



MSOS GAZETTE

Volume 6, Issue 1 February, March, April

A Message From The Executive Director

Dear Masonic Senior Outreach Clients, Families and Lodges:

Happy New Year! We hope that your new year has gotten off to a positive start. Since this is cold and flu season, we encourage everyone to practice good self-care. We can do this by taking more efforts toward healthy eating, regular exercise, getting enough sleep and engaging in activities we enjoy. This is also the time of year, to reflect on 2018 and set goals for 2019.

In this spring edition of the Gazette, we will share with you New Year's Resolutions, holiday traditions and stories, introduce new MOS staff and share campus updates. Enclosed in this edition of the Gazette, are the results from the 2018 Annual MOS Satisfaction Survey. Again, we express our appreciation to everyone who participated!

Thank you,
Sabrina Montes

Goodbye Liz Tarzon



Farewell MOS! It has been a wonderful seven years with Masonic Outreach Services. I am heading to San Francisco to work with formerly homeless seniors, with hope of improving their lives. I am leaving behind so many incredible things - an amazing team to work with, clients who will forever be in my heart, phenomenal family members, lodges jumping in to help without hesitation, and witnessing tears of relief produced by these incredible programs. Thank you to the clients for welcoming me into your homes and trusting me with your secrets from bank accounts to toe nails. And thanks to amazing MOS staff who work so tirelessly for their clients. I will miss you all!

Liz T., Manager MOS NorCal



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- Medicare Updates
- New MOS Team Member
- Joe Jackson Award



**“the most handsome sailor boy in the world stood there. He said, “I got through this and came home to marry you.”
-Viola Watson**

A Lifetime Together

Once upon a time—isn't that the way all wonderful stories start? A little girl age 8 moved into a home across the street from a little boy age 11. She did not like this boy AT ALL. He was naughty, threw rocks and was a pest! Years went by. The boy thought the girl, Viola was okay. The girl still did not care much for the boy, Paul. Then World War II came crashing down upon us. Paul quit high school at age 17 and joined the Navy. Viola spent her time writing letters to the local boys away fighting for their country including Paul. Two and a half years later the war was over. Our boys came home. One day there was a knock at the door—the most handsome sailor boy in the world stood there. He said, “I got through this and came home to marry you.” I was 16—he was 19.

My sweet darling just left me to be with God. We will have been married 74 years January 25th. What a wonderful guy. He left me with a beautiful, talented daughter who lost her husband to cancer just a few days before her dad died—a son, a retired Air Force Veteran who fought at Cam Ranh Bay and Danang during the Vietnam War. And, we have lots of grand, great grand, great great grand and 3 great great great grandchildren.

My love story will never end. I love him for his generous ways. He and his boys and daughter did much to increase the size of the downstairs of Drytown lodge and he loved his meetings and times spent with his brothers. See you later sweetheart.

- Viola Watson, Placerville, CA

Welcome Shakti

Hello everyone, my name is Shakti Kashyap. I am excited to be the Temporary Office Manager for Masonic Outreach Services here in Union City. I have a Master's degree in Health Care Administration from California State University East Bay. I am also a Certified Medical Assistant. At health clinic groups I have assisted Family/Internal medicine, Pediatrics, and OBGYN physicians and patients. I have had the privilege to work with Veterans by supporting the Home Based Primary Care and Medical Foster Home teams at the Department of Veterans Affairs. On my off hours, I enjoy traveling with family and friends, arts and crafts and reading. I love working with people and helping where I can. I feel very lucky to be part of the Masonic Outreach Service team.



Shakti K., MA Office Manager (Temp.)

Our Vegas Wedding

Valentine's Day provides a time to celebrate romance. It might prompt one to reflect on a first date, first kiss, or their wedding day. I asked MHC resident how she met her spouse, who she was married to for over 60 years. She shared the story of how her husband asked her out on a first date in front of the hardware store in which he worked, to which she declined, but he then proceeded to phone her house and ask her mother permission to take her out on a first date. After a few more dates and getting to know each other, they decided to get married in Las Vegas. On their wedding day, the couple and their best man drove to Las Vegas in her car. "We got to the middle of the desert somewhere and blew the radiator. We finally got into a little mechanic shop and they said they can fix it, but we would have to go into Las Vegas for the part. I changed into my wedding suit in an outhouse at the mechanic shop and we drove into Vegas." The mechanic that drove the couple and their best man into Las Vegas also ended up serving as a witness to their wedding. After overcoming some unconventional obstacles on their wedding day, the couple was married and shared a joyful life together.

Kathleen T., SoCal MSW Intern



The Joe Jackson Award 2018

A special congratulations to Barstow Boron No.682 and Victorville No.634 on earning the 2018 Joe Jackson Award, for outstanding outreach within their community and members. Barstow Boron & Victorville Lodge is the 5th lodge to ever receive this award. This will be the first year we acknowledged 2 lodges for their collaborative efforts.

This dynamic lodge duo, are highlighted to be the "unseen Masons" who actively outreach by having active committees and youth orders in place such as Widows Sons (program recognized by Grand Lodge), which ensures the safety and well-being of their lodge widows. Both lodges give back to the community and share a strong partnership with their local law enforcements and schools. They partner with their local law enforcements and volunteer during the holidays, at their annual toy and clothing drive. They give back to their local schools by having a "Student of the Month" program, presented every month. This exhibits remarkable work of both lodges and displays lodges' appreciation of the education system, in their community.

Camille S., Lodge Outreach & Educator

The Joe Jackson Award represents lodges who have made significant contributions toward doing excellent outreach as well as being an excellent partner with MOS.





**“Tomorrow is the first blank page of a 365 page book. Write a good one.”
-Brad Paisley**



New Years Traditions

A New Year's resolution is a promise a person makes for the new year. Regardless of what resolution you commit to, the goal is to improve life in the coming year. Resolutions can come in many forms. Some people make a promise to change a bad habit, such as quitting smoking or eating less junk food.

The tradition of New Year's resolutions dates all the way back to 153 B.C. January is named after Janus, a mythical god of early Rome.

Janus had two faces – one looking forward, one looking backward. This allowed him to look back on the past and forward toward the future.

On December 31, the Romans imagined Janus looking backward into the old year and forward into the new year. This became a symbolic time for Romans to make resolutions for the new year and forgive enemies for troubles in the past.

The Romans also believed Janus could forgive them for their wrongdoings in the previous year. The Romans would give gifts and make promises, believing Janus would see this and bless them in the year ahead.

And thus the New Year's resolution was born!

Eleanor M., CM in NorCal

Welcome 2019

Welcome to 2019! It is another new year and another chance to begin again with a fresh start. Many people make New Year's resolutions to commit to bettering themselves but do not keep these resolutions the entire year or even past the first month. Setting goals are tools to success and don't only have to happen when the new year starts. Lanny Bragg, a MOS client and ambassador, says he never makes resolutions. Mr. Bragg just tries to live day to day and face things as they come up. Whether you make resolutions (or not), we can always look at the new year as a clean slate to improve ourselves and become wiser. Have a wonderful New Year!

Shelly J., CM in SoCal

Other Resolutions From The MOS Team

Increase my activity level, by exercising—Sabrina M.

Read or write at least one hour a day—Helen R.

To drink more water—Camille S.

Sleep earlier—Quynh T.

Travel more—Marylou M.

Honoring Dr. Martin Luther King Jr.

President Ronald Reagan signed into law 36 years ago in January 1983, the national Dr. Martin Luther King Jr. holiday to celebrate his life and legacy and pay tribute to his contributions to mankind. Here are fun facts that you may not be aware of!

- His birth name was Michael, He was born Michael King Jr. on January 15, 1929. His father was inspired by the Protestant Reformation leader, Martin Luther. King Sr. began calling himself, and later his son, Martin Luther King.
- He was the youngest person at the time to receive a Nobel Peace Prize for racial inequality through nonviolence
- He was arrested 29 times and assaulted four times
- There are approximately 900 streets named after MLK in the U.S.
- King was awarded 20 honorary degrees and was named Man of the Year by Time magazine
- In 1963, he became the first African-American to be named Time magazine's Man of the Year.



Quynh T., MOS Manager SoCal

Chinese New Year—The Year of the Pig

People born in the year of the Pig might not stand out in a crowd, but they are dependable and loyal, especially with family and friends. Somewhat logical they tend to be very practical and earthy people; however, they can over-indulge both in food and spending at times. They have a love of life and fun and can sometimes get carried away. They are considerate of the hardships of others going out of their way to help people, including complete strangers. All in all, people born in a year of the Pig have beautiful personalities and are blessed with good fortune in life.

Where you born in the Chinese Year of the Pig?

1911, 1923, 1935, 1947, 1959, 1971, 1983, 1995

Suzanne B., CM NorCal

**Chinese New
Year will be
celebrated Feb.
5 – 19, 2019
because it is
based on the
lunar calendar**

History of Presidents Day

Monday February 19 is Presidents Day, a day in which we celebrate all U.S. presidents, past and present. But did you know Presidents Day was originally established in 1885 in recognition of George Washington's birthday? Following the death of George Washington in 1799, his February 22 birthday was as a day of remembrance, a day that became a federal holiday in the 1870s. The holiday did not officially become known as Presidents Day until 1971, when it was moved to the third Monday of February as part of the Uniform Monday Holiday Act, an effort to create more three-day weekends for workers. Interestingly, Presidents Day never falls on the actual birthday of any American president. Four presidents have birthdays in February but they all either come too early or too late to coincide with Presidents Day.



Sol S., Manager of Masonic Assistance



**“To keep the body
in good health is a
duty... otherwise
we shall not be
able to keep our
mind strong and
clear.”
-Buddah**

Irish Blessing

The Traditional Irish Prayer was originally written in the Irish language, the prayer – the author is unknown – has three main images, namely wind, sun and rain. Fittingly for something written so long ago, the ancient Irish’s deep connection to nature and Ireland’s ever-changing elements shine through. It reads as:

May the road rise to meet you,
May the wind be always at your back.
May the sun shine warm upon your face,
The rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of his hand.
May God be with you and bless you.
May you see your children’s children.
May you be poor in misfortune,
Rich in blessings,
May you know nothing but happiness
From this day forward.
May the road rise to meet you
May the wind be always at your back
May the warm rays of sun fall upon your home
And may the hand of a friend always be near.
May green be the grass you walk on,
May blue be the skies above you,
May pure be the joys that surround you,
May true be the hearts that love you.

Amy A., MOS Manager Central CA

Covina Campus

In an effort to inspire the Covina staff to put their best foot forward in 2019 and follow the trend of “New Year, new me” the staff have been invited to participate in a weight loss challenge. As an added incentive, participants have been asked to contribute \$20 and whoever has the greatest weight loss percentage at the end will win all the money.

So far, 30 staff have accepted the challenge which started on 1/7/19 and will end on 4/8/19. The cash prize is up to \$500. Our Wellness Specialist, Eduardo Escobar, is keeping track of everyone’s weight loss percentage and the winner will be announced in April.

Tara K., SoCal Office Manager

2019 Medicare Updates

Medicare has made some changes in 2019. One of the changes you probably already noticed is that Medicare Part B (Doctors visits and diagnostics) has gone up. The annual deductible for both Part A and Part B has also gone up. Part A annual deductible had a \$24 increase and is now \$1364 and Part B had a \$2 increase and is now \$185. Despite the added cost, there are some exciting changes that have been rolled out.



Beginning this year Medicare Advantage plans have the option to offer lifestyle support services, including home meal delivery, transportation to and from medical appointments, and home safety fixtures such as handrails and ramps. Additionally, home health aids to assist with activities of daily living may be covered in some plans. You may have been reluctant to try a Medicare Advantage plan in the past but now there is less pressure to commit. Beginning this year, you have the option to give an Advantage plan a try for up to 3 months and if you are not satisfied you can switch to another Advantage plan or return to original Medicare.

Medicare is also growing their telemedicine program. Many seniors may delay seeking medical care because of difficulty getting to the doctor. In an effort to address this, Medicare has been offering a telehealth program that allows patients to connect with their doctors via videoconference. Beginning this year these services are available to patients who have end-stage renal disease or are in the midst of stroke treatment.

These are just a few of the Medicare updates for 2019. A comprehensive list of updates and benefits are available on the official medicare.gov website.

Medicare has been offering a telehealth program that allows patients to connect with their doctors via videoconference.

David G., CM in SoCal

UC Campus

Feb. 3- Super bowl Party sponsored by Martinez Lodge , Doric Chapter of Royal Arch Masons, Los Cerritos, Semper Fidelis & Diablo Star OES.

Feb. 14- Residents Valentines Party

Mar.5-Mardi Gras Celebration

Mar.15-St. Patrick's Day Celebration



Marmie R., Lead Recreation Guide, UC Campus

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Fun Hollywood Facts

1. You pay \$30,000 to have your star on the walk of fame in Hollywood.
2. Charlie Chaplin made his movie mocking Hitler with his own money because Hollywood was afraid of losing money if they took a stand. – Source
3. Frank Sinatra has three stars on the Hollywood Walk of Fame. One for film, one for music and one for television. – Source
4. In 1920's the Hollywood-sign was lit by thousands of light bulbs and the guy who changed the burnt ones, lived in a little cabin near the sign. – Source
5. One major reason that Hollywood emerged as the center of filmmaking is that early on, most moviemaking patents were held by Thomas Edison's company in New Jersey, and filmmakers were sued to stop their productions. To escape this, they began moving out west, where enforcement was difficult. – [Source](#)
6. The blinking light atop the Capitol Records Tower spells out the word "Hollywood" in Morse code, and has done so since the building's opening in 1956. – [Source](#)
7. Muhammad Ali's star on the Hollywood Walk of Fame is the only star which is not on the sidewalk; rather, it is on the wall of the Kodak Theatre to honor his request that he "did not want to be walked on."
8. Neil Armstrong and the Apollo XI crew have moons on the Hollywood Walk of Fame instead of stars
9. Hollywood has had a population of feral chickens living under a freeway since the 1970s. Nobody knows how they got there and all efforts to remove them have failed.
10. Ronald Reagan was active as an FBI informer in Hollywood, reporting on other actors who he suspected of subversive activities.

