



# MSOS Gazette

Volume 6, Issue 4

November, December, January



## A Note From The Executive Director

Dear Masonic Senior Outreach Clients, Families and Lodges:

Sending you warm holiday wishes early! In our winter edition of the MSOS Gazette, we have fun holiday stories, articles and recipes, as well as our campus updates and stories about our lodges.

Additionally, we listed the 6 Raffle Winners from our Annual MSOS Client Satisfaction Survey. So please take a peek to see who the lucky 6 winners are!!

Thank you,

Sabrina Montes

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## Welcome John Parcher



John Parcher



Drawing by John Parcher

As of September 14, 2019, MOS welcomed John Parcher into Shared Housing. He is our second client in the program and he is a wonderful addition. John is an artist in more ways than one. He has a Master of Fine Arts Degree and he is an Actor and member of the Screen Actor's Guild and Actor's Equity with Television, Movie and Theater credits. John used to exhibit his art for many years and he got the acting bug in 1991 and has appeared in TV shows like My Name is Earl, Jenny and the Drew Carey Show. He is the Father of twins, a boy and a girl and they will be 11 years old in December. His twins visit regularly and have lots of fun on our campus! John has expressed his deep appreciation for the opportunity to live on the Covina campus with his Masonic brothers and we look forward to getting to know more about him!

### Special points of interest:

- Client Satisfaction Survey Winners
- Jigsaw Sudoku
- New Shared Housing Resident

## Creating Healthy Habits for Flu Season



With flu season upon us, it is important to practice ways that can help prevent one from getting sick. It is important to take advantage of getting the flu shot from your primary physician, or your local pharmacy. Healthy habits like covering your cough and washing your hands can also help stop germs from spreading and help prevent respiratory illnesses like the flu.

Here are some additional tips to help protect yourself and others from flu and help stop from spreading the germs:

- Avoid close contact from people who are sick.  
*When you are sick, be sure to also keep your distance from others to protect them from catching your cold.*
- Stay home when you are sick.  
*This will help prevent spreading your illness to others.*
- Cover your mouth and nose with a tissue when coughing/sneezing.  
*It can assist those around you from getting sick.*
- Clean your hands.  
*If soap and water are not available, use an alcohol-based hand rub.*
- Avoid touching your eyes, nose or mouth.  
*Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.*
- Practice other good health habits.  
*Be sure to get plenty of sleep, manage stress, drink plenty of fluids, and eat nutritious food.*

Janice L., MOS Manager NorCal



**Thank you everyone that filled out our Client Satisfaction Survey and turned it in along with your raffle entry. Here are the Winners:**

- M. Klousner** (NorCal), **E. Burkett** (NorCal), **R. Rieke** (NorCal)  
**M. Mulcahy** (SoCal), **N. Shreeve** (SoCal), **W. Kelsey** (SoCal)



Marissa Puccio, USC Intern

## School is Back in Session

This year will be the 13th year MOS has served as an internship placement, for USC Masters in Social Work interns. Please give a warm welcome to Marissa Puccio, who will be interning with us until May 2020. She will be serving as a support system to our MSOS clients by conducting one-on-one sessions and making friendly visits. She will also continue to facilitate the Breezie program, which is a tablet-based interface program for seniors. This program was launched from last year's Union City intern, and will help Marissa gain macro level skills. We're looking forward to seeing her growth, as a young professional clinician.

## Halloween Fun Facts



Halloween or Hallowe'en (a contraction of Hallows' Eve or Hallows' Evening), also known as Allhalloween, All Hallows' Eve, or All Saints' Eve, is a celebration observed in several countries on 31 October, the eve of the Western Christian feast of All Hallows' Day. It begins the three-day observance of Allhallowtide, the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed.

It is widely believed that many Halloween traditions originated from ancient Celtic harvest festivals, particularly the Gaelic festival Samhain; that such festivals may have had pagan roots; and that Samhain itself was Christianized as Halloween by the early Church. Some believe, however, that Halloween began solely as a Christian holiday, separate from ancient festivals like Samhain.

Halloween activities include trick-or-treating (or the related guising and souling), attending Halloween costume parties, carving pumpkins into jack-o'-lanterns, lighting bonfires, apple bobbing, divination games, playing pranks, visiting haunted attractions, telling scary stories, as well as watching horror films. In many parts of the world, the Christian religious observances of All Hallows' Eve, including attending church services and lighting candles on the graves of the dead, remain popular, although elsewhere it is a more commercial and secular celebration. Some Christians historically abstained from meat on All Hallows' Eve, a tradition reflected in the eating of certain vegetarian foods on this vigil day, including apples, potato pancakes, and soul cakes.

Amy A., MOS Manager SoCal

## Season of Gratitude

As Autumn is upon us once again, I spend the weekends baking with my children, family and friends, conversing about the upcoming holidays and most importantly, acknowledging all the things which we are grateful for in this past year. This year I will give special gratitude for my parents' long life, their love and sacrifices, the importance of family and being in good company, and the fortune of good health. We recognize this beautiful season as a time to prepare our hearts not only for the celebrations of the holidays but to also extend our gift of time and companionship with our immediate loved ones and also with those less fortunate. Warm holiday wishes to you and yours.

MaryLou M., CM in SoCal

## The Mistletoe Tradition



The origins of kissing under mistletoe go far back in history. In Celtic mythology mistletoe was considered sacred and magical and important in bringing the community together in ritual during the winter solstice. In Norse mythology mistletoe symbolized love and friendship. It was said that if one found oneself standing under a tree with mistletoe, when encountering a foe, then each person must lay down their weapon until the following morning.

The actual custom of kissing under Mistletoe came to America from England. The original custom was that a berry was picked from the sprig of Mistletoe hanging in a doorway and presented to the person for a kiss—to refuse the giver of the berry and the kiss was considered bad luck! Now, neither party need present a berry for a kiss; finding oneself with another in a doorway under a sprig of mistletoe is all that is required! Happy Holidays and Remember: Always look up!

Suzanne B., CM in NorCal

## The Festival of Lights



Hanukkah, the Jewish festival commemorating the rededication of the Second Temple in Jerusalem, where according to legend, the Jewish people rose up against their oppressors and took back the temple after it had been looted. As part of the rededication, they needed enough oil for their menorah (a kind of candelabra) to burn throughout the night every night. They could only find enough oil to burn for one day, yet it burned for eight days and was declared to be a miracle. This is why Hanukkah is also known as the Festival of Lights and why it is celebrated for eight days every year.

Sol S., Masonic Assistance Manager

## Keto Friendly Cheesecake Recipe

### Walnut Crust

2 cups walnuts  
 3 tbsp butter, melted  
 1 tsp cinnamon  
 1/2 tsp vanilla  
 2 tsp sweetener, (optional)

### Pumpkin Cheesecake Fluff

16 oz cream cheese, softened  
 1 cup powdered swerve  
 2/3 cup heavy whipping cream  
 2/3 cup pumpkin puree  
 2 tsp pumpkin spice

### DIRECTIONS—Walnut Crust:

Preheat oven to 350 degrees F.

In food processor, place all crust ingredients and pulse until dough like consistency, scraping down sides as necessary

Press dough into 24 cm round baking dish and bake for 12-15 minutes until lightly brown

Remove and let cool for 20 minutes

### DIRECTIONS—Pumpkin Cheesecake Fluff:

In large bowl, whip softened cream cheese, heavy whipping cream and swerve together until fluffy (hand mixer or stand mixers works best)

“The holidays are an easy time to over indulge on sweet treats. As a lover of cheesecake, I was thrilled to come across this recipe and had to share it with you all.”

David G., CM in SoCal

Add pumpkin spice, pumpkin puree and vanilla and beat until combined

Spread cheesecake fluff on cooled walnut crust and refrigerate for at least two hours or until set

*\*If the pie crust “dough” in food processor seems too dry, add another tbsp of butter.*

## Jigsaw Sudoku

The rules of Jigsaw Sudoku are similar to standard Sudoku, since you must place each of the numbers 1 to 9 into each of the rows and columns. However whereas standard Sudoku also has rectangular boxes that must each contain every number, in Jigsaw Sudoku these boxes are replaced by different bold-lined shapes that must each contain every number instead.

		9					8	4
	9	2	8					1
5				1				
		6				5		7
		8				9		
9		1				6		
				3				6
7					1	3	9	
6	5					1		

What is a centenarian, you may ask? A centenarian is a person who is 100 years old or older. There was an estimated 72,197 centenarians living in America in 2014, according to a report from the Centers for Disease Control and Prevention. Just imagine what the number of centenarians in America is today, almost 6 years later. Jeanne Calment of France was recorded to be 122 years and 164 days old when she died and is known as the oldest person who ever lived. Okinawa, Japan is known as the land of immortals with a high concentration of centenarians compared to the rest of the world. Okinawa would be a wonderful place to age in my opinion as it is very laid back and beautiful.



As of 14 October 2019, the oldest known living person is Kane Tanaka of Japan, aged 116 years, 285 days.

MOS has had the pleasure of serving a couple of American centenarians. I would like to give a big shout out to a couple of Masonic Outreach Services' centenarians, Jamma Jean Phillips and Eldene Whiting. Both ladies turned 100 years old in July this year. It has been my pleasure and privilege to serve these ladies as their MOS Care Manager. I am certain that there will be many more opportunities to serve more centenarians through Masonic Outreach Services in the future. Thank you for allowing me to be of service.

Shelly J., CM in SoCal



## Masonic Homes Campus Events

### Holiday Boutique

Masonic Homes at Covina invites you to our annual Holiday Boutique on Saturday, November 16 from 9 am to 2 pm. Come shop for hand crafted jewelry, ornaments, home décor, art and baked goods sold by vendors from our local and surrounding communities.

### Christmas Tree Lighting

Join us for some holiday magic on Tuesday, December 3 from 5 pm – 8 pm., at the Covina campus. Help us make this a truly magical night where memories are made and moments are cherished. Have your photo taken with Santa and enjoy the sights, sounds and treats of this holiday season with your masonic family and friends.

You can also enjoy this event in our Union City campus, on December 5, 2019 from 5:00pm-7:30pm. This event is considered to be the opening of the holiday season, and the residents look forward to this every year. It features an assortment of refreshments such as roasted chestnuts, Christmas cookies, hot chocolate, hot cider & popcorn. There will be a Santa's workshop for the kids. There will also be live holiday entertainment and musical performances. The focal point of this event is the tree lighting which takes place in front of the main building and will be lit up by a resident. Everyone is invited to join this event for good cheer and fun. So come and celebrate the holiday season with us!

Tara K., SoCal Office Manager & Thu Vo, Applications Coordinator

## 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](http://Masonichomes.org)



## Lexington Lodge—Open House



Lexington Lodge held its Open House on Sept. 26th, inviting the local community to learn about masonry and all that Lexington Lodge has to offer its members. Lexington Lodge invited many guest speakers to present during the evening and these included the Masonic Homes, Eastern Star, DeMolay, Job's Daughters and Rainbow for Girls. Lexington served a wonderful dinner and dessert, with speakers and tours provided throughout the night. This made the event very engaging and filled with interesting information. The Open House was a success and the Lodge Leaders were pleased to have hosted this memorable event!

Sabrina M., MOS Executive Director

## Masonic Homes of CA—Pin Program



The Masonic Homes Pin program has been rolled out through the MOS Lodge Outreach Program to all of Southern California, and will be coming to Northern California (Divisions 1, 2 and 4) next. The purpose of the Masonic Homes Pin Program is to present the pin to a Brother upon reaching his 3<sup>rd</sup> degree as a Master Mason. The pin will serve as a reminder of the \$25 donation made to the Masonic Homes, as part of his initial application. This lapel pin will symbolize his on-going commitment to Masonic relief. We are asking the lodges to award these pins for 2018 and going forward to Master Masons.

Camille S., Lodge Outreach & Educator