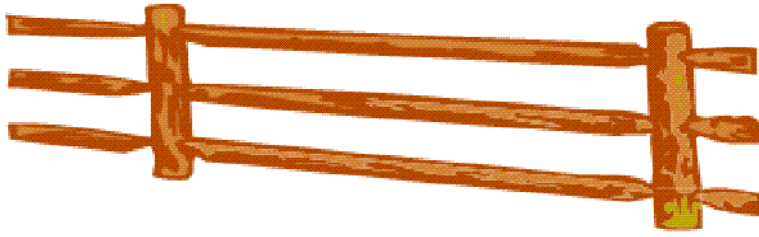


OVER THE BACK FENCE NEWS



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

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May 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

Lois Gray, Editor

C-112, X32268

Opal Abernethy, Assistant Editor

A-102, X32255

Resident Reporters:

Milt Freer
Nettie Hasler
Sharanne Wick

A-109, X32298
B-108, X32251
C-105, X32240



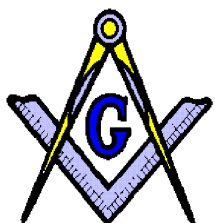
5/5: Cinco de Mayo



5/13: Mother's Day



5/19 :Armed Forces
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.



5/28: Memorial Day

Subject: Health Tips

Submitted by: Judy Figueroa, Executive Director, Covina Campus

Everyday Movements for Better Health

Can something as simple as getting out of your chair improve your health? Surprisingly, it can.

It's based on the concept of nonexercise activity thermogenesis (NEAT). NEAT is all of the calories (energy) you burn simply by living, rather than through exercise. This includes carrying groceries, playing charades or sitting less. NEAT activities can lead to reduced body fat, improved cholesterol levels, a healthier heart and reduced risk of common weight-related conditions.

The movements you make throughout the day may not provide the benefits of regular exercise. But if you struggle to fit exercise into your day or if you have a sedentary lifestyle, increasing your daily NEAT can provide a boost to your physical activity.

To include more NEAT in your day:

- * Stand while on the phone
- * Walk around the house during TV commercials
- * Park in the farthest spot in a parking lot
- * Dance around the house while cooking and cleaning
- * Tackle yardwork -- water plants, pull weeds, clear rocks and sticks
- * Tend a garden
- * Invest in a movement-based video game system such as a Wii
- * Wash your car by hand
- * Organize your closets
- * Use a standing desk
- * Take up a new craft
- * Volunteer -- set up or take down an event, greet at the door, serve a meal.

www.HealthLetter.MayoClinic.com

Dear Residents:

Let's welcome Kerry Hendricks back to the Masonic Home. Kerry was gone for a short amount of time but is back with us full time. Kerry works in our Finance Department.

Let's also welcome back Steve Shapiro. Steve has come out of retirement to help us in the Dietary Department. He is serving as the Interim Director of Dining Services. We are in the process of accepting applications for this position.

Judy Figueroa

Submitted by Ralph Romero, Director of Facility Engineering

Residents:

This last month of the construction involved some water shutdown and grading. The water shutdowns involved shutting off the domestic water for re-routing the water lines from under the new SNF/Memory Care Building. The new water line had to be chlorinated and tested for cleanliness before it could be opened for normal use.

The next shutdown was a 2-part shutdown requiring shutting down the fire sprinkler system affecting Buildings R-4, Cedarwood, Building M-1, B-1, C-1 and C-4. This also was to re-route the fire sprinkler lines from under the new SNF/Memory Care Building to a location outside of the building's foundation.

Next, it was time to grade the area to get ready for the next phase which is the installation of the soil anchors. These are the in-ground supports for the foundation and the building itself. Installing the soil anchors will cause a bit more noise but, as expected, this will be the beginning of a much larger scale of construction and somewhat much louder noise.

More to follow!

Subject: Our Congratulations to Gertrude "Lyn" Effren
Submitted by: Jennifer Shapiro, Director of Senior Services

Our Covina Campus was so proud to be able to celebrate with our resident, Lyn Effren, her USA citizenship. Following months of applications, interviews, and tests in English and Civics, which she passed, the BIG day finally arrived. Lyn took her Citizenship Oath on April 17th.

Congratulations to Lyn on a job well done!!! We are so proud of her, and we know how proud she is to be a United States citizen.

It's such a grand thing to be a
mother of a mother -- that's
why the world calls her
grandmother.

Mothers hold the children's
hands for a short while, but
their hearts forever.

A mother is your first friend,
your best friend, your forever
friend.

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

Total Population: 63 Women: 35 Men: 28 Couples: 10

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



MAY BIRTHDAYS
Birthstone: Emerald

5/04: Yvonne Stoddart
5/10: Pat Sanchez
5/11: Duane Bente
5/19: Lois Hoven
5/21: Nancy Freer
5/28: Neva Grecian
5/30: Carole Haggart

Wishing Neva a VERY HAPPY 103rd BIRTHDAY



MAY ANNIVERSARIES

5/13: Ralph and Margie Mulhern
5/26: Milt and Nancy Freer



Lexiphile is a word used to describe those that have a love of words,
like: you can tune a piano, **but you can't tuna fish, or:**

To write with a broken pencil is ... pointless.
A thief who stole a calendar ... got twelve months.
When the smog lifts in Los Angeles ... U.C.L.A.
A dentist and a manicurist married .. They fought tooth and nail.
When you've seen one shopping center ... you've seen a mall.
A bicycle can't stand alone ... it is two tired.
He had a photographic memory ... which was never developed.
Acupuncture ... a jab well done.

Subject: Visit to the Holy Land

Father Steve traveled with 49 ministers to the Holy Land, a trip arranged by Knights Templar. On April 10, many residents gathered in the Lodge Room where Father Steve showed us the pictures he had taken and told us about each area that they traveled to. They spent two weeks seeing the areas where Jesus was in Tel Aviv, Jerusalem and Bethesda. What a wonderful trip that must have been.

Thanks to Father Steve for sharing his experiences with us.

Subject: Cinderella Ballet
Submitted by: Nancy and Milt Freer, Residents

On Saturday, April 21, twelve of us including Will and Karen were treated to the Inland Pacific Ballet's performance of Cinderella with its top-notch imaginative sets, gorgeous costumes, memorable characters, artistic choreography and sophisticated showmanship. The Bridges Auditorium at Pomona College was a lovely and comfortable venue in which to see this performance of a classic fairy tale set to the music of such masters as Johann Strauss and Benjamin Britten. This performance was so outstanding that everyone agreed that attending their December performance of The Nutcracker will be a must.

Thanks again to Will and Karen for another great job!!!!

ARMCHAIR TRAVEL

Each Tuesday at 10:45 AM, a group of residents gather downstairs to see Armchair Travel on the television. Will and Karen set up the program where we can determine what country we wish to visit. We have visited a variety of countries including various areas in France, Spain, Italy, Australia, and more. Each program shows many unusual areas which we might not know to visit if we were traveling. We have a great time watching these unusual programs and can't wait to find out what we are going to see the next week. In addition to enjoying these unusual programs, we also enjoy the snacks provided by Activities. Thank you Will and Karen.

What we keep in memory is ours forever.

Subject: Bean Bag Baseball
Submitted by: Karen/Activities

Bean Bag Baseball is our Senior fun work out activity that our residents play instead of real baseball but get the exercise and the companionship and the competitiveness of a real game on the field. Our residents practice every Tuesday for one hour as a team and they also play against Bridgecreek, a senior living community here in the Covina area.

We take turns going away to play a game or a staying home game. This gives our players a chance to get out in the community and make new friends and enjoy a ball game. Activities Leaders Karen and Will enjoy having fun with the residents and they really love it best when Masonic Homes wins!--!!

Remember these top tunes from 1984?

"Footloose" -- Kenny Loggins
"Time After Time" -- Cyndi Lauper
"Here Comes The Rain" -- Eurythmics
"What's Love Got To Do" -- Tina Turner
"Owner Of A Lonely Heart" -- Yes
"When Doves Cry" -- Prince
"Like a Virgin" -- Madonna
"99 Luftballons" -- Nena
"Let's Hear It From The Boy" -- Deniece Williams
"Against All Odds" -- Phil Collins
"Ghostbusters" -- Ray Parker, Jr.
"I'm So Excited" -- Pointer Sisters
"Sad Songs" -- Elton John
"Hello" --Lionel Richie
"Dancing In The Dark" -- Bruce Springsteen
"Let's Go Crazy" -- Prince
"Say It Isn't So" -- Hall and Oates

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

Why not learn to enjoy the little things,
there are so many of them.

We are weaving the future on the
loom of today. Grace Dawson

A Message from Celia Butler, L.M.F.T.

I have been thinking about the effect of smiles in our lives. Of how it makes me feel when I receive one, and how I feel when I give one to someone else. We live in such a busy world, and most of us think of life as a very serious business. There is always so much for us to do and accomplish. The news tells us much more about what is wrong with the world, and very little about what is right about it. We get lost in thinking about problems. We have become disconnected in many ways from others. We are constant information seekers. Our phones are often our most constant companions. We hurry from one place to another, always thinking about what we have to do next. So often we pass each other without really seeing each other.

When I pass someone and they smile at me, my spirit is instantly lifted. I want to smile back and really look at the other person. I feel acknowledged and important. In that small moment of time, I feel connected with the other person. I feel a little lighter and a tiny surge of energy. I feel more positive, and often have a desire to get to know the other person.

In our culture we value being independent and think we should problem solve on our own. Most of us were brought up to value hard work and self accomplishment. We are self-reliant. It is easy to become isolated from others.

When I pass you and look at you and smile, I'm saying that I see you and am wishing you well in your day. I'm feeling connection to you, and that perhaps it might be fun to talk and get to know each other. I am including you in my world. Mother Teresa of Calcutta once said, "Every time you smile at someone it is an action of love, a gift to that person, a beautiful thing."

Also, smiling makes me feel better and more optimistic. I experience a feeling of openness, and my heart feels lighter. I feel happier and a greater connection to others. My world is larger and more inclusive. I feel the expectation of positive events coming to my day. I am less worried and pressured. I get as much from my smile as the person who receives it.

It only takes a little effort to smile at others. I know of nothing that offers a greater return.

(And it is with great joy that we here at the Home have Celia come and talk to us, discuss remembrances and play a variety of games.)

Cinco De Mayo. We had a slightly early celebration of Cinco de Mayo when a Mariachi Band came to entertain us. The Mariachi Lindas Mexicanas consists of six very talented ladies who played and sang for an hour while we enjoyed a special luncheon of Mexican food prepared by our kitchen staff.

Mariachi Lindas Mexicanas has come here before and we look forward to having them come back again.

CHOICES

Some people sit -- some people try;
Some people laugh -- some people cry;
Some people will -- some people won't;
Some people do -- some people don't;

Some people believe and develop a plan;
Some people doubt -- never think that they can;
Some people face hurdles and give it their best;
Some people back down when faced with a test;

Some people complain of their miserable lot;
Some people are thankful for all that they've got;
And when it's all over -- when it comes to an end --
Some people lose out and some people win.

We all have a choice -- we all have a say;
We are spectators in life or we get in and play;
Whichever we choose -- how we handle life's game;
The choices are ours -- no one else is to blame.

Armed Forces Day. We honor all our veterans here at the Home and all those who are currently serving in our Armed Forces.

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.