



MSOS Gazette

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February, March, April



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Special points of interest:

- Joe Jackson Award
- Ziplining Around the World
- Healthy Love



A Message From The Executive Director

Dear Masonic Senior Outreach Clients, Families and Lodges:

Happy 2020!! We hope your new year is off to a great start. I want to thank all of you for your outstanding participation in the 2019 MSOS Annual Satisfaction Survey. We loved hearing from you and thoroughly enjoyed reading all of your suggestions and comments. The results are very positive, which was awesome! Please see the enclosed letter with all of the details.

In this spring edition of the MSOS Gazette, we share fun stories, holiday articles, campus updates and the winning lodge of the Joe Jackson Award.

Thank you,

Sabrina Montes
Executive Director Masonic Outreach Services

Chinese New Year

Chinese New Year falls on January 25th this year and the festival will last up until February 8th. 2020 is a Year of the Rat according to the Chinese zodiac sign. Chinese New Year dates can vary slightly between years, but it usually comes during the period from January 21st to February 20th in Gregorian calendar. The lunar calendar is associated with the movement of the moon, which usually defines traditional festivals like the Chinese New Year (Spring Festival), Lantern Festival and Dragon Boat Festival.

In preparation for the Chinese New Year holiday, houses are thoroughly cleaned to rid of "huiqi," or inauspicious breaths, which is known to have collected during the old year. Cleaning is also meant to appease the gods who would be coming down from heaven to make inspections.

Janice L., MOS Manager NorCal



New Year's Resolution

Many of us try to make New Year's resolution year after year—don't deny it! One way or the other we have made a resolution while we were growing up or even as an adult. I tried to look up the history of New Year's resolutions online and it goes all the way back to 4,000 years ago during Babylonian and Roman time. During those times, the resolution was geared towards moral nature such as being kind to others. The Babylonians celebrated in late March with the arrival of spring during since they didn't have a written calendar. When the Roman calendar was started there were several emperors who tried to move New Years around until Julius Caesar took the throne and adjusted the date making the New Year where it is today.

Personally, New Years is a time to be thankful for what has been good or bad. A time to reflect on years past that have enabled us to reach today. Each New Year gives us another opportunity to do or say things that we have forgotten from the year before, the words we forgot to say, the love and kindness we forgot to show and to just appreciate and be thankful that we are blessed to be here with family and friends no matter how hard life may be, there is still a lot in which to be grateful! Happy New Year!

Eleanor A., CM in NorCal

April 16th is the start of the NHDD initiative theme, a full week is dedicated to the cause:

4/16 NHDD/Prepare Host Event/Gather Resources

4/17 Start w/Yourself (Think About Your Healthcare Decisions

4/18 Family/Friends/Loved Ones (Discuss Your Wishes & Learn Theirs)

4/19 Spread The Word (Share & Encourage to do the same)

4/20 Facilities Focus-Day for all facilities to promote advanced care planning

National Healthcare Decisions Day

National Healthcare Decisions Day (NHDD) is approaching April 16th, 2020. Make your advance care plans, join the movement, and take initiative to organize your community!

This day exists to inspire, educate, and empower the public and providers about the importance of advance care planning. NHDD goal is to demystify healthcare decision-making. NHDD is an initiative to encourage patients to express their wishes regarding healthcare using simple forms such as 5 wishes which can bring a peace of mind to self and family. This 12-page document has a national circulation of more than 30 million and meets the legal requirements in 42 states. 5 wishes also includes important personal, emotional, and spiritual matters in addition to medical wishes. To find more information regarding 5 wishes visit website <https://fivewishes.org/nhdd>

Be Creative with your themes and workshops! Join the movement and inspire by "hosting" a yearly event at your facility! Visit website <https://www.nhdd.org> to assist with planning your day!

Submitted by Brandi W., CM in SoCal, from the following sites:

<https://www.nhdd.org>

<https://fivewishes.org/nhdd>

<https://www.iabhp.com/national-wellness-observance-calendar/national-healthcare-decisions-day/>

Groundhog Day



Groundhog Day is upon us but hold your excitement because his predictions are usually wrong! We still look forward to this American tradition to predict when spring will arrive. As we anticipate, he will wake from hibernation on February 2. If he sees his shadow when he emerges from his burrow this means we will have six more weeks of winter. If there is no shadow then spring will arrive early. The tradition started in Europe from the Germans who settled in Pennsylvania in the 1700's. The most well-known Groundhog is Pennsylvania's Punxsutawney Phil but many states celebrate with their own groundhog. Phil is quite famous and has traveled across the US to meet President Ronald Reagan in 1986 and Oprah Winfrey in 1995. In 2010 for the first time fans registered to receive Phil's predictions via text. What is your prediction? Do you think we will have a longer winter or an early spring?

Quynh T., MOS Manager SoCal

Joe Jackson Award



Gary Sturn accepting the Joe Jackson Award, featured with (from left to right) Quynh, Amy, Camille

A special congratulations to El Segundo Lodge No. 421 on earning the 2019 Joe Jackson Award! Joe Jackson was a dedicated Mason and lodge leader in San Diego who demonstrated amazing outreach efforts and he spearheaded the Lodge Outreach Program, which we now have today. In Joe's honor, we created this annual award and recognize a lodge for their exemplary outreach efforts to their members and their community. The Joe Jackson Award was initially granted in 2014 at Annual Communications. El Segundo Lodge is the 6th lodge to receive this award. El Segundo Lodge has made significant contributions toward providing excellent outreach to their members, widows, and community as well as being an excellent partner with MOS and Masonic Homes.

Camille S., Lodge & Outreach Educator

Martin Luther King Jr.



On Monday January 20th, 2020 we will honor and celebrate Martin Luther King Jr. Did you know that it wasn't until January 18, 1993 that every state in the US observed this federal holiday? Although it took some time, it was finally achieved; the nationwide recognition of Martin Luther King Jr. holiday. He was assassinated at the early age of 39 in 1968, leaving behind a young widow and four children. His nonviolent activism for the Civils Rights Movements continues to be of inspiration to many. As we approach in celebrating Martin Luther King Jr's holiday let's take a look at our own accomplishments whether big or small and celebrate them too. Working with seniors for the past 5 months has been and continues to be such an accomplishment for which I feel honored and privileged.

Virtual Reality

Have you ever thought the days had passed when you could experience the sights and sounds of distant places? Technology has now made it possible to enjoy those moments from your past or even explore new experiences. Regardless of age or health, virtual reality (VR) can make these experiences possible even if they are physically inaccessible in real life. When one of our Masonic Outreach clients, Jean, expressed that she would really like to zipline; our staff brainstormed on how we could make this possible. Utilizing a VR headset and a smart phone, we found some VR videos that allowed Jean to experience ziplining all around the world. One video gave her the experience of ziplining in Montenegro for 1400 meters. The smile on Jean's face was priceless as she experienced the breathtaking views. An experience she never thought would be possible was made possible through the VR technology.

A recent story from NBC news highlighted the current studies being conducted on the benefits of VR for seniors and the early reports are showing that it could soon become a key part of life in senior centers, assisted living communities, and those aging in place.

David G., CM in SoCal



Jean and David



Jean ziplining around the world

Healthy Love

A few months ago, I was traveling through the hallways of a client's Assisted Living (ALF) facility, and passed the facility's fitness center. It was a modest space that held two cycling machines, a rowing machine, hand-weights and other exercise tools. As I peeked in, my heart expanded tenfold. There was this beautiful 90 year old couple sitting next to one another. The woman was active on the rowing machine, sporting an illuminating smile, while he sat, content by her side, reading out loud from a novel they both seemed to enjoy. They looked soooo happy, and it made me think, "growing old doesn't look so bad". True Love can last a Lifetime.

Kai H., CM in SoCal



Leap Year 2020

2020 is a Leap Year, which means the next leap day, February 29th, is right around the corner! But why do we need a leap year? The Earth takes 365 days, 5 hours, 48 minutes and 45 seconds to circle once around the Sun; however, the Gregorian calendar has only 365 days in a year. If we did not add an extra day nearly every four years, we would lose about six hours off our calendar every year! But why nearly every four years? Well, leap years can't occur exactly every four years or we would still be off by a little bit; therefore, leap years only occur when the year can be evenly divided by 4 and cannot be evenly divided by 100, unless the year can also be evenly divided by 400. So, while the year 2000 was a leap year, the year 2100 won't be! I'll leave you with one more bit of trivia: Who invented leap years? Over 2000 years ago, Roman general Julius Caesar introduced the first leap years (though that was for the Julian calendar).

Five Things You Can Do For Your Mental Health

1. Value yourself:

Treat yourself with kindness and respect and avoid self-criticism. Make time for your hobbies and favorite projects or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

2. Take care of your body:

Taking care of yourself physically can improve your mental health. Be sure to:

Eat nutritious meals

Drink plenty of water

Exercise, which helps decrease depression and anxiety and improve moods

Get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression.

3. Surround yourself with good people:

People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends or seek out activities where you can meet new people, such as a club, class or support group.

4. Give yourself:

Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need — and it's a great way to meet new people.

5. Quiet your mind:

Try meditating. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.



Submitted by Amy A., MOS Manager Central CA region

Random Acts of Kindness

The idea began in Sausalito, California, in the early 1980's with a thought scrawled on a restaurant placemat by Anne Herbert: "practice random acts of kindness and senseless acts of beauty". From there it spread to bumper stickers and the book, Random Acts of Kindness, containing true stories of acts of kindness. It was published in February 1993 and set off a chain reaction, which continues to endure and grow in quiet popularity. In the end, it is about treating people as you would like to be treated, as well as, doing something for another person that is both kind and unexpected.

A few simple suggestions to get you going:

- Give a stranger a compliment
- Let someone go in front of you in line
- Leave letters of encouragement on people's cars or in their mailboxes
- Take a neighbor's trash bins to the curb
- Insert coins into someone's parking meter
- Pay for a coffee, movie ticket, bridge toll, or ice cream for the person in line behind you

**National
Random Acts
of Kindness
Day**

Celebrated on
Feb. 17th



Suzanne B., CM in NorCal

Masonic Homes of California

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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.

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

Sudoku Answer's From Last Edition of the MSOS Gazette

Events for Residents at Masonic Homes

Union City

- 2/2/2020 – Super Bowl LIV Party
- 2/14/2020 – Valentine’s Day Party
- 2/25/2020 – Mardi Gras Party

Covina

- 2/13/20 - Man of La Mancha at The Candlelight Pavilion
- 2/22/20 – Harlem Globetrotters at the Honda Center
- 2/25/20 – Mardi Gras Party Celebration
- 2/29/20 – The Young Americans *Show Stoppers* at The La Mirada Theatre

