



The Messenger

Published for the Residents
Masonic Homes of California at Union City

Employee Survey Kickoff—Written by Mary Henneuse



Our President/CEO, Gary Charland, hosted the Masonic Homes of CA video conference to include 3 campuses; Union City, Covina, and MCYAF in San Francisco, to kick-off this year's Employee Survey on Wednesday, February 12th. The annual survey, which was available to all employees Feb 12-26, is conducted by an independent research company as part of the SF Bay Area "TOP WORK PLACES" assessment. Masonic Homes participates in order to take an in depth look at how each of our team members feel about working at the Homes/MOS/MCYAF, and where we can improve.

In 2019, the Employee Survey was so successful that we were named one of the Great Places to Work! We hope that the changes we made in the past year have resulted in an even greater engagement, and that by continuing to work together with the results of the 2020 survey we will achieve even more progress. Watch for results in late spring/ early summer!

Welcome March

Hope this month will bring a lot of change in your life.

This change will be as good as you are. Enjoy your new month with all of your friends and your loved ones.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

MARCH 2020

The Future Brings... Written by Joseph Pritchard, VP of Clinical Operations

The billion-dollar industry that is senior care is constantly evolving. Gone are the days where seniors were shamefully pawned off to the almshouses or senior sanitariums. With a lot of help from seniors, the industry has become more cognizant of the true needs and goals of the aging population. Almost all members of a senior community are there to live, laugh, and love. Their transition into a senior home is not a last step, but rather the next step in their life's journey. Recent studies suggest that if you live to be 65, then you will probably make it to 90. That means that most seniors, whether in a community or not, will spend almost a quarter of their lives retired and enjoying the fruit of their labors.

The Masonic Homes has been a part of (and sometimes a leader in) the changes in the senior industry. The recreation staff and programming reflect a robust and active lifestyle. The physical design of the Homes is consistently changed to meet the needs of residents. Outdoor spaces are upgraded to allow for everyone to enjoy the beautiful environs that surround the Homes. And, to an increasing degree, the Homes is bringing technology to add safety, connection, communication, and convenience to staff and residents.

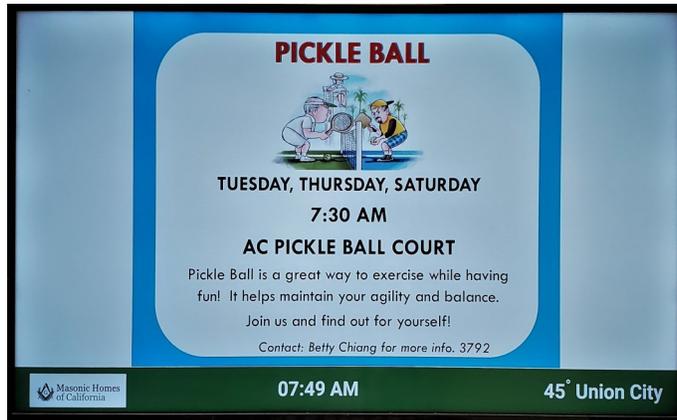
New advances and security features in electronic health records allow staff to safely communicate with health care providers. This update in the Matrixcare system enables staff to document, follow up on, and participate more in the health status of each resident. Health trends that are unique to our community can be discovered sooner. If something is wrong, staff can catch it faster, and if something is going well, we can reproduce it elsewhere. Most recently, after seeing the positive effects of certain fall prevention strategies in Traditions, the team brought the same ideas to the rest of assisted living.



The Future ...

Continued from page 2

James MacRae, the Innovation Project Manager, has begun several pilots to address resident safety concerns. Currently, he and his team are testing VitalTech wearable technology, smart toilets from Stanford Research Institute, and AIVA, a virtual assistant program using Amazon Echo devices. All of these programs do have certain luxuries installed, but the main focus is resident safety. Will it be fun to ask Alexa to play music or read you the news? Of course. But it will be life-saving if a resident who has fallen can use their voice to call for help, instead of unsuccessfully attempting to reach a pull cord. These safety features are an addition to the current emergency response devices on campus. And I say, the more the merrier!



Some of you more astute readers, may have noticed the changes to the digital signage. A group of staff and residents worked with a new partner, Viibrant, to create and install a more useful, more reliable, and more convenient system. As the system continues to be installed, feel free to test it out and enjoy its many features.

The greatest of which is that, if you choose to do so, the system can be accessed through your personal computer or mobile device. Book and reserve a spot on a popular outing, remind yourself of what events are happening in the Blue Zone Café tomorrow, or just browse through some pictures of you and your neighbor from last month's Valentine's party.

Many residents have warmed up and are in fact eager to embrace this new technology. They understand the growing pains associated with the adoption of anything new and are looking forward to a more connected future. There is always going to be some resistance to change, and, in my opinion, there should be. Change, should have a purpose and be effective, and it takes forethought and planning to bring about safe and sustainable change. But once the planning is sound and the strategy is in place, we must act! The Masonic Homes has moved on from the days of darkness and is leading the way into the light!

“The most corrosive piece of technology that I’ve ever seen is called television—but then, again, television, at its best, is magnificent.” - Steve Jobs



Quotable



The Chaplain's Corner

by Chaplain Joel Ingram

“The Heart”

With Valentine's Day just past and Spring – that season of love just before us, I am using my space to talk about the heart. Not the candy shaped heart you used to buy with cute messages for your sweetie, or the value of a one-pound box of See's Chocolate heart-shaped and chocolate filled (dark chocolate for me, thank you). But rather about the heart itself; that's less than a pound, 4 chamber “wonder” that keeps precious blood flowing through our bodies day after day.

Like a mother who keeps her son's dresser stocked with clean clothes (thanks mom!) – or a father who magically slips one dollar bill under the pillow of his son who lost a tooth (thanks dad!), our heart does its job so impeccably that, but for special needs, we rarely give it a moment's thought. But let's give it some thought, shall we?

It takes only 52 seconds for your heart to send blood on a round trip through your body (OK, maybe bigger bodies take a little longer but, so wait a second). There, all done! What's more, the heart doesn't just keep the same amount of oxygen-rich blood in every area, mind you – no, it's a thoughtful little worker. When you're sitting down, your legs aren't working and need less oxygen and nutrients. But if you're thinking very hard while you're seated, your heart will take note and send more blood to your head. Think about that!

Perhaps the idea of our hearts pushing blood around sounds easy; it's certainly not. That's because an average-sized human has nearly 25,000 miles (yes, miles!) of blood vessels mostly in the form of miniscule capillaries.

Talking about blood flow and pressure, for many decades, it was believed that high blood pressure was actually *good* for you; a sign of vigor they said. But now we know we should strive to keep our BP below its ideal level of 110/70 (no, not 120/80).

Finally, a few other heart stats just to keep you thankful for that miraculous pump that keeps you going: Our hearts beat approximately 115,000 times per day (unless you read Stephen King then, a few more), the heart moves about 2000 gallons of blood each day, and in the course of a lifetime, the heart does enough lifting to raise a one-ton object 150 miles into the air.

So this Spring, laugh a lot (it's actually good for your heart), fall in love (it's not particularly



The Heart...

Continued from page 4

good for the heart, but still a splendid thing) and be sure to say “Thank you” to the most important clock you’ll ever have. Tick-tick-tick. Until next month – a hearty wish for you and yours.—*Chaplain Joel*

No Longer Waiting—Written by Mary Anne Perrone Submitted by Jeanne Benedict

I am no longer waiting for a special occasion;
I burn the best candles on ordinary days.
I am no longer waiting for the house to be clean;
I fill it with people who understand that even dust is Sacred.
I am no longer waiting for everyone to understand me;
It's just not their task.



I am no longer waiting for the perfect children;
My children have their own names that burn as brightly as any star.
I am no longer waiting for the other shoe to drop;
It already did, and I survived.
I am no longer waiting for the time to be right;
The time is always now.

I am no longer waiting for the mate who will complete me;
I am grateful to be so warmly, tenderly held.
I am no longer waiting for a quiet moment;
My heart can be stilled whenever it is called.

I am no longer waiting for the world to be at peace;
I unclench my grasp and breathe peace in and out.
I am no longer waiting to do something great;
Being awake to carry my grain of sand is enough.



I am no longer waiting to be recognized;
I know that I dance in a holy circle.
I am no longer waiting for Forgiveness.
I believe, I Believe.

This gave me some peace and inspiration and hope it might help someone else too.

Since the last update there have been 7 Blue Box Cards submitted as of February 20. There were **FIVE** compliments in these cards! They were all so beautifully crafted that I am going to put them here exactly as written.

1. The Super Bowl Party had something for all: Football, Excitement, Food and Drink, and Free Gifts to those who stayed 'til Last Call! The Niners and Chiefs fans in their favorite team togs, had a tough time competing with those Great Hot Dogs! And thanks to the Masons and Eastern Stars who helped out, we really enjoyed the party and see our emoji shout! 😊
2. Rhoel is carrying water like Sisyphus pushing his rock up a hill. Replenishing the stations to satisfy our fill: Will Rhoel's task be for eternity, or just until his retirement party?
3. Compliment for Queen:
She is a wonderful driver and val-lay, on short trips and long trips, but not to tar-jay. She always has a smile, mile after mile, down the hill crawl, and back to South Mall.
4. Why, Ms. White, do you have the might to make life bright, not barren?
Why, Ms. White, I know I'm right! Your first name starts with "care"- Karen.
5. I want to say what a great job on behalf of John Marshall and all the chefs. The food is simply great. Please continue the great job, but please continue to add new items, they are always welcome. The Chicken Fried Steak went over great. It was not greasy, offer it more often. More stews and potatoes, stuffed cabbage. Thank you again.

There were two concerns:

1. There was one concern about how cold the bus was for an outing in January and that perhaps the bus could have been warmed up before the residents were picked up. This was sent to David Bible who reported that he would speak to the drivers and also follow up with the residents so that they were aware that the concern and suggestion was heard.
2. Another concern was regarding housekeeping issues in Lorber regarding wet floor signs being left for long periods, how the resident room trash cans are being emptied, and about loud noise and chatter right outside resident rooms in the early mornings. These issues were brought to Jeff Krahulec and to the SNF Administrator for follow up.

Thank you very much for continuing to use this communication tool, especially for any safety related issues. Please keep the cards coming!



Spotlight on the Masonic Homes Way

For more than a year, the staff of the Homes have been learning and implementing the principles of the “Masonic Homes Way”. To highlight the way these principles are being applied in our day-to-day experience, this space will spotlight one example of a MHW Pillar in action each month. The action may be extraordinary or common, but it will always exemplify a meaningful act, intentionally taken to ensure the Masonic Homes remain a place that values Safety, Personal Connections, Life Experiences and work done with Efficiency. So, Watch This Space!

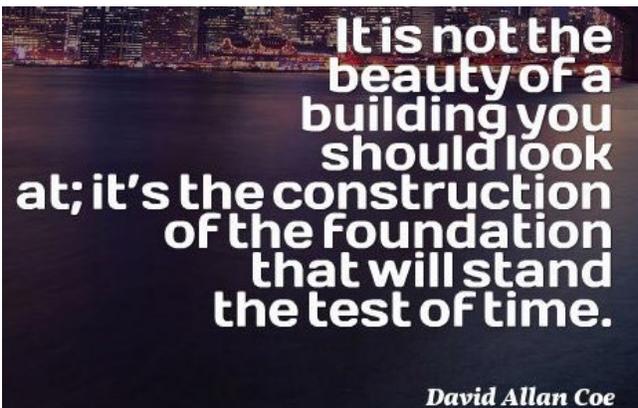
SAFETY CORNER—Written by Mike McComas



Please do not wander off into any of the construction zones that are on our campus currently. This includes the new sidewalks and the road that is still under construction.

Although these areas may seem safe to walk on, they are still unfinished and not ready for pedestrians. There are many uneven surfaces and tripping hazards.

Please, for your safety and the safety of others, kindly wait to explore these new areas after the renovation has been completed.



Tunes of the 50s & 60s—Written by Lorber Recreation Team

Do you remember the special song played on your wedding day as you



danced with your love? How about the music played on the phonograph as you sang and danced around the house?

The power of music and the joy it brings to our lives is something that stays with us forever. *Tunes of the 50s and 60s* is a music group that allows us to bring back those fond memories and create personal connections through music.



With a wide variety of musical choices, we can reminisce about the good days we had with the people we love. Rosie Bentley and Lynette Stack co-lead a wonderful music group that many residents enjoy. Rosie develops a powerful selection of songs from the 50s through the 60s, that some may have not heard in a while, but ever



more brings joy to the present time. Lynette, a phenomenal pianist, also shares her talent with the residents in Lorber.

Come join us the first Tuesday of the month at 2:00 p.m. in the 4th floor Lorber dining room to share your personal connections and enjoy great music that will have you tapping your feet and singing along!



Previous Month's Activities

February Candlelight Dinner



happy ANNIVERSARY



Happy Birthday

Move for Wellness Logo Contest—Written by the Recreation Team



We are calling all creative people in our Masonic family – residents and staff. We need a logo for this year’s Move for Wellness (M4W) T-shirts!

Every May, we participate in the M4W campaign that focuses on physical activity and how each of us can improve our physical well-being. Residents and team members of Acacia Creek and Masonic Home are invited to participate in M4W, as well as submit an original logo design for the design contest.

Entry forms with contest rules will be available at the Front Desk, Main Dining Room lobby and the 3rd Wollenberg Nurses Station. All entries should be submitted by Wednesday, March 18.

The top four designs will be voted upon by all those who sign up for M4W. The winning design will have the honor of representing Move for Wellness 2020! Sign-ups for M4W will be from March 20 through April 8 on 2nd Head Card Room



Bonnie Schoenemann
Sponsoring Lodge: Siminoff
No. 850
City: Union City
Moved in: February 10, 2020

New Residents



Graciella Strassburger
Sponsoring Lodge:
Pleasanton No. 321
City: Pleasanton
Moved in: March 2, 2020

Siminoff York Rite



Siminoff Daylight Chapter No. 163
High Priest: E. Comp. Christopher Trueblood

Saturday, March 14th, 2020

In the Siminoff Masonic Center

Coffee & Registration at 8:00 a.m.

Conferral of:

Mark Master Mason at 8.30 a.m.

Past Master (Virtual) at 10:30 a.m.

Most Excellent Master at 11:00 a.m.

Lunch at 12:30 p.m.

Lunch (Reservation a MUST) \$15.00

No charge for Masonic Home residents or candidates

RSVP to Bob Mc Cain at 510-493-8805

Royal Arch Degree at 1:30 p.m.

DEGREE FEES

Chapter—\$35.00, Council—\$30.00 & Commandery—\$75.00

ANNUAL DUES

Chapter—\$29.00, Council—\$44.00 & Commandery—\$40.00

Contact Secretary/Recorder for applications:

E. Comp. Bob Mc Cain KYCH

Tel: 510-476-6302

Email: bjm262@gmail.com

Old age ain't no place for Sissies—Submitted by Zelma Campbell Guidance from Above



A church member volunteered to do some cleaning around the church one Saturday morning. As he approached the janitors closet, he found it secured with a padlock. He walked to the office and asked the Pastor for the combination. “Well, I’m not sure,” the minister said. “Let me have a look at it.”

As the minister took the padlock in his hand, he lifted his eyes upward and muttered a few numbers, then spun the dial and the lock snapped open.

The volunteer was astonished. “I’ve never seen such powerful faith!” he explained. “Not really”, the minister replied with a smile. “As soon as I lifted the padlock, I remembered that the combination is written on the ceiling!”

In Good Times

Two elderly women were playing cards, something they’d done together for years. One day as they were playing, one of them said, “Please don’t get mad, but for the life of me I can’t remember your name! Please tell me what it is again”.

The other woman glared at her friend, silently. Several minutes went by. Finally, she said, “Uh, how soon do you need to know?”

How’d You Like to Live Here? (Real Cities and Towns in the U.S.)

1. Bummerville, California
2. Constant Friendship, Maryland
3. Disco, Illinois
4. Stop, Kentucky
5. Frog Lump, Tennessee
6. Fussville, Wisconsin
7. Goose Pimple Junction, Virginia
8. Mosquitoville, Vermont
9. Nameless, Tennessee
10. Puddle Town, Connecticut
11. Roaches, Illinois
12. Two Egg, Florida
13. Sweet Lips, Tennessee
14. Why, Arizona
15. Zzyzx, California



Nutrition Tip—Written by Dietary Department Staff

Oats and barley are grains, which are rich in a type of fiber called beta glucan – 3g of beta-glucan daily, as part of a healthy diet and lifestyle, can help to lower cholesterol.

When you eat beta glucan, it forms a gel which binds to cholesterol and bile (which is made from cholesterol) in the intestines. This helps limit the amount of cholesterol that is absorbed from the gut into your blood. Your liver has to take more cholesterol out of your blood to make more bile, which also lowers your blood cholesterol.

Aim for: three servings of the following oat-based products or barley per day. This will give you around 3g of beta glucans, the daily amount needed to help to lower your cholesterol.

- ◆ A bowl of porridge – which is 30g of dry oats or a sachet of instant porridge
- ◆ A bowl of oat-based breakfast cereal flakes – around 30-35g
- ◆ 1 breakfast cereal oat type ‘biscuit’
- ◆ 1-2 tbsp (13g) oat bran – try sprinkling it onto cereals or adding it to casseroles, stews, soups and smoothies
- ◆ 3 oatcakes
- ◆ 30g oats added to recipes
- ◆ 60g cooked pearl barley – try adding it to stews, casseroles and soups

Oatwell products – contain 3g of beta glucans in one serving so only one portion a day is needed

Many products now contain oats, which makes it easier to get your two to four servings. Foods which have a claim on the label saying they lower cholesterol contain 1g or more of beta glucan.



MEETINGS

Monthly
<u>Monday, March 2</u>
9:00 a.m. Tour Guide - Host & Hostess Meeting / Ice Cream Parlor
1:30 p.m. Open Forum —3rd Wollenberg Conference Room, Guest Speaker—Juli Franceschini, Resident—Saving Your Ancestors
<u>Tuesday, March 3</u>
9:30 a.m.— Low Vision Support Group —1st Head Main Library
<u>Thursday, March 5</u>
2:00 p.m.— Recreation Planning Meeting — Auditorium
<u>Wednesday, March 11</u>
2:00 p.m.— Fireside Chat — Auditorium
<u>Monday, March 16</u>
1:30 p.m. Open Forum —3rd Wollenberg Conference Room, Guest Speakers— Transitional Care Management Team
<u>Friday, March 17</u>
2:00 p.m. St. Patrick's Day — Auditorium
<u>Wednesday, March 18</u>
9:00 a.m.— Chapel Committee —Meditation Chapel
10:00 a.m.— Resident Food Advisory Committee —3rd North Craft Room
2:30 p.m.— Welcoming Committee —3rd Wollenberg Conference Room
<u>Monday, March 23</u>
3:00 p.m.— Special Friends' meeting —3rd Wollenberg Conference Room—Guest Speaker—Michelle Paquia, Resident Shopper
<u>Wednesday, March 25</u>
2:00 p.m.— Resident Council Meeting — Auditorium
2:30 p.m. — Town Hall Meeting —Auditorium

Weekly or Semi-Weekly
Sunday Worship
Sundays, 10:00 a.m.—Siminoff
Ceramics Group
Mondays, Tuesdays & Fridays, 10:00 a.m. to 4:00 p.m. 2nd Wollenberg Rehab Center area
Bible Study
Mondays, 10:30 a.m.—4th Lorber Tuesdays, 6:30 p.m.—3rd Sedam Meditation Chapel
Daughters of the Nile
2nd Monday, 10:00 a.m.—3rd North Craft Room 3rd Tuesday, 9:00 a.m.—3rd North Craft Room
Song & Prayer
Thursdays, 10:00 a.m.—3rd Lorber Thursdays, 10:30 a.m.—4th Lorber

FYI

The official “**Lost and Found**” for the Home is located at the **Front Desk** in the Head building. If you’ve lost something, check there first. If you’ve found something, take it there first. If you have further questions, you can find answers at the **Front Desk**. Please report losses as soon as possible.

**For
ARTS & CRAFTS
PROGRAMMING
Consult your
RECREATION EVENT
CALENDAR.**



Birthdays, Weddings, Anniversaries, In Memoriam

Resident Birthdays	
Mildred Housholder	3/1
Tay Mc Arthur	3/4
Barry Brown	3/6
Ketty Sorensen	3/7
Richard Fiechtner	3/11
Claudia McArthur	3/13
Elaine Wicker Suzie Hems	3/15
Nadine Wood	3/17
Jim Church	3/19
Shirley Brown	3/20
Barbara Thomas	3/21
Gus Anastole	3/25
Doug Jackson	3/26
Dorothea Morris	3/28
Lila Collis	3/29
Joan Bryan Dulcie Tullis	3/30

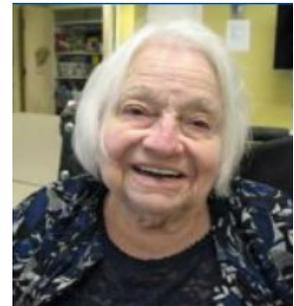
Resident Anniversaries		
Residents	Ann. Date	Years
Bob & Pat De Young	3/8	56
Larry & Dorthy Hollomon	3/21	49

In Memoriam

Leonard Trimlett
December 21, 1941—
January 26, 2020
Mason of: Live Oak
#61



Betty Maruna
June 19, 1930—
February 3, 2020
Sponsoring Lodge:
Chico-Leland Stanford
#111



Jim Ward
October 10,
1923—February
6, 2020
Mason of:
Sincerity
#132



Milda Morrison
September 15, 1929—
February 19, 2020
Sponsoring Lodge: Consuelo
#325

Margaret De Vecchis
February 5, 1933—February 20, 2020
Sponsoring Lodge: Confidence #110

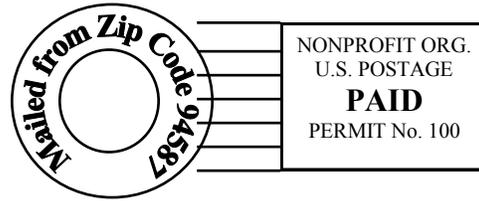




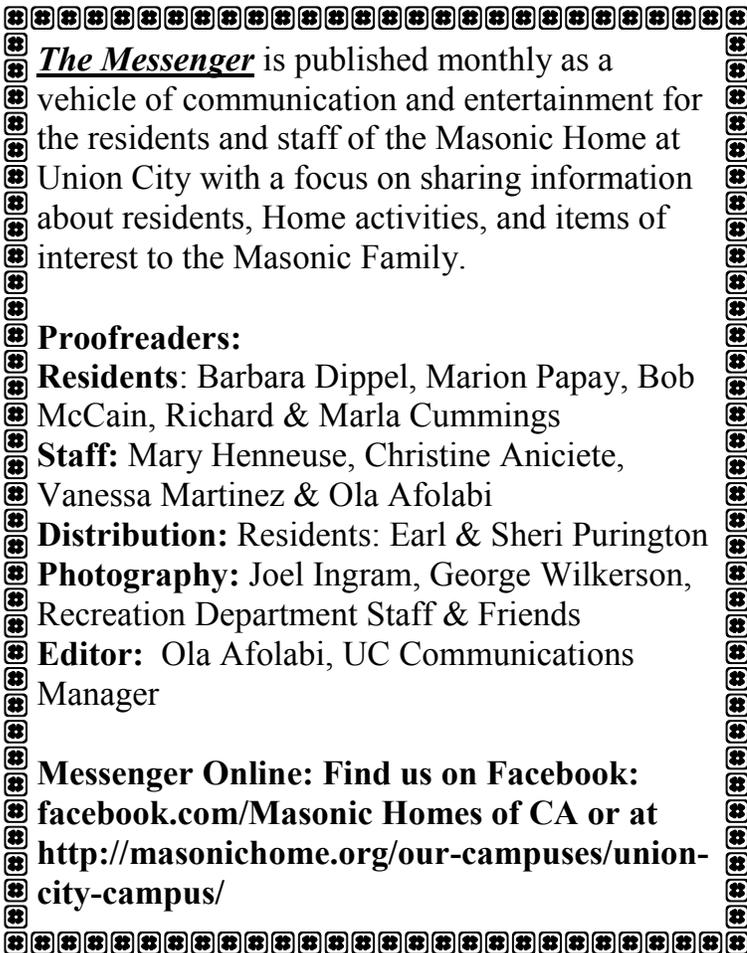
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Masonic Homes of California

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Address Service Requested



The Messenger is published monthly as a vehicle of communication and entertainment for the residents and staff of the Masonic Home at Union City with a focus on sharing information about residents, Home activities, and items of interest to the Masonic Family.

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<http://masonichome.org/our-campuses/union-city-campus/>

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“Together we create meaningful life experiences that make a profound difference.”

The Pillars: Safety, Personal Connection, Experience & Efficiency