



The Messenger

Published for the Residents

Masonic Homes of California at Union City

Thanks Giving—*Submitted by Jeanne Benedict*

From the files of Irwin M. Fershleiser, PM, Late Masonic Grand Chaplain

In a few weeks, Thursday, November 28th to be exact, we will again celebrate the day we set aside to give thanks - - namely Thanksgiving.

It is a day many spend time and dine with family and friends. To some, the day is for eating and football, to some it is a day of remembering past Thanksgivings with loved ones no longer seated at their table.

Then there are those who say, “What have I to be thankful for?”, or “My life is a mess. This year I have had so much tragedy.”

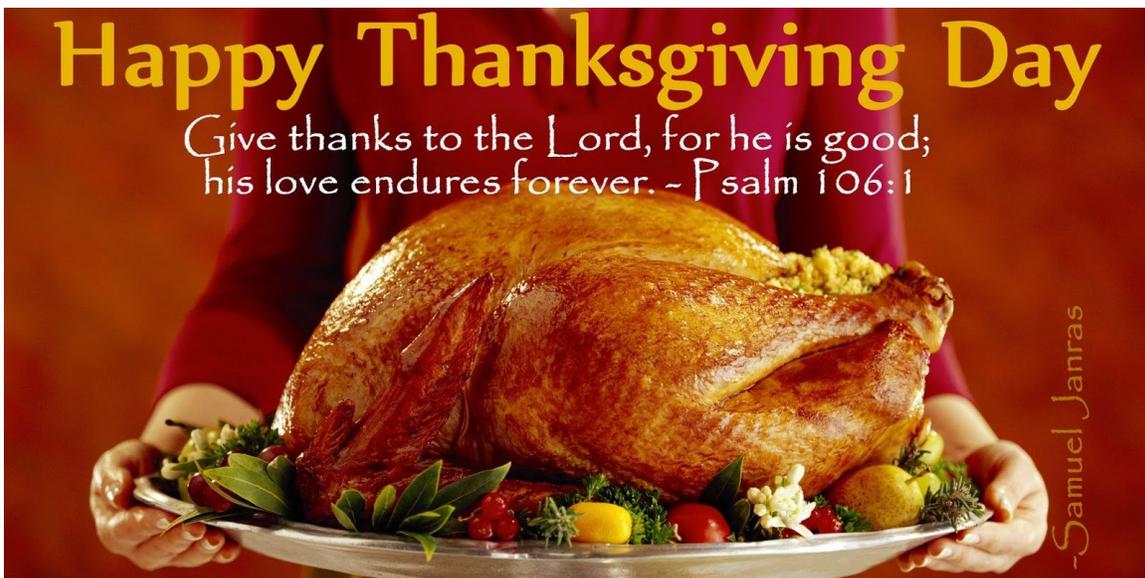
To you with those thoughts of bitterness, feelings of sorrow and loss, and attitude of despair, why not look upon the day as a new start, take a deep breath and renew your faith in the “Supreme Being”. You may not feel thankful, but why not pray for the strength, the guidance, the wisdom, to carry on, so that next year it will be a day of Thanksgiving.

To all of you I ask that you take a moment of silent prayer before eating and pray for those in need, for those to be remembered, and a prayer of thankfulness that we may sit down with the freedom to pray and live with our own choices.

As for me, I give a heartfelt thank you for the guidance of my God, the joy of my family, and the cherished friendships I have gotten, through this our fraternity.

Happy Thanksgiving Day

Give thanks to the Lord, for he is good;
his love endures forever. - Psalm 106:1



-Samuel Janras

November 2019

The Origin of Thanksgiving—Submitted by the RCFE Recreation Team



The first National Thanksgiving Proclamation was issued by President George Washington in 1789. November 26, 1789 was a day set aside for “Public Thanksgiving, praise, and duty calling us devoutly to express our grateful acknowledgements to God for the manifold blessings he granted us.”

Thanksgiving, as we now know it, is largely the result of the hard-working

efforts of *Godey’s Lady’s Book* editor, Sarah Joseph Hale. Sarah started her one-woman crusade for a Thanksgiving celebration in 1827. In her editorials, she encouraged the public to write to their local politicians. Over a period of 40 years, she wrote hundreds of letters to Governors, Ministers, Newspaper Editors, and each President. She always made the same request that the last Thursday in November be set aside to “offer to God our tribute of joy and gratitude for the blessings of the year.” In an attempt to strengthen spirits during the Civil War in 1863, President Lincoln declared the last Thursday in November as a National Day of Thanksgiving starting in 1864.

In 1939, 1940, and 1941, President Franklin D. Roosevelt thought the day was too close to Christmas (some sources say he wanted to lengthen the Christmas shopping season) so he proclaimed Thanksgiving as the third Thursday in November. In 1941, Congress passed a joint resolution for Thanksgiving to be celebrated on the fourth Thursday in November, starting in 1942.

Thanksgiving Day Humor—Submitted by the RCFE Recreation Team

- ◆ Who is never hungry on Thanksgiving? **THE TURKEY, BECAUSE HE’S ALREADY STUFFED.**
- ◆ How do you make a turkey float? **TWO SCOOPS OF ICE CREAM, SOME ROOT BEER AND A TURKEY.**
- ◆ What did the turkey say to the computer? **GOOGLE, GOOGLE, GOOGLE.**
- ◆ Can a turkey fly higher than the Empire State Building? **YES, BECAUSE BUILDINGS CAN’T FLY.**
- ◆ What do you get when you cross a turkey with an octopus? **ENOUGH DRUMSTICKS FOR THANKSGIVING DINNER**
- ◆ Why did the turkey cross the road? **IT WAS THANKSGIVING DAY, AND WANTED PEOPLE TO THINK IT WAS A CHICKEN.**
- ◆ Mom: I was going to serve sweet potatoes with Thanksgiving dinner, but I sat on them.

Son: What are you serving now?

Mom: Squash

Source: Creative Forecasting, November issue

Thanksgiving—Compiled by the Lorber Recreation Team

**“For my wife of 63 years”
- Gene Newman**

**“I’ve been blessed with
good luck and my health”
- John Mason**

**“For my son, wife
and the nurses that
help me” - Gil
Ward**

**“For my family, home,
and good Friends”
- Bette Simms**

**“For the good food we have
and good companionship”
- George Armstrong**

**“All the blessings in this
life, I am thankful I am
alive, be able to be with
friends and family, to
walk and talk”
- Bill Young**

**Lorber
Residents
express their
gratitude
this holiday
season.**

**“All the wonderful
things that have
happened to me over
my life”- Jane Bentley**

**“For the service and
help I get here”
-Edwin Clarke**

**“For the place I’m living; I
know I am safe and sound.”
- Marilyn Wellman**

**“To new
friends and renewed friendships”
- Marie Valdisera**

**“At my age I am thankful
for my health”- June Graham**

**“For the
friendships that
I have here, all are
nice people”
- Dorothy Vanden
Bos**

Golden Pillar Award Employee of the Year

Written by Judy Figueroa, Covina Administrator

Over two years ago, the Executive Team implemented the Masonic Home Way. We did this to deliver an exceptional service to our residents, staff, families and visitors. To accomplish this, four key pillars were decided upon: SAFETY, PERSONAL CONNECTION, EXPERIENCE and EFFICIENCY.

As the staff was socializing with the Masonic Home Way, the Masonic Value Program-Employee of the Month, was changed to the Masonic Homes Golden Pillar Award. Residents, staff and families can participate in voting for an employee who exemplifies the four pillars. The Masonic Home Way has truly made a culture difference with our staff, residents, families and visitors.

Not all staff who have been voted for wins the Masonic Home Way Golden Pillar Award, but all staff have been recognized and given a certificate. I would like to recognize this year's Golden Pillar Award winners from the **Covina campus**: Matt Gross, Angel Sanchez, Shelly Jioia, David Goldstein, Brandi Whitley, David Quinteros, and Helen Ramirez. **Union City campus**: Minnie Imperio, Mario Ramirez, Allan Estimo, Jocelyn Gigante, Cindy Azary, Penny Adams, Karen White, Vanessa Martinez, and Eleanor Atienza. This year, one of our Golden Pillar Award recipients was voted the Golden Pillar Employee of the Year. This is a special recognition as only one employee is recognized. This is what was shared about David Quinteros.



David Quinteros approaches his work as a therapist at Masonic Center for Youth And Family (MCYAF) with a total dedication to the greater organization's mission and goals. He takes on his duties with rigor and gusto, bringing a strong sense of care and compassion to the clients he serves. David has a unique capacity to find the strengths and human potential in his clients. Regardless of the level of trauma they have endured or the magnitude of distress they carry, he is able to show them a way through the pain and help them find a way to heal. His clinical abilities are truly exceptional.

The results David achieves are exceptional. The results he achieves are remarkable, and an inspiration to those who witness the transformation evident in the lives of the clients he treats. He has a gift of establishing a deep bond of trust and respect with his clients. He successfully uses evidence-based practices such as Eye Movement Desensitization & Reprocessing (EMDR), helping his clients overcome many trauma symptoms and develop happier, healthier, more fulfilling lives.

Mr. Quinteros continually goes above and beyond the call of duty. Whenever he identifies a need in his clients or in the program, he does whatever he can to provide assistance. There is a wide variety of examples of his selfless commitment. When a senior resident died on the weekend he came in to provide extra support to his two resident clients because he knew the death of their friend would be a painful loss for them. When his 95-year-old resident client was hospitalized, he visited him because the man had no family, and Mr. Quinteros knew he would feel relieved to have a visitor.



Veterans Day Roll Call

By Chaplain Joel Ingram

With Veterans Day upon us once again I thought to use “my space” for dual Veterans Day purposes. The first is to remind residents and staff that at 10:00 a.m. on Veterans Day, we will hold a brief Veterans Day service on the front steps of the Home honoring those who have served our country. I have the honor of hosting this gathering and hope to see you there.

Relatedly, while I have yet to determine the best way to post the photos of our veterans in-house (if you have ideas let’s talk), I wanted to share with you the photos I have received of those who have served our country in the past. If you have a photo of yourself or a spouse that has served in any branch of the military let this be another invitation to get me a photo, listing the time of service, location and branch. I’ll be pleased to include it in next year’s listing and display.

This year, we thank (some of whom are no longer with us):



Art Ashfield
Navy-Deceased



Bud Ammons
Navy-Deceased



Dick Sullivan
Air Force



George Fisher
Navy-Deceased



Jim Church
Navy



John Martinez
Marines



Mort Collis
Navy-Deceased



Ralph Beasley
Navy-Deceased



Ray Hoffman
Army

Richard Cummings
Navy

Roger Gurley
Air Force

Roy Anderson
Army

VETERANS DAY



HONORING ALL WHO SERVED

he told that lady she should wear the poppy on the right side; the red represents the blood of all those who gave their lives, the black represents the mourning of those who didn't have their loved one return home, and the green leaf represents the grass and crops growing and future prosperity after the war destroyed so much. The leaf should be positioned at 11 o'clock to represent the 11th hour of the 11th day of the 11th month, the time that World War I formally ended.

He was worried that younger generations wouldn't be around for much longer to teach them. We must remember those from our current wars too. – *Unknown Author*

Shared by Milt Dykstra – excerpt from 2018 Hemet San Jacinto Trestle Board



Quotable



“As we express our gratitude, we must never forget that the highest appreciation is not to utter the words, but to live by them.”

John F. Kennedy

New Residents



Teruko Brisbin
Sponsoring Lodge: Victorville
No. 634
City: Victorville
Moved in: October 9

Betty Maruna
Sponsoring Lodge: Chico-Leland No.
111
City: Chico
Moved in: October 10

Haruko Chase
Sponsoring Lodge:
Salinas No. 204
City: Salinas
Moved in: October
17



Bruce & Evelyn
Rick
Sponsoring Lodge:
Amity No. 442
City: San Diego
Moved in: October
22

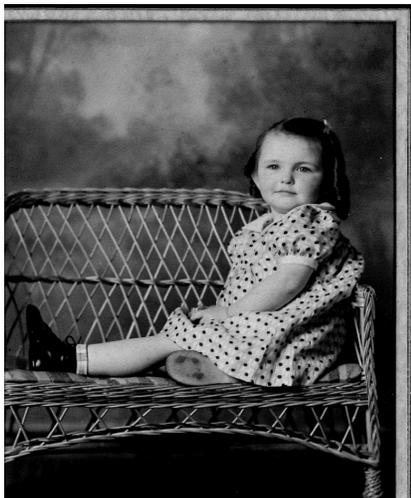


November Guess Who:

The October "Guess Who" Picture was:

Do you
know
who this

Resident
is
looking
positively
into
the
future?



If you
thought
Soledad Martinez

holding tightly to
the doggie
ceramic,

you
were
right!

Continued from page 4 **Golden...**

When a Masonic youth order leader called needing crisis support to address a teen suicide, his response was, “Absolutely, I will do it.” When a Mason called in a panic after witnessing his friend shoot himself, Mr. Quinteros said, “Let me provide the services. I can always take one more client.”

His unfailing message to the membership is “No problem, I got this.” He conveys a spirit of sustained commitment, suggesting, “If you are struggling and need our help, I won’t let you fall through the cracks.” He accomplishes this with an attitude of joy and service, not a bother or a burden.

He extends himself far beyond his job description. He enrolled in graduate level Gerontology classes so he would be better equipped to understand and meet the needs of our residents. He steps in to put together furniture when no one else is around to do it. When a fish in our aquarium dies, he takes time to scoop it out and bury it. Who else would be willing to get dirty or smell like dead fish?

For Mr. Quinteros, this is not a job—it is a calling which he approaches with all of his heart and soul. Because of employees like Mr. Quinteros, MCYAF was able to successfully launch and become a trusted place of hope and restoration for those who need it most.

New Team Members



← Abhideep Kouncil, C.N.A.—Abhi, as his friends call him, worked at Hayward Hills prior to joining us at the Masonic Homes. He was born and raised in India but moved with his family to Nairobi, Kenya as a young adult. He also practiced as an accountant in Kenya prior to his immigration to the US. Abhi is now working on 4th floor Lorber.



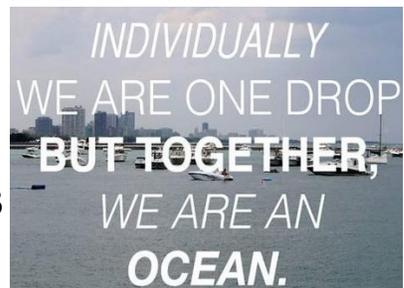
← Anju Khanal, C.N.A.—Anju worked for Merlin Entertainments as a part-time manager and is currently working on her AA degree in Nursing at Chabot College.



← Vanessa Li, LVN - Vanessa worked as a licensed Esthetician for a chain of cosmetic stores before becoming a nurse. Her first job as a nurse was at an Assisted Living facility in San Leandro. Vanessa is married with children.



← Flordeluna Dumlao, C.N.A. - Flordeluna was a private caregiver for over 5 years before joining the Masonic Homes. She is married with 3 children.



Continued from page 8 **New Team Members**



← Bhupinder Dhanjan, C.N.A. - Bhupinder worked as an RN in her home country of India before immigrating to the US. She also worked as a C.N.A. at Windsor Post-Acute Care in Hayward before joining the Masonic Homes. She is married with children.



← Nikho Aquino works as a full time server in the main dining room. He relocated from Washington to California and landed his first job here at the Home. He likes to play basketball. Nikho is very kind to all people. He is a very good team member.



Health Benefits of Fennel Seeds

Written by Jeegna Patel, Clinical Nutrition Manager



Have you ever tried eating fennel seeds? If not, try it! A common practice in most Indian households is to have a few fennel seeds (or saunf in Hindi) at the end of every meal. This practice, people think, is to freshen the mouth, but in fact has a lot more benefits. Fennel seeds are a concentrated source of minerals like

Copper, Potassium, Calcium, Zinc, Manganese, Vitamin C, Iron, Selenium and Magnesium. The age-old practice does much more than simply beat bad breath. From regulating blood pressure to water retention, fennel seeds pack a bevy of nutrients that make it a must have in your kitchen. In size and shape they resemble cumin seeds, but fennel is a different spice altogether.

The following are the health benefits. Be sure to try and introduce these amazing seeds to your meal plan!

- Helps regulate blood pressure
- Reduce water retention
- Fennel Tea for constipation, indigestion, IBS and bloating
- Reduce Asthma symptoms
- Helps purify blood
- Improves eyesight
- Great for acne

Since the last update there have been 14 Blue Box Cards submitted. There were 5 compliments in these cards! All expressed gratitude and praise for individuals who have provided excellent service and care. One was for Vanessa Martinez at the Front Desk, one was for Mae Ann Pandom in the Dining Room, one was for Enrique Colorado in nursing, one was for Eddie Silva, Resident Liaison, and one was for Raul Ting, Maintenance Mechanic! These were passed on to the departmental Supervisors and Administration for acknowledgement and thanks.

There were 8 concerns:

1. One was regarding ID badges which tend to flip over and become unreadable. It was suggested that perhaps the badges could be printed on both sides. Unfortunately, that is not an option, so Administration suggested that people ask the wearer to kindly turn the badge over if it is unreadable.
2. Another was regarding the temperature of food in the Main Dining Room being too cool and suggested that perhaps the warming tables and plate warmers be turned up a bit. This suggestion was forwarded to John Marshall.
3. Another concern was regarding the servers in the Main Dining Room needing more training and monitoring to correct mistakes/lacks in service immediately so that they can improve. This was forwarded to John Marshall as well.
4. There was a concern about maintenance workers in a maintenance vehicle speeding on campus on a Sunday morning. This was forwarded to Dennis Lopiccolo for investigation.
5. One was why we have movies listed for channel 1-2 when there is no longer a channel 1-2? It was suggested that movies be brought back on weekends, and they were!
6. There was a concern about parking on the hill going to Siminoff. The writer noted that many of the Home's vehicles, residents, vendors, and visitors are not properly parked with wheels adjusted for the hill. A suggestion was made that signs be installed like those used in San Francisco to show how to park on a hill. Sent to Administration for consideration.
7. There was a concern that if the current Wollenberg elevator that is working were to break, how would we proceed. The writer was questioning how long it would take for the technician to figure out the problem. That is of course impossible to know. We would call someone out immediately, but in the meantime, there are still Lorber elevators available for use.
8. There was a concern about the cement statue of two children holding an umbrella in the hallway from the Head building to the Main Dining Room. The writer stated that it is obviously from an outside garden and that it does not really fit with the interior decorations of the Homes. It was suggested that it be moved out of sight to a much less conspicuous spot. The writer had mentioned this to other residents and



their thoughts are the same. “The person who painted it, is in Traditions; maybe he would like to have it with him.” It was sent to Administration for consideration.

- In addition to the above compliments and concerns there were two suggestions:
1. One was for coffee stir sticks and liquid creamer at the 2nd floor coffee area. It was sent to Dining Services.
 2. One was a suggestion by a staff member to have a camera outside of the South Mall facing the parking lot for better surveillance. It was sent to Administration.

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

Safety Corner—Written by Mike McComas
A monthly Reminder from the MH Safety Committee:



As we get into the beginning of the autumn months, we also slowly get into the rainy season as well. Although the rain is crucial for the survival of our way of life here in California, it is also a potential slipping hazard when walking on wet surfaces. Here are a couple of tips to help you stay safe when the rain finally starts to come in:

1. Be extra careful when entering and exiting buildings. Make sure you wipe your feet off well when you enter the inside of a building and, always check the ground first when exiting a building to see if the ground is wet or not.
2. Always use the handrails when walking up and down stairs or ramps.
3. Avoid walking on wet debris if possible.

With a little bit of extra caution, we can all stay a little safer in the upcoming rainy season.

Submitted by Zelma Campbell



- ◆ Why does a chicken coop have two doors?
Because if it had four, it would be a chicken Sedan.
 - ◆ How did the pigeon get to the Vet?
Flu.
 - ◆ How do you catch a unique bird?
Unique up on it.
- *****
- ◆ Idle hands are... a sure sign there's no Wi-Fi.
 - ◆ Strike while... the fly is on the wall.
 - ◆ Money can't buy happiness... unless you know where to shop.



Hooray, Bill!!

Bill Fretz (arrow) celebrates his 101st birthday on November 3rd. He is seen here enjoying a game of Dominoes with his peers. His sister, Betty Ehly, sitting 2nd to Bill's right just celebrated her 106th birthday in October.

Pic: Barb Dippel

HAPPY THANKSGIVING!

- APPLE PIE
- BEANS
- BREAD
- CORN
- CRANBERRY SAUCE
- GRAVY
- HAM
- MASHED POTATOES
- MILK
- PUMPKIN PIE
- ROLLS
- SQUASH
- STUFFING
- SWEET POTATOES
- TURKEY



Chicken Scratch NY

N	S	T	U	F	F	I	N	G	I	R	L	U	N	Y
F	G	K	D	A	E	R	B	V	G	C	A	D	Q	E
A	B	E	A	N	S	I	L	S	O	R	Q	G	S	K
O	G	K	E	I	P	E	L	P	P	A	P	A	E	R
N	R	O	C	M	L	W	U	Q	D	N	G	O	O	U
U	E	J	L	X	E	S	M	S	Y	B	Z	O	T	T
Z	P	U	M	P	K	I	N	P	I	E	V	N	A	Z
H	B	O	J	I	L	C	F	A	G	R	Y	F	T	V
N	E	M	Y	K	U	S	L	L	O	R	Q	K	O	X
K	S	A	B	Y	Q	T	Z	H	W	Y	P	S	P	K
T	G	H	S	A	U	Q	S	O	R	S	J	L	T	A
G	M	A	S	H	E	D	P	O	T	A	T	O	E	S
Z	D	L	U	C	W	F	Z	L	M	U	K	S	E	K
C	A	K	C	G	T	H	T	T	I	C	R	N	W	B
G	J	X	S	G	R	A	V	Y	I	E	Q	I	S	T

M E E T I N G S

Monthly
<u>Monday, November 4</u> 9:00 a.m. Tour Guide —Host & Hostess Meeting—Ice Cream Parlor
<u>Tuesday, November 5</u> 9:30 a.m.— Low Vision Support Group —Ice Cream Parlor
<u>Thursday, November 7</u> 2:00 p.m.— Recreation Planning Meeting —2nd Wollenberg—Blue Zone Cafe
<u>Wednesday, November 13</u> 2:00 p.m.— Fireside Chat —Auditorium
<u>Wednesday, November 20</u> 9:45 a.m. — Chapel Committee — Meditation Chapel 10:00 a.m.— Resident Food Advisory Committee —2nd North Music Room 2:30 p.m.— Welcoming Committee — 3rd Wollenberg
<u>Monday, November 25</u> 3:00 p.m.— Special Friends’ meeting—1st floor Head Main Library—Special Guest, David Bible, Resident Experience Coordinator
<u>Wednesday, November 27</u> 2:00 p.m.— Resident Council Meeting — Auditorium 2:30 p.m. — Town Hall Meeting —Auditorium

Weekly or Semi-Weekly
Sunday Worship Sundays, 10:00 a.m.—Siminoff
Ceramics Group Mondays, Tuesdays & Fridays, 10:00 a.m. to 4:00 p.m. Rehab Center 2nd Wollenberg
Bible Study Mondays, 10:30 a.m.—4th Lorber Tuesdays, 6:30 p.m.—3rd Sedam Meditation Chapel
Daughters of the Nile 2nd Monday, 10:00 a.m.—Ice Cream Parlor
Song & Prayer Thursdays, 10:00 a.m.—3rd Lorber Thursdays, 10:30 a.m.—4th Lorber

FYI-Out of Office

The Wellness Center Nurse Practitioner, Sherri Kneebone, is scheduled to attend the Washington Township Provider meeting on Thursday, November 14th. She is expected to be back on grounds by 9:30 a.m.



- ◆ Veterans Day—Monday, November 11—10:00 a.m.—Front Steps
- ◆ Candlelight Dinner—Tuesday, November 19—4:00 p.m.—Auditorium
- ◆ Annual Tree Trimming—Tuesday, December 3—2:00 p.m.—Auditorium
- ◆ Christmas Tree Lighting—Thursday, December 5— 4:00 pm—7:30 p.m.—Outside of the Main Building
- ◆ Grand Master Cocktail Reception—Tuesday, December 10—4:30 p.m.—Auditorium
- ◆ Grand Master’s Christmas Dinner—Tuesday, December 10— 5:00 p.m.— 8:00 p.m.— Main Dining Room



Resident Birthdays	
Alan Schattenburg	11/2
Bill Fretz (101 years)	11/3
Bill Hornbeck	11/6
Jerry Chamberlain	11/7
Ted Tatro	11/8
Bea McGraw	11/9
Bill Lind	11/10
Clarence Green	11/12
Zelma Campbell	11/14
Marge Montgomery	11/15
Gene Newman	11/19
Carole Boyes	11/21
Marilyn Wellman	11/25
Richard Cummings	11/27
Woody Hibbs	11/30



Resident Anniversaries		
Residents	Ann. Date	Years
Ray & Charlotte Hoffman	11/4	63
Gene & Betty Newman	11/17	63

In Memoriam



Dan Lewis
September 9, 1931—October 8, 2019
Mason of: Roseville No. 222



Charles Roady
March 8, 1931—October 13, 2019
Mason of: Central Coast No. 237



Bud Ammons
March 8, 1931—October 17, 2019
Mason of: Reseda No. 666



Virginia Gates
June 4 1914—October 25, 2019
Sponsoring Lodge: Island City No. 215

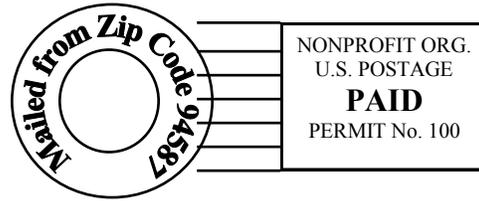
Birthdays, Weddings, Anniversaries, In Memoriam



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 entertainment for the residents and staff of the Masonic Home at Union City with a focus on sharing information about residents, Home activities, and items of interest to the Masonic Family.

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“Together we create meaningful life experiences that make a profound difference.”

The Pillars: Safety, Personal Connection, Experience & Efficiency