gov/dehydration.html>)

Is a Salty Taste in the Mouth Connected to any Thyroid Issues?

Quick Answer. A salty taste in the mouth may be caused by drugs taken to treat thyroid problems, indicates WebMD. An altered sense of taste, or 'dysgeusia,' is a common side-effect. of many medicines.

Full Answer. The thyroid drugs carbimazole and methimazole are most often linked to the salty taste. Iodine - an element for thyroid problems - also causes

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dysgeusia, and is reported to have a metallic taste, explains WebMD. More rarely, disorders in the endocrine system may also produce a salty taste, as noted by Mayo Clinic. Persistent dysgeusia should be evaluated by a medical professional.

References: <https://www.reference.com/healthy/salty-taste-mouth-connected-thyroid=issues=8b4b795cbec493cb?qo=contentSimilarQuestions>

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

Total Population: 66 Women: 36 Men: 30 Couples: 11

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



MARCH BIRTHDAYS Birthstone: Aquamarine

3/01: Michael Picano 3/07: Ketty Sorensen
3/02: Bill Papas 3/16: John Lissenberg
3/03: Miriam Covey 3/20: Herschel Mazer



MARCH ANNIVERSARIES

3/08: Robert and Rita Dow



It isn't the great big pleasures
that count the most; it's
making a great deal out
of the little ones.

Jean Webster

Subject: Our New Friend -- Lucy
Submitted by: Sharanne Wick, Resident



Hi there! My name is Lucy. Thank you for voting to let me keep my name. I love my new forever home. I also love belly rubs, giving kisses, playing fetch, my yellow squeaky ball, and going for walks. I am a sporting dog, sometimes called a bird dog. If I spot prey, I want to go after it. I will also follow my nose wherever it leads me if I find an intriguing scent. That's why it is important that I have my harness and leash on when I am outside. I am curious about everything and everyone. I am trained to go outside to relieve myself; be sure to carry a "pickup" bag when you and I go for a walk. I am on a special diet so I cannot have treats, but just stroke my fur or play fetch with me and I am happy.

Here is what the American Kennel Club has to say about my breed. Personality -- happy, smart, gentle. Energy level -- very active energetic sporting dog. Cockers love their playtime and brisk walks, good with children, good with other dogs, eager to please. Life expectancy -- 10-14 years. Barks when necessary.

I am looking forward to a long and happy life together with all of my forever family here at the Masonic Homes in Covina.

Subject: Superbowl Party -- Sunday, 2/4
Submitted by: Dean Arnell, Resident

Preparations had been made for seating along with the food and drinks. All the squares for the Resident's Superbowl Pool were sold. It was 2:30 PM and time to start the festivities. We had two big flat screen TV's to watch the big game and all those famous "Superbowl Commercials."

The teams playing in this spectacular event were the Philadelphia "Eagles" and the New England "Patriots." Our party attendees seemed to be equally split as to which team to cheer. While the fans cheering for the "Eagles" had the pride of their team winning the game, the real action was who would win each quarter's prize money as determined by the score at the end of each quarter. The results of the quarterly prize money winnings were as follows: 1st Qtr. - Ketty Sorenson, \$25.00; 2nd Qtr. - Jerry Chandler, \$25.00; 3rd Qtr. - Neva Grecian, \$25.00; 4th Qtr. - Neva Grecian, \$25.00.

This year's Superbowl Party was thoroughly enjoyed by all. Special thanks to Leo and his crew for all the delicious munchies and to Karen for all the drinks and hosting our party.

The time to be happy is now;
The place to be happy is here.

Subject: New Resident - Lois Hoven
Submitted by: Sharanne Wick, Resident Reporter



Say hello to Lois Hoven, Cedarwood's newest resident (C-213). She comes to us from Homeland, CA - a suburb of Hemet. Her late husband, Max, was a member of Hemet-San Jacinto Lodge No. 338. He was also a member of the Shrine and the Order of the Eastern Star. Sadly, he passed away just seven months ago.

Lois is a member of Tahquitz-Victoria Chapter No. 241, O.E.S. She served as Worthy Matron in 1984, 2002 and 2013. She was Deputy Grand Matron in 2009. She is also a member of the Ladies of the Oriental Shrine.

Max and Lois were married for 24 years, and together, they raised a total of 9 children (her 3 and his 6). By latest count, they have close to 30 grandchildren, about 12 great grandchildren and 3 great-great grandchildren!

Lois grew up speaking German. Due to the Great Depression, she was raised by her Grandparents until she became school-age. Finally, the family was united. Later, after being an Administrative Assistant for a global corporation, she chose Real Estate as a second career. She went back to school and earned her Realtor's License, becoming the third generation in her family to be in Real Estate. Her daughter, Sher, is now the 4th generation to work in that field.

She and Max used to do league bowling, and Lois loves needlepoint. She invites everyone to her apartment to see her work, some of which has won ribbons at the Los Angeles County Fair. She is also an avid reader.

I asked her if there was anything she especially wants the Residents to know about her. With a twinkle in her blue eyes, she replied: "I'm a pretty good kid." I would agree, and encourage you to become acquainted with her.

Submitted by: Pat Long, Resident

Bits and Pieces

Life is a compromise of what your ego wants to do, what your experience tells you to do, and what your nerves let you do.

Bruce Crampton

The secret to staying young is to live honestly, eat slowly, and lie about your age.

Lucille Ball

There are hundreds of languages in the world, but a smile speaks them all.

Author Unknown

2/11: Masonic Widows. During lunch, Destiny Lodge honored the widows giving each a lovely red rose and Valentine's Day chocolate candy in a box like a red heart. Our thanks to all our Lodge members.

2/13: Mardi Gras. Our Activities Department planned a really great party for Mardi Gras. We gathered in Lower R-4 from 2:00pm to 4:00pm. The room was beautifully decorated and many different masks provided for us. We enjoyed a variety of food and drinks. We were entertained the entire time by four excellent musicians: J Vega and Friends. Thank to Activities and all who made this such a special Mardi Gras celebration.

2/14: Candlelight Dinner for Valentine's Day. The dining room was decorated with many balloons and also candles on the tables. A really delicious meal was provided by Dietary and we all enjoyed the beautiful music played by a violinist.

2/22: Lucille Ball Impersonator Show. When we gathered in the main library, we had no idea what unusual entertainment we were about to enjoy. A lady looking just like Lucille Ball came in. She performs at Universal Studios and is one of two approved by Universal Studios. Amber introduced herself and took us on a nostalgic trip back to "Vitameatavegamin" and other specialty skits. She asked questions and some of our residents remembered and gave the answers. She was so friendly and we enjoyed talking to her. (Our Lucy came in to meet her and the two Lucys enjoyed their visit.) Thank you so much, Will, for such a special time.

2/28: Happy Hour. On the last Wednesday of each month, Will and Karen arrange for us to enjoy snacks and drinks before dinner. It is a great time for our residents to spend some time visiting with each other and we thank Activities for providing us with this very pleasant time.

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 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.

