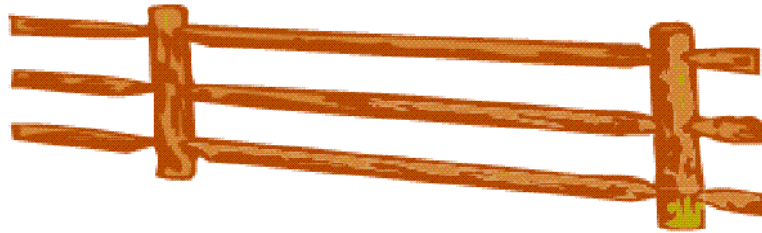


# OVER THE BACK FENCE NEWS



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

Volume 28, Issue 6

June 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



6/14: Flag Day

Lois Gray, Editor

C-112, X32268

Opal Abernethy, Assistant Editor

A-102, X32255



6/17: Father's Day

Resident Reporters:

Milt Freer  
Bob Dow  
Sharanne Wick

A-109, X32298  
B-112, X32257  
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

Dear Residents:

One of the questions you were asked on The Red Nose Day questionnaire was "what is MHW? Some of you answered the question correct. MHW is the Masonic Home Way.

### Masonic Home Way

MHW is deepening the service quality across all business lines through a clear focus on our purpose "Together we create meaningful life experience that makes a profound difference."

**The Masonic Home Way:** Together we create meaningful life experiences that make a profound difference.

**Mission Statement:** In keeping with the tenets of freemasonry, the Masonic Homes of California will promote the quality of life by empowering our members, their families and our communities to live well and achieve meaningful and rewarding lives.

**Vision Statement:** The Masonic Homes of California will profoundly change the world for the better by providing cutting-edge solutions to the challenges faced by Masons, their families and our communities.

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Subject: The Most Common Spring Allergies

While you might enjoy the warmer weather, you certainly don't welcome spring allergy symptoms. But knowing the sources of bothersome spring allergies, such as pollen, can help you reduce your exposure.

Many people see the start of spring as a welcome change. But with the warm breeze comes airborne pollen and mold spores. And if you suffer from seasonal allergies, you probably feel them with every inhale. Allergens send the body's immune system into overdrive, leading to allergy symptoms such as sneezing, a stuffy nose, and itching. In the springtime alone, which typically begins in March, hay fever -- an allergy to pollen or mold --- affects 30 to 60 million people in the United States.

"Spring is typically considered to be a tree pollen season," says James Li, MD, board-certified asthma and allergy specialist and chair of the division of allergic diseases in the department of international medicine at the Mayo Clinic in Rochester, Minn. Summer tends to bring grass pollen allergies, and ragweed allergies usually hit in the fall.

This year, many U.S. regions experienced warmer-than-normal winters, which gave trees in those areas an early start at pollinating.

Continued on Page 3 .....

Mold, which is considered a year-round allergy, can also wreak havoc in spring. This is especially true when damp and rainy conditions, followed by warmer weather, lead to a high concentration of mold.

Spring Allergies: Tree Pollen

Trees cause allergies because they produce small pollen cells that are light and dry, and can be carried far by the spring breeze. Eleven types of trees are common triggers of hay fever in spring, according to the American Academy of Allergy, Asthma and Immunology: Oak, Western red cedar, Sycamore, Maple, Elm, Birch, Ash, Cypress, Walnut, Hickory, Poplar.

These trees release pollen around the same time every year. If you're allergic to any of them, when their pollen is in the air you'll start sneezing, experience congestion and feel itchy eyes, ears, nose and mouth.

You'll get some relief from spring allergy symptoms on rainy or cloud days, or when there's no wind to make the pollen airborne. But when the weather is warm and dry, and especially when the wind picks up, allergies are likely to become worse.

Spring Allergies: Mold

Mold spores work in a similar way. Mold, such as yeast and mildew, releases seeds called spores that are carried by the wind. They're very abundant in the air outside and tend to cause the worst allergy symptoms from spring through fall.

Outdoor molds include Alternaria, Cladosporium, and Hormodendrun. Mold can also be found inside your home; indoor molds include Aspergillus and Penicillium.

Mold also causes typical allergy symptoms, such as sneezing, congestion, and runny nose, or watery eyes that are itchy.

Getting Relief From Spring Allergies

Your best defense from spring allergies is to keep your doors and windows closed, use allergy filters on your air conditioning unit, wash your clothes and take a shower after you've been exposed to pollen and mold spores, and avoid doing yard work or exercising outdoors on days when pollen counts are high. You can also talk to your doctor or allergist about treatment options.

By Marie Suszynski  
Reviewed by Pat F. Bass III, MD, MPH

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We may run, walk, stumble,  
drive or fly, but let us never  
lose sight of the reason for the  
journey, or miss a chance to  
see a rainbow on the way.  
Gloria Gaither

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

Total Population: 64, Women: 35, Men: 29, Couples: 10.

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



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JUNE BIRTHDAYS  
Birthstone: Pearl

6/04: Lanne Mitchell  
6/15: Ed Haggart  
6/16: Judy Jackson

6/17: Karla Johnson  
6/19: John Pickett  
6/24: Pearl Chandler



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JUNE ANNIVERSARIES

6/16: Dean and Jan Arnell



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Subject: Evensong, Holy Trinity Episcopal Church  
Submitted by: Sharanne Wick, Resident

On Sunday, May 6th, the Sixth Sunday of Easter, eight residents attended the Holy Trinity Evensong Service. "Evensong, or sung Evening Prayer, is an Anglican Service that originated from Archbishop Thomas Cramner's liturgical innovations during the English Reformation," which took place in the 16th century. It is a service wherein everything is either sung or chanted. The only exception was Father Steve's homily.

It was a privilege to participate in the chanting of the Lord's Prayer and the Apostles' Creed, as well as singing hymns. The Anthem and other prayers were sung or chanted by a 12- person choir, which was excellent.

After the wonderful and uplifting service, the congregation retired to the social hall for a delicious pot luck dinner of homemade items such as a beef stew, ham, devilled eggs, veggies, and all sorts of desserts. The meal was accompanied by Father Steve's incredible sangria which was rather potent, but delicious.

At the end of the evening, our resident drivers, Michael Picano and Milt Freer, returned us safely to our Homes.

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Submitted by: Jerry Chandler, Resident

DESTINY LODGE HOSTS PUBLIC SCHOOLS NIGHT  
May 9, 2018

The Masonic Home in Covina, in conjunction with Destiny Lodge, for the fourth year in a row, opened its doors to the Covina Valley and Charter Oak Unified School districts for the Lodge's Public Schools Program. Each year, the Grand Lodge of California sets aside one month during the year for the local lodges to recognize the public schools in their area. Although we normally run a month behind due to the school district activities, we still manage to put on a great show.

Once again, the Lodge honored twelve students (5 middle school and 7 high school) from the two districts as Outstanding Students as nominated by the Principals and Faculty from their respective schools.

This year, we hosted about 135 people for dinner and the awards program. This 135 included Hon. Walter Allen, Mayor of Covina, John Curley, Chief of Police, City of Covina, Bn. Fire Chief Mike Jones from Bn. 16, LACOFD, (Covina), a representative from LA County 5th District Supervisor Katherine Barger's Office, Dr. Richard Sheehan, Covina Valley Unified School District Superintendent and Dr. Michael Hendricks, Charter Oak Unified School District Superintendent. Gary Charland and Judy Figueroa were there to represent the Masonic Homes, and Deputy Grand Master Stuart Wright was there to help our Lodge Master Juan Mena hand out the certificates and cash awards. All in all, the students walked away with certificates from the County of LA, City of Covina and Destiny Lodge. The Lodge also threw in \$50.00 for each Middle School Student and \$100.00 for each High School Student.

Each of the students gave a brief talk on their ambitions and goals in life. Some of them are pretty set in what they want to accomplish, and some of the middle school kids still have a way to go in figuring out what they want to do (which is not too surprising!).

As always, this could not have happened without the assistance of Judy Figueroa and her administrative team, of our Dietary Services led by Steve Shapiro and the Facilities Team led by Ralph Romero and his band of merry men.

Until next year ....

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The most wonderful places  
to be in the world are:  
In someone's thoughts,  
someone's prayers and  
in someone's heart.

## Comedy Show and Magic.

On Thursday, May 10, residents gathered in the Lodge Room for a show by three very unusual entertainers. A very friendly gentleman started the show by speaking to some of our people and continued on into his comedy act which was really different and such fun. He then introduced us to a young man who really stunned us with his unique juggling acts. He used a cane, umbrella and a large ball to stand alone and to juggle. And then we were all totally amazed when he fastened three folding chairs together and put them on his face where he was able to balance them.

Of all the juggling acts we have seen, he was totally different and unlike anything we had seen before. Our third entertainer was an outstanding and most unusual magician who had been on America's Got Talent and works in Las Vegas. I found one of his Las Vegas shows on the computer. Along with a variety of card tricks, there were very different tricks with balloons which were impossible to describe. His acts were so amazing and so different that there is no way to explain them.

Each one of these entertainers was so unusual, you have to see them to understand. Thanks to our Activities Department for this outstanding entertainment.

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Subject: Trip to the L.A. Arboretum and Botanic Gardens  
Submitted by: Carole Haggart, Resident

On Saturday, May 19, 11 residents, plus Will and Karen, set off in the bus at 8:00 AM to go to the Arboretum in Arcadia. A few of us were still half asleep and a little grumpy, but soon got over it. When we got to the parking lot of the Arboretum, there were several peacocks displaying their beautiful plumage, and we weren't even lost! The Arboretum consists of 127 acres of beautiful flowers, trees, bushes and fountains. We did a lot of walking and then, at noon, we boarded the tram and were taken on the roads that wound around the different areas. The Australian, African, cactus garden and rose garden were especially interesting. The lady who narrated the tour told us about the various sights of interest. The weather co-operated nicely and all who went had a wonderful time.

We would like to thank the kitchen for fixing a breakfast and lunch for all of us.

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We were very pleased to have Betty Parker come to have lunch with us. She has not been back since she was transferred to Claremont Place and many of us had not seen her for a long time. It was so good that she was able to come and we thank Karen for bringing her.

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Subject: Tribute to The Beatles  
Submitted by: Jerry Chandler, Resident

On May 24th, six residents and three employees got a "Ticket to Ride" to see a tribute to the Beatles at the Candlelight Pavilion in Claremont. Lois G., Hersh M., Irv L., Don O., and Pearl and Jerry C. accompanied by Karen and Will from activities and Jessica (who knew, a closet Beatles fan!) from Medical Records went to the sold out pavilion for what was a reasonably good imitation of the Beatles.

The first act was from the "early years" and featured all the hits from all their "pre-enlightenment" days. The second act was from their later years, when they became more "socially aware" with their following and also featured several singles that were made when the group started to separate and strike out on their own from time to time.

The audience was mostly comprised of a bunch of the "slightly" past "middle age" group trying to re-live some of their youth, with some of the younger set, curious to see what all the hubbub of the '60s was about.

All in all, it wasn't a bad evening. I personally wasn't that big a fan, but I must admit the lyrics to a lot of their songs have more meaning now then they did back then. My biggest disappointment of the evening was the fact that the one song I really came to hear them sing, they didn't do. (Yellow Submarine)

As always, thanks to Will and Karen for setting up this eventful evening.

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Memorial Day was also a very special day for our Neva Grecian.

It was her **103rd BIRTHDAY.**

What a joy to be able to be with this lovely lady and wish her a Happy Birthday and spend this day with her.

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Subject: Surprise Party for Carole Haggart

On May 28, Carole was asked to attend a meeting in the Fellowcraft Room. When she arrived, there were 42 of her family members and 25 residents to greet her. Her sister and family had planned this to celebrate her 80th birthday. They brought in food and served a delicious meal and, of course, cake. Many of the family played musical instruments and sang. Also there were many pictures of family taken throughout the years shown on the large screen. What a delightful time--one Carole will never forget.

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You can't help getting older, but you don't have to get old.  
George Burns

Subject: Rigoletto Review  
Submitted by: Nancy Freer, Resident

A NIGHT AT THE OPERA. Will (bless his heart) drove Billie, Irv, Flo, Milt, Nancy, Karen and Tim to the Dorothy Chandler Pavilion to see a wonderful production of Rigoletto. With imaginative sets, opulent costumes and great voices, the LA Opera did a fine job with one of the grandest of the Grand Operas. We thoroughly enjoyed every moment. It is a story of innocent love, betrayed trust, treachery, and, of course, a tragic ending .... the usual opera stuff. (Spoiler alert: The soprano dies.) If any of our residents have the tiniest bit of interest in opera, the LA Opera is well worth the short trip. We agreed after the performance that we should try for another one next season. Many thanks and kudos to Activities for making this lovely evening possible.

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Subject: New Resident - Stephen Hawkins  
Submitted by: Bob Dow, Resident Reporter

Welcome to Stephen Hawkins, our newest resident in Beechwood, B-103. Steve is a member of Pasadena Lodge 272.

Steve has had an interesting career as a limo driver for several years and ten years as a shuttle driver. Needless to say, he has had many interesting experiences in his work.



Steve's real passion is the Shriner's Hospital for Crippled Children in Pasadena, serving on the Board of Governors for many years. He also set up a screening clinic for potential patients.

We look forward to Steve joining us in many of our activities, especially Bingo and Poker.

Do stop and introduce yourself to our new resident.

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In a world where you  
can be anything,  
be kind!

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Your friends and family can read our Newsletter on the Masonic Homes website each month. To reach 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 and the current Newsletter will come up.