

# MSOS GAZETTE

Volume 5, Issue 3

August, September, October

## A MESSAGE FROM THE EXECUTIVE DIRECTOR...

Dear Masonic Senior Outreach Clients, Families and Lodges:

It's that time again! We have included the Annual MSOS Client and Lodge Satisfaction Surveys in this mailing along with the Gazette. As always, we are eager to hear back from you all and your participation in the annual survey process is very important to us. Your feedback helps to inform program changes and we want to know how you feel we are doing in providing care and support. Additionally, we will be holding a raffle for those clients who have returned the survey and will be raffling six \$25 gift cards.

Please stay cool for the rest of this summer and enjoy this Fall edition of the Gazette. We wish you an enjoyable Labor Day, Grandparents Day, Rosh Hashanah and Yom Kippur, Columbus Day and Halloween!

Thank you,

Sabrina Montes

## INTERNS IN UNION CITY

In May, myself and our Masonic Assistance Manager Sol Silverman, attended the San Jose State University's social workers intern placement fair, for first year graduate students. As former interns ourselves, it was exciting to meet with energized and empathetic students looking to make a difference.

For over 10 years, our Masonic Home in Covina has partnered with USC to provide first year social worker students an opportunity to work with residents providing one to one support and the transitional assistance needed to navigate various life stages. This year marks the first year that the Masonic Home in Union City will welcome two, first year graduate students, to provide ongoing support and care coordination through Masonic Assistance.

We look forward to watching them grow and further develop their supportive skillsets in order to better serve our Masonic family!



### *Inside this issue:*

The Town I Have Loved So Well	2
Living on a Budget	2
Open Enrollment	3
MCSA Conference	3
Covina Campus	3
Friendship Stories	4-5
Lodge Outreach	6
Putting Ideals Into	6
Labor Day Facts	6
What did you say?	7
UC Campus	7

### Special points of interest:

- Goodbye from Holly
- Friendship Stories
- Open Enrollment

## THE TOWN I HAVE LOVED SO WELL

It has been inspiring, working alongside Masons and Lodge ladies, serving in their own communities. So inspiring that I wanted to do the same! After serving with MOS from the Central Coast, to Covina, to NorCal, it was time to make a home. So, I bought a house in Sacramento, again. And, this time, a garage!

The last 6 years have taught me the value of being open to experience and allowing yourself to be changed by people and places, even following a path you may never have imagined. Move to LA? Become a Dodgers fan? Me, manage a program?! But MOS' Executive Director Sabrina

and California's Freemasons are sterling examples of using education and professional exper-



Holly Calderone

tise, the empathy and compassion from lived experience, to become a leader in the service of others.

I left this town in 2012, after graduating Sac State's MSW program, and return with a better understanding of belongingness and the necessity of civic responsibility. I joined a local women's club, Terrific Women Amazing Together, and look forward to reviving the Sacramento Unit of National Organization of Social Workers (NASW). I will be managing a local program and come home, every night. And I'll miss you.

-Holly C. , Lodge Outreach Manager

## LIVING ON A BUDGET

Have you ever found yourself getting to the end of the month and wondering where your money went? You are not alone, a recent Gallup poll found that only 1/3 (32%) of Americans maintain a household budget. No matter what stage of life we are in, we all need a budget. This means knowing where every dollar is going every month.

Many people have a misconception about budgeting. They believe the dreaded "B word" means they have to be deprived of fun things like movies, restaurants and vacations. This is not true. When you budget every month, it gives you a sense of control over your money instead of wondering where it all went.

There are many free budgeting tools available to help you get started. Mint™ and EveryDollar™ are free budget applications available on both Android and iOS. Even with the use of technology, budgeting does take some work, but it is much easier than getting to the end of the month and not knowing where your money went. Try looking at a budget as simply spending your money intentionally; when you do this, you will find more freedom to spend.

If you find yourself overspending for certain categories like groceries or fun money, you can cash out those categories and use an envelope system. By utilizing cash it becomes the ultimate accountability partner because when it runs out, there is no more money to spend. Financial guru, Dave Ramsey says "A budget is telling your money where to go instead of wondering where it all went."

-David G., SoCal CM

## OPEN ENROLLMENT

Every year, all people with Medicare are able to choose their health plan and prescription drug coverage for the following year. The time period in which you can make changes to your Medicare plans is called "open enrollment" and takes place from October 15th through December 7th. Medicare health and drug plans can make changes every year to things like cost, coverage, and the providers and pharmacies that are within a given plan's network. Therefore, if you have a Medicare health or prescription drug plan, it is always a good idea to review your health coverage and make changes, if necessary, for the following year. Even if you are satisfied with your Medicare coverage, it is still a good idea to take a look at other plans offered in your area to see if there is a better plan offered at a more affordable price. If you have a Medicare Advantage Plan or a Part D plan, you should receive an Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your plan; review these documents for any changes to cost, benefits, and rules for the upcoming year. Information for next year's plans will be available from Medicare beginning in October. To receive information on plans or make changes to your coverage, you can call 1-800-MEDICARE or visit medicare.gov.

-Sol S., MA Manager

## MCSA CONFERENCE



George Washington's  
Masonic Apron

The Annual Masonic Communities Services Association (MCSA) Conference was held in Pennsylvania from June 10th-12th and was hosted by the Masonic Homes of PA. The conference kicked off with a tour of two Masonic Homes properties, one located in PA and one in New Jersey. Their Masonic Homes were absolutely beautiful! During the conference, educational sessions were held and our MOS program was part of a panel presentation on Outreach Programs. We were honored to be

asked to speak on the panel and excited by the interest shown by many states, who are eager to improve and grow their outreach programs.

Finally, the conference provided some wonderful outings in the evenings. We made a trip to the New Jersey Battleship and to the Grand Lodge of PA. Both were truly noteworthy experiences! We were able to view George Washington's Masonic apron and Tom Thumb's Masonic apron, which are on display in the Grand Lodge of PA museum.

Sabrina Montes, Exec. Director of MOS

## OUR COVINA CAMPUS

All is well in Covina. This summer we have been busy planning the annual Summer Festival and gearing up to open Shared Housing in the mist of construction of our new Skilled Nursing facility. The campus pool has gotten a lot of use these past few months with residents joining in water aerobics classes that are taught by Mt. Sac Community College. In August, Covina residents are looking forward to a Casino Night at the Homes as well as attending the Pageant of the Masters in Laguna. In September, residents will support Masons for Mitts at Dodger Stadium, see a show at the Candlelight Pavilion, have fun at the L.A. County Fair and try their luck on a trip to a Casino. In October, the Homes will celebrate Halloween with a party and plan a trip to the Apple Orchards at Oak Glen.

-Tara K., SoCal Office Manager

## CONNIE & SUKIE



*Sukie and Connie.*

My best friend is named, Sukie. We have been very close since 1993. We met while working on a black and white wedding at the haunted house across from the beach in Santa Cruz. It went world-wide on the internet. She and her husband had a home for adults with Down Syndrome in Capitola, CA for 22 years. She is lots of fun. We tell each other stories of our lives and growing up in Santa Clara County being prune pickers and apricot cutters. We were even born in the same hospital, O'Connors Sanitarium.

I am 91 and a half, but she won't tell me her real age—looks about fifty-five, has a wonderful sense of humor. She has very dark hair, not dyed—she has a secret potion. She loves to entertain and always has a teacup in her hand when she spots company. She has an unusual memory—she knows exact dates of birth of famous people and friends no matter how distant and gives a party for everybody. Sukie is my dear best friend .

-Submitted by Constance Adkins, Scotts Valley, CA

## MY BEST FRIEND

She reports meeting her true and only love on a Saturday evening, a Saturday just like any other day at a dance hall; she was sitting at a table with four girlfriends when she noticed he was walking their way. He came to the table and asked all girlfriends to dance first, none wanted to dance with him that is when he asked her. They then went to another hall and danced the night away. He took her home and called next day on Sunday morning at 7am. She of course couldn't believe he called to soon and was jumping off the bed in happiness, that Sunday they went to a movie, and next Wednesday when he visited at her job her boss did not like it so next time they met at her sisters' place. He talked to the sister and father about his intentions; they were married by the following Saturday. He had also quickly secured a small place for them and had it furnished and decorated within days. Although they later relocated and purchased a "real" home, this tiny place is forever in her heart and so is he!

-Written by Esperanza E., SoCal CM, for her client

## PETE THE PIKE



Best friends come in many shapes and species. Growing up on a lake in Minnesota brought Homes resident Richard a friend he would have never expected. His family's home sat on the shores of Gulf Lake and he and his brother Jack spent much of their time in, around and near the lake. One day, while hanging around at their pier, they spotted a small fish in distress. Upon closer inspection, they discovered that his jaw had been broken. They were determined to save him. They named him Pete Pike and immediately started working on a plan to keep him alive. Since Pete Pike could not find food properly with his injury, Richard and Jack constructed a feeding apparatus from the bait box tied to their pier, allowing Pete to feed on minnows whenever he was hungry. He healed quickly and made his home at their pier. Each morning he would greet Richard with a flip of his tail and loved following him whenever he went out in the boat. Pete eventually grew to an impressive three feet, all the while avoiding capture by neighboring fisherman. Richard continues to remember Pete very fondly and the friendship that ultimately lasted 15 years.

-Written by Liz T., MOS NorCal Manager, for UC Homes Resident, Richard

## AMERICAN HERO



As a MOS Care Manager, we meet so many heroes with incredible life stories. Today, I share a piece of Murphy's story, the son of an American military father and mother, who was born in the Philippines. In a recent home visit, Murphy recalls a time when he was 13 and the "Japanese invaded and took us all away". "They separated us all; my father went into a military prison camp, my mother was forced to be a "comfort gal", and my brother and I were split into two separate prison camps". For 3 ½ years they had no knowledge if their loved ones were dead or alive.

Instead of complaining about those times, Murphy continues to share with a full bellied laugh that he was always getting himself in trouble in the camp. "There was never enough food, so I stole it. I would always get caught, get a good whipping, and then do it again." And then one day he saw another way to attend to his hunger. A stray cat came strolling through the encampment and without thought, Murphy bounced, killed the cat and soon began to suck at its bones. "The tail!", he smirks, "I always went for the tail, for it had the most meat on it." He continues to recap the process he and his buddy undertook to nourish themselves for the remainder of their captivity. No longer did he need to steal and get beaten for his hunger, but instead he focused his efforts on capturing anything that moved.

"My buddy told me, if you kill em, I'll cook em."

After 3 ½ years Murphy and the others were liberated by the allied troops. Miraculously the entire family survived, were reunited and soon after left Asia and moved to America to begin again.

When Murphy talks about those torturous years, he splices in humor and wit. His disposition is cloaked in gratitude and he declares proudly that he has had a great life. His son tells me that over the last five years his PTSD has resurfaced through nightmares which erupt in hellish screams that shake the bed, yet Murphy doesn't believe in PTSD and has never received any therapy around it. Instead he holds to his truth, that he is living the American dream.

-Written by Kai H., SoCal CM for her client

## PLEASED TO MEET YOU JUNIE

When I was 11 my family moved all the way across the country to California. I dreaded starting a new school. I would be the "new girl". My first day at school, I noticed this loud, funny, confident girl (so unlike me!) with freckles, big glasses and reddish-blond frizzy hair that stuck out everywhere. Later, at lunch, she came up to me and stuck out her hand saying, "Hello, my name is Amelia June, but everyone calls me "Junie". I must have looked dumbfounded as I stared at her hand, because she whispered, "you are supposed to shake my hand, and say, "pleased to meet you", my Dad says this is how two people first meet and become friends". And best friends we did become. Sometimes we spent so much time together, our parents would say that if you'd call one of us, both showed up. Junie and I were friends for many years, even when our families took us in different directions, we stayed in touch. She is gone now. Even so, I think of her often and will be forever grateful that she extended her hand in friendship to me all those years ago.

-Submitted by Suzanne B., NorCal CM, for her client

## 3 FOR 1, AND ONE FOR LODGE OUTREACH



Divisions VI, VII, and IX  
(LA, OC, and San Diego)

For April's Lodge Outreach Meeting, 3 Southern CA Divisions met at Masonic Homes Covina campus. Divisions VI, VII, and IX (LA, OC, and San Diego area) came together to share outreach stories, successes, and network with one another. This was the first time Masonic Outreach Services held this unique fellowship. Lodge members and ladies were invited as well, and were given a Covina campus tour. This tour was hosted by resident Pearl Chandler, sharing her knowledge and perspective of the campus to visitors.

In addition, everyone received an exclusive tour of the new Shared Housing program. Walking into Shared Housing, everyone viewed a renovated 3-floor home with 7-units, beautiful common areas, and newly installed elevator. Then, each lodge picked up a painting supply kit which was donated by Past Grand Master Russ Charvonja. Russ donated these kits to lodges, in hopes of lodges using it for community service projects. Following-up at the next meeting, we would be checking-in with lodges how they used or dispersed these kits. We truly appreciate everyone, who came near and far, for this fun-filled meeting!

-Camille S., Lodge & Outreach and Educator

## PUTTING IDEALS INTO PRACTICE

The Jewish sage Hillel asked, "If I am not for myself, who will be for me? And if I am not for others, what am 'I'? And if not now, when?"

In 2011, San Diego's Lodges partnered with MOS as part of a grassroots effort toward better serving Members, widows and Masons in distress, at the Lodge level. Understanding Masons desire to become better men, San Diego's Lodges incorporated Lodge Outreach into Entered Apprentices' work, as practice of living the ideals of Relief and Brotherly Love in everyday life. So, we are honored to meet EAs and Fellowcraft at Lodge Outreach Meetings, as we did at our Sacramento Valley Lodge Outreach Meeting last month. EA Roy Asuncion of Vacaville No. 134 related he had known Masons in the Philippines and in Minnesota. Joining a Lodge, himself, is how he is putting down roots in California. Sacramento No. 40 EA Andrew Verdi is a recent Sac State grad and shares how he is resuming a family history of Freemasonry. From more senior Masons, these men have the opportunity to make connections across Lodges, Districts and Divisions, to support others and be supported across their lifespan. Now is a good time.

-Holly C., Lodge & Outreach Manager

## FUN LABOR DAY FACTS

1. Labor Day is considered the unofficial end of summer.
2. The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City in Union Square.
3. According to NBC, US workers punched in an estimated 1,790 hours per year.
4. Last year, over 35.5 million people hit the road for the holiday.
5. Creators decided to pick the first week of September because it is between the 4th of July and Thanksgiving.
6. It takes U.S. workers about 25.4 minutes to get to work, according to an NBC news.
7. The average work day in the 19th century was 12 hours long, 7 days a week and sometimes children as young as 5 were working in factories!
8. Rosie the Riveter was used as a symbol of feminism and a morale booster for women working in factories during World War II. Artist J. Howard Miller created Rosie the Riveter.

-Submitted by Quynh T., MOS SoCal Manager

# WHAT DID YOU SAY?



Not being able to hear well can make it hard to communicate. It can affect one’s relationships and emotional well-being.

I began to notice in my 40’s that my hearing was changing. By my mid-50’s it became increasingly difficult for me to hear the dialog at the movies; to hear my friends in a crowded restaurant or room; even to hear when

someone lowered their voice to a whisper.

My situation was unusual as many people slowly lose their hearing in their 60’s and later. The National Institute for Health estimates that 50% of individuals over 75 years old have hearing loss. Close to 29 million adults could benefit from hearing aids, yet only 1 in 4 has ever used them. (NIH). These electronic devices can be worn in or behind the ears (mine are like this and very small, you can hardly notice them!). Hearing aids don’t make your hearing better, rather, they increase the volume of sounds so your brain

can receive them and decode the message.

The best place to start is with your primary care physician or an ear, nose, and throat doctor, also known as an ENT or otolaryngologist. An exam of your ears, nose, and throat might detect a physical reason why you’re not hearing as well. A doctor can look for ear wax, an infection, injury, or other reason for hearing loss. You might be referred to an Audiologist for a hearing test and from there it can be ascertained if you might benefit from hearing aids.

-Suzanne B., NorCal CM

# OUR UNION CITY CAMPUS

## Jam and Jelly Day – 8/18/18

It is celebrated annually at the Masonic Homes in Union City, on the third Saturday of every August. This is hosted by the Eastern Star. It dates back to 1912 when members of the Masonic Order would come to the Masonic Home in Union City to pick fruits from the luscious, beautiful orchards to make fresh jam and jelly for the residents. Due to the Health Department regulations, members were prohibited on continuing this tradition. In order to honor this celebration, members of the Eastern Star still wanted to show their love and care for the residents, they decided to host a picnic lunch at the Masonic Homes in Union City in remembrance of this once widely celebrated event. Each chapter brings their specialties to share. The attire is casual but no jeans or shorts. Every resident of the Masonic Home and Acacia Creek is invited to come & enjoy the day of good food, fellowship, and fun.



## HarvestFest – 9/22/18

This summer, Masonic Homes in Union City host an event call HarvestFest. This festive activity is to celebrate the end of the summer and into the fall to welcome fraternal family members of all ages to gather together. This will transform into a county fair with entertainment for all ages for the Masonic family. The festivities include: bbq lunch & festival treats, face painting & balloon artist, craft booths, bounce house & games, petting zoo, live country and bluegrass music. It will be an afternoon full of fellowship, sun and fun and it is free to all Masonic family members.

-Thu V., Applications Coordinator

# MASONIC HOMES OF CALIFORNIA

1650 E. Old Badillo St.  
Covina, CA 91724

1-888-466-3642



MASONIC OUTREACH SERVICES

*Brotherly Love, Relief, Truth*

We're on the web:  
[Masonichome.org](http://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.*

## PUMPKIN SPICE COFFEE CAKE

Classic in the best way possible, this Pumpkin Spice Coffee Cake is perfect for your autumn gathering. It starts with a humble yellow cake mix, but you'd never know it by the time it has reached pumpkin perfection. It's a quick and easy solution when you're short on time but want fall flavor fast.

### BATTER INGREDIENTS:

4 eggs  
1/4 cup water  
1 package yellow cake mix  
1 package instant Pumpkin Spice pudding from Jello  
1/4 cup oil  
1 cup sour cream

### TOPPING INGREDIENTS:

1/2 cup brown sugar  
2 teaspoons cinnamon  
1/2 cup sugar  
1 cup chopped walnuts (optional)

### GLAZE INGREDIENTS:

1 cup powdered sugar  
1 teaspoon pumpkin pie spice  
2 to 3 Tablespoons whole milk

### Directions:

Begin by mixing the eggs, water and cake mix together in a bowl until smooth. Add in the pudding, oil, and sour cream and mix until combined.

In a separate bowl mix the topping ingredients well.

Grease a 9x13 inch pan.

Put half of the batter in the pan and then add half of the topping. Carefully layer the rest of the batter on top and finish the cake off with the rest of the topping.

Bake the cake in a preheated 400-degree oven for 30 to 35 minutes or until the cake tests done with a toothpick inserted in the center. Cool it on a wire rack.

When the cake is no longer warm, mix up your glaze. Whisk together the powdered sugar and pumpkin pie spice. Add two tablespoons of milk. If the glaze seems too thick, add more milk a teaspoon at a time. Pour the glaze into a piping bag Drizzle the glaze over the top of the entire cake.

-Submitted by Amy A., MOS Central Ca Manager