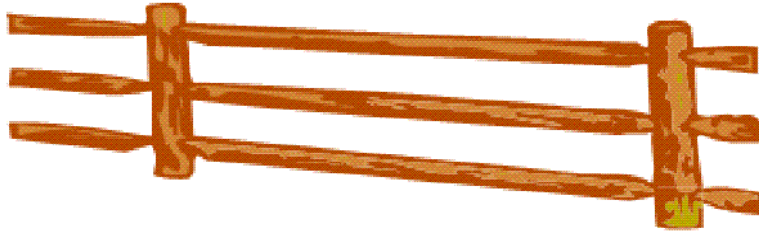


# OVER THE BACK FENCE NEWS



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

Volume 28, Issue 4

April 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



4/1: Easter Sunday

Lois Gray, Editor

C-112, X32268

Opal Abernethy, Assistant Editor

A-102, X32255



4/22: Earth Day

Resident Reporters:

John Abernethy  
Nettie Hasler  
Sharanne Wick

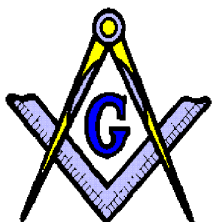
A-102, X32255

B-108, X32251

C-105, X32240



4/27: Arbor Day



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.

Subject: Can Adult Siblings Make Our Lives Healthier and Happier?  
Submitted by: Judy Figueroa, Executive Director, Covina Campus

Siblings are a crucial part of a child's development, teaching one another socialization skills and the rules of dominance and hierarchy, all part of the eternal struggle for parental resources.

### Adult siblings

When psychologists study siblings, they usually study children, emphasizing sibling rivalry and the fact that brothers and sisters refine their social maneuvering skills on one another. The adult sibling relationship has only sporadically been the subject of attention. Yet we're tethered to our brothers and sisters as adults far longer than we are as children; our sibling relationships, in fact, are the longest-lasting family ties we have.

Most such relationships are close -- two-thirds of people in one large study said a brother or sister was one of their best friends. One thing that can scuttle closeness in adulthood is a parent who played favorites in childhood; this sense of resentment can last a lifetime.

### Sibling rivalry?

- \* Jill Sutor, a sociologist at Purdue University, and her colleagues polled 274 families with 708 adult children (ages 23 to 68) in 2009 and found that the majority had good feelings toward their siblings. Most didn't remember much favoritism when they were kids, but those who did reported feeling less loved and cared for by their siblings. It didn't matter whether they felt themselves to be the favored or the unfavored child. The simple perception of parental favoritism was enough to undermine their relationship.
- \* The very presence of siblings in the household can be an education. When a new baby is born, writes psychologist Victor Cicirelli in the 1995 book *Sibling Relationships Across the Life Span*, "the older sibling gains in social skills in interacting with the younger" and "the younger sibling gains cognitively by imitating the older."
- \* They learn from the friction between them, too, as they fight for their parents' attention. Mild conflict between brothers and sisters teaches them how to interact with peers, co-workers and friends for the rest of their lives.

### Older adults

- \* The benefits can carry into old age. The literature on sibling relationships shows that during middle age and older age, indicators of well-being -- mood, health, morale, stress, depression, loneliness, life satisfaction -- are tied to how you feel about your brothers and sisters.
- \* In one Swedish study, satisfaction with sibling contact in one's 80s was closely correlated with health and positive mood -- more so than was satisfaction with friendships or relationships with adult children. And loneliness was eased for older people in a supportive relationship with their siblings, no matter whether they gave or got support.

(Continued on Page 3 ...)

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### Benefits

The older adult years can be a time for siblings to become closer, share travel and friendship, and look back on family memories with nostalgia.

Sibling relationships can enrich our lives as we age. Nurturing these relationships in later life is important, as they may be our strongest surviving support system.

As siblings age, their unparalleled bond could actually make a difference in their well-being, particularly as they reach elderly age.

In fact, research shows that as people get older, their morale seems to be higher if their siblings are also living. In addition, research shows that elderly men with sisters seem to be more emotionally secure than those without sisters.

Interestingly, the supportive benefits of this relationship were not dependent on how often the siblings interacted -- it was their existence and availability that mattered most.

Source: <https://www.npr.org/sections/health-shots/2017/11/23/565362158/adult-siblings-can-make-our-lives-healthier-and-happier>.

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Submitted by Ralph Romero, Director of Facility Engineering

Alas, the ground breaking at the construction site on Wednesday, March 21, went on as scheduled. The day was wet from rain, the dirt was turned to mud, and the skies looked threatening all through the occasion. A tent was raised and pop ups helped keep the dignitaries and guests dry. Most unusual, the rain stopped also to enjoy the dedication.

Slowly around 3:45 pm the guests began to arrive and by 4:00 pm the ceremony began. Master of Ceremonies, Gary Charland, introduced Jeffry M. Schimsky, the Grand Chaplain, for the invocation and from there, we gathered around to hear the different speakers. Resident Irwin Lieber began with the Pledge of Allegiance.

John F. Lowe, Past Grand Master and Chairman of the Board, Masonic Homes, introduced Elvan D. Moen, Assistant Grand Lecturer, Division VII. We heard from Bruce R. Galloway, Grand Master and shortly after that the Ground Breaking Ceremony began.

The ground was officially dedicated by some of the Board Members with the ceremonial "Corn, the Emblem of Nourishment," "Wine, the Emblem of Refreshment," and "Oil, the Emblem of Joy." "May this building to be erected on this spot inspire us to dedicate and devote ourselves anew to the service of God, to our Brothers, their wives, and all humanity."

Continued on Page 4 ....

Then, with hard hats, shovels of dirt were dug, pictures taken, congratulations everywhere, and smiles all around. After that, all dignitaries left to enjoy the hors d'oeuvres and champagne in the Library Lounge. The decorations were amazing, with toy trucks filled with candy as rocks, chocolate dessert as mud, and yellow safety tape all around. Servers wore hard hats, safety vests, and smiles. It turned out to be a very wonderful Ground-Breaking Event for our new Skilled Nursing Facility/Memory Care Building.

Congratulations to all who helped make this a very special event.

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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



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APRIL BIRTHDAYS  
Birthstone: Diamond

- |                      |                      |
|----------------------|----------------------|
| 4/05: Bruce Ivie     | 4/14: Margie Mulhern |
| 4/09: Malini DeAlwis | 4/22: John Feagans   |
| 4/11: Lois Gray      | 4/29: Lenore Upson   |
| 4/12: Rudy Ovieda    |                      |



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APRIL ANNIVERSARIES

- 4/05: Jerry and Pearl Chandler

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We do not remember days,  
We remember moments. Make  
moments worth remembering.

Subject: Charter Oak High School -- Bye Bye Birdie  
Submitted by: Jan and Dean Arnell, Residents

OH NO - SUCH BAD NEWS - Conrad Birdie has been drafted into the Army. Our idol, Conrad Birdie - our Wonderful, Wonderful Birdie will be gone for two long years. We, The Conrad Birdie Fan Club, must gather at the train station to sing "We Love You Conrad Birdie" and witness him kissing the President of the Conrad Birdie Fan Club as we see him for one last time.

Such was the plot of a wonderful stage production performed by the Charter Oak High School Drama Club. We were privileged to attend this presentation the evening of March 1st. Each year, the Drama Club performs a musical. Although the entire cast consists of high school students, their performance was unusually professional.

We were even provided a hostess who seated us, offered water at intermission and made us feel very welcome. We all certainly look forward to attending their production next year.

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Subject: The Young Americans at LaMirada Theater  
Submitted by: Bob Dow, Resident

From Classical to Country, The Young Americans brought us to stage and screen with "Show Stoppers."

On March 3, we had the pleasure of seeing The Young Americans in concert with favorites from The Beatles, Judy Garland, The Jersey Boys, Walt Disney, West Side Story and many other legendary musicals.

For the past 50 years, The Young Americans, a group of very talented and brilliant young entertainers, have been thrilling audiences with their exciting and beautifully rendered performances.

Many of us saw The Young Americans Christmas Special last year and eagerly look forward to their next show.

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Subject: Honoring Masonic Youth  
Submitted by: Lois Hoven, Resident

In keeping with the Grand Master's declaration that March would be a month honoring Masonic youth in California, Destiny Lodge arranged an evening dedicated to Job's Daughters, DeMolay and the International Order of Rainbow for Girls.

After enjoying a fine Hawaiian barbecue dinner served by the wives of Destiny Lodge members, the Master of Ceremonies read the Grand Master's Proclamation and then invited each of the youth members to come up and talk about their Order.

The International Order of Job's Daughters Bethel 301 of Claremont were represented by six of their members and their Bethel Guardian who presented a history of their Order, their fund raising efforts and goals. Rainbow Girls from Claremont Assembly and their Mother Advisor explained about the founding of their Order, their goals and events. The Master Councilor of the local DeMolay Chapter, many of their members and their Chapter Dad presented themselves and then the Master Councilor recited the impressive DeMolay Candle Ceremony in the darkened room.

The groups were invited back to the podium where they were each given a donation from Destiny Lodge.

By special invitation, our Lucy was also in attendance and enjoyed her evening of pets and admiration from everyone.



Subject: Tutankhamun Exhibit  
Submitted by: Jan Arnell, Resident

March 29 was a beautiful warm sunny day in SoCA--much like that very special day in 1922 in The Valley of the Kings in Egypt. That was the day Howard Carver and his team found the long hidden tomb of the boy King--Tutankhamun. King Tut took the throne at the very young age of 9 and died mysteriously at age 19. His tomb was so well hidden it had remained undisturbed for more than 3200 years. When Howard Carver put his eye to a small hole in the wall, he exclaimed "The glitter of gold everywhere."

This same excitement existed for our group of residents who boarded our trusty bus and headed to the Science Center to view 150 priceless items from this famous tomb. We first enjoyed lunch in the Science Center Food Court. Excellent food!! We then wandered through the exhibit at our own pace viewing these priceless items in awe. The tomb of King Tut contained everything the Pharaoh would need in the afterlife-- food, jewelry, weapons, musical instruments, and even a bed covered in gold leaf. After all these thousands of years, the bed and many other items still have the glitter of gold. We felt as Howard Carter must have felt as he glimpsed these treasures for the first time.

Back to reality: L.A. traffic--rush hour fast approaching--several miles to travel. We arrived home just in time for dinner--a lovely ending for a fun-filled day.

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### THE COLORS OF EASTER Jelly Bean Prayer

Red is for the blood He gave.  
Green is for the grass He made.  
Yellow is for His sun so bright.  
Orange is for the edge of night.  
Black is for the sin we made.  
White is for the grace He gave.  
Purple is for His hour of sorrow.  
Pink is for our new tomorrow.  
A bag full of jelly beans  
Colorful and sweet.  
It's a prayer; it's a promise;  
It's an Easter treat!

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Submitted by Sharanne Wick, Resident

Hey there -- Lucy here. Thought it was time for an update since I have been here about 7 weeks. Well, I am finally getting into sort of a routine. In the morning, after breakfast, I enjoy a walk with John L. and one of the Nurses. Some days, Nurse Maria takes me on something called "rounds" where I get to visit several Residents in their apartments. I like that! After her lunch, Rosemary gets me and we visit for awhile. It's pretty neat since she also gives me a short walk. Sometimes Don S. takes me for a walk after his dinner. There is so much to see. Every evening, Sharanne gets me and we go for a walk wherever I want to go on Campus. I almost caught a bird but it was too fast for me and I can't fly. I saw a skunk but it ran away and my leash stopped me from catching it. There are so many great smells and I want to follow each one. After our walk, we go back to Sharanne's place where I eat my dinner and hang out for awhile. Then she takes me for another walk and I get to bark at her neighbor, Ernie M., before I go back to the Nurses Station for the night.

Judy Figueroa gave me a couple of adorable outfits for the cold rainy weather. Maybe you've seen me in them. I also have some collars for Christmas and a special shirt for when there is thunder--just in case I get scared.

I got to go to the Groundbreaking Ceremony and meet a lot of new people. I sat on Sharanne's lap and fell asleep when the speeches started. (At least I didn't snore.)

I also went to the Youth Orders' special night dinner and award ceremony. Pearl and Jerry looked after me all evening and made sure I didn't eat off the floor. No one would feed me anything because Ernie S. announced, "Please do not feed Lucy. She's on a special diet." Talk about tough love! I still had a good time and met young people who are very special--the future of Masonry in California.

It has been an adjustment with all the changes I have been through in the last 2 months, what with being rescued from the street, then rescued from the pound, then rescued by all of you wonderful people. My heart is full of gratitude and joy and love for everyone on our Campus here in Covina. I get so many "lovies" and that makes me happy because you are all so gentle when you pat me. This is a great place to live!

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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.