



MSOS Gazette

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May, June, July



A Note From The Executive Director

Dear Masonic Senior Outreach Clients, Families and Lodges:

We hope that your Spring Season has gotten off to a great start. The weather is starting to warm up and there is an abundance of butterflies this year, due to the super bloom. They are hard to miss!

In this spring edition of the Gazette, we will share program and campus updates, highlight seasonal holidays and fun stories. As always, we aim to bring a mix of good information and enjoyable reading to all.

Thank you,
Sabrina Montes

Epic Lodge Outreach Meeting



This year marks the 2nd annual Epic Lodge Outreach Meeting hosted by MOS. Lodge Outreach Training Coordinators from Divisions VI, VII, VII, and IX (LA, OC, San Bernardino, and San Diego area) came together at the Masonic Homes Covina campus for April's meeting. An exclusive presentation of the Covina campus new memory care facility was presented by Sandy Fahey (Skilled Nursing Administrator). Also, a feature presentation of Masonic Center for Youth and Families (MCYAF) services was presented by Lisa Goodwin (MCYAF Senior Director). In addition, there was opportunity for those to tour the new Shared Housing Program on our campus. This annual meeting brings a unique fellowship that gives a platform for everyone to exchange outreach stories, successes, and build relationships with one another. The Epic Lodge Outreach Meeting is a big event, that everyone always looks forward to!

Camille S., Lodge Outreach & Educator

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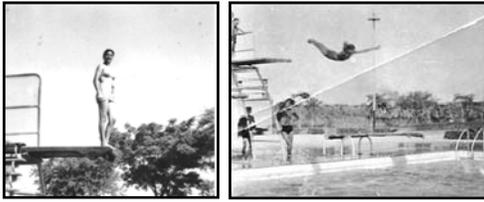
Special points of interest:

- Robots vs Humans, where is the future of care going?
- Beware of Scams!
- Importance of having a Power of Attorney
- Sol is a new dad!

Coming of Age in Iran



MOS Client with her first car.



MOS Client diving into a pool.

As a child and young adult, MOS client lived in Abadan, located in the southwest of Iran. When she was about 12 years old her favorite hobby was to swim. There were plenty of fun days in and around a swimming pool. There was a park with a swimming pool near her home where she would swim or sometimes play tennis. This became part of her routine for several years. It was no surprise when she became the state champion on diving and swimming. She finished high school and went on to start a career always making time to swim. When she was 21 years old she was working full time at an oil company and she saved her income to purchase a vehicle from London. At that time, she was the only Iranian woman driving in Abadan. More importantly, she had purchased this vehicle with her own money. The picture shows her with her brother and a neighborhood friend proudly posing by her brand new car. She also enjoyed dancing on the weekends and soon after got engaged, married and started a family. She loves to look at pictures which bring back great memories and wanted to share some with her MOS family .

Esperanza E., CM in SoCal for her MOS client

Great Life Advice



John and Jackie

I recently had the opportunity to sit with Mr. John Lissenberg, I asked him, “What great life advice would like to pass on?” He did not have to think long before saying, “Be the leader of your own life. Have a demeanor that demonstrates the principle model of good behavior because life flies by. So, enjoy the good moments you have.” John is very passionate for all living creatures. He has captured the meaning of being a good role model and leading one’s own life by caring for those around him, whether it be friends on campus, staff or animals. John is very approachable and will be impeccable with his words by giving a specific purpose for teaching or reflecting on his memories that define the strength he presents now. Mr. Lissenberg is intentional with his actions and how he interacts with those around him. Taking life advice from him is valuable, considering all that he has been through from traveling on his own to the United States to enlisting in the military at a young age. Those that have met John know he has a big heart that he wears on his sleeve. What I have learned from John is to stay true to yourself and make decisions that will help you move forward instead of doing what will make others feel comfortable.

Are Robots The Future of Care Giving?

Could robots be the remedy for isolation, loneliness, and possibly close the gap of much needed assistance in terms of caregiving for seniors aging in place and in communities? A robot named Zora is at the center of an experiment in France designed to support care for elderly patients. Zora was used at a nursing facility outside France and many patients immediately connected in different ways. Some showed emotional attachment, treating it like a baby, showing affection, and missing her when she's gone. Controlled by a nurse from a laptop, Zora can support patients by leading exercises and playing games but doesn't dispense medications at this time. The increasing senior population points to an emerging gap and shortage of health care professionals. It has been argued new technology is required to fill the void, which can be costly, Zora starts at \$18,000. Families are stretched, and it can be difficult to be present as much as your loved one desires. Zora can provide support. Researchers in Australia following the effects of Zora found moods improved in some patients and more were involved in activities. The French had the same experience. Nothing will replace a human's touch but Zora provides a window into the future of technological advances being developed to help care for loved ones as they age.

Brandi W., CM in SoCal submitted from:

Adam Satariano, Ellian Peltier, and Dimitry (2018). *Meet Zora, the Robot Caregiver*. *The New York Times*. <https://www.nytimes.com/interactive/2018/11/23/technology/robot-nurse-zora.html>



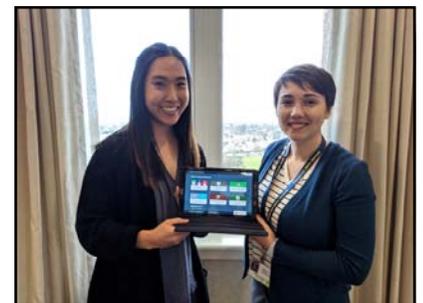
Zora being a companion to a resident at a hospital.

“Families are stretched, and it can be difficult to be present as much as your loved one desires, Zora can provide support.”

Breezie Program

Beginning this year, MOS has partnered with a company called Breezie to provide a tablet-based interface program for seniors. This program provides a highly personalized approach that aims to promote social engagement and wellness of MOS clients through the use of tablet applications that support increased connection with family, friends and the Masonic community, easier access to health tips and info, and fun applications such as games and YouTube. Breezie's easy-to-use platform makes this technology accessible, even for participants who do not feel comfortable with new technology.

Since the launch of Breezie in March, ten MOS clients have volunteered to participate in the pilot program and we hope to reach even more clients in the future. In April, two MSW interns, Kathleen and Maria, began to facilitate a weekly video social group, Conversation Club, which has created a virtual space for the pilot participants to connect with others and explore the features of the tablet. The club is a 6-8 week program that focuses on firsts; first job, first trip, first date, etc. We are very excited to get connected to our MOS clients and bring more social clubs via the tablet.



Rebecca and Maria with the Breezie Tablet

Maria V. & Rebecca C., NorCal MSW Interns

Leading Age Conference

2019 Annual Conference & Expo. May 20-22, 2019

As a Manager of Masonic Outreach Services for Central and Southern California, it is my pleasure to attend the Leading Age Conference in Monterey CA. RIGHT HERE – RIGHT NOW is a call to action that continues a nearly 60-year commitment to join prominent experts and leaders in the senior care field in a forum to exchange best practices, understand emerging trends and explore the latest innovations in the field of Gerontology. As housing, care, and services for older adults continues its evolution, the LeadingAge California Annual Conference and Exhibition equips attendees with the tools and information they need to succeed. With over 50 education sessions to choose from, they teach the latest in dementia care, and leadership skills. I will be able to receive tremendous knowledge on how to confront ageism and much, much more! With more than 700 attendees, networking opportunities abound!

Amy A., MOS Manager Central CA

Beware of Scams!



Caveat emptor!! Normally this adage, “buyer beware,” applies to buying and selling of goods or contracts, however, I believe it also applies to unsolicited phone calls. Simply, when receiving unsolicited calls don’t “buy” whatever circumstances they are “selling.” The National Council on Aging listed the #1 scam targeting the elderly right now is Social Security spoofing calls. It is important to know that Social Security rarely contacts persons by phone and NEVER makes threats about arrest or legal action. I have received these phone calls myself and if you are unaware of these scam tactics they can be quite convincing.

While some of the scams try to elicit payment by unconventional means (ie. gift card), others try and obtain your personal information. What is known as the “Jury Duty” scam, the caller states you missed jury duty and are facing imminent arrest, then they ask for personal information like your Social Security number (SSN) to “prove” identity. A government worker will never ask for your SSN or make threats on an unsolicited call.

Another scam is the “technology scam,” where you get a call from “tech support” and they want to walk you through troubleshooting your computer or tablet by having you access a website. Criminals will continue to find creative ways to obtain or gain access to your personal information and it is important to be vigilant to not fall victim to these scams.

End Of Life Planning: The Gift Of Love

Over 30 years ago, I was talking to an adult child who bragged about her parents' being the best and most thoughtful when it came to choosing gifts for her and her siblings. Both were then in their 90s and married when they were in their early 20s, immigrating from England shortly after. When they both retired, their four children threw them a retirement party but they were the ones who gave the greatest gift to their children, that made more sense just recently as both parents had Alzheimer's Disease. Margaret referred to it as the "gift of love." What could this be, I thought to myself as I intently listened to her share the elaborate unwrapping of this beautifully wrapped present. Inside was a brown leather book-bounded opus that included detailed yet simple explanations of all of their wishes as they continued their post-retirement lives. Most interesting was a chapter on vacations they were to take as a couple and as a family, secret family recipes they told the children could only be shared with special friends, their estate plans with finite details, and their assigned powers of attorney for healthcare and finances. The last chapter included particulars about their burial wishes AND a fully paid final resting place with funeral plans featuring their favorite songs and hymnals, flower choices, and clothing in which they wanted to be buried. National Healthcare Decision Day was April 16 it is a day to inspire, educate and empower us about the importance of advance care planning. Whether it's knowing that such a date exists or this family's story I'm sharing inspires you, think about how advance planning can be one of your greatest "gifts of love" for those you leave behind.

Marylou M., CM in SoCal



"If you realize that all things change, there is nothing you will try to hold on to. If you are not afraid of dying, there is nothing you cannot achieve."

- Lao Tzu

Importance of Having a Power Of Attorney

A Power of Attorney (POA) for healthcare and finances is an important tool that is used to protect your interests when you are unable to make decisions on your own. The person that you designate is granted power to act on your behalf.

There are many reasons why someone considers assigning a POA. It is helpful when it becomes too difficult to stay on top of financial obligations; you have an upcoming surgery and want to know someone is empowered to be in charge; you become too ill to self-manage; you've received an Alzheimer's or dementia diagnosis.

There are limits to a POA if you feel uncomfortable with the notion of granting power to another individual. The person you obligate is legally mandated to act in your best interest and even after you've assigned a POA, you maintain access to your assets and you will be the first person your doctor's talk to about health care decisions.

Assigning a POA should happen before you need it. If it's too late and you are not mentally competent you will be given a conservator/guardian from the state (a stranger!) to make decisions for you.



Quynh T., MOS Manager SoCal



2019 MCSA Conference

This year's Annual MCSA Conference, which is our national conference of Masonic Homes & Services Association, will be hosted by the Masonic Homes of Oregon. The conference will take place in Portland, Oregon from June 23rd -25th. The conference provides staff a wonderful opportunity to network with other Masonic Homes across the United States. We are able to visit the Masonic Homes in other states, learn about services they offer and learn about what is new across the states. There will also be key note speakers who provide additional training and education and fun local tours in the evenings. MOS staff will be attending the "outreach sessions" to learn about new ideas and connect with other outreach teams.

Sabrina M., MOS Executive Director

Scholarship Program

Masonic Homes Children's Alumni Scholarships

This July marks 10 years since the Masonic Homes Children's Program closed. During that time the Masonic Homes has continued to serve alumni of the Children's Program by providing academic scholarships and offering services through the Masonic Center for Youth and Families. Since the closure of the Children's Program we have provided 39 alumni with scholarships. Seven of those alumni have earned an Associate degree or certificate in a trade school, 12 have earned a Bachelor degree, 2 a Masters and 1 student earned her Ph. D. We are proud of our alumni and will continue to be here when they need us.

Tara K., SoCal Office Manager



*Masonic Homes Children's Program
2009*

Division III Lodge Outreach Meetings

Our first Division III Lodge Outreach Meeting for the year was held on Jan. 26 at the Masonic Center in San Jose. We had a wonderful breakfast, a great turn out and dialogue amongst the leadership. Thank you to all who attended!

The next Division III Lodge Outreach Meeting will be held on April 27th at the Masonic Homes Siminoff Chapel. At this meeting, we will present Lodge Outreach Certificates and pins for those Training Coordinators who have attended at least 3 lodge outreach training meetings. A warm breakfast will be provided along with a morning filled with training information. We will end with a tour of the Masonic Homes, for those who are interested. We look forward to seeing everyone there!

Sabrina M., MOS Executive Director



Easter Sunday

For Catholics, Easter Sunday is the most celebrated mass next to Christmas. Unlike other holidays, Easter is not set on specific date. Easter is a very significant religious event for Catholics, it is the Feast of Risen Christ, a holiday associated with the observance of the resurrection of Jesus Christ. While Good Friday marks Jesus' crucifixion, Easter Sunday is a day for to celebrate his Resurrection.

My family commemorates our Risen Christ by keeping our tradition by going to morning mass on Easter, followed with lunch and it goes all the way to dinner where we spend almost the entire day together. We try not to lose hope in the face of conflict, and remember that the greatest sacrifice has led to the celebration of Easter so that we may be saved.

Minnie I., Intake & Resource Coordinator MA



Mother's Day

For all the mothers out there, we want to wish you a Happy Mother's Day! Mother's Day will be on Sunday May 12th this year and can be traced back to Ancient Greek and Roman times. This special day was designated an official holiday by President Woodrow Wilson in 1914 to be celebrated on the second Sunday of May. Americans spent 23.1 billion dollars on gifts and outings for Mother's Day in 2018 and we can only assume that this number will grow this year. The spirit of Mother's Day has always been to show love and appreciation for Moms everywhere, a gesture that will endure through time. Remember, Moms want to know that the families they have sacrificed for appreciate all their efforts. Mother's Day is also the busiest phone call day of the year, so don't forget to express your gratitude on May 12th.

Shelly J., CM in SoCal



Happy Father's Day

Father's Day is just around the corner and this will be my first Father's Day as a new dad. My daughter, Maia, is now five months old and "fatherhood" has taken on an entirely different meaning for me since her birth. I can safely say that being a new parent is much harder than I imagined (and I expected it to be hard); the lack of sleep, the constant worrying, the balancing of work and home stressors... but it is also more fun and exciting than I could have ever expected! It's so enjoyable to get to experience the world through Maia's eyes and I am trying my best to soak up these moments as I look forward to all the new experiences we will have together. Father's Day has always been an opportunity for me to celebrate my own father but, for the first time, the coming holiday has allowed me to truly reflect on what fatherhood means to me. And now that I am a father myself, I feel like I better understand my own father and all the joys and hardships that came with raising me. So this Father's Day, I will reflect on my own fatherhood, while also getting to show my appreciation for my father, more than ever before.



Sol & Maia
Est. 2019

Sol S., Manager of Masonic Assistance

Masonic Homes of California

1650 E. Old Badillo St.
Covina, CA 91724
1-888-466-3642



Brotherly Love, Relief, Truth

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.

We're on the web

Masonichomes.org

Events at Masonic Homes Union City



Please join the Union City Masonic Homes Staff and Residents at the following events to support our mission of fostering personal growth and improving the lives of others. These events commit to fitness and social programs that assists with our physical, emotional and social well-being. ENJOY!!

May:

- May 1st- Move for Wellness Starting Line Party at the Auditorium from 12P-3P
- May 3rd- Cinco De Mayo Celebration at the Auditorium Full from 9:45A-3P
- May 11th- Unity Rainbow Teddy Bear Tea at the Auditorium from 1:30P-4P
- May 29th- Memorial Day Chili Cook-off and First Responders Appreciation BBQ at the Auditorium & Patio from 11:30A-2:30P
- May 30th- Gear through the Years Fashion Show at the Auditorium from 2P-3P

June:

- June 7th- Move for Wellness Finish Line Party (to be announced)
- June 8th- Annual FAily BBQ at the Auditorium from 8A-5P
- June 15th- DeMolay 100th Celebration (to be announced)
- June 29th- Annual Luminary Caregiver Award at the Auditorium Full 5:30-10P

July:

- July 3rd- 4th of July BBQ Celebration (to be announced)
- July 4th- July 4th Fireworks Viewing (to be announced)