



MSOS Gazette

Volume 6, Issue 3

August, September, October



A Note From The Executive Director

Dear Masonic Senior Outreach Clients, Families and Lodges:

In this edition of the MSOS Gazette, we are including our Annual Client and Lodge Satisfaction Surveys. These surveys are very important to us, as it provides you the opportunity to share your thoughts regarding our services. Therefore I want to thank you all in advance for your participation!

This edition will also include fun stories, campus events and program updates and new MOS staff members.

Thank you,

Sabrina Montes

MH Union City Campus Events

Jam and Jelly Day – 8/17/19

It is celebrated annually at the Masonic Homes in Union City, on the third Saturday of every August. This event is hosted by the Eastern Star. Each chapter brings their specialties to share. Every resident of the Masonic Home and Acacia Creek are invited to come & enjoy the day of good food, fellowship, and fun.

HarvestFest – 9/21/19

HarvestFest will take place this year on Saturday, September 21, 2019. This event is free to Masonic family members and includes live entertainment, lunch, and a variety of games and other activities. 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 and explore the Masonic Home.

Thu V., MA Application Coordinator

Inside this issue:

MOS Staff Retreat 2019	2
The Lodge That Keeps	2
Our First Shared	3
This is What Brotherhood is All About	3
New MOS Staff	4
Ziggy The Therapy Dog	4
Let's Meet Jean	5
America The Beautiful Access Pass	5
Children's Program Reunion 2019	6
Fun Facts	6
Summer in the Philippines	7
St. Francis	7

Special points of interest:

- NEW MOS STAFF
- A VERY GENEROUS LODGE
- 10 YEAR REUNION
- MOS STAFF RETREAT

MOS Staff Retreat 2019



Annually, Masonic Outreach Services Program holds a staff retreat to enrich the Care Managers' knowledge of current issues that impact their work with clients. This year our annual staff retreat will be held on the Covina Masonic Home's campus from August 21st - August 23rd. The goal is to bring the entire MOS team together from the Northern office and the Southern office to learn from outside presenters as well as to build the team's bond. This year we will learn more about Adult Protective Service's role and responsibilities for clients that require this intervention. Additionally, we will learn from an expert about available public benefits that our clients qualify for. Finally, we will learn about how cognition effects an older adult's ability to make financial decisions. We will have some team bonding activities and delve into the topic of self-care. I can't forget to mention that there will be great food and sweets mixed in!!

Amy A., MOS Manager Central CA

The Lodge That Keeps On Giving



Sandy Fahey, Gary Strum, Camille Salinas, David Goldstein

Every year, El Segundo Lodge No. 421 hosts an annual fundraiser event dedicated to Masonic Homes and MOS. On June 11th, 2019 myself, David Goldstein (Care Manager) and Sandy Fahey (SNF Admin) had the pleasure of coming down to present these programs to their lodge members. This Lodge's Outreach Training Coordinator Gary Sturm hosts this event and outreaches to his members of the significance of giving back to these Masonic relief programs. He does this by mailing out letters and via email invitations. For those who can't attend, he includes a self-addressed stamp envelope and via electronic PayPal option. Gary shares this event is very special to him, it defines what it is to be a Mason, and looks forward to it every year. He emphasizes the obligation you take as a Mason is "...the relief of a distressed worthy brother mason, his widow, and orphans..." He says Masonic Homes was developed for over 120 years, to help fulfill this obligation. Along with Masonic relief programs that developed after. It's what the Masonic Home was developed for over 120 years ago. A safe place for our brothers, wives, widows, and orphans to come and live out there days in, receive outreach, or resources to assist them in tough times. We are truly appreciative El Segundo's generous donations and Gary's extraordinary outreach efforts.

Camille S., Lodge Outreach & Educator

Our First Shared Housing Client

John is our first client in Shared Housing and we are pleased to have him. John moved in on June 14th from Playa Del Rey and he thinks Shared Housing is "great." Unlike the Masonic Homes Covina, Shared Housing is completely independent and John likes the flexibility and independence that comes with it, coming and going as he pleases without having to sign in and out. When asked what he enjoys about his new home, he said that he likes the home itself. "It's beautiful and very, very comfortable." He also walks a lot, and has been exploring the city of Covina by foot every day. He even joined LA Fitness. Shared Housing is located on the Covina campus, which John appreciates because the abundance of nature around him reminds him of his childhood. John welcomes new folks and has this to say to those who are considering Shared Housing, " Independence, security, comfort, cleanliness and friendliness is unmatched. Staff are all responsive and I rate everyone a 10."



Quynh T., MOS Manager SoCal

This Is What Brotherhood Is All About

"Everyone has a story. It is what defines us. Our stories continue to change as we evolve in-and-out of our own skin, changing and manipulating the world around us."

— Brandon Garlic Notch

(Brother from the San Bernardino Masonic Lodge No. 178, and a 32nd degree Scottish Rite Freemason.)

A collaborative effort brought this Masonic Brother to his final resting place. Masonic Outreach Services was able to have an integral role in caring out this Mason's final wishes. He passed away in California where he had resided for many decades and had previously purchased a plot in Minnesota where he was from. Complicating matters, he did not have any family to assist. A care manager from Masonic Outreach Services was able to help coordinate the process to get him to Minnesota. When Shell Lodge #184 in Park Rapids, Minnesota heard their Masonic Brother wished to have a masonic funeral they provided a beautiful ceremony honoring and paying respect to a Brother they never met.

A proud member of the US Merchant Marine that served during WWII now rests in peace.



David G., CM in SoCal

NEW FACES IN MOS, WELCOME!



Janice Lapuz,
MOS Manager Northern CA

Janice Lapuz is the new Manager of Outreach Services for Northern California. Janice comes with a background of over 18 years' experience working in the healthcare operations field primarily in long term care. Some of Janice's experience include working as an Executive Director at Sunrise Senior Living, and at Davita Dialysis as a Regional Director. Prior to joining Masonic Homes, Janice worked with UCSF overseeing operations for Care at Home, a department focused on providing home based primary care. Janice received her BS degree in Communications at the University of San Francisco. During Janice's spare time she enjoys spending time with her family.



Patricia Perez
MA Social Worker

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Hello, my name is Patricia Perez. I am very happy and excited to be the new Masonic Assistance Social Worker for MOS in Union City. I have a Bachelor's degree in Sociology with an option in Social Services from Cal State Hayward (now Cal State East Bay). Prior to joining Masonic Homes of California, I worked as a Perinatal Social Worker for 25 years providing direct services at a community clinic in Union City. I enjoy reading, going to the movies and traveling. I've been privileged and blessed to have traveled to 13 countries. My passion and vocation is helping others. I am honored and grateful for the opportunity given to me in joining the Masonic Homes of California and I'm proud to be a part of the Masonic Outreach Team. Thank you all for making me feel so welcome!

Ziggy The Therapy Dog



Meet Ziggy, a Golden Doodle Therapy Dog; 1 part Golden Retriever, 1 part Standard Poodle, who accompnys Care Manager, Kai Hoye, MSW on her monthly visits with her central California senior clients.

Therapy dogs have grown in popularity over the years in places such as nursing homes, hospitals and geriatric care facilities, as they can assist people with coping with health issues & balancing their emotional struggles.

Research has shown that elders specifically can benefit from visits with a therapy dog by combating loneliness, reducing feelings of hopelessness, instilling a sense of purpose, boosting activity levels & cognitive functioning, reducing stress and alleviating depression. Therapy dogs can also give elders something to look forward to and increase their will to live. Positive interactions with pets can also translate into positive human interactions.



Ziggy has already made appearances in Camarillo, Los Osos, SLO and Fresno and has been a huge hit at every stop! If you reside in Division V and would like a visit with Ziggy, or know of a senior who could benefit from a visit with him, please contact the Masonic Hotline and make a request. We look forward to seeing you soon!

Let's Meet Jean!

My early memories after moving to California as a child, is a vacation to Yosemite National Park. It is much the same today as it was then; magnificent views, blue skies with white fleecy clouds, gigantic trees, sheer rocky cliffs, and the river running thru it. Our old Hudson four-door car was packed to the gills. My dad had purchased an Army surplus (cheap) canvas tent and three cots. We packed a cook stove, miscellaneous pots and pans, sleeping bags, and boxes of food in cans and unopened boxes of food to avoid arousing the noses of lurking bears. Camp Curry had a small store, about a 10th the size of today's store, where we could pick extras in case daddy didn't catch a fish. We swung a rope between 2 trees where we strung an Army gunny sack for our open food. We wrapped it tight, trying to outsmart the bears. I can't remember if tin foil had been invented yet or Saran wrap. I remember mother cooking cherry cobbler in a ½ inch aluminum pot in the coals of the campfire. The deer were then, as now, very friendly. The squirrels were very pushy, as now demanding to be fed. At night, we went to the Forest Rangers camp fire, sang songs, and learned about the stars. Late at night two singers sang the song, "When I'm Calling You," starting at Camp Curry, with the answer from Glacier Point some 1500ft above us. When the song was over, someone would call out, "Let the fire fall," and with no sound to us below, a "swoosh" of fiery coals came in an avalanche from the top of Glacier Peak. They would never fail to go out about ½ the way down. It was spectacular to watch and unforgettable.

Jean Mayhall, Turlock, CA



Memories are best when expanded with pictures taken 70 years ago.

-Jean



America The Beautiful Access Pass

The United States is home to some of the most beautiful protected nature areas in the entire world and, as a result, the national park system in the United States receives more than 330 million visits per year. Many seniors are aware of the discounted America the Beautiful Senior Pass, which provides lifetime admission to national parks to seniors for a one-time fee of \$80. But did you know that US citizens or permanent residents with permanent disabilities are eligible for a free lifetime pass? The America the Beautiful Access Pass provides free entry into thousands of federally managed recreation sites in the United States, including national parks, and admits the pass owner and any passengers in a private vehicle. The Access Pass also includes discounts on Expanded Amenity Fees, such as camping, swimming, boat launching, and guided tours.

If you have a permanent disability, you can order the Access Pass online (<https://store.usgs.gov/access-pass>) or via mail and pay a one-time processing fee of \$10, or you can apply for the pass in person at participating federal recreation sites where interagency passes are issued and pay no fee.

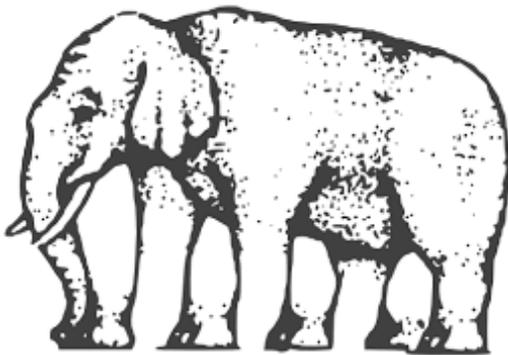
Sol S., Manager of Masonic Assistance

Children's Program 10 Year Reunion



This summer marks 10 years since the Children's Program in Covina closed and 10 years since we had seen many of the previous staff and children in the program. On July 13, Masonic Homes invited alumni to come Home and see just how much the campus and the people have changed. It was great seeing how the children have grown into adults and how many now have young children of their own. The afternoon was filled with good food and lots of reminiscing with alumni and staff from the 80's, 90's and 2000's. Masonic Center for Youth & Families provided the group with a tour and people were also able to see how the former children's homes have been renovated for Shared Housing. It was great seeing everyone

Tara K., SoCal Office Manager



**How many legs does
this elephant have?**

Fun Facts

1. A single strand of Spaghetti is called a "Spaghetto".
2. If you point your car keys to your head, it increases the remote's signal range. This works by using your brain to act as a radio transmitter.
3. German Chocolate Cake is named after an American baker by the name of Samuel German, who has no affiliation with the country of Germany.
4. There is a town in Nebraska called Monowi with a population of one. The only resident is a woman who is the Mayor, Bartender and Librarian.
5. An apple, potato, and onion all taste the same if you eat them with your nose plugged. Our sense of taste is 80% made up of our sense of smell. If you were to blindfold yourself and plug your nose, you wouldn't be able to tell the difference between these three foods!
6. Tears contain a natural pain killer which reduces pain and improves your mood. It's actually an endorphin, which is why you tend to feel better after a good cry! So next time you feel the need to break down, don't be shy!
7. In 2010, a British man secured a world record after living with poisonous snakes for 121 days... or so he thought. Guinness refused to accredit the man with the title as they no longer have this record in their list. The man lived with snakes for no reason.

Visiting the Philippines is big fun. Friendly locals, perfect beaches and beautiful nature. Plus, it is affordable and you get a great value for your money.

Here's a few of the reasons why you should travel to the Philippines:

1. People- We Filipinos are known for being hospitable and incomparable to the rest of the world.
2. Paradise Beaches and Islands- Philippines is one of the largest island groups with 7,107 islands.
3. Shopping- you can get lost in one of the biggest shopping malls in the world!
4. Nature, Flora and Fauna- Philippines has one of the most diverse wildlife in the world.
5. Weather and Climate- It is summer all year round!!
6. Food- Filipino food is a mix of Chinese, Spanish, Japanese and American cuisine so you can have the best of everything.
7. Cheap Alcohol- Philippines is where Rum is cheaper than juice!
8. Massage, Relax and Rejuvenate- Pamper your body with a good massage. Massage places and spas are all over the country.
9. No language barrier- Over 90% of the population speaks English.
10. The colorful Jeepney- Explore the country like a local riding the jeepney! It's fun, cheap and windy, no need for an air conditioner.



Jeepneys are affordable mode of Philippine public transport. With designated routes, which are usually painted on their sides or displayed on their windshields, jeepneys stop anywhere along the way to pick up or let off passengers.

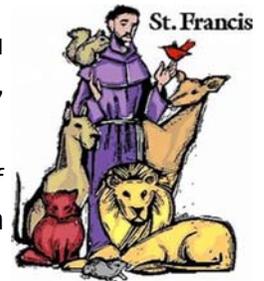
I hope you don't miss out on our amazing country! Just like what they say, it is more fun in the Philippines!

Eleanor M., CM in NorCal

St. Francis

“Remember that when you leave this earth, you can take with you nothing that you have received - only what you have given: a full heart, enriched by honest service, love, sacrifice and courage.” — St. Francis of Assisi

Each October 4th many catholic churches in the United States celebrate the Feast of Saint Francis. This celebration commemorates the life of Saint Francis and often there are religious ceremonies in which animals are included and blessed.



Most often these special guests are a dog, cat, rabbit or bird companion of city dwellers, but at times horses, chickens, pigs, ferrets and bowls of fish have shown up to be blessed. So whether you have four legs, two legs or scales, feathers, fur or skin matters not because everyone is welcome on this day!

Saint Francis of Assisi was born Giovanni di Pietro di Bernardone in 1182 to a wealthy merchant family. In his mid-twenties, he began eschewing the trappings of a privileged life for a religious one. He went on to create the Franciscan Order for Men and the Order of St Clare for Women. He also created an order for secular men and women who didn't take vows or leave their jobs but committed to live the principals of the Franciscan Order in their daily lives. He was proclaimed a saint on July 16, 1228—just 2 years after his death. St Francis is not only considered the patron saint of animals, but also of the environment, merchants, stowaways, and cub scouts!

On October 4th remember this beloved saint who was known for his forbearance, humility and compassion for all creatures of the earth.

Suzanne B., CM in NorCal

Masonic Homes of California

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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