



Over the Back Fence

Masonic Homes of California at Covina

Volume 32-June 2022

Origin of Father's Day

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972—58 years after President Woodrow Wilson made Mother's Day official—that the day honoring fathers became a nationwide holiday in the United States. Father's Day 2022 will occur on Sunday, June 19.

The campaign to celebrate our nation's fathers did not meet with the same enthusiasm as Mother's Day—perhaps because, as one florist explained, “fathers haven't the same sentimental appeal that mothers have.”

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers. This was a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a woman from Spokane, Washington named Sonora Smart Dodd who was one of six children raised by a widower (her father), tried to establish an official equivalent to Mother's Day. She went to local churches, the YMCA, shopkeepers, and government officials to drum up support for her idea, and she was successful as Washington State celebrated the nation's first statewide Father's Day on June 19th. Slowly, the holiday spread and in 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane while he pressed a button in Washington, D.C.

Over the Back Fence

Judy Figueroa

Executive Director
Covina Campus
X2230

Sandra Fahey

Director of Resident Services
Skilled Nursing Administrator
X2316

Jennifer Shapiro

Transitions Coordinator
X2231

Pam Sandstrom

Concierge
X2232

This Issue's Resident

Contributors

Bruce Carmitchel

X2253

John Feagans

X2275

Shirlee Hickey

X2268

Gene Wallace

X2278

Sharanne Wick

X2308

Design/Layout

Life Enrichment Team

x2209/2234

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.

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Masonic Homes of

In 1924, President Calvin Coolidge signed a resolution in favor of Father's Day "to establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations." Today, the day honoring fathers is celebrated in the United States on the third Sunday of June. In other countries—especially in Europe and Latin America—fathers are honored on St. Joseph's Day, a traditional Catholic holiday that falls on March 19.

Many men, however, continued to disdain the day. As one historian writes, they "scoffed at the holiday's sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products—often paid for by the father himself."

During the 1920s and 1930s, a movement arose to scrap Mother's Day and Father's Day altogether in favor of a single holiday, Parents' Day. Every year on Mother's Day, pro-Parents' Day groups rallied in New York City's Central Park—a public reminder, said Parents' Day activist and radio performer Robert Spere, "that both parents should be loved and respected together."

However the Great Depression derailed this effort to combine and de-commercialize the holidays. Struggling retailers and advertisers redoubled their efforts to make Father's Day a "second Christmas" for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, and greeting cards.

When WWII began, advertisers began to argue that celebrating Father's Day was a way to honor American troops and support the war effort. By the end of the war, Father's Day may not have been a federal holiday, but it was a national institution.

In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father's Day a federal holiday at last. Today, economists estimate that Americans spend more than \$1 billion each year on Father's Day gifts.

- Submitted by Cathy Brown, Director of Social Services

Source: <https://www.history.com/topics/holidays/fathers-day> (History.com)

Famous Dad Quotes

Everyone from famous Victorian writers to today's funniest comics has wisdom to impart about the role of fathers. These are some of the funniest dad quotes from famous people:

- "For fatherhood advice, try to look your child in the eye...get to know their name; that becomes important when you want something. And remember to feed them. That's about all you need." - Will Ferrell
- "I gave my father \$100 and said, 'Buy yourself something that will make your life easier.' So he went out and bought a present for my mother." - Rita Rudner
- "I have found the best way to give advice to your children is to find out what they want and then advise them to do it." - Harry Truman
- "We wondered why when a child laughed, he belonged to Daddy, and when he had a sagging diaper that smelled like a landfill, 'He wants his mother.'" - Erma Bombeck
- "You have to be adaptable because they consistently keep changing. They'll do something that blows your mind and then they'll spit all their food on the carpet." - Neil Patrick Harris
- "There should be a children's song: 'If you're happy and you know it, keep it to yourself and let dad sleep.'" - Jim Gaffigan
- "A father carries pictures where his money used to be." - Steve Martin
- "Having children is like living in a frat house. Nobody sleeps, everything's broken and there's a lot of throwing up." - Ray Romano

Source: <https://family.lovetoknow.com/about-family-values/60-funny-dad-quotes-serious-laughs>

Welcome Home...



Vernon Dandridge came screaming into this world on October 16, 1941, in Paducah Kentucky, and that was the start of a very meaningful and productive life. His family moved to Los Angeles in 1941 and Vernon attended Los Angeles schools graduating from John Marshall High School in 1959. Vernon's parents were divorced, and Vernon's mother remarried which resulted in a very young brother for Vernon. Vernon attended LA Valley College, and in 1963 proudly joined the Burbank National Guard. He trained at Fort Knox, KY and was at Fort Benning, GA for a short period. Vernon married his sweetheart on October 28, 1967. They have two children, a son, David, a daughter, Christina, and one grandson, Clarke. Vernon lost his wife a couple of years ago which left a very large hole in his life. Soon after he was married, his Guard Unit was called to active duty to Vietnam. Vernon spent time in Washington and Panama on his way to Vietnam. When Vernon finished his duty in Vietnam he returned home, rejoined the Los Angeles Police Department, which turned out to be a career that lasted thirty plus years and saw him advance to a detective with the rank of Sergeant. Vernon finished college at the University of Southern California, (USC), with a master's degree in public administration.

Vernon was a DeMolay and was Master consular. So, his path to Masonry was quite clear. He became a Master Mason in 1963 and immediately went to work in his lodge. He became Master of his lodge in 1977 and again in 1992. He was an Inspector for 18 years and then became Assistant Grand Lecturer, a position of great importance to the workings of Masonry. Vernon belongs to all the York Rite Bodies and is an honorary Inspector General 33rd degree in the Scottish Rite.

It is with great pride that we welcome Vernon home, and he looks forward to a long and lasting friendship with everyone and a good pinochle hand once in a while.

P.S. You will notice that in the article I use the full name Vernon. His wife really liked the name Vernon, so in kind memory to his wife he has asked that we call him Vernon.

- Submitted by Resident Bruce Carmitchel

Welcome Home...(cont.)



Dorothy Zastoupil, AKA “Sondra,” is a delightful person. When it was time to make a decision about the next step in her journey, Sondra could have lived with her children but, instead, chose Masonic Homes because here she could continue a life of independence while having the security of a loving and caring community. Now that she is here, Sondra knows she made the right choice.

Of Czechoslovakian descent all the way back to her great grandparents, Sondra was born in San Diego. Shortly after her birth, Sondra’s family moved to San Francisco where she lived into her mid-twenties. She and her husband, Curt Arnold, lived in Whittier and then Fullerton. Many Masons know the name, Curt Arnold. He was a well-known one-person-band performer. A Mason of thirty years, Brother Arnold performed endlessly at Masonic celebrations as well as for the extended Masonic family. He was hugely popular which made Sondra very proud.

Sondra speaks movingly of her own thirty-two year professional career as a Hospice nurse. Compassion and empathy fill the conversation as Sondra describes her dedication to Hospice. When asked, “Why Hospice?” Sondra says she was drawn to a profession that is devoted to the goal of helping families and individuals prepare for the inevitable passing of a loved-one.

Closest to her heart, of course, are Sondra’s six children and fourteen grandchildren. Her face lights up as Sondra describes her grandchildren as the “love of her life.” While all of her adult children have chosen widely diverse personal and professional lives they are all one in their fierce devotion to “Mom.” Sondra considers herself to be exceedingly blessed.

Asked to reflect on her decision to join the Masonic Homes family, without hesitation Sondra explains that she just knew it was time to move out of her comfort zone and take a chance on moving forward. Now that she is here, Sondra is convinced she made the right choice. In her own words, “I now live in a vital, loving community where I find purpose and fulfillment everyday.”

- Submitted by Resident Gene Wallace



Guess Who?



Are you able to figure out who these staff members are?



April resident pictures:
Howard S. & Shirlee H.

People Who Inspire...

- Submitted by Resident Shirlee Hickey

The man who stood at the door introduced himself as Lloyd Landahl with Stambaugh Thompson Company and asked if he could come in. The store was one we had an account with; and, knowing we had an outstanding balance, we said “Yes, of course” reluctantly.

He kindly explained the store had sent him to pick up a payment from us. My husband and I exchanged glances and began to tell our story. We had nothing to give him. Bob had lost his job and was attempting to bring money to the family by selling time cards. Only if a check came in that day’s mail, would we have grocery money for that night’s dinner.

Our 8-year-old son had been diagnosed with Leukemia that Spring. The Red Cross had loaned us a hospital bed for him. Doctors treating him had agreed to accept payment when we were able. Purchase of a custom-made body cast for him was paid for on a charge account; the balance due was still unpaid.

Lloyd reached for my hand and the other for Bob’s. We formed a circle in our living room as Lloyd prayed for our little family. He left our house that day with no payment, assuring us he would explain our circumstances to the store.

I later learned that when he returned to the store, he paid our balance in full with his own money.

Further proof of this man’s kindness, was a sympathy card we received after our son’s death on which he had written:

“Praying for you - Proverbs 3:5-6”



Can YOU Answer Yes?

When eating a full meal at a restaurant off campus, where you order off a menu with a server serving you, do you leave a tip? If you can answer “No” maybe, you do not need to read this article or maybe you do need to read this article. If you can answer “Yes” to that question, you should read this article.

Here at the Homes our menus are printed daily, and we order the three meals for that day all at one time. However, the service is the same as of a restaurant, and we should be willing to ‘tip’ the same. The same goes for other services we receive. When a worker comes and fixes a leaky faucet, or sees that the toilet flushes, should he get a ‘tip’? When a care giver brings you your medications, should he or she get a ‘tip’?

As we all know tips are not allowed here but what is allowed is donating to the Employee Appreciation Fund. This fund is given to the hourly employees once a year, usually around Thanksgiving or Christmas. It is a positive way that we residents can say “thank you” for all the services we receive every day, 365 days a year. But this only works if there is money donated to the fund. Now, how much to donate? Perhaps the easiest is to do it monthly, but that is not to say how much. The amount is up to each individual, as only the individual knows what they can afford.

- Submitted by a MHC Covina Resident

"I get an idea about how life should be, about how I should be, and then I set out to make it happen. A great deal of the time, my idea about what should be is just not what's going on in the universe and I am constantly in conflict. People are not behaving the way I want them to; my car breaks down; I'm late for an appointment. I'm forever comparing the way I think life should be to the way life is. As soon as I let go of the notion that there is a possibility of a life other than the one that is, I move away from suffering and into a deeper level of peace and acceptance. " - Author, Cheri Huber



Resident Comments, Compliments, and Concerns

04-02-2022 - 4-10-2022

Concerns:

4-2-2022 Cold meals to be served hotter.

Response: Will keep plate under heat lamp until ready to serve plate to resident.

4-2-2022 Biscuits need to be cooked more or maybe a different brand.

Response: Cook will follow up on the texture when cooking biscuits.

4-8-22 Pork Chops overcooked and dry.

Response: We will check with resident in the future to provide another pork chop for him as most residents said the pork was tender.

4-8-2022 Berries had bugs crawling on them.

Response: We will check on the fruits and berries and wash them as we serve them to prevent this from happening again.

4-9-2022 Salmon was over cooked and dry. The outside was burnt.

Response: Encouraged to ask chef for another piece of salmon. Will follow up with chefs on the burning of foods.

4-10-2022 Would like my breakfast hot! Hashbrowns are always cold.

Response: Cooks are to make sure all food are at its proper temperatures and documented. Dining service manager to follow up.

Compliments:

4-8-22

Baked beans were sooooo good! But we haven't had them for a long time.

Response: Baked beans will be offered when hamburgers or hot dogs are served.

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

In Loving Memory....



Albert "Bruce" Ivie

04/05/1932 - 04/02/2022



When someone
you love becomes a
Memory
that memory
becomes a
Treasure

Desiderata

GO PLACIDLY amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

By Max Ehrmann © 1927
Original text

- Submitted by Resident Sharanne Wick

Unclutter Your Phones and Mail Box

Are you tired of receiving unwanted calls? Here is some information about opting out of various publications and how to stop telemarketers. Just a small disclaimer though, the steps mentioned below will only remove you off the listings temporarily. However, doing so can give you a temporary reprieve from all the unwanted calls.

The National Do Not Call Registry (free)

To register for the FTC Do Not Call Registry enter donotcall.gov in your computer's search engine. This will bring up a web page that gives you the opportunity to see if your telephone numbers are registered. If they are not, you can use the same web page to register them. There is also a link to report unwanted calls after your number has been on the Registry for 31 days. You can register your home and mobile phones for free.

After you register, other types of organizations may still call you, such as charities, political groups, debt collectors and surveys.

Opt-Out of Pre-Approved Credit Card & Insurance Offers (free)

You can request that your name be removed from pre-approved credit card mailing lists and to opt out of pre-approved credit card offers free of charge at: www.optoutprescreen.com or by calling 1-888-5OPTOUT.

Through this website, you may request to:

Opt-Out from receiving Firm Offers for Five Years - (electronically through this website).

Opt-Out from receiving Firm Offers permanently - (mail Permanent Opt-Out Election form available through this website).

Opt-In and be eligible to receive Firm Offers. This option is for consumers who have previously completed an Opt-Out request - (electronically through this website).

Get Rid of Unwanted Catalogs (\$2.00 processing fee)

You can decide what types of mail you do and don't want from marketers. Register at the Direct Marketing Association's (DMA) consumer website DMAchoice.org, and choose what catalogs, magazine offers, and other mail you want to get. You'll have to pay a \$2 processing fee, and your registration will last for 10 years.

- Submitted by Resident Sharanne Wick

Staying Safe: Amazon Tips

We want to help protect you from scammers that attempt to impersonate Amazon. Remember these important clues so that you can identify scams and keep your account and information safe:

- 1. Never feel pressured to give information (such as your credit card number or account password) over the phone, especially if the call was unexpected.**
Scammers may try to use calls, texts, and emails to impersonate Amazon customer service. If you're ever unsure, it's safest to end the call/chat and reach out directly to customer support through the Amazon app or website.
- 2. Never pay over the phone.** Amazon will never ask you to provide payment information, including gift cards (or “verification cards”, as some scammers call them) for products or services over the phone.
- 3. Trust Amazon-owned channels.** Always go through the Amazon mobile app or website when seeking customer support or when looking to make changes to your account.
- 4. Be wary of false urgency.** Scammers may try to create a sense of urgency to persuade you to do what they're asking. Be wary any time someone tries to convince you that you must act now.

For more information on how to stay safe online, or to report suspicious communications, visit the Amazon Customer Service page, which can be found in the Help section at the bottom of the Amazon home page.

Sincerely,
Amazon



- Submitted by Resident John Feagans

Getting to Know Jessica...



My name is Jessica Gaeta. I was born in La Mirada, CA and my hometown is Baldwin Park, CA. I am the oldest of three children. I have one brother and one sister. I came from two hard working parents that came to this country from Jalisco, Mexico to live the American Dream. Both saved their money, became entrepreneurs and opened their own Mexican restaurant. I grew up helping in our family business. While I was in college, my mother retired, and my father sought a new profession as an electrician.

I attended Mt. San Antonio Community College for two years, then transferred to the University of Cal State Fullerton to complete my bachelor's degree in Kinesiology. I had originally planned to become a high school physical education teacher. In 2008, my junior year in college, it was the peak of the recession. Physical Education programs were being removed from schools; teachers were being furloughed. I had decided to change my focus area to clinical exercise science.

After college, I started my profession as an occupational therapist aide working with children with developmental disabilities such as Autism, Down Syndrome and Cerebral Palsy. At the time I also worked as a personal trainer for a gym. There I worked with a 90-year-old man who suffered from a recent stroke. I was impressed by how much improvement he made in his mobility and had regained muscle mass. That was when I realized I had a passion for working with older adults. I worked for several years at an outpatient physical therapy facility with a specialized gym for the elderly. Now I am very grateful to be working as the new Wellness Specialist here at the Masonic Homes in Covina.

Resident Spotlight



The oldest of three children, Lanne Mitchell was born in Duluth, Minnesota in 1935. Her teenage years were spent in Washington, D. C. where her father, a newspaper man, covered the White House. Once her father's assignment ended the family returned to Minnesota. Back in Duluth, Lanne worked for U. S. Steel for twelve years. When Lanne was 23, her parents moved to California. Seven years later, in 1965, Lanne left U. S. Steel and moved to California to care for her mother who had cancer.

Lanne's mother was a matchmaker. Without Lanne's knowledge, she invited Roland Mitchell to meet Lanne and join them at Lanne's apartment in Duluth while her mother was visiting.

Roland was traveling on business from CA and upon Lanne's mother's invite arranged to stop in Duluth. While there, he told Lanne he would marry her someday. She shrugged it off, thinking she might never see him again. Her mother's matchmaking skills surfaced again when Lanne moved to California. When she arrived, Roland was there to pick her up.

Lanne worked for Xerox one year; however, she resigned when she asked for a day off to get married and they refused. When they married in 1967, Roland told her if she had said "yes" when they first met, they would have had five more years together. They were married for 27 years. They had two children (Mark and Anne) and two grandsons. Roland joined the Masons, a member of Pasadena Lodge 272. He was President of the Shrine Club, and Anne joined the Masonic family as a Job's Daughter. Lanne opened a day-care center which she ran for 15 years.

After Roland's passing in 1995, Lanne and her sister began doing family history research. They learned much from the Latter Day Saints archives and a trip they made to Scotland to visit family and do further research. Visiting cousins, they stayed for three weeks; and equipped with all they discovered, they built a family tree and published hard-cover books. They printed 30 copies and gave them to family members.

In 2000, Lanne moved into an apartment near her daughter which gave her precious time to spend with her grandson. She battled cancer for several years. When her daughter's work required her to travel, Lanne knew it was time for a change and she joined the Masonic family here in Covina in 2011. She cherishes new friendships, is comfortable here and appreciates the health-care she receives.

- Submitted by Residents Joyce Cordes and Shirlee Hickey

Interesting Fact About Lanne:

Due to physical limitations, Lanne was not allowed to participate in school gymnastics, but was allowed to ice skate and roller skate at home. At the time, curling was popular in Minnesota. She found out U.S. Steel and other local companies encouraged and supported curling activities. By getting information about curling from friends and co-workers, Lanne was able to join a curling club. Lanne belonged to the Duluth Curling Club from 1955-1965. Her position on the team was the 'Skip'. A Skip is like the team captain. It is the job of the Skip to tell the players where to throw their shots and when to sweep. They also deliver the last two shots of the end. When Lanne moved to California in 1965, she was able to find a curling team at Granite Ladies Curling Club in Hawthorn, CA. She played there from 1966-1967. Lanne still has the curling broom she used during her time with Duluth Curling Club and Granite Ladies Curling Club.



- Submitted by Resident John Feagans



Monthly Highlights...



Pranks & Laughs

On April Fools' Day Activities went around playing tricks on staff and residents. Pranks included serving Brown-Es and Vegetables in place of donuts! (Don't worry we gave them a donut after the trick to avoid any injuries!) Thanks to all for being good sports.



Celebrate!

The bus rolled out for our long awaited dinner outing since COVID. Pictured are residents and staff enjoying a meal at Chili's.



A Beautiful Melody...

We welcomed violinist, Paul Stein to the Masonic Homes. Paul played a variety of pieces for our residents while they enjoyed cheese and wine.

We look forward to future performances from Paul!

CINCO DE MAYO





And the winner is...

Activities hosted a Kentucky Derby watch party, where residents enjoyed Kentucky Bourbon drinks and snacks. We were all left speechless when Rich Strike, a long shot, won the race.



NURSES WEEK



We celebrated Nurses Week with some fun activities, which included Bean Bag Baseball, Bingo, Family Feud, a Scavenger Hunt, and Root Beer Floats.

A special thanks to all the nurses who lovingly care for our residents daily!



Muffins and Mimosas in honor of Mother's Day....





June and July Birthdays

Residents:

6/04 Lanne M.
6/14 Viggo S.
6/15 Shirlee H.
6/15 Ed H.
6/16 Judy J.
6/17 Karla J.
6/24 Pearl C.

Staff:

6/02 Bobbie D. (Facilities)
6/02 Michael G. (Facilities)
6/07 Laurie B. (Dietary)
6/15 Gayle B. (Facilities)
6/16 Olga M. (Dietary)
6/27 Osmin H. (Dietary)
6/28 Brandi W. (MOS)

Residents:

7/07 Dean A.
7/13 Catherine A.
7/14 Robert D.
7/16 Richard D.
7/26 Gus C.

Staff:

7/02 Dorothy P. (Dietary)
7/07 Maria M. (MCYAF)
7/08 Heather O. (Nursing)
7/09 Susan S. (Life Enrichment)
7/17 Matt G. (Facilities)
7/19 Shelly J. (MOS)
7/25 David A. (Dietary)
7/27 Oscar L. (Facilities)
7/28 Donna R. (Nursing)



Happy Anniversary

**Bruce & Ruth
July 28th**

Staying Hydrated

The Importance of Hydration

- Hydration is vital to staying healthy. It assists in proper kidney, brain, and digestive functions.
- There are more factors that affect the ability to maintain adequate fluid intake such as a diminished sense of thirst, urinary incontinence or medications that impact fluids stored in the body. For that reason, it is very important to stay hydrated.
- Persistent dehydration can cause difficulty walking, confusion, rapid heart rate or other more severe symptoms.



Benefits to Staying Hydrated

- Staying hydrated maximizes your physical performance. Dehydration can have an effect on the way your body functions if you lose as little as 2%.
- Studies show that even mild dehydration, such as the loss of 1–3% of body weight, can impair multiple aspects of brain function.
- Hydration may help prevent certain ailments such as constipation and kidney stones.
- Drinking enough water helps muscles and joints function correctly and may decrease joint pain.
- Being hydrated can aid weight loss because water can increase satiety and boost your metabolic rate.
- Hydration helps the body function optimally:
 - Saliva is produced in the body from water and helps us digest our food and keeps the mouth, nose, and eyes moist. This prevents friction and damage.
 - A lack of water can cause blood to become thicker, increasing blood pressure.
 - When dehydrated, airways are restricted by the body in an effort to minimize water loss. This can make asthma and allergies worse.

Tips for Staying Hydrated

- ✓ Always check with a doctor to make sure you are getting the right amount of fluids for your individual health needs.
- ✓ Create a set fluid intake schedule. If necessary, set timers to help remind yourself to drink fluids throughout the day.
- ✓ Try to decrease fluids that are high in caffeine or sugar.
- ✓ Offer sufficient fluids at every meal. This can also include fruits and vegetables with high water content such as watermelon, cantaloupe, and cucumbers.
- ✓ Keep water within easy reach of chairs and beds.
- ✓ Check urine to ensure it is light in color.
- ✓ Monitor your environment. Close blinds and windows to reduce indoor heat, and make sure the air conditioning is on a set schedule and working well. If outdoors, make sure there is a cool, shady place to sit.
- ✓ Set hydration reminders (drink on the hour, use timers, during commercials, etc.)
- ✓ Try tastier alternatives to water (broth, lemon water, sparkling water, Ensure, or smoothies)

If you have any questions or would like to see how your therapist can help you manage hydration, contact your ONR TOUCH Therapy Center for a personalized assessment.



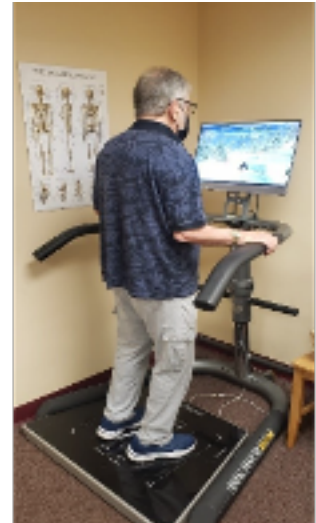
HUR SmartBalance

Have you ever tested your balance? Would you like to know if you have good balance? Schedule an appointment with Wellness Specialist, Jessica Gaeta to get a full analysis on your balance using the HUR SmartBalance machine inside the Wellness Center.

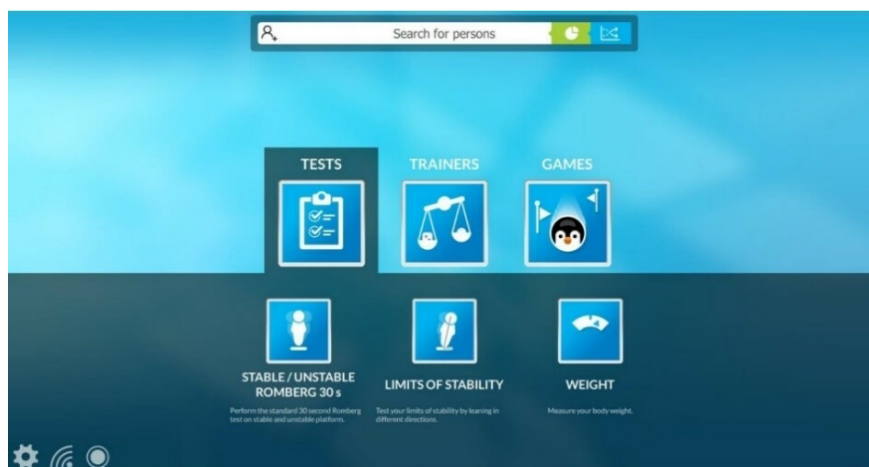
Balance is a crucial ability that we need in our everyday life; for getting up from bed, carrying groceries, playing with your grandkids. Balance helps you stay independent.

Features of the Hur SmartBalance machine:

- Has two scientifically proven testing methods that provide an accurate baseline measurement; you'll know exactly where you're starting and where improvements can be made with your balance.
- It provides an easy to interpret balance score.
- Its comprehensive reports include easy-to-understand graphics that help track your progress and create new goals.
- Contains a scale to check your body weight.
- It has easy access for both standing and wheelchair users.
- It has a low step-up height which makes independent training easy and safe.
- There are 5 interactive training programs that are easy to navigate and features large buttons, clear graphics, and an intuitive touch screen.
- It has two motivational and fun cognitive games that help improve strength and coordination.



Howard is playing Tux Racer on the HUR SmartBalance.



Call Jessica at extension 2314 if you would like to receive more information about the HUR SmartBalance machine.

- Submitted by Jessica Gaeta, Wellness Specialist

Whose Who in Nursing?

Match the following facts to the correct Nursing Department Team Member...

The same year I started working at Masonic Homes, I got married

I have worked in dietary and housekeeping

My daughter is a New Year's baby and was the first newborn at the hospital in 2020

My only child at this time is a baby girl

I was in a beauty pageant

I was first a CNA at Masonic Homes and now a LVN for 6 years

I am currently doing the RN program

I am the newest staff member to the department

I am a first time aunt and have a son named Chico

I have 2 family members that work at Masonic Homes

Masonic Homes is my first ever job and I'm left handed

I like to do amigurumi in my spare time

My aunt is the Executive Director on campus

In High School I entered a national art contest and placed 4th out of 500

My great grandma used to baby sit Frank Sinatra as a boy

I love musicals, romantic movies, and scary clowns

At Masonic Homes, I started as a receptionist and my mom worked in the Activities Department.

*Answers: Maria, Jackie, Cristina, Monica, Jhoana, Elizabeth, Marc, Kelsey, Yessenia,
Donna, Michael, Diana, Heather, Jana, Andrea, Ernie, Valerie*

The Scoop on Strawberries

If you haven't heard, Strawberry Fest is coming! Did you know June is prime time for strawberries and June 14th's full moon is called Strawberry Moon?! Here are some interesting facts you may not know about this sweet fruit!

- Strawberries were originally cultivated in ancient Rome.
- Madame Tallien, a prominent figure at the court of the Emperor Napoleon, was famous for bathing in the juice of fresh strawberries. She used 22 pounds per basin – needless to say, she did not bathe daily.
- The American Indians were already eating strawberries when the Colonists arrived. The crushed berries were mixed with cornmeal and baked into strawberry bread. After trying this bread, Colonists developed their own version of the recipe and Strawberry Shortcake was created.
- The strawberry, as we know it, was originally grown in northern Europe, but species are also found in Russia, Chile, and the United States.
- The berries seem to be strewn among the leaves of the plant. The plant first had the name strewberry, which later was changed to strawberry.
- In France, strawberries were cultivated in the 13th Century for use as a medicinal herb. Historical medicinal uses of *Fragaria Vesca* (Alpine Strawberry): It is said that the leaves, roots and fruits of this variety of strawberry were used for a digestive or skin tonic. Internally, the berry was used for diarrhea and digestive upset, while the leaves and the roots were used for gout. Externally, it was used for sunburn and skin blemishes, and the fruit juice was used for discolored teeth.
- Legend has it that if you break a double strawberry in half and share it with a member of the opposite sex, you will fall in love with each other.
- The strawberry was a symbol for Venus, the Goddess of Love, because of its heart shapes and red color.
- The first documented botanical illustration of a strawberry plant appeared as a figure in Herbaries in 1454.



Summer Treat: Strawberry Icebox Cake Recipe

This no bake Strawberry Icebox Cake recipe is the perfect dessert and simple to make with only 3 ingredients!

Servings: 10

Ingredients

- (2) 8 oz containers Cool Whip thawed
- 1 1/2 lbs Strawberries hulled and sliced
- 1 1/2 packs Graham Crackers

Instructions

- Spread a 1/2 container of whipped topping in a layer on the bottom of an 8×8" pan.
- Add a layer of graham crackers, breaking as necessary to cover whipped topping.
- Top with another 1/2 container of whipped topping and smooth with a spatula.
- Add 1/3 of the strawberries in an even layer.
- Then graham crackers, whipped topping, strawberries, graham crackers, whipped topping and strawberries.
- Cover and refrigerate at least 4 hours before serving.



Advice from a Strawberry....

Blossom where you're planted
Be tasteful
Drink in the Sunshine
Keep close to the Earth
Savor life's sweetness
Let Good ideas ripen
Jam with your friends!

Looking Ahead...

June

Shavout

June 4

Pet Appreciation Week

June 5-11

Flag Day

June 14

Father's Day

June 19

Public Service Day

June 23



July

4th of July

July 4th

Ventriloquism Week

July 13-16

Ice Cream Day

July 17

International Day of Friendship

July 30

First Day of Summer

June 21st, 2022

