

MSOS GAZETTE

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May, June, July

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Masonic Senior Outreach Clients, Families and Lodges:

We hope you have enjoyed your spring weather and are looking forward the warmth of summer and all that it has to offer!

MOS continues to be busy serving approximately 270 clients each month, in and outside of California. Additionally, MOS has been present at the Masonic Leadership Retreats from January through May. We have a booth where we provide literature and information about all of our programs and services. Finally, MOS was asked to teach a session, at the Masters and Wardens Retreats, to the spouses and partners about our services. We are very pleased to be a part of the Annual Leadership Retreats, so we can actively educate and partner with our lodge leadership.

We hope you will enjoy this summer edition of the Gazette and wish you all a wonderful Mother’s Day, Memorial Day, Father’s Day and 4th of July!

Thank you,

Sabrina Montes

GREAT LOVE FOR THE HOMES



Former Child Resident, Sue A.

On a rainy day in March, I had the great privilege of meeting Ms. Sue Alvore. Sue was placed at Masonic Homes in 1945 at 11 years old and stayed until she graduated valedictorian from Covina High School in 1952. After graduating from high school, Sue received a scholarship from the Masonic Homes to attend Occidental College where she earned a bachelor degree in education and went on to teach elementary school for over 30 years. At 84 years young, Sue wanted to show her 2 sons where she grew up. “There is no place I respect and value so much. Yes, the home is quite different then when I lived there but the grounds will remain sacred to me forever”.

Tara K., SoCal MOS Office Manager

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Special points of interest:

- Read a beautiful letter written from a father to a son
- Welcome our 2 new staff
- Medicare, new cards and a new scam!

NEW MEDICARE CARDS

Beginning April 2018, the Centers for Medicare and Medicaid Services will be sending **NEW Medicare cards** to beneficiaries. The new cards are being sent to decrease Medicare beneficiaries' vulnerability to identity theft by removing the Social Security-based number.

Here's what you need to know before they arrive.

1. Medicare cards will be sent between April 2018 and April 2019. Make sure your address is up to date because Medicare will be sending it to the location associated with your Social Security account. To update your address information contact Social Security at 1-800-772-1213 or go online.
2. Your new card will no longer include your Social Security number. It will include your name, new Medicare number, and the dates your Medicare Part A and Part B coverage started.
3. Start using your new Medicare card once you receive it. Destroy the old one immediately!
4. Keep your Medicare Advantage, Part D prescription, and/or Medigap. Continue using your health or drug plan's card when you get health care or fill a prescription, but know you will also get the new Original Medicare card.
5. The Railroad Retirement Board will issue new cards to Railroad Retirement beneficiaries.

These are just a few quick tips to keep in mind as new Medicare cards are issued. You can find additional information on the release of Medicare's new card on Medicare.gov

Submitted by Suzanne B. NorCal CM
from mymedicarematters.org Office Manager

BEWARE OF MEDICARE SCAM

Here's what you need to know to protect yourself, family and friends, throughout the US.

First of all the new Medicare card will come to you in the mail. You don't need to request it or do anything. It will show up.

WHAT'S THE SCAM?

Somebody from "MEDICARE" will call to tell you that you are getting a new Medicare card. But until it comes you will need a temporary card. Fee for the card is between \$5-50 dollars. They want personal information, bank account or credit card so they can process your temporary card.

THINGS TO REMEMBER

Medicare will never call you unless you ask them to.

Medicare does all communications by mail unless you ask them to call.

Ditto for anybody saying they "work with Medicare to make sure you get everything you are



DON'T give out personal info over the telephone

entitled to".

HOW TO PROTECT YOURSELF FROM THIS ONE?

First of all, spread the word. Feel free to share these notes.

Use your answering machine to screen calls or just don't even answer a number you don't recognize.

If it has happened to you or your friends or loved ones and personal info had been given out (happens considerably more often than you think so don't feel bad or stupid) immediately take action to protect yourself against identity theft.

Submitted by Camille S., Lodge Outreach and Educator

SHARED HOUSING UPDATE

On April 7 we had the pleasure of hosting a Lodge Outreach meeting for Divisions VI, VII and IX on the Covina Campus. We had Lodge Outreach participants driving in from all over the Southern CA area, including San Diego to tour Shared Housing for the first time after we finally completed the furnishings and decoration. We were pleased with the heavy interest and there were lots of great questions! It was a great success and

as we prepare to open doors to new clients we will continue to



host tours and plan for future social events to further promote Shared Housing. Please stay tuned for more.

Last but certainly not least...we will have our first client in Shared Housing moving in within the next few weeks! It is a pleasure and honor to welcome him into the Shared Housing program as our first client and we are absolutely elated and giddy in anticipation for his arrival. We look forward to more of these to come and will continue to update you with the exciting news!

Quynh T., Social MOS Manager

RANDOM FACT:

Many Boomers are still quite active and energetic. For instance, Jerry Seinfeld (born in 1954), Stevie Nicks (born in 1948) and George Clooney (born in 1961) are all Boomers. Just because the Boomer population is aging doesn't mean they're necessarily slowing down. Baby Boomers are expected to influence the world for decades to come.

IT'S A SMALL WORLD AFTER ALL



Minnie & Eleanor

If you leave a message with the Masonic Assistance line - 888-466-5642 - you will likely receive a call back from Minnie Imperio (left), referring you to a good home care agency in Visalia or completing an Intake for Masonic Senior Outreach Services (MSOS). If your Lodge widow is receiving MSOS care management and financial support in the Bay Area, Care Manager Eleanor Atienza (right) will visit her at home and make sure she's well taken care of.

"Eleanor is the best recruiter," says Minnie, and this is not the first time these two have worked together. They shared an Occupational Therapy internship and graduated from the University of Perpetual Help, in Las Piñas, Philippines. That was in the year 2000 and Eleanor came to the U.S. first - in 2002 - to Hayward. They kept in touch by Yahoo Messenger and, when Minnie arrived to San Mateo in 2006, she already had a friend in the States!

Eleanor is busy raising two small children, so the friends don't spend as much time together as they did, at first. Still, they get to see each other most days, at the MOS office on the Masonic Homes at Union City campus. Better together, indeed.

Holly C., Lodge Outreach Manager

EASTER IN THE PHILIPPINES



I always thought Filipino celebrated Easter Sunday fervently than any other Christian country.

After 40 days of fasting during Lenten Season most of us Catholics look forward to Easter Sunday like how most people would

look forward to Christmas to open their gifts.

Easter in Tagalog is 'Pasko ng Pagkabuhay', Pasko is Tagalog term for "Christmas" and Pagkabuhay is "Resurrection".

Easter is celebrated with pre-dawn Mass welcoming the statue of risen Christ and Mama Mary are taken to meet one an-

other. The meeting is an occasion of celebration and joy.

Nowadays, Filipino's have incorporated Western culture in celebrating Easter. Children and adults alike participate in Easter egg hunts near church, home and sometimes at shopping malls.

Minnie I., Intake & Resource Coordinator

WELCOME AMY!



Hello Masonic Outreach Clients, Families, and Lodges!

My name is Amy Averweg, LCSW, and I am the new Manager of Masonic Outreach Services for Central and Southern California. I will be supervising three of the MOS case managers and my territory will span from the Central Coast and Central Valley all the way down to the San Gabriel Valley.

I received my Masters in Social Work from California State University, Los Angeles and became a Licensed Clinical social worker in 2009. Prior to coming on board with Masonic Outreach

Services, I was the director for a non-profit community mental health agency that provided support for children and their families. I am extremely excited to be joining such a caring and hardworking team. I look forward to meeting everyone!

Amy A., Central CA MOS Manager

WELCOME SHELLY



Greetings to all!

I am the newest member of Masonic Outreach Services and I will be working as the new San

Diego Geriatric Care Manager. I was born and raised in New Orleans and moved to San Diego with the U. S. Navy. I have a

Bachelor's degree from San Diego State University and over 10 years' experience working with seniors. I have worked as the assistant and as the Director of Social Services in two different skilled nursing facilities in Rancho Bernardo and La Jolla. I have also worked with non-profits in the home health and supportive housing arenas. I

love working with seniors and helping in any way that I can. I feel this is my life's work and I have been called to service with seniors. I am super excited and grateful to work with this team and the clients of Masonic Outreach Services.

Shelly J., SoCal CM



A BEAUTIFUL ADOPTION STORY

This letter was written by my father when I turned 48 and it was just an affirmation of how fortunate I am to be called their son.

My Dear Son,

1:40 pm Tuesday, As I promised by phone last night...I'm writing a letter instead of buying and sending a greeting card, which doesn't say as much (perhaps, says it better, though!) and would be sooner discarded. Anyway, the card I saw that I might have sent was \$5.95 and being the cheap skate that I am, I prefer to use the company's postage.

48 years ago, I received a phone call from Arthur Blome MD that a child had been born... 10 days later, the roads were icy and I borrowed a new Mercury coupe and drove very carefully... nervous as a cat in a room full of rocking chairs, from Lorimor to Ottumwa and returned with a precious cargo... Helen was more nervous than I because I kept looking at you instead of the road! That night, leaving you in a crib and for some great reason you slept through the night.

The attorney that handled the adoption told me that the adoption was final and I could never rescind it by any means whatsoever. I replied that that's the way it is and always will be, and that's that!

To go through the highlights of 48 years would take volumes, but a few, such as baptizing you at age 8 at the Chester Ave., Baptist Church after you had claimed Jesus Christ as your own personal Savior. Then the rides we had in the Fiat 600, driving the Jeep Wagon in the snow at Lake Tahoe and 10,000 other times. All of which convince me that God selected you for us.

There we have almost half a century of wonderful memories, each year has increased my love for you and my respect for you as a man. I do ask your forgiveness for the times I failed to do and be my best as a father, but the love never varied.

My prayers for many more years for us to share.

Love,

Papa

Submitted by Eleanor A., NorCal CM,
From NorCal MSOS Client

MT. SHASTA



Driving on California roads always bring something new, even if it has been seen before. My latest travels brought me up North again, where out of the blue, Mt. Shasta appeared before my eyes. How does its sudden appearance surprise me every time? It looked different this time around, still majestic and robust, but this time with a pink hue, as if participating fully in the fresh spring season. This particular trip took me onto Hwy 36 West at Red Bluff, twisting and winding for 60 miles through the Shasta-Trinity forest, with Shasta keeping watch in the distance. This was a whole different part of California that I didn't know existed. Tiny towns interrupted what was otherwise rolling green hills, dense redwood forests and flowing creeks. The highest peak I drove over was at 3000 feet, with a view that takes your breath away. A stop in Hayfork for gas (the only gas station for miles and miles) got me out of the car to appreciate the amazingly fresh air that the Bay Area has long since experienced. California is an amazing place – I can't wait to see where it takes me next!

Liz T., MOS NorCal Manager

HEALTHY EATING



As we age, healthy eating can make a difference in our health, help improve how we feel, and encourage a sense of well-being.

Our daily eating habits change, as our bodies get older. Make small adjustments to help you enjoy the food you eat and drink.

- ⇒ Add flavor to foods with spices and herbs instead of salt.
- ⇒ Add sliced fruits and vegetable to meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing-chopping is a challenge.
- ⇒ Ask your doctor to suggest other options if the medications you take affect your appetite.
- ⇒ Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk, try small amounts of yogurt, buttermilk. Drink water instead of sugary drinks.
- ⇒ Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a pot-luck at least twice a week. A senior center may offer meals that are shared with others.
- ⇒ Know how much to eat. When eating out, pack part of your meal to eat later.
- ⇒ Keep food safe. Do not take a chance with your health. A food-related illness can be life threatening for an older person.

Submitted by Esperanza E., SoCal CM

ADVANCE CARE PLANNING

National Healthcare Decisions Day (NHDD) exists to inspire, educate, and empower the public and providers about the importance of advance care planning. NHDD is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes. April 16th is the start of the initiative and 2018 will dedicate a full week “theme” to the cause:

- 4/16 NHDD/Prepare Host Event/Gather Resources
- 4/17 Start w/Yourself (Think About Your Healthcare Decisions)
- 4/18 Family/Friends/Loved Ones (Discuss Your Wishes & Learn Theirs)
- 4/19 Spread The Word (Share & Encourage to do the same)
- 4/20 Facilities Focus-Day for all facilities to promote advanced care planning

Other ways to spark the conversation is preparing a “bucket list” which, can encourage discussions about making their medical care fit their life plans. A bucket list is things you'd like to do before you pass like traveling. It's a chance to think about the future and put lifelong dreams on paper. For doctors, knowing their patients' bucket lists is a great way to provide personalized care and promote healthy behaviors. Patients may not see the relevance of an “advance directive,” but they may see the relevance of a bucket list as a way to help them plan ahead for what matters most in their lives.”

Submitted by Brandi W., SoCal CM

**Join the movement!
Inspire by “hosting”
a yearly event
at your facility!**

MOVE FOR WELLNESS



Union City Residents and Staff

Gear up for the May 2018 Move for Wellness (M4W) at the Masonic Home in Union City and Acacia Creek. May is the month in which everyone recommits to fitness programs to help with their physical, mental & emotional health. Participants will be drawn into teams and will randomly draw for teams T-shirt color.

Why participate in the M4W? Because it is fun and everyone who sign up will get a free T-shirt and be in the group photo. This year, the photo shoot will take place on May 1st on the front steps of the Main Building. How M4W works - participants will track the time that they are physically active beyond regular activities. So whether they walk, bike, stretch, dance, swim, garden, etc., they will tally the time that they are purposefully physically active every day. The goal is for all residents and staff to stay physically active!

Thu V., NorCal MOS Office Manager

RANDOM FACT:

Bill Clinton was the first baby boomer to serve as president. George W. Bush, Barack Obama and President Donald Trump are also baby boomers.

HOT WEATHER SAFETY FOR OLDER ADULTS



In many parts of California, the summer months can be incredibly hot! Enduring hot weather is difficult for everyone; however, for older adults, hot weather can be especially dangerous. This is because the bodies of older people don't do as good of a job regulating temperature as those of younger people. For

instance, as we age, we gradually lose the ability to perspire. And so, for older adults, temperatures do not have to reach 100 degrees to still be dangerous.

Here are some tips for staying cool in hot weather: Drink plenty of liquids. If your doctor has recommended that you limit your liquids, ask them what you should do when it is very hot. Try to keep your house as cool as possible by keeping your window shades drawn during the day and your windows open at night. If your house is too hot,

go to a place with air conditioning like a library or senior center. Limit your activity outdoors when it is very hot and avoid crowded places. Wear cool clothing that is light-weight and made of natural fabrics, such as cotton. Take lukewarm showers or place a damp washcloth on your forehead.

Remember, if you are having a medical emergency due to the heat, call 9-1-1 immediately.

Sol S., Masonic Assistance Manager

MASONIC HOMES OF CALIFORNIA

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MASONIC OUTREACH SERVICES

Brotherly Love, Relief, Truth

We're on the web:
Masonichome.org

Our Mission:

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

20 STRANGE FACTS FROM HISTORY

1. Officially, the longest war in history was between the Netherlands and the Isles of Scilly, which lasted from 1651 to 1986. There were no casualties.
2. The Anglo-Zanzibar war of 1896 is the shortest war on record lasting an exhausting 38 minutes.
3. Albert Einstein was offered the role of Israel's second President in 1952, but declined.
4. John F. Kennedy, Anthony Burgess, Aldous Huxley, and C.S. Lewis all died on the same day.
5. Napoleon was once attacked by rabbits.
6. Karl Marx was once a correspondent for the New York Daily Tribune.
7. Kim Jong Il wrote six operas.
8. Princeton researchers successfully turned a live cat into a functioning telephone in 1929.
9. Ronald Reagan was a life-guard during high school and saved 77 people's lives.
10. Lord Byron kept a pet bear in his college dorm room.
11. In 1912, a Paris orphanage held a raffle to raise money—the prizes were live babies.
12. A New Orleans man hired a pirate to rescue Napoleon from his prison.
13. The "D" in D-Day stands for "Day."
14. The Constitution of the Confederate States of America banned the slave trade.
15. When the American Civil War started, Confederate Robert E. Lee owned no slaves. Union general U.S. Grant did.
16. England's King George I was actually German.
17. The very first bomb dropped by the Allies on Berlin during World War II killed the only elephant in the Berlin Zoo.
18. Ancient Egyptians used slabs of stones as pillows.
19. The Parliament of Iceland is the oldest still acting parliament in the world. It was established in 930.
20. Arabic numerals (the ones used in English) were not invented by the Arabs at all - they were actually invented by Indian mathematicians.