



The Messenger

Published for the Residents
Masonic Homes of California at Union City

THANKSGIVING—Compiled by the Lorber Recreation Team
During this time of COVID, it is important to reflect on the people and things we are thankful for. Lorber Residents share what they are thankful for this year.



"I am thankful for this place I am in; the way they treat me with kindness and respect." - Mary Morris



"For my life and the luck that I have with my family who are very close." - Betty Ehly



"For my wife, Betty always grateful. We have been married a long time." - Eugene Newman



November 2020

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Thanksgiving...

Continued from page 1



“My family and for all that the staff do and what they add to the Masonic Homes.” - Lillian Jung



“For my daughter and son in-law that live here and my son. For my window where I can see out; so many things to be truly thankful for - the doctor, nurses, and the girls who help me every day.” – Shirley Brown”



“I’m grateful for many things. Masonic Homes was there when I needed it and reached out with open arms.” - Marie Valdisera



“For all of you. I think you all do a wonderful job. I tell my kids I live like a queen.” - Lorraine Bode



Thanksgiving...

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“To be here
at the
Masonic
Homes.” –
Liz Hart



“For my son
and his
wife.” -
Doug
Jackson



“For being in
this place.” –
Donna
Coulter



“For my family, a
loving family
and my great
grandchildren.”
– Juanice Lee



“For all the
people. I don’t
know what we
would do
without them.”
– James &
Norita Church



“To be here at
the home under
the care of the
great staff who
do a fantastic
job.” – James
Helton

Field Trip to Look for Lookouts—Written by Resident, Evelyn Rick

It was time for these happy wanderers to wander again, this time to take in the view from the many new lookouts we are being treated to. So off we went, out the South Mall, across the new crosswalk, and onto the new sidewalk. First up, the new Flag Plaza with its many benches naturally has great views, especially of the sunset. But there are more intimate spots to explore, so we press on. The next bench we come to is more of a “look-in” than a lookout, since it faces the building and the first-floor patio. Never mind, though. It’s shaded by a redwood and still a pleasant place to enjoy the breeze without going very far. Just past what I name the Redwood Bench is the new path down the hill. A wheelchair-accessible ramp bypasses a steep turn in the road and ends in a crosswalk leading to a lookout bench. We’re not tired yet, so we head down the hill for now, planning to stop here on the return trip.



*Willow
Lookout
nestled
under
the trees*

As we cruise down the new sidewalk, we keep a sharp eye out for deer, turkeys, squirrels and birds. There is also much new landscaping to admire. At the stop sign where the road forks, a crosswalk connects another new sidewalk leading to Pad B (Pad B has recently been named “The Pavilion” by the Board) and Acacia Creek. Instead of crossing, we go around the turn to the right, where we are delighted to see several large, magnificent new agaves basking in the sun. It’s an easy jaunt down the lower leg of the road. The sidewalk ends right by the shuttle stop shelter at the lower parking lot. Deer sometimes come to this area to drink from irrigation runoff, and the

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Field Trip...

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*Looking down to
the Willow
Lookout from
Pine Lookout*

turkeys love the lush lawn. We pass up the opportunity to ride the shuttle back uphill, because I'm in a hurry to get to my favorite spot.

Nestled under some gnarled old willow trees, a lookout bench I'll call the Willow Lookout gives us a closer look at the deer and turkeys grazing in the hay field. It's hard to leave this shady oasis, partly because it's so peaceful, and partly because there is quite a climb ahead. We walk up a little more slowly than we went down and are glad to see a

welcoming view bench just past the steepest part. I name this Pine Lookout because of the friendly neighboring pine tree. From here, the view expands to include the BART station, the passing railroad trains, and parts of Union City. Straight down, we can see the Willow Lookout below.



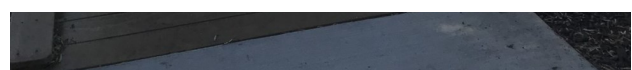
The Bayview Lookout just up ahead



Continues on page 6



*As close as we can get to the future Oak
Lookout*



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After a good rest, we continue uphill back to the crosswalk leading to the accessible ramp. Right here is another rest stop with even better views. I call it the Bayview Lookout because here we can start to see glimpses of the bay and the cities around it. We'd like to linger in the late afternoon shade, but there is one last and best discovery to make.

Continuing up the sidewalk past a couple of redwood trees, we arrive at the location once appealingly known as the site of the trash compactor. This has been transformed into a wooden boardwalk surrounding a newly planted California live oak tree. Benches have been strategically placed to take best advantage of views of the bay, the bridges, and sunset. If you are waiting for visitors, you can even watch the front gate for their arrival. Sadly, the Oak Lookout is not quite completed at the time of our visit, so all we can do for now is wistfully gaze at the inviting benches and plan to spend time here soon. Our tour of lookouts complete, we bid a fond farewell to the view and turn toward the new breezeway and home.



Quotable

*"It is not the beauty of a building you should look at; it's the construction of the foundation that will stand the test of time" -
David Allan Coe*

Spotlight on the Masonic Homes Way-By MHW Team



This month our Masonic Homes Spotlight is on the move – literally. It has to be because it's shining on a team of people always on the move: our Masonic Home Employee Transportation team.

We don't have 10 reindeer, but we do have: David Bible, Transportation Manager, Queen Aquino, Eddie Silva, Susana Vuong and Bernardino Bautista.

They've gone the extra mile—many extra miles in fact to get employees from point A to B. They also sanitize the buses between trips, enduring limited parking and changing schedules and staffing shortages just to name a few.

When needs outstrip personnel, others have stepped in to help. We want to say “A BIG” thank you to Jocelyn Whiteley from the Wellness Center and her medical appointment drivers. When able, they provided much needed assistance. Specifically, we thank Christian Galera, Wesley Gamboa and Alejandro Chan. They are not alone. Matthew Patrick and his team from facilities also lend a helping hand. What's more, they give very helpful feedback on how to improve our social distancing practices on the buses. So, big kudos to Alan Estimo and Nelson Abeleda for their help, as well. We can't leave out Rio Castillo from EVS too. Honorable mention are Audrey Smart & Arneil Mirasol-both recently retired.

Yes, that's a lot of names, but it's a big task. So, thanks to each of you for bringing the pillars of Safety and Efficiency into practice on our campus. We couldn't do it without you. You're simply Van-tastic!



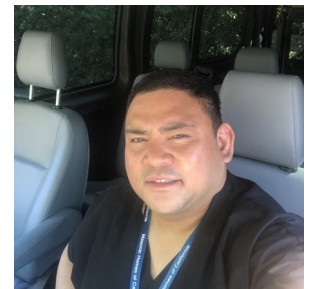
Staff waiting to board the van at 6:06 am while Queen wiped down the rails & seats.



Wesley



*Bernardino
aka “Din”*



Alejandro



Queen



Christian

My Agave Cactus Plan at the UC Masonic Homes

Written by Resident, Bruce A. Rick

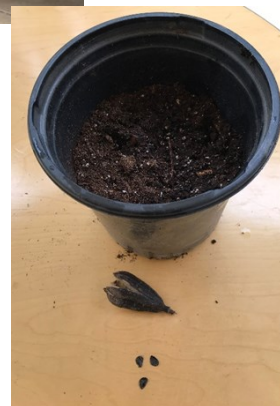
The “Potting Party” hosted by Eddie Silva, our Active Living Guide, began the reintroduction process of our much beloved Agave Cacti, yet extirpated by the unknown forces of construction. The agave reintroduction plan of the Recreation Department was to use residents' grown agaves as the replacement of the "Agave Garden".

This project plan became moot when the Masonic Home landscapers planted 221 agave plants around the property. For my little part of the process, I, and several other Masonic Homes residents, were given the tools and instructions by newly titled “Landscaper” Eddie.



As we gathered with proper social distancing and masking, and with pots and scoops waiting on our tables, we learned the reintroduction plan. Our group would be given three Agave seeds per pot (33% chance one seed will grow), fertilized soil, and water for step one.

The seeds came from an Agave parent pod and dried. Fresh green pods don't have growing seeds. After potting, the pots may be taken to one's balcony, garden area or Eddie will place them in an outdoor spot.



Next will be transplanting of the successfully germinated seeds. Eddie has an area planned for our, hopefully, well-growing Agave plants. There he will put the grower's name on a little sign. Then, in a few years, I hope to have two of the three seeds I picked to be big and strong and provide seeds for the next “Potting Party”. Readers would ask "What were you thinking? Look at all the agaves!" 😊 😊 😊

November Fun Facts—Written by RCFE Recreation Team

In the original Roman calendar, November was the ninth month of the year. It got its name from the Latin word "novem" which means "nine." However, it became the eleventh month when the Romans added in January and February to the start of the year.

Hello everyone and Happy November! Can you believe we are only one month away from the end of the year? Who is ready for 2021? I know the Recreation Team is excited for the New Year! We are hopeful that the start of the New Year will mean the start of doing fun things outside again. Let's keep our fingers crossed!

While we wait in anticipation for new and exciting things the New Year should bring, let's remember all the great things we are currently doing on our campus. In-Room BINGO is still going strong and we should be starting our 5th round very soon! With the Auditorium Patio finally open, we can utilize its space by holding the Corn Hole and Mini Golf games outside in the fresh air. Both of which have become very popular and the residents who partake really enjoy the group atmosphere.

Speaking of group atmospheres, we continue to celebrate Birthday lunches each Tuesday of the month, Communal Dining every Friday, and Private Dining Experiences for couples celebrating Anniversaries! We love seeing all of you have the chance to dine with your friends again and hope to open that door more when the time comes.

The Recreation team is always looking for fun activities to roll out for all you, so please keep an eye out for the new activities we have planned.

As always, if you have any comments, suggestions, or feedback on current activities or new activities you want to see, please do not hesitate to let us know. Have a wonderful month of November! Gobble! Gobble!



Don & Dolores Walden's Anniversary



Verna Williams' 100th Birthday

Since the last update there have been 4 Blue Box Cards submitted as of October 21. There were 2 compliments in this batch. That is a 50% compliment rate! The first was for Nick Cunningham. He was called one of our heroes for quick service to replace an important light fixture! The card also included two big THANK YOUs! The second was for Nelson Abeleda. It says, "Thank you for the quick service to replace the showerhead in my apartment!" Congratulations to these two gentlemen. The cards were sent to their manager so that they could be recognized for their excellent service.

There were 2 resident concerns:

- ♦ One card reads: "There is an employee on the first floor that stops servers to get food off their carts... Isn't that for the residents?" Thank you for letting us know about this. We will ask Dietary Services to investigate this concern immediately.
- ♦ One card reads: "Staff are routinely running through the North stop sign at night. This makes me feel unsafe to walk over to the benches to enjoy the view. 11:00 p.m. at night these cars are coming one by one speeding down the hill and ignoring the stop sign." Thank you for letting us know about this. We will investigate this safety concern immediately. We will also remind staff to not speed on campus and to always obey the posted signs.

Thank you very much for continuing to use this communication tool, especially for any safety related issues. Please keep the cards coming!



*From Barbara
Dippel*



"Thank You" to our caregivers. I won't name, as I surely will miss one or more. These caring individuals helped Bill and I walk through the most difficult journey of our lives. An experience Bill and I wanted to make together, side by side.

These wonderful men and women with their professional, caring and above all, gentle care allowed us to be together in Bill's last days and moments. Going above and beyond to help me walk through the most difficult days of my life. Entering into this phase, I believed my heart was ready to say goodbye to my love, only to discover that it is harder than I could imagine. Bill and I made it because of our wonderful staff. I thank you all from the bottom of my heart.

Adams Building Update—Written by Mike McComas

With the start of the renovation in the Adams Building earlier last month, we can safely say that there is light at the end of the construction tunnel. From what I see outside it looks like the landscaping and roads appear to be almost completed.



Although you may want to go explore these new areas, please keep in mind that there is still a lot of work going on and we need to be cautious around these areas. There are still lots of heavy machinery making its way around campus and safety is our top priority. Soon enough all projects will be completed and we will have lots of time to explore our new updated campus.



Innovations Update—Written by Jasmine Myers

Happy November, Masonic Homes Friends! In my daily adventures through our hallways, I've spoken to some of you that don't know my new extension. Jasmine from the Brain Gym has been working in the Innovations department since last September and can now be reached at **Ext. 6354**. I would love to chat with you about all the exciting technology we have working around the Home. One of those being Toi Labs.



Toi labs is a startup company that is working with Masonic Homes on a scientific study about Digestive Health. They are refining the smart toilet seat's ability to detect health concerns early. We

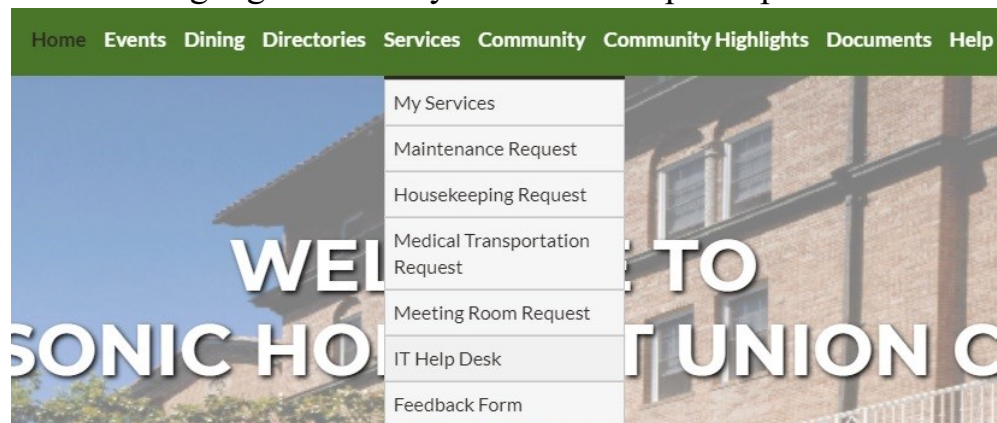
are looking for residents that may be willing to participate to help advance this innovative technology. Please call me with questions or any interest.

Viibrant is also seeing some updates in its technology recently. You may have noticed that Breakfast menus have been added to the Dining Calendar. We have also been posting more regular Announcements and Memos to the **Notices** section of the **Community** tab.

Oct 18 – 24, 2020						
Sun 10/18	Mon 10/19	Tue 10/20	Wed 10/21	Thu 10/22	Fri 10/23	Sat 10/24
7:00 am - 8:00 am Breakfast Biscuit & Gravy	7:00 am - 8:00 am Breakfast French Toast	7:00 am - 8:00 am Breakfast Sausage Links	7:00 am - 8:00 am Breakfast Bacon	7:00 am - 8:00 am Breakfast Ham	7:00 am - 8:00 am Breakfast Sausage Patty	7:00 am - 8:00 am Breakfast Bacon
11:00 am - 12:00 pm Lunch Bistro Filet	11:00 am - 12:00 pm Lunch Grilled Chicken	11:00 am - 12:00 pm Lunch Pork Chops	11:00 am - 12:00 pm Lunch Prime Rib	11:00 am - 12:00 pm Lunch Pork Picatta	11:00 am - 12:00 pm Lunch Tamarind Ribs	11:00 am - 12:00 pm Lunch Swedish Meatballs
5:00 pm - 6:00 pm Dinner Chicken Cacciatore	5:00 pm - 6:00 pm Dinner Fried Chicken	5:00 pm - 6:00 pm Dinner Cobb Salad	5:00 pm - 6:00 pm Dinner Taco Bar	5:00 pm - 6:00 pm Dinner Philly Cheese Steak	5:00 pm - 6:00 pm Dinner Chicken Cordon Bleu	5:00 pm - 6:00 pm Dinner Chicken Tenders

I'd like to inform you that IT and Maintenance departments and more are accessible through the Services tab. If you'd like to get out of the apartment for a bit, registering for a Recreation event has never been easier. Go to Events Calendar then click on the light green event you will like to participate in.

We are here for you and hope that these innovations enrich and simplify your experience at the Masonic Home.





No End in Sight

By Chaplain Joel Ingram

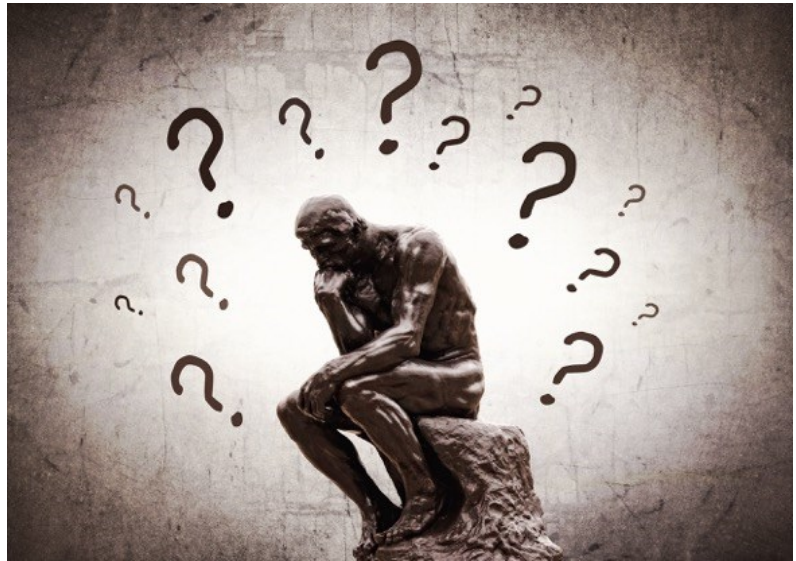
When we go on a vacation, we pack the things we'll need. We might forget certain things and come to miss them. We might take certain things and find they weren't needed after all. But, either way, vacations being short-lived (well, mine always seem to be!), it's easy enough to shrug your shoulders and say, "Too bad, but no biggie. I'll be back home soon enough".

I don't know about you, but this COVID-19 thing feels a bit different. As we head into yet another month of "not-very-normal", it's easy to begin to wonder when this non-voluntary "staycation" will end. Are we ever going "home"?

With such thoughts and feelings, I thought to share some of my thoughts about what to do when the future seems increasingly uncertain.

First, it can't hurt to think of the "worst-case-scenario" even if, you expect or "know" the worst case isn't likely to happen. Wait, why plan for the worst case if it won't happen? Because, if you plan for the worst case, even if it never happens you have mentally and emotionally prepared yourself for everything less than that. You're covered! So, what's worst case with Covid? Worst case: things just never get back to normal. OK, in THAT case here's the question I'd ask myself. "What kinds of things do I need to do to make current things bearable or acceptable?" Again, I don't expect things will stay the same forever – but what would I do if they did? For me, a short list would be:

- ◆ Find ways to connect with people in spite of social distancing such as phone calls, email, video chats, letters/cards, etc.
- ◆ Find a hobby or program of exercise that keeps me physically fit (I used to walk to meals, walk outside, go on outings... now, I need to find substitutes for these ADL (activities of daily living). Socially distancing or not, I need to keep moving.
- ◆ Examine my daily routine. We do certain things pretty much the same day after day. When we were outside and more active, we had some kind of routine. Now that we are "socially huddled" things have changed but we all have probably settled into some kind of routine. I would examine my routine and ask myself:



- * Does it have enough variety to make me want to get out of bed?
- * Does it include mental, physical, social and spiritual aspects? (as mentioned above, I might not be able to do what I did before, but I need something in my life that feeds these “parts” of who I am).
- ♦ Do I have a close/regular confidant to connect with? Whether it’s a family member, neighbor or staff member, it’s important we have someone we can connect with in deeper, more personal ways. Change such as Covid will likely increase our feelings of aloneness, depression, fear, uncertainty, and boredom. What’s more, we can wonder if we’re handling all of these kinds of challenges well. A close friend will provide you (and me) a safe place to express our feelings (good and bad) and talk about ways to cope with it all.

These are just a few ideas for thinking about a “worst-case-scenario”, but what about better scenarios?

Well, I’m running out of space here so for better scenarios I’d just say I should make sure I am doing things that will make me ready and to enter a better day-to-day whenever it should come.

All of the things mentioned for the “worst-case-scenario” are a good start. In addition, I would consider what I’d most want to do when things open up, and do whatever I can to be ready for that day. I also reflect on activities or foods I had planned to enjoy before Covid hit. Basically, what can I do today to help me prepare for when this pandemic passes—for when the world is my oyster again? For example, if I’d thought about starting to swim, I could go online (YouTube is a great source for all kinds of informal educational info) and watch videos on swimming techniques, safety or even get more “into” swimming by watching some great Olympic contests from the past (Go Michael Phelps!).

There are no magic solutions to overcoming the uncertainty of these days, but there are things we can do to find some less-than-magical solutions that just might fit the bill. Hoping you find your very own “bill fitter” ... *Chaplain Joel*

It’s the Season—Submitted by Resident, Zelma Campbell



Five-year-old Lyle and his parents were having Thanksgiving dinner at Grandma’s house. After the family was seated and the food served on each plate, Lyle started digging in.

“Just a minute!” exclaimed his horrified mother.

“Wait until we’ve said our mealtime prayer first like we do at home!”

“I didn’t think we needed to” Lyle replied.

“Why ever not?” asked his mother.

“Because this is Grandma’s house, and she knows how to cook!”



Resident Birthdays	
Alan Schattenburg	11/2
Bill Fretz (102 years) Dick Sullivan	11/3
Jerry Chamberlain	11/7
Ted Tatro	11/8
Bea McGraw Craig Peck	11/9
James Camper Jr. Bill Lind	11/10
Clarence Green	11/12
Zelma Campbell	11/14
Marge Montgomery	11/15
Gene Newman	11/19
Carole Boyes	11/21
Richard Cummings Alma Hartman	11/27
Woody Hibbs	11/30

In Memoriam

Bonnie
Schoenemann
June 4 1934—
October 3, 2020
Sponsoring
Lodge: Siminoff
Daylight # 850



Ray Boyes
August
3,1935—October
19, 2020
Mason of :
Mosaic Lodge
#218



Resident Anniversaries		
Residents	Ann. Date	Years
Ray & Charlotte Hoffman	11/4	64
Gene & Betty Newman	11/17	64



BIRTHDAYS, WEDDINGS, ANNIVERSARIES, IN MEMORIAM



WishAFriend.com