



The Messenger

Published for the Residents
Masonic Homes of California at Union City

2017 Relay for Life of Union City

Written by Ranshu Malini, Community Relations & Event Manager



The Masonic Homes of California has been a longtime supporter of Relay For Life. This year, Masonic Homes once again participated as a sponsor and walked the fields of James Logan High School in Union City on Saturday, July 8.

We are grateful to all who attended and supported the Masonic Homes Team at Relay for Life. The Masonic Homes of California Team was represented by MHC and Acacia Creek Residents as well as Team members, raising \$2,818.30 for the American Cancer Society's research, education, advocacy, and service programs. The outstanding support received proves that the Masonic Home organization is genuinely dedicated to the battle against cancer.

I want to applaud the 5 cancer survivors (Ms. Marty Trudell, Ms. Suzie Hawes, Ms. Fannye Lower, Ms. Karen Moody and Ms. Phyllis Glueck) who took part in the opening lap and reception in their honor. They are the reason we continue the fight because each year there can be more and more people living wonderful lives after a cancer diagnosis. Again, thank you for supporting Masonic Homes of California and the American Cancer Society.



August 2017

Carbohydrate Counting: The Basics (Part Two)

Written by Jeegna Patel, RD

Meat and Meat Substitutes (Protein)

Meat and meat substitutes do not raise your blood glucose. If eaten in excess, they can keep the blood glucose elevated for a longer period of time. Also, meats high in fat can raise cholesterol levels and cause weight gain. It is important to make healthy food choices, so choose lean meats such as:

- ◆ Fish
- ◆ Skinless chicken
- ◆ Skinless turkey
- ◆ Reduced-fat peanut butter
- ◆ Low-fat cheese or cottage cheese
- ◆ Pork loin
- ◆ Limit high-fat protein sources, including highly marbled beef, regular cheese, hot dogs, and processed lunchmeats such as bologna and salami. Rather than frying, prepare foods by baking, broiling, grilling, or steaming.

Fat: Fat does not raise your blood glucose but, like protein, can keep the blood glucose elevated if eaten in excess. Fat can contribute to heart disease and weight gain. It is important that you limit the amount of fat you eat and choose healthy fats often.

- ◆ Use less regular salad dressing, mayonnaise, cream cheese, sour cream, gravy and nuts.
- ◆ Choose reduced-fat products and limit the size of your portions.
- ◆ Olive and canola oils are healthier fats for your heart. Once again, limit your portions.

Free Foods You May Enjoy: You can eat unlimited amounts of food and drinks that have zero carbohydrate and zero calories. These include water, diet drinks, and sugar-free gelatin. Non-starchy vegetables contain small amounts of carbohydrate. Try to eat at least 2 to 3 servings (1/2 cup cooked or 1 cup raw) with each meal. These foods are good for you because they are high in fiber and low in calories and carbohydrate:

Artichokes	Celery
Asparagus	Cucumbers
Bean Sprouts	Mushrooms
Beans (green, wax, & Italian)	Okra
Beets	Peppers
Broccoli	Salad greens (endive, lettuce, romaine, spinach)
Cabbage	Tomatoes
Carrots	Zucchini
Cauliflower	

You may eat food and drinks that have 5 grams or less of total carbohydrate per serving. You should limit yourself to 2 to 3 servings throughout the day. For information, read the section on this page called, “Understanding food labels.”

Sugar-free sweets are NOT “free foods;” they still may contain carbohydrates. Be careful not to eat too much sugar-free candy. For example, if 1 piece of sugar-free hard candy contains 5 grams of total carbohydrate and you eat 3 pieces at a time, you ate 15 grams of total carbohydrate.

Eat Regular Meals: People with diabetes should eat the same moderate amount of total carbohydrate and about the same moderate amount of total carbohydrate at about the same time every day. In other



The Chaplain's Corner

By Chaplain Joel Ingram

“Watching each Other”

There's a funny side to the end of the story, but when it began I was quite concerned. The other morning I went out to walk my dog, Jun. We'd only been walking on the sidewalk a few minutes when a man about thirty years of age walked by carrying a young girl who was probably four or so. He was not carrying her like a father might do on a casual walk around the block. He was walking briskly and was constantly turning to look behind him in my direction. He'd walk a bit further at a frantic pace and then turn again and look at me.

I thought he couldn't be looking at me. We'd never met or spoken. So, I turned and looked behind me. There I saw another young girl. This girl was even younger – maybe two or three years old. She stood in the middle of the sidewalk some 150 yards behind me, motionless, but intently looking up the sidewalk at the both of us.

Given the man's rapid pace and odd yet persistent turning around, I began to wonder if something wasn't amiss. If these two girls were out playing on the sidewalk and this man had snatched the elder girl, the youngest might watch in this way, wondering what was happening to her sister. I began to worry.

By this time, the man had moved well past me, maybe 150 yards away. Suddenly, he put the little girl down and ran towards a car parked on the far side of the road. All the while, he was motioning for the little girl to follow him – which she did. What was this I wondered? I quickened my pace as I wanted to see what kind of car he was driving and where he went. He turned his car around and drove past me. I stepped out into the street and watched as he drove down to where the other little girl was and motioned for her to get into the car as well. What was going on? Well, with time, I'm quite sure I figured it out.

This was not a kidnapping on my street! This man was in fact the children's father. He was in a rush to take his girls out and decided the fastest way, maybe not the smartest way, to get his girls into the car and on their way, was to tell his youngest daughter to stay put – and to walk briskly with his other daughter to the car he had been forced as we often are on our street, to park some distance away from his apartment. Once in the car, he'd planned to drive back down the street and pick up the other child. Not a great plan! T'was his, – but – unknowingly, I'd put a wrinkle in things.

No sooner had he left the one child than I showed up. He had seen me – with my dog- and likely thought, I wonder if THIS guy is trustworthy? And what about his dog? Is it friendly? Does it bite? I now stood between him and his youngest daughter and his car was still some distance away. Hence, his haste! He wasn't watching me to see who was following him, but what I was doing as he headed the other direction. All the while, I wasn't so sure about him. So in a sense, oddly - we were both eyeing each other and wondering if everything was in fact OK. Now, I have no kids of my own other than our Schnauzer, Mr. Jun. But even I know his plan wasn't a good one. But, our watching each other made me think about how we do the same thing in our Home.



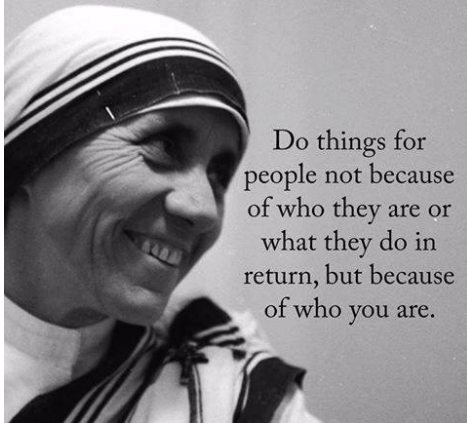
It seems to me, though, we can “watch over” each other in one of two ways. The good way is to watch those around us for signs that all may not be well. Maybe someone who is usually talkative grows silent. Maybe someone who always shows up to eat right on time comes late or not so frequently. Maybe some have become more forgetful or become less compassionate and more negative than before.

Continues on page 4

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Watching... *Continued from page 3*

Staying mindful of the way our loved ones, table mates and neighbors are changing is a good “watching over.” For Home staff to provide the best care, we need good eyes and ears (in addition to our own) to help us know when problems might be developing or needs increasing. Sharing such insights is not being a snitch or tattletale. It’s showing compassion for those around us in the best possible way.



A less-than-helpful way of “watching over” looks a little different. It often manifests itself as something more akin to snoopiness about other people’s business. While not a foolproof test, one way to begin asking myself if my interest in another person is for the good or bad variety, is to consider what I do with the “information”. Do I *share it*? How do I share it? With whom do I share it? If it becomes the fodder of my next meal time talk, it’s likely not so good. If I am particularly interested in and speak of concerns that are less about safety and health than personality and behaviors, then it may not be the “good kind.”

We all need friends and loved ones, neighbors. and brothers who care about our well-being, but – as with all things in life, there are helpful and healthy way of doing things – and – counterfeit ways – ways that masquerade as compassion but are different both in nature and outcome. Wishing you (and me) eyes and ears of the best kind in the month ahead – Chaplain Joel

Carbohydrate... *Continued from page 2*

words, eat the same number of carbohydrate choices at each meal. Follow a schedule and space meals about 4 to 5 hours apart.

Low Carbohydrate Products: Labels on many supermarket foods read “low carbohydrate” (low carb). Before you buy a low-carbohydrate food, be sure to look at the nutrition label. Some low-carbohydrate products may have higher amounts of other items such as calories, fat and sodium than the regular products. If so, they may not be good choices for your meal plan. Remember, there are no government guidelines for low-carbohydrate and net-carbohydrate products. In addition, sugar alcohols are often found in low-carbohydrate foods. They can affect blood glucose. They also may have a laxative effect and cause bloating, gas, and diarrhea in some individuals.

Understanding Labels: In general, 1 carbohydrate choice equals about 15 grams of total carbohydrate per serving. Examples include:

- 1 slice bread = 15 grams total carbohydrate = 1 carbohydrate choice
- 1 small apple = 15 grams total carbohydrate = 1 carbohydrate choice
- 1 cup milk = 12 grams total carbohydrate = 1 carbohydrate choice

Review this sample nutrition label to help you understand more about counting carbohydrates. Start with serving size. How many servings will you eat? The nutrients listed are based on 1 serving of food. Note the number of servings in the package. The total fat, saturated fat, and trans fat content are important. Try to keep these low. Look at the total carbohydrate number. This shows the amount of carbohydrate in 1 serving of this food. If you eat 2 servings, you must double the number of carbohydrate grams. Dietary fiber, sugar, and sugar alcohols are indented under the total carbohydrate count because they are part of the total carbohydrate amount. A diet high in fiber can help manage cholesterol and blood glucose levels. Look for food products with more than 5 grams of fiber.

Nutrition Facts	
Serving Size: 1 Cup (52g/1.8 ounces)	
Servings Per Container: about 8	
Amount Per Serving	
Calories 140	Calories from fat 10
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 85mg	4%
Potassium 480mg	14%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 6g	
Sugar Alcohols 8g	
Protein 13g	14%
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	10%
Phosphorus	20%

Since the last update, there have been 17 Blue Box Cards submitted to me as of July 17, 2017. There were 4 complements! Two of them were for dining services regarding the delicious food that has recently been on the menu. These were sent to John Marshall for review and distribution to his appropriate staff and supervisors. There was one for the 2nd Lorber staff as well as the social worker in Lorber, which has been passed on to the Lorber Administrator so that he can recognize the 2nd floor staff. Finally, there was one for Communications regarding the room announcement that the South elevator was out. Soledad will share your thanks with her staff.

There were 7 concerns (some with associated suggestions). Here are the highlights of how they have been addressed:

- ◆ There was a question about why Acacia Creek residents are walking their dogs inside our buildings. I have contacted Acacia Creek administration and they have asked their residents to abide by our animal policy and not bring their dogs inside our buildings.
- ◆ There was a concern about some couches and some decorative items that were moved in Adams. Soledad has spoken to the resident who submitted the card about these items.
- ◆ There was one about the clarity of the Emergency announcements over the PA system. Soledad is making some changes to the Front Desk staffing to address this issue.
- ◆ One was regarding some delays in service from facilities. Jonni Streeter has followed up with the resident to resolve the issue and is working with his staff to prevent future delays.
- ◆ There were two concerns regarding the cleanliness of certain areas, especially the stairwells and elevators. Jeff Krahulec is addressing this with his staff and will be working to maintain those areas more regularly.
- ◆ One was about the timing and announcement of a memorial service. Chaplain Joel Ingram has been working on changes in this area to align as closely as possible with the wishes of the resident and their families. He invites you to address any specific concerns individually with him. He notes that he has already followed up regarding this specific card.
- ◆ One was regarding being allowed 2 bags which you hold on your lap for Safeway and Walmart outings and another was regarding uncomfortable political discussions at the dinner table. Both of these items come down to respect and consideration for those around you. Please remember that you live in a community and that thinking about and respecting the feelings and comfort of those around you will make life much more pleasant for you and everyone around you.

There were also two suggestions.

- ◆ The first was that if a yes or no response or RSVP is needed for an event, that the flyer/notification have a phone number listed for response. This was brought to David's attention and he will be checking that this occurs consistently moving forward.
- ◆ The second were for some décor changes in the Main Dining Room. These suggestions (and example pictures) were given to Franco Diamond. He has followed up and expressed his appreciation to the residents making these suggestions.

Thank you very much for continuing to use this communication tool. Please keep the cards coming!

"Life is like a camera.

**Just focus on what's important
and capture the good times,
develop from the negatives,
and if things don't work out,
just take another shot."**





New Residents



Pauline Yetter
Sponsoring Lodge: Peninsula #168
City: San Carlos
Moved in on: June 28, 2017



Richard Cunningham
Sponsoring Lodge: Pacific-Starr King
#136
City: San Francisco
Moved in on: July 13, 2017



June Barker-Biggs
Sponsoring Lodge: Plumas #60
City: Quincy
Moved in on: July 17, 2017



William Carn
Sponsoring Lodge: California #1
City: San Francisco
Moved in on: August 2, 2017

Guess Who:

Do you
know who
this
lover of
puppies
is?



If you
thought
Verna
Williams,
you
were
right!

A visit from Oakland Zoo

Written by Janet Castro, Lorber Active Living Guide

Last month, Lorber residents and staff received a visit from The Oakland Zoo. Many joked asking if they were bringing Lions, Tigers, and Bears. As the Oakland Zoo Education Specialist entered the room, we knew we were safe as she rolled in with five small crates behind her. She brought along and told us about a 43 year old Eastern Turtle, a King Snake, an Australian Blue Tongue Skink, Tenrick from Madagascar (it resembles a hedgehog), and a Ferret. Many residents were brave enough to get close and pet the animals while others preferred to sit back in their chairs and look from a distance.





B-17 Bomber set for Display

DAYTON, OHIO ----The World War II bomber Memphis Bell will finally go on public display next spring at the National Museum of the U.S. Air Force alongside John F. Kennedy's presidential plane, an early Wright Brothers flyer, and other treasures. The journey from the flak-ridden skies over occupied France and Germany, to restore and display at the Ohio

Museum, has been long coming for one of the most celebrated American war planes.

The B17F "Flying Fortress," feted as one of the first to make it through the required 25 bombing missions, arrived at the Wright-Patterson Air Force Base in pieces a dozen years ago. It was in rough shape, having been on display outside for decades in its namesake city where it deteriorated from weather and vandalism. Restoration work by an army of volunteers has taken years, was delayed by a major expansion at the sprawling museum near Dayton and other restoration projects vying for attention. An unveiling of the restored Warbird now is scheduled for May 17, 2018 --- the 75th anniversary of the crew's 25th and final mission.

The Memphis Belle will be displayed as the centerpiece of an exhibit on the strategic bombing campaign that broke the back of Germany's wartime production. Since B-17 parts are no longer fabricated, volunteers have worked long, painstaking hours fabricating them from scratch and reassembling the plane in a cavernous restoration hangar at the museum.

The Memphis Belle, with the leggy Esquire magazine pin up girl painted on the nose, survived six months of punishing air combat in 1942-43. Two out of three young men---their average age of 20---who flew those brutal B-17 missions from English airfields did not survive the war. One out of every 18 bombers was lost to Nazi gunners.



THE ICONIC BOMBER SET FOR NEW DISPLAY
LIFE AT DAYTON—The B-17 bomber known as Memphis Belle, seen at the National Museum of the U.S. Air Force near Dayton, Ohio, will go on public display at the museum in spring of 2018. Meanwhile, gimme a call at extension 26291. Yours for a bigger and better reading comprehension and get a blast from the past.



Athens Greece—Written by Mae Lewis



When I decided to write about my experience as a tourist in Athens, Greece, the beautiful ruins of ancient Greece, the awesome blue Aegean Sea, and the many islands of Greece came to mind. But then I thought about the "real Athens" and decided to share the unbelievable experience of an evening at an authentic Greek night club, called a Bouzoukia. There are many of these night clubs (50 to 60) in Athens today, but in 1976, I'm not sure of the number. Greece was just recovering from 50 years of wars, internal conflict and poverty.

The Greek National Tourist Organization was promoting tourist travel to Greece, and I was invited with 18 other Americans involved in the travel business, to take advantage of a free all-expenses paid trip to Athens, Greece. We flew to Athens on an Olympic Airways 747 airliner, a 12 hour trip. Watching the sun rise over the Atlantic Ocean, was a sight I will never forget. Arriving in Athens, we were assigned beautiful rooms in the best hotel in Athens. The hotel was amazing because it was built mostly of marble. There is very little wood in Greece, but there was a marble store on every corner. Another amazing sight to behold.

During our ten day stay in Athens, we were chauffeured around to all the tourist attractions by bus, boat and car. My intuition told me there was something more to come. Sure enough, on the second to last day of our trip, our host, the Greek National Tourist Travel Agency Director, invited a few of the Americans, including me, to visit an authentic Greek night club. The evening did not start until midnight, which was a surprise, but I was eager to be a part of the experience. Arriving at the Club, we were escorted to a table very close to the marble stage. I had never seen a stage made of solid marble. It was about 18 inches thick and twelve feet by twelve feet square. As I looked around, I saw the Club was crowded with Greek men and women, and the air was blue with cigarette smoke. The room was very dark and crowded, but the stage was well lit.

As the entertainment began, a man appeared from behind a curtain and began to play a musical instrument called a Bouzouki. Thus the name of the night clubs. The music played on this instrument is Rebetiko. At the time I was in Athens in 1976, only men were allowed to sing, play and dance on the stage. That has since changed and women are allowed to participate. As the evening wore on, the singing, dancing and music became louder and faster, with the performers constantly rotating. There were no intermissions or breaks the entire evening. It was an unbelievable experience for three young women from America. Our host asked the waiter to bring us a stack of plates which he sat on the table. They were dinner-size plates, but unglazed. He then explained that we could throw them onto the stage, and they would break. This was an expression of appreciation for the performers. The plates did not shatter as they were unglazed and therefore, they would not injure anyone. Throwing the plates and watching them break into a million pieces was so much fun, and something I had always wanted to do.

Within a short time, our host, speaking in Greek, indicated he was going to demonstrate the ultimate expression of appreciation for the evening of entertainment. Not knowing Greek customs or the language, I had no idea what was happening. Our host asked the ladies to pick up their evening bags that were lying on the table. Then he told us to stand up and step back from the table. I couldn't believe my eyes, as he grabbed the table and threw it over on its side. The ashtrays, glasses, and bottles of wine were tossed onto the floor. What a mess! My first thought was that we were all going to jail for sure. Instead, the waiters came over to us, righted the table, spread a clean white table cloth, delivered clean glasses, ashtrays, and bottles of wine. It's like a dream, and I was shocked by the whole event.

About 3 a.m. I could not keep my eyes open and I asked our host if I could return to the hotel. He ordered a Taxi for me, paid the driver, and opened the door for me. Once I reached the hotel, I was

Athens... *Continued from page 8*

quickly in bed and fast asleep. The next morning at breakfast, I asked again about the throwing of the table at the nightclub. I was informed by one of our Greek escorts that the throwing of the table was a gesture of great appreciation for the entertainment. It cost our Greek host \$500 to do the table stunt. And I know I will never forget my experience at the Bouzoukia nightclub in Athens, Greece.



CHRISTMAS IS COMING!

But it's only August?

However, before we know it, Christmas will be here!!

Have you made your contribution to the
EMPLOYEE APPRECIATION FUND?

It is a voluntary donation and we are ever so
grateful for any and all contributions.

If you have any questions, please contact
a Resident Council member.

All Council members are listed in the
Resident Telephone Directory.

Submitted by Mae Lewis, Spokesperson for the Employee Appreciation Fund



Tiana Tirona, the Facility Services Administrative Assistant, got married to Aaron Bueno on Friday, July 7, 2017. The wedding was held at the Brazilian Room in Berkeley. The ceremony was held outside with minimal decorations letting the picturesque landscape provide a rustic woodsy feel. The marriage was officiated by her uncle who was honored to be a part of the ceremony.



Mr. & Mrs. Bueno shared their first dance as husband and wife.

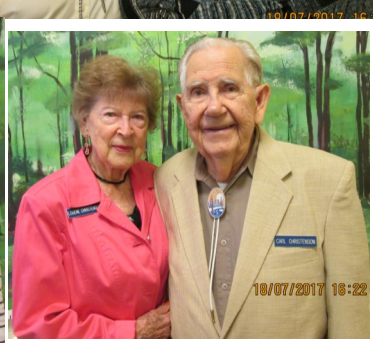


The wedding cake was Tiana's favorite part about the reception. The cake had three tiers: the top was chocolate fudge, the second tier was spice cake, and the bottom tier was vanilla. It was decorated with Baby's Breath and had a wooden cake stand to go with the rustic theme.



Previous Month's Activities

July Candlelight Dinner Photos



Appreciation



For the past several months, Marge has been creating the flower arrangements for our celebration.

Thank you, Marge. Your help is much appreciated!

The Recreation Department staff, Karen McVey, Marmie Romero, and David Bible; would like to thank Marge Ammons for her beautiful flower arrangement contributions for the Candlelight Dinner.

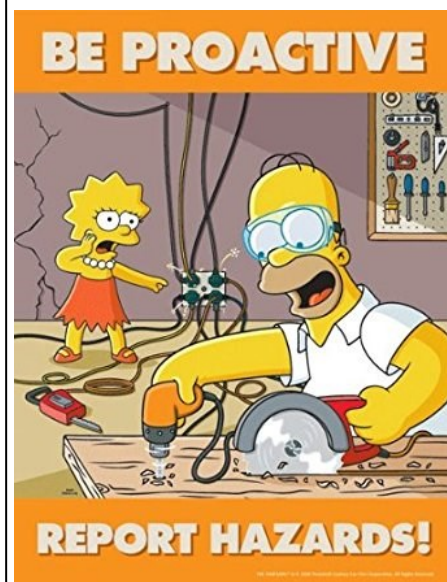


SAFETY CORNER

A monthly Reminder from the MH Safety Committee: Tripping Hazards

Many people are hurt at home from falls that could have been prevented. A safe rule to have is keeping commonly used areas free of clutter. Make sure to not leave extension cords or any wires across walkways. Check if all lights are working and in proper order; it's easy to trip over something we cannot see. Do not keep unstable chairs or tables as they do not provide adequate support.

Last but not least, avoid having throw rugs in your home. Throw rugs are the biggest culprit to fall; they have a tendency to bunch up making it easier to trip over. If you see any of these problems in your home, please call Facility Services. We can cover any loose wires with cord protectors, change light bulbs, tighten screws in furnishings, and move throw rugs to areas that are not used as often. The safety of our residents always comes first!



The Blue & Gray Square & Compass

Written by Written by Anthony Tancredi



No event in American history has come so near to almost destroying America as a nation as did the Civil War. However, Masons from both sides of the conflict kept the “spirit” of Freemasonry alive. There have been documented cases where both Union and Confederate soldiers stopped fighting and joined together to hold Masonic Funeral services.

There have been several noteworthy Masonic generals and admirals. Among them were General Ulysses S. Grant (later to become the

the 18th president of the United States), and Rear Admiral David G. Farragut. Admiral Farragut is famously quoted as stating: “Damn the torpedoes, full speed ahead!” while commanding the Union frigate U.S.S. Hartford during the Battle of Mobile Bay,.

There is a great example of Masonic brotherly love depicted in a bronze casting displayed in the Gettysburg National Cemetery. It consists of two figures, one a Union army captain and the other, a Confederate General. The Confederate General was mortally wounded. However, in his last moments on earth, he was given aid and comfort by the Union Captain. This shows that even though they were enemies, their bond as Freemasons superseded all hostilities. Also noteworthy, is the vast estate of Confederate General Robert E. Lee which went on to become Arlington National Cemetery, where our honored war dead repose in peace.

As always, may the Great Creator of the Universe continue to guide and protect America’s fighting men and women who face danger every day as shields of Liberty, Freedom, and the great American way of life.

August Special Events

- ◆ August 15—4:00 PM—Candlelight Dinner—Auditorium & Patio
- ◆ August 19—10:30 AM—Jam & Jelly Day—Auditorium & Patio
- ◆ August 23—3:30 PM—Hot August Nights “The Beach Boys” RSVP Event—Grider Gym
- ◆ August 24—6:30 PM—Summer Concert Series—Pleasanton Community Band—Auditorium



Quotable

“Everyone is important according to his/her own unique purpose... Never look down on anyone unless you are admiring their shoes!”- Anonymous

Brain Healthy Lifestyle—Written by Joseph Pritchard, Director of Memory Care

As we age, our brains tend to show small declines in mental prowess. Who among us has not experienced the word-finding frustration, i.e. when the word is right on the tip of your tongue, but you just can't get it out. I myself have noticed that my mental reaction time is not as quick as my younger self. These are normal changes that occur with aging. However, age is the greatest risk factor for developing more severe forms of memory loss and dementia. And as we age, our minds need more than the occasional brain game or a long walk. Our brains need a comprehensive brain fitness program in order to keep functioning at a high level. What can we do to keep our brains healthy? Lead a Brain Healthy Lifestyle! This is the only way to reduce your risk of

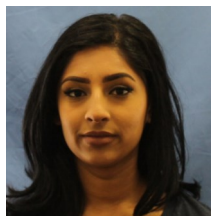


developing dementia. But what does a brain healthy lifestyle mean, you ask? Brain healthy lifestyles or brain fitness requires you to engage your brain in multiple dimensions, including physical fitness, emotional balance, spiritual fulfillment, intellectual pursuits, and social engagement. Many of us already pursue one or more of these dimensions, but I am here to tell you that that is not enough. Everyone is different, and therefore, we must all stay cognitively active in different ways. I will admit that my own brain fitness regimen was not created without the help of experts and a lot of research. I have spent years personalizing my cognitive plan, which allowed me to live a life that will hopefully reduce my chances of developing dementia later on in life.

It will not take you as long as it took me. I started my journey alone, and only recently found the support and help I needed. You, on the other hand, can lean on me and the rest of the Stepping Stones staff to help you find the best and most personal method to ensure your continued mental health. If you haven't yet had the opportunity, I encourage you to call Jasmine Myers at ext. 6477 to enroll in our Boost Your Brain and Memory Program. This program gives you the essential information you need to start enhancing your brain health and ensure that you begin living a brain healthy lifestyle. Knowledge is power!

If you have attended one of our brain classes, and wonder what is next, then I am here to tell you that we will soon start more advanced Boost classes that build on the information taught in the first Boost Your Brain classes. We will soon be exploring new avenues of cognitive development that will allow us all to prosper! I know you will have questions, and I am eager to answer them. Wonder and curiosity is the first step towards brain health. Please give me a call at ext. 6449! I am looking forward to the day when we are all living brain healthy!

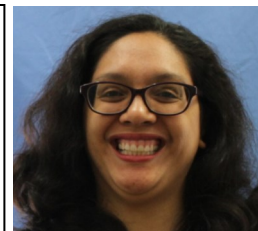
Maria Mendez, one of my favorite Stepping Stones Navigators, moved back to her husband's home town of San Diego. Seeing her leave was tough, but fortunately we have found two wonderful new employees to help us recover. I would like to introduce you to:



Priya Maharaj – A college student taking Health Sciences. She is supremely dedicated to the field of senior care and is excited to work with us. She currently works from Monday to Thursday from 8:30 a.m. to 12:30 p.m.

Please take the time to welcome these amazing people to our

Milena Penaranda – Milena used to work as our personal shopper, and I am very happy to say that she has accepted a transfer to the Stepping Stones department. For those of you that know her, she is compassionate and very approachable. Milena works Monday to Friday from 12:30 p.m. to 4:30 p.m.



Masonic Home. I know they will be valuable additions, and I am looking forward to seeing all the amazing things they will accomplish.

MEETINGS

Monthly
<p><u>Tuesday, August 1</u></p> <p>9:30 a.m.—Low Vision Support Group—2nd Adams Living Room (happens 1st Tuesday of each month unless otherwise stated)</p>
<p><u>Thursday, August 3</u></p> <p>3:00 p.m.— Recreation Planning Meeting—2nd Adams Dining Room</p>
<p><u>Monday, August 7</u></p> <p>9:00 a.m. Tour Guide - Host & Hostess Meeting / 2nd Adams Crafts Room</p> <p>1:30 p.m. Women's Forum—Special Guest, JoAnne Wright. Topic: Trip to Alaska—2nd Adams Living Room</p>
<p><u>Wednesday, August 9</u></p> <p>2:00 p.m.— Fireside Chat—Auditorium</p>
<p><u>Wednesday, August 16</u></p> <p>10:00 a.m.—Resident Food Advisory Committee—2nd Adams Living Room</p> <p>2:30 p.m.—Welcoming Committee — 3rd Wollenberg</p>
<p><u>Monday, August 21</u></p> <p>1:30 p.m.—Women's Forum—2nd Adams Living Room.</p>
<p><u>Wednesday, August 23</u></p> <p>2:00 p.m.—Resident Council Meeting—Auditorium</p> <p>2:30 p.m. — Town Hall Meeting—Auditorium</p>
<p><u>Wednesday, August 28</u></p> <p>3:00 p.m.— Special Friends—Ice Cream Social—2nd Adams Dining Room</p>

Weekly or Semi-Weekly
<p>Sunday Worship</p> <p>Sundays, 10:00 a.m., Siminoff</p>
<p>Ceramics Group</p> <p>Mondays, Tuesdays & Fridays, 10:00 a.m. to 4:00 p.m.</p> <p>2nd Adams, Ceramics Room</p>
<p>Women's Forum</p> <p>1st & 3rd Mondays, 1:30 p.m.</p> <p>2nd Adams, Living Room</p>
<p>Choir Practice</p> <p>Sundays, 9:00 a.m., Siminoff Chapel</p> <p>Wednesday, 3:10 p.m., Siminoff Chapel</p>
<p>Song & Prayer</p> <p>Thursdays, 10:00 a.m., 3rd Lorber</p> <p>Thursdays, 10:30 a.m., 4th Lorber</p> <p>Wednesdays, 2:30 p.m., Traditions</p>

FYI

The official “**Lost and Found**” for the Home is located at the **Front Desk** in the Head building. If you’ve lost something— check there first. If you’ve found something—take it there first. If you have further questions, you can find answers at the . . . **Front Desk**. Please report losses as soon as possible.

“GUESS WHO”

Residents, if you have a photo of yourself when you were younger and you are willing to share, please bring it to Ola Afolabi at the front desk.

The Messenger Mailing List

If you want the Messenger Newsletter mailed to a family member every month without postage to you, please see Ola Afolabi to sign up.

Save the Date-September 16





BIRTHDAYS, WEDDINGS, ANNIVERSARIES, IN MEMORIAM

Resident Birthdays

RAUL CHIRINO	8/2
RAY BOYES	8/3
BETTY BARTON	8/4
JUDY GRAHAM	8/5
MURIEL SIMMONS JOHN WEBB	8/6
GEORGE DURKEE	8/7
HOWARD ROBERTS MARGARET CUNNINGHAM	8/10
JUNE SELWYN	8/11
MARGUERITE RICE	8/16
LESLEY CUNNINGHAM	8/17
DAWN HICKS	8/25
MARGARET ANDREWS HAROLD SCOTT	8/26
KEVIN HEUMANN JOHN PAMPLIN	8/27
MARY SHANNON	8/29

Resident Anniversaries

Residents	Ann. Date	Years
Alan & Iola Schattenberg	8/7	4
Richard & Joyce Fiechtner	8/8	64
Bill & Barbara Dippel	8/19	66
Fisher, George & Priscilla	8/28	64

In Memoriam



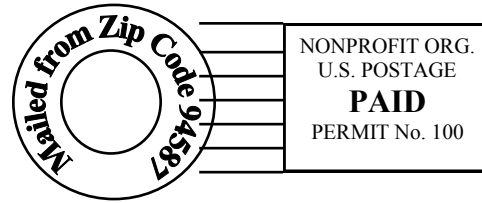
Dudley Westler
July 22, 2017
Mason of Mission Lodge #169



The Messenger

Masonic Homes of California

34400 Mission Blvd., Union City, CA 94587



Address Service Requested

The Messenger is published monthly as a vehicle of communication and amusement for the residents and staff of the Masonic Home in Union City, with a focus on sharing information about residents, Home activities, and items of interest to the “Masonic Family.”

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