



Over the Back Fence

Masonic Homes of California at Covina

Volume 31, Issue 9



Outpatient Rehabilitation is Now Onsite!

PHYSICAL THERAPY • OCCUPATIONAL THERAPY • SPEECH-LANGUAGE PATHOLOGY

Masonic Homes of California at Covina, in collaboration with Orthopaedic and Neurological Rehabilitation (ONR, Inc.), is pleased to announce that outpatient therapy services are now available in your community. **You can receive quality rehab services in our office just a few steps from your front door, or even in the comfort of your own home.**

Meet the Director of Rehabilitation



Rommel Aquino, PT

Rommel Aquino is the new Director of Rehabilitation at Masonic Homes of California at Covina. Rommel attended Loma Linda University for his BS degree in Health Exercise Science and Master's degree in Physical Therapy. He then received his Doctorate degree in Physical Therapy at Western University of Health Sciences. He has been a PT for over 10+ years. Rommel has been married for 12 years and has 2 children (9-year-old son and 6-year-old daughter).

Besides family time, he enjoys mountain biking, hiking, weightlifting and swimming. Rommel's office is located in the Wellness Room.

**Come by for a complimentary screening by your new
in-house Physical Therapist.**

Over the Back Fence

Judy Figueroa

Executive Director
Covina Campus
X32230

Sandra Fahey

Director of Resident Services
Skilled Nursing Administrator
X32316

Jennifer Shapiro

Transitions Coordinator
X32231

Pam Sandstrom

Concierge
X32232

This Issue's Resident Contributors

Sharranne Wick

X32308

Howard Steinore

X32296

Shirlee Hickey

X32268

Over The Back Fence is published monthly as a vehicle of communication and entertainment for the Residents and Staff of the Masonic Homes at Covina with a focus on sharing information about Residents, Homes activities, and items of interest to the "Masonic Family."

ALL RESIDENTS are welcome to contribute to *your* newsletter. All articles are subject to editing by the Editor. If you have an article you wish to have published, please give it to Susan Sayer in Activities before the 15th of the month. Space is limited so please restrict your article to a half page.

Volume 31 • Issue 9

Masonic Homes of California at Covina

Getting to know Pam..



I was born a few years ago in the small town of Hemet, CA. My parents were self-employed and had businesses ranging from a turkey ranch, to sporting goods, and trailer supplies.

Growing up, I was the middle child with an older brother and a younger brother. I married a young man who I knew from college, DeMolay, and Rainbow. What brought us together was his accident of cutting off his thumb on his left hand. He was a south paw as was many of his relatives. He was a minister, a surfer, motorcycle rider, joke teller, listener, and a power lifter who began at 50. We had been married for 37 years when he took his life.

God was always a part of our lives and became even more-so when after 18 years of marriage, he changed our lives with the arrival of our one and only son, Erik. Erik is quite a great young man - his proud Mother would say. He spent 5 years with the Marine Corps and is now using the GI bill to pay for his education. He is halfway through his classes at Arizona State University and is majoring in Structural Engineering.

After all of this, you might ask what about you Pam? Well, I've been a member of the Order of the Eastern Star (OES) for close to 50 years. My 3 main jobs through my life have been working at a retirement community in Rosemead for 20 years. I held many positions there including Admissions, Development, Apartment manager, and even Maintenance. I worked for 14 years in the state office of OES in Yorba Linda as mainly the Administrative Assistant.

In August 2020, I heard that there was an opening for the front desk of the Masonic Homes and I quickly applied. It was a blessing as I live only 2 miles away, and this was a strong point as to where my next job would be as I preferred not to drive the freeways anymore.

- Submitted by Pam Sandstrom, Receptionist/Concierge



• Pity weeps and runs away.
Compassion comes to help and stay.

• Not taking a risk is the greatest risk of all.

• If you cannot be a good example, then you just have to be a horrible warning.

People I have known.... Submitted by Resident Shirlee Hickey

Pennsylvania was hot that July. The boys walked to town, 14 miles from the family farm. An unpaved road, sometimes muddy, slowed them a little. The stench greeted them before they saw the bodies. The town was Gettysburg, and the boys were my Great Grandad Sam and his brother.

From their farm they had heard the rumble of cannons so were aware of the battle. That day they saw what we now see in photographs - a battlefield strewn with bloated bodies. Whether Sam was commandeered or volunteered I'm not sure, but he worked with soldiers to extricate bodies from the ledges and crevices of Devils' Den. Sam was 16.

Later that year President Lincoln rode the train to Gettysburg. He was invited to speak at the dedication of a National Cemetery. The invitation came from Judge David Wills who also offered to host the President overnight. Sam's mother wanted Sam to be there, hoping he could see the President and tell him that she was praying for him.

He had easy access to the house because it was his cousin Jacob's home. The President came to see Sam and the Pittsburgh Sunday Press later quoted Sam, "Mother had told me if I had a chance to speak to the President, to ask God's blessing," he said. "I knew the President was stopping at the Wills' place in Gettysburg before the address. So I went there and asked if I could see Mr. Lincoln. He came in to where I was and shook hands with me. I told him what my mother had said. He smiled and put his hand on my hand and said 'And may God bless you, young man.'"

Throughout his long life whenever he met someone for the first time, Sam would extend his hand and say, "Shake hands with the hand that shook the hand of President Lincoln." He died at the age of 93.



Welcome Aaron and Alya!



Alya

You've got the
cutest little
Baby FACE



Aaron

RESIDENT COUNCIL

August 10, 2021

The meeting was called to order at 1:00 PM by Chairperson Karla Johnson with 9 members present, plus Judy Figueroa and 0 residents. Judy sat in for Sandy who was on vacation and said there would be Covid testing for all staff. The Homes conducted a survey whether to continue having music and prayer in the dining room, which passed, and the two rooms in Lower R4 will be a quiet room and storage area for the general store. The council appointed 4 new members: Steve Hawkins, Betty Cannon, Bruce Carmitchel, and Lois Hoven. We continue to follow the Homes health guidelines as well as CDC, DSS, and LA County Health Services.

Reports - Billie Karz

Treasurer Karz reported a bank balance as of 8-10-21 is \$5344.59.

Activities - Betty Cannon

Met with Susan in Activities. They have put a lot of new games on the monthly calendar. Some people are starting to show up, but they need more people to participate to justify these activities. There are more things to do than just free booze and happy hour. Betty was appointed by Karla and the Council to membership.

Health Services - Bruce Carmitchel

Nothing to report. Bruce was appointed by Karla and the Council to membership.

Building and Grounds/Housekeeping -Ernie Marumoto

The grounds are littered with trash. The landscaping company doesn't pick up any trash and just blows it around. Lighting fixtures are worn, the bulbs are exposed and the plastic is falling off. Gophers are destroying our lawn. The support beams are starting to get dry rot and water damage. One of the oak trees between the walkway and Cedarwood is severely injured.

Destiny Lodge - Jerry Chandler

The Lodge is still in semi-lockdown with no lodge members from outside being allowed on campus. Our Brother Norm Smith did receive the Golden Veterans Award at West Covina Lodge last Thursday night.

We will be presenting him with the Hiram Award at West Covina Lodge on August 14th. I am checking with Judy to see if we can get transportation to the Masonic Service Bureau Breakfast and to Masons-4-Mitts in September. The Lodge did donate \$1500.00 to Masons-4-Mitts which was a combination of Lodge and personnel donations. This will pay for 75 mitts for the Dodgers to give to underprivileged kids in L.A. so far the program has donated 1000 mitts for the year.

Resident Board Representative - Hersh Mazer

Nothing to report.

Memorial Bricks - Pearl Chandler

Five orders have been assembled and will be placed with the company next week. If anyone wants to get their order in with the current order, please see me.

The meeting was adjourned at 2:10 PM.

Respectfully Submitted,

Howard Steinore - Secretary



Campus Updates

I.T.

- Access point cabling is almost finished.
- Need cabling for digital signage at the Front Desk, Activities and the Resident Lab.
- Security camera additions are completed (3 cameras by the SNF building.)
- Week of 8/16/21 – 8/27/21: Cabling and phone upgrade project.

- Submitted by Alan Muramoto, Sr. I.T. Technician

Admissions and Transitions

From our Transitions Department, we have 9 apartments vacant. Families are in the process of clearing out the apartments of their loved ones. Once they are done, our Facilities Department will go in and turn the apartments over for our next Residents.

Our wait-list at the moment has 15 prospective clients (12 units) for move in.

We had two assessments scheduled in August where our Directors met with them in the Board Room. As we start to bring more of our new Residents in, we will update you through our Life Enrichment Daily Flyer.

- Submitted by Jennifer Shapiro, Transitions Coordinator

Survey

Masonic Homes had a virtual survey visit with the Continuing Care Contracts Branch on August 31st. During this tri-annual survey our financial soundness, the condition of our facilities, and our operating in compliance with applicable state laws is assessed. We will keep you informed of the results of the visit.

- Submitted by Sandra Fahey, Director of Resident Services/Skilled Nursing Administrator

Give Viibrant A Try!

- Submitted by Jasmine Myers (Union City Innovations Staff)

Happy September, friends!

I wanted to draw your attention to a vital asset we have for the communication at the Homes. The Viibrant Portal and Digital Signage are around campus, ready to inform you of the latest updates. Our Digital Signage plays on Channel 1-5 displaying the latest flyers and videos for the Campus.

The Portal is what is displayed on the tall, standing kiosks and is also accessible through your computers or tablets. View announcements, check the dining menu, and register for events with your own personal Portal Account. All residents have one already. Just go to www.mhccovina.org and enter in your **First.LastName** as the username and the first time you sign on, your password will be **mhc2020** as pictured.

The staff have been adding to Viibrant lately. I'd like to really encourage those of you that haven't signed on to the Portal to check out the updates. For help logging in, contact Jennifer Shapiro **x2231**. For questions call Jasmine Myers in Union City at **x6354**.



MOS UPDATE

August 2021:

In late July, our MOS client Dan M. returned to the Shared Housing Program. We are truly pleased to have Dan back on campus and in our program again.

MOS is preparing to receive our new Masters in Social Work Interns, from USC. MOS has been a field placement agency with USC School of Social Work since 2007. Each year school year, we receive 2 students who are in their first year of graduate school. We love receiving these 1st year students as they are eager to learn and bring many new ideas and talents with them to share. This year our students are Camille and Kelly. They will be serving our MOS clients and leading our Breezie tablet program, which serves our clients virtually. The students will be here on Aug. 17th to start their on-boarding process with us.

Additionally, MOS is holding 3 Lodge Outreach Meetings via Zoom. We have a Division V Lodge Outreach Meeting on Aug. 19th, a Division IV Lodge Outreach Meeting on Aug. 25th and a joint Lodge Outreach Meeting with Divisions 6 & 7 on Aug. 26th. We are grateful to meet with the lodges via Zoom during this time, until we can meet safely in person again.

Lastly, MOS has been asked to work from home again, to help keep our campus safe. The week of Aug. 9th-13th will be the last week that everyone is here. However, Tara, MOS Office Manager and myself (Sabrina, Exec. Director) will be here a few days each week to keep the department running smoothly. We will miss seeing the rest of the team and will look forward to when we can all return.

September 2021:

Our MOS office is going to be painted inside. The painter and his team will be working on our office from Sept. 7th- 21st. During this time, MOS staff will not be here when they are doing their work, but we will come during after-hours or the weekend to handle our mail and business needs. We are excited to get the inside of the MOS Office painted with a new color.

On Sept. 9thwe will be holding our Division IX Lodge Outreach Meeting via Zoom. We were trying to hold an in-person meeting, but at this time it's safer to meet virtually.

- Submitted by Sabrina Montes, Executive Director of Masonic Outreach Services



ROBERT RIEDEL
12/18/1937-8/04/2021

*Wherever a beautiful soul
has been, there is a trail
of beautiful memories.*

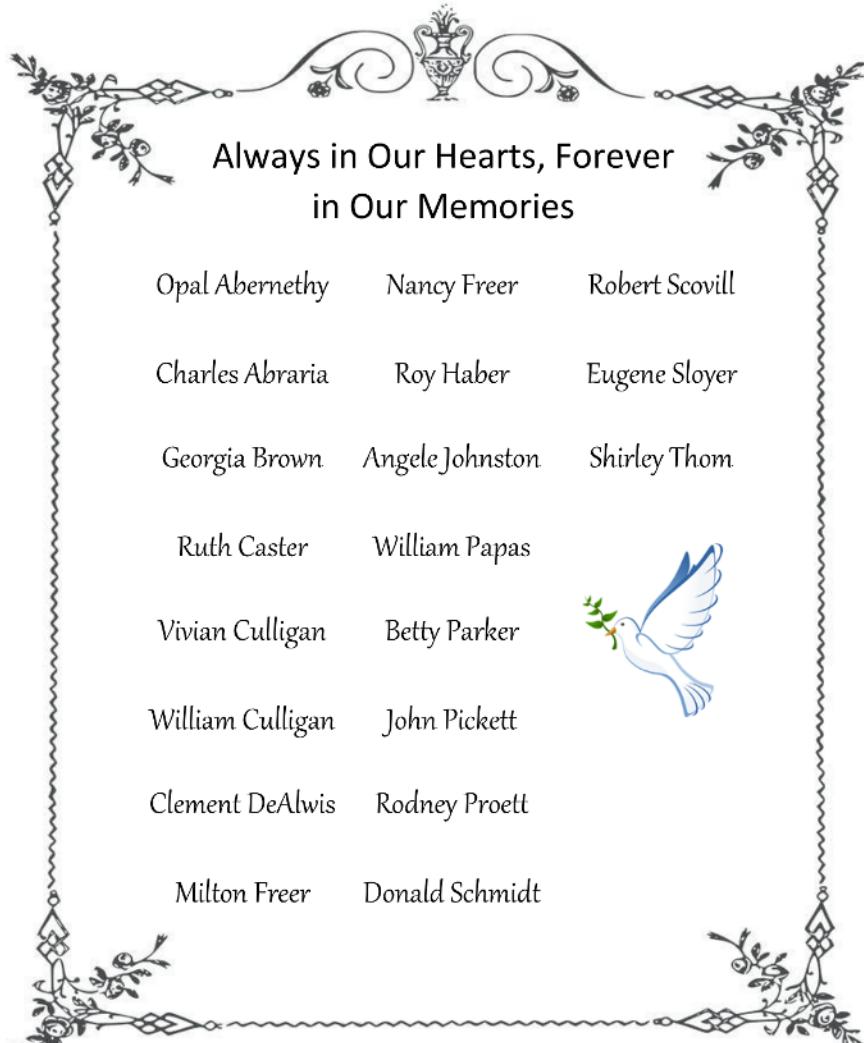


RUBY MORROW
12/03/1926-7/29/2021



Memorial Service

On July 28th residents and staff attended a special memorial for the 19 residents who passed away since Jan 2020. This service was led by Father Steve and included resident and staff speakers. Thank you to all who attended and those who made this service possible. These residents will always be in on our hearts and memories. We will truly miss them.



Employee Anniversaries

- ▶ Elizabeth Apodaca, LVN
 - 9 years
 - ▶ Sandy Fahey, Director of Resident Services/SNF Administrator
 - 3 years
 - ▶ Crystal Garcia-Gallardo, Caregiver
 - 1 year
 - ▶ David Goldstein, Care Manager
 - 4 years
 - ▶ Oscar Lopez, Facilities/Maint. Aide
 - 1 year
 - ▶ Mary Lou Marquez, Care Manager
 - 3 years
 - ▶ Christian Martinez, Dietary Aide
 - 1 year
-

- ▶ Christian Martinez, Dietary Aide
 - 1 year
- ▶ Jenae Osborn, EnvSvc Supervisor
 - 6 years
- ▶ Delfino Ponce, Facilities/Maint. Aide
 - 1 year
- ▶ Ernie Salcido, Driver
 - 10 years
- ▶ Quynh Tran, MOS Manager
 - 15 years

Happy Anniversary



Don & Miriam Covey
September 15th

Duane & Clara Bente
September 18th



Resident Birthdays

| | |
|-----------------------|-----------------------|
| Don Cannon | September 7th |
| Billy Karz | September 13th |
| Jerry Chandler | September 16th |
| Irv Lieber | September 22nd |

Employee Birthdays

| | |
|--|-----------------------|
| Valerie Del Hoyo Appointment Coordinator | September 30th |
| Sandy Fahey Director of Resident Serv./SNF Administrator | September 13th |
| Jana Maher CNA | September 21st |
| Brenda Mendoza MCYAF Coordinator | September 15th |
| Alan Muramoto IT Specialist | September 17th |
| Alexandria Peterson Dietary Aide | September 30th |
| Camille Salinas Lodge & Outreach Educator | September 27th |
| Myrna Silvino Caregiver | September 1st |
| Carmela Bozulich HR Manager | September 30th |

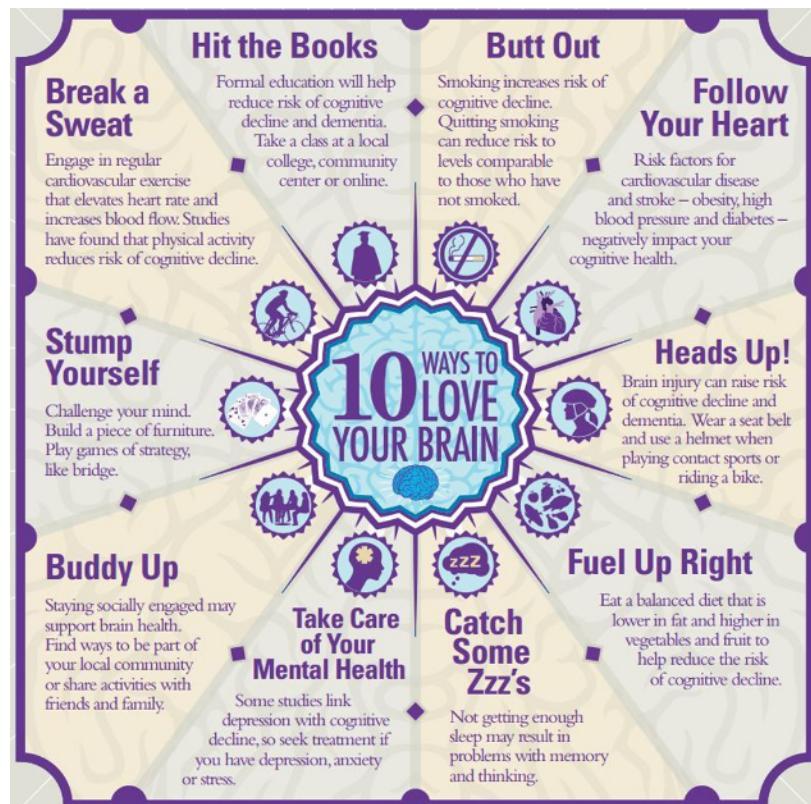
September 21, 2021 is World Alzheimer's Day:

What Exactly is Alzheimer's?

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases.

Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth-leading cause of death in the United States.

Alzheimer's has no cure, but there are treatments that can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort underway to find better ways to treat the disease, delay its onset and prevent it from developing. Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early to incorporate healthy habits. If you have any questions about your cognitive health speak with your doctor.



Source: <https://www.alz.org/alzheimers-dementia/what-is-alzheimers>

- Submitted by Robin Aceves, Life Enrichment Assistant

Residents vs Facilities Staff Bean Bag Baseball



RESIDENTS CRUSH THE FACILITIES STAFF IN BEAN BAG BASEBALL

By Sierra Nichols

Facilities staff were taken by surprise when they met with the residents for a beanbag baseball face off. Thinking they showed up for a fun game with the lovely residents of the Masonic Homes, only to realize they were being demolished by these seasoned players. With score of 22-12 and only slightly bruised egos, the staff had to retreat.



A Month in Review...

Farewell Eddie

On July 30th Masonic Homes said Farewell to Eddie “Activities Style”. Eddie worked as a Life Enrichment Assistant here at the home. Residents and staff were able to pie, soak, or get a “kiss” from Eddie on his last day of work. We thank Eddie for being such a good sport and providing the residents (and staff) with laughter. We will definitely miss him here on campus but wish him all the best!



Come on down!

The Price is Right Covina Edition took place in Lower R4 on July 27th with Angel hosting and Eddie as the Announcer. Residents won prizes and played games based off the actual game show. This was a fun time had by residents and staff. Look for more fun events like this in the future.



Flying is just "plane" fun...

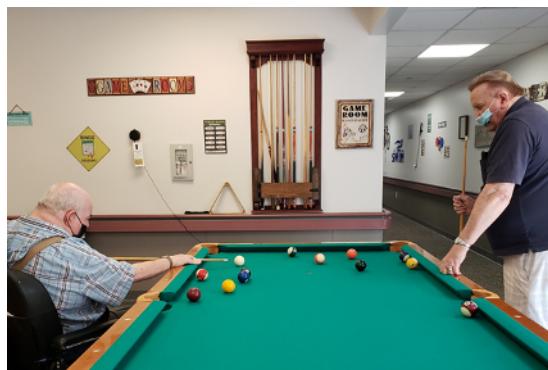
Have you ever wanted to be a pilot? Well if you said yes, now you can be one using our flight simulator. If interested, call Dean Arnell and he can assist in showing you how to use the system.



Pool sharks!

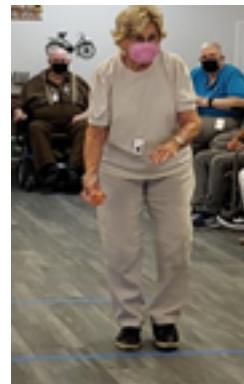
Activities paired up with Duane Bente and Duane Joslin for a round of pool and valuable tips. The pool table is located in Lower R4 and available for all residents to use.

P.S. If you ever need pointers ask these guys!



Friday the 13th Bean Bag Baseball with Staff

An afternoon filled with friendly teasing, cheering, laughter and a whole a lot of fun...





LUAU 2021



On August 20th we said Aloha to Islanders Luau. We escaped to the islands with a variety of island dances, a fire show and enjoyed some yummy chicken teriyaki with pineapple cake. Mahalo to everyone who made this event a success!



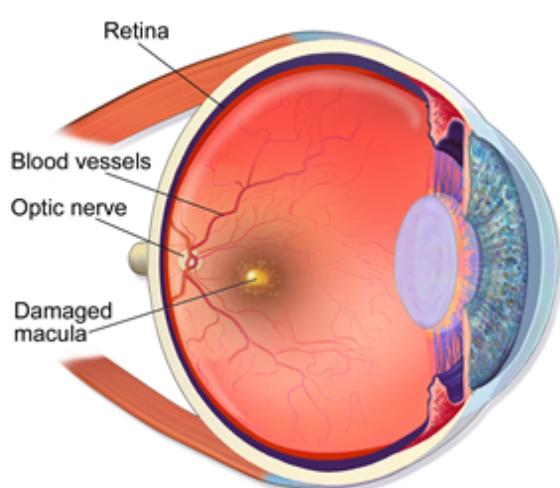
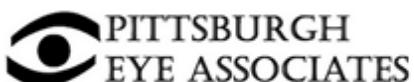


VISION LOSS AND AGING

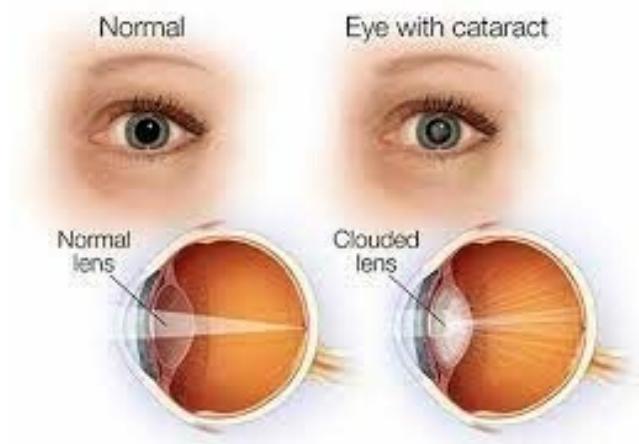


Vision Loss in the United States affects approximately 37 million Americans over the age of 50 (American Family Physician, 2016). Like the rest of our body organs, our eyes “age” and as we get older, we are at a higher risk for developing “eye diseases”. The following eye related diseases affect different parts of our eye. According to the National Eye institute, Macular Degeneration is the most

common disease among people who are 60 years and older and it gradually “destroys” the macula, which provides sharp, central vision for seeing objects clearly. Macular Degeneration is categorized as “wet” or “dry”. According to American Macular Degeneration Foundation, approximately 90% of individuals have the dry type where the layers of macula begin to thin and “atrophy” and the pigment/color changes. The wet type which accounts for the other 10% and is a progression of the dry type, blood vessels begin to grow in the choroid area behind the retina and begin to leak fluid and blood. People may see spots, have a blind spot in their central vision and straight lines can look wavy as vision becomes blurred. Symptoms include the need for brighter lights to read, difficulty with adapting to light changes, increased blurriness of printed words and straight lines may appear “bent” (Mayo Clinic).

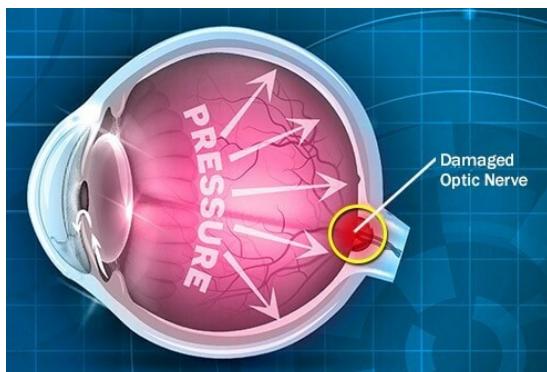


Macular Degeneration



Presbyopia is an eye condition where the crystalline lens inside the eye loses its flexibility and stiffens, making it more difficult to focus on objects within arms-length. Symptoms include tired eyes, eye strain, or blurred vision with near objects and small print. Reading glasses, bifocals, and contact lenses are often ways to help with this age-related change (sightcentertoledo.org). Cataracts is another eye disease that affects people over 60 and symptoms include vision that is “foggy” or “cloudy”, near sightedness, problems seeing colors, difficulty driving at night from car headlight glare, glare from the sun and problems with your eyeglasses or contact lenses not working well. Cataracts occur when protein builds up in the lens of your eyes, changing your vision; several types can develop depending on where the protein builds up in your eyes including nuclear sclerotic, cortical posterior subcapsular. Glaucoma, another prevalent eye disease damages your eye's optic nerve and is related to a buildup of pressure inside your eye. Glaucoma is often referred as the “sneak thief of vision” as symptoms often appear later in the disease process (webmd.com). Please follow up with your primary physician if you are experiencing any vision changes and for those you have been diagnosed with these forementioned eye diseases, please continue to see your specialist on a regular basis. You can also check with Val to confirm your yearly checkups!! - **Submitted by Cathy Brown, Director of Social Services**

Glaucoma



NU 2 U
Open Tues & Thursday
@1pm
Located in Lower A7



A Side of Laughter...

Sharing and Marriage

A little old couple walked slowly into a McDonald's one cold evening.

The old man placed an order for one hamburger, French fries, and a drink.

After they sat down, he unwrapped the hamburger and carefully cut it in half, placing one half in front of his wife. Then, he carefully counted the fries, divided them in two piles, before placing one pile in front of his wife.

He took a sip from the drink, and then his wife took a sip. Then, he set the cup down in between them and finally started to take little bites out of his burger.

All the while, the other customers around them started staring and whispering.

It was clear that they thought, "That poor old couple - all they can afford is one meal for the two of them."

As the man began to eat his fries, a young man came over to the table, and politely offered to buy them an additional meal.

But the old man grunted and said that they were fine. "We're used to sharing everything," he said.

Customers who sat closer to the old lady noticed that she still hadn't taken a bite out of her food. She just sat there, watching her husband eat.

The young man came over once more, and begged them to let him buy a meal for them.

This time, the old lady spoke. "No, thank you. we are used to sharing every single meal," she echoed her husband.

Finally, the old man finished his half of the meal. And still, his wife hadn't taken a single bite.

The young man came over to their table for the third time, and asked the old lady, "What is it that you are waiting for?"

Without looking up or hesitating, she answered: "The teeth."

Source:

<https://littlethings.com/lifestyle/old-couple-shares-food-hilarious-reason/992041-4>

- Submitted by Robin Aceves, Life Enrichment Assistant

Jokes Grandparents Tell:

*Our eldest son and his wife were expecting their first child, so their doctor ordered ultrasound tests. The technician made some still pictures, and pointed out arms, legs, and other features. A few days later, I overheard our two sons talking with a friend. The proud papa-to-be boasted, "The baby looks just like me." His friend asked how he could tell, to which our son replied, "That's easy. He's bald and has his foot in his mouth."

*When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised. "Mine says I'm 4 to 6."

Historic September Events

September 3, 1783 – Britain and the U.S. sign a peace treaty.

September 4, 1888 – George Eastman registers the trademark name "Kodak," marking the age of the first personal cameras using rolls of film instead of photographic plates.

September 4, 1957 – Ford Motor Co. unveils the Edsel, named after Henry Ford II's late father.

September 4, 1998 – Graduate students Sergey Brin and Larry Page incorporate Google, the now giant technology company.

September is the ninth month of the year in the Julian and Gregorian calendars. It gets its name from the Latin word *septimus*, which means "seven," because it was the seventh month of the year until 45 BC. September is generally considered to be the first month of autumn in the northern hemisphere. In Japan, September is called *kugatsu*, meaning "long moon." Anglo-Saxons called this time *haligmonath*, which translates to "holy month"—a time to make sacrifices for the harvest. ©ActivityConnection

Special Days

Labor Day
September 6

Rosh Hashanah
September 6-8

National Day of Service & Remembrance
September 11

Grandparents Day
September 12

Yom Kippur
September 15-16

First Day of Autumn
September 22

What's Lucky in September?

Lucky Color: Yellow

Lucky Letters: K and S

Lucky Day: Wednesday

Lucky Animal: Tiger

Lucky Plant: Goldenrod