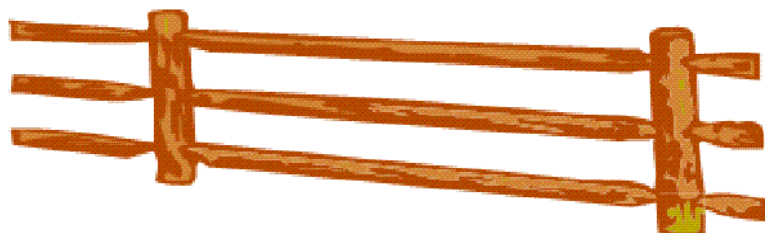


# OVER THE BACK FENCE NEWS



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

Volume 28, Issue 7

July 2018

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7/4: Independence  
Day

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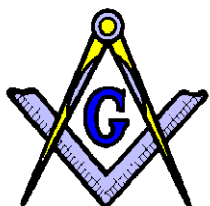
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ALL RESIDENTS are welcome to contribute to your Newsletter. If you have an article you wish to have published, please give it to Lois Hoven before the 15th of the month. Space is limited so please restrict your article to a half page.



Subject: Summer Sun Safety Tips for Seniors

Submitted by: Judy Figueroa, Executive Director, Covina Campus

Summer is a time for enjoying the great outdoors! Unfortunately, the summer sunshine, UV rays and heat also can bring a few dangers, especially for seniors, including sunburn, eye damage, dehydration, heat exhaustion and more.

## 8 Summer Safety Tips

With some precautionary steps and healthy senior personal care (<http://www.compassionatecaremi.com/michigan-in-home-care-services/senior-elderly-personal-care>), everyone can enjoy the blue skies and warm weather. Below is a list of 8 things seniors can do to improve their safety during the hot summer months.

1. Drink plenty of fluids: Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases as we age, so be sure to increase your water intake if you are exercising or doing any type of prolonged physical activity. Of those fluids you are taking in, be sure they are non-alcoholic and decaffeinated. Carbonated sodas and pops may taste good, but they will only further your dehydration.
2. Pick the right outfit with accessories: When possible, wear loose, lightweight, and light-colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe. Use wide brimmed hats to keep the sun off of your face and neck, as well as full coverage (wrap around) sunglasses for the best eye protection. Glasses that block UVA and UVB rays can help reduce the cumulative effect of damage linked to cataracts and age-related macular degeneration.
3. Turn on your air conditioning. Air conditioning is important when it is hot and humid outside. During a heat wave, if you don't have central air or a room air conditioner, spend part or most of your day at locations with air condition, including a friend's house, shopping mall, senior center, or movie theater.
4. Be an early bird or night owl: The sun is strongest between 10 am and 4 pm. If you must be outside during a summer heat wave, limit your outdoor activity to the morning and the evening, when the temperature is lower and the sun is less intense.
5. Watch for heat stroke (<http://www.compassionatecaremi.com/michigan-in-home-care-services/stroke-management-support-help-nursing>): It is extremely important to watch for signs of heat stroke (<http://www.compassionatecaremi.com/michigan-in-home-care-services/stroke=management-support-help-nursing>), especially for seniors. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse. If you or someone you know experiences these symptoms, seek medical attention immediately.

Continued on Page 3 .....

## Summer Sun Safety Tips, Continued

6. Check on friends and family: Use the rising temperatures as an opportunity to catch up with your neighbors and relatives, especially the elderly and those who do not have air conditioning. Plan outings together in places that have air conditioning.
7. Review your medications: Many seniors use medications daily. Some medications can cause side effects, like increased sensitivity to ultraviolet (UV) rays. Review all medications and check with a doctor or pharmacist for any questions.
8. Wear sunscreen: Sunscreen is a major component to preventing sunburns. Look for a sunscreen that blocks both UVA and UVB rays, and also have a sun protection factor (SPF) of 15 or more. Be sure to apply it about 15-30 minutes before exposure. If you're enjoying water activities, be sure to reapply your sunscreen frequently. For more information on the benefits and facts on sunscreen check out an article. (<http://www.epa.gov/sunwise/doc/sunscreen.pdf>) published by the EPA.

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### **You're invited to Masonic family SUMMERFEST**



Saturday, July 28 -- 11 A.M. - 3 P.M. Masonic Home at Covina

Let's celebrate the carefree days of summer with an old-fashioned country fair.  
Join Masonic family members from throughout Southern California  
for a day filled with sun, fun, food and fellowship.

Catered BBQ lunch--Delicious festival treats--Outdoor swimming pool  
Carnival games and petting zoo--Bounce house--Live entertainment--Campus tours

Event is free for all residents, family members, and friends!

RSVP by phone to Ex. 32215

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

Temporary Stay:  
Ketty Sorensen - Claremont Care Center



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JULY BIRTHDAYS  
Birthstone: Ruby

7/04: Ruth Caster  
7/07: Dean Arnell  
7/14: Bob Dow

7/16: Betty Parker  
7/19: Tony Mangan



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Subject: Jamboree at Eastern Star Home  
Submitted by: Carole Haggart, Resident

The Eastern Star Home had their annual jamboree on June 2nd at the Eastern Star Home from 9 AM til 4 PM. Pearl and Carole went there and arrived at 7:30 AM, in time to set up their jewelry booth. They did just OK on sales, probably because there were not as many people there as in the past. They saw Don Schmidt, Irv Lieber, and John Feagans there. They had looked at all the beautiful classic cars which had been displayed. There were no food trucks there, but the OES Home served hamburgers and hot dogs and a Mexican restaurant served food. It was a beautiful day, so it was fun to be there anyway.

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Bits and Pieces, submitted by Pat Long:

1. Mistakes are proof that you are trying.
2. When you think about quitting, think about why you started.
3. Let go of what you cannot control.
4. It's just a bad day, not a bad life.

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Subject: 43rd Ragtime Festival  
Submitted by: Sharanne Wick, Resident

According to Britannica, Ragtime is defined as "propulsively syncopated musical style, one forerunner of jazz and the predominant style of American music from about 1899 to 1917." After June 16th, 17 of our residents plus Will and Karen can attest that it is still alive and well in the 21st century. We were privileged to hear four men whose passion for Ragtime music was demonstrated in their mastery of both the piano and the songs they played. The Old Town Music Hall in El Segundo was the perfect venue in which to enjoy their talents.

John Reed-Torres' strong style was well suited to the songs of Scott Joplin, Arthur Marshall and his own composition, "Matinee Rag." He also provided an education about the origins of Ragtime and "The Cakewalk," a black dance form that started in France. Couples would dance one at a time to show their moves, then dance in a circle around a cake in the middle of the floor. The couple exhibiting the best style in this vigorous, energetic dance would be deemed the winner and receive the cake as their prize.

Vincent Johnson's more delicate style brought to the music of Joseph Lamb, James Scott, Fats Waller and his own compositions, "Blueberry Pancakes" and "Milk and Honey," a blend of Klezmer music and Rag, a certain smooth sound.

Frederick Hodges, played songs by Joplin, Eubie Blake, and George Gershwin. He also played an amazing piece called "Kitten on the Keys." It is hard to believe that human fingers could move that fast.

Carl "Sonny" Leyland not only played the piano but also sang "Beat Street Blues." In addition, he played a "boogie-woogie" beat Rag along with others.

For the finale, all four performers played together--two on one piano, one on another and the third on a very old instrument. The song?--The Maple Leaf Rag. It was a great finale to a remarkable afternoon of music.

The evening concluded with dinner at Marie Callender's in Covina.

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Favorite people, favorite places,

Favorite memories of the past ....

These are the joys of a lifetime ...

These are the things that last.

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Subject: Baby Shower for Crystal  
Submitted by: Lois Hoven, Assistant Editor

Crystal is soon to have her baby. Now, most everyone, residents and staff are aware and interested in this July blessing that is coming and we're all looking forward to meeting this new little one. Recently, Upper R4 was crowded with well-wishing residents, staff and "Miss Lucy" as we celebrated by having a Baby shower for Crystal. There were fun and games, refreshments and a fabulous cake. Crystal opened many cards and gifts from her friends and a fine time was had by all. Be sure to read the special thank you note Crystal wrote, which has been posted on the board above the sign-in forms.

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Subject: Tribute to Johnny Cash  
Submitted by: Milt and Nancy Freer

We **Walked the Line**, through a blazing **Ring of Fire**, to end up in **Folsom Prison** listening to **A Boy Named Sue**. If you can't make sense of this sentence, you must not be a MAN IN BLACK fan. A group of us are, so off we went to see and hear the JOHNNY CASH Tribute on June 21 at the Candlelight Pavilion.

Johnny's music was faithfully performed by an artist named James Garner, who transported us on **The City of New Orleans** to our youthful years. A toe-tapping good time was had by our happy little busload. A big "thank you" to our wonderful Activities Department for making this possible!

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Subject: The Gamble House  
Submitted by: Lois Hoven, Assistant Editor

The Gamble House, built in 1903 for David and Mary Gamble (of Proctor & Gamble) has been designated a National Treasure and was erected from the plans and ideas of architects Henry and Charles Greene. The brothers Greene took 6 months to complete the detailed plans for the house and master craftsmen finished the entire construction by hand without power tools or nails in the unheard of time of just 10 months. During our 2-1/2 hour tour, our docent wore white gloves and we were carefully cautioned not to touch anything nor sit on any of the chairs.

The house was built to be a home for the Gamble family not just a showplace and has sleeping porches, terraces and overhanging eaves. Furniture, built-in cabinetry, paneling, wood carvings, rugs, lighting, leaded stained glass, accessories and landscaping were all custom-designed by the Greenes. It truly must be seen to be believed.

This was an outstanding trip and the eight residents and our driver, Will, came away utterly amazed with what we had seen and been told by our guide.

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## **I'm Not Old ... Just Mature**

Today at the drugstore, the clerk was a gent.  
From my purchase this chap took off ten percent.  
I asked for the cause of a lesser amount;  
And he answered, "Because of the Seniors Discount."

I went to McDonald's for a burger and fries;  
And there, once again, got quite a surprise.  
The clerk poured some coffee which he handed to me.  
He said, "For you Seniors, the coffee is free."

Understand -- I'm not old -- I'm merely mature;  
But some things are changing, temporarily, I'm sure.  
The newspaper print gets smaller each day;  
And people speak softer -- can't hear what they say.

My teeth are my own (I have the receipt),  
And my glasses identify people I meet.  
Oh, I've slowed down a bit ... not a lot, I am sure.  
You see, I'm not old ... I'm only mature.

The gold in my hair has been bleached by the sun.  
You should see all the damage that chlorine has done.  
Washing my hair has turned it all white,  
But don't call it gray ... saying "blond" is just right.

My car is all paid for ... not a nickel owed.  
Yet a kid yells, "Old duffer ... get off of the road!"  
My car has no scratches ... not even a dent.  
Still I get all that guff from a punk who's "hell bent."

My friends all get older ... much faster than me.  
They seem much more wrinkled, from what I can see.  
I've got "character lines," not wrinkles ... for sure,  
But don't call me old ... just call me mature.

The steps in the houses they're building today  
Are so high that they take your breath all away;  
And the streets are much steeper than ten years ago.  
That should explain why my walking is slow.

But I'm keeping up on what's hip and what's new,  
And I think I can still dance a mean boogaloo.  
I'm still in the running ... in this I'm secure.  
I'm not really old ... I'm only mature!

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Do you remember these top tunes from 1977?

- "Stayin Alive" -- Bee Gees
- "Rich Girl" -- Hall-n-Oates
- "Love Hangover" -- Diana Ross
- "Go Your Own Way" -- Fleetwood Mac
- "Fly Like An Eagle" -- Steve Miller Band
- "We Will Rock You" -- Queen
- "I Feel Love" -- Donna Summer
- "Don't Stop" -- Fleetwood Mac
- "Night Moves" -- Bob Seger
- "Southern Nights" -- Glen Campbell
- "Under Cover Angel" -- Alan O-day
- "You Make Me Feel Like Dancing" -- Leo Sayer

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Special Events Here at Home:

**6/9:** Consuela Lodge came and had a degree in our Lodge Room, after which they stayed for lunch.

**6/10:** Carpentaria Lodge came and prepared a delicious BBQ. Some residents attended and gave tours of our campus.

**6/16:** C.F. Smith Lodge met in the Lodge Room and also prepared a BBQ.

**6/17:** On Father's Day our Activities Department planned a car show. Will invited a group of people to bring their very interesting older cars. We thank those car owners for bringing these unusual vehicles for us to see.

**6/23:** Newport Mesa Lodge came to the Home where they were given tours of our Campus and also enjoyed a BBQ.

**6/23:** The Golden Slipper group of Eastern Star members from the Hemet area joined us for lunch and were given tours of the Home.

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Subject: Over The Back Fence News

Submitted by: Lois Gray, Editor

A very special thank you to Lois Hoven for volunteering to take over our Covina Newsletter. I hope she will enjoy doing it as much as I have. Unfortunately, due to my deteriorating eyesight (and age), I must retire.

I did my first Over The Back Fence News in October 2010 when Albert & Mickey Fahnstock retired after 9 years. In 2002, the Fahnstocks had a resident contest to rename the newsletter and Resident Mac Fuller won with the name of "Over The Back Fence News" which has been used ever since.

I thank each one of you that has written articles and helped me in so many ways. I know you will work with our new Lois. The Newsletter will be in good hands!

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(Your friends and family can read the Newsletter on the Masonic Homes Website)