



# MSOS Gazette



Volume 7, Issue 2

April, May, June

## A Message From The Executive Director

Dear Masonic Senior Outreach Clients, Families and Lodges:

We hope this spring edition of the MSOS Gazette finds you healthy and safe during this challenging and unprecedented time in our history. Everyone’s health and wellbeing is of the utmost importance, and because of this, the MOS Team is Sheltering in Place too. This means the team is working from their home offices to meet your needs and will maintain regular contact through phone calls and the use of technology.

This couldn’t be a better time to use FaceTime, Skype or some other technology to video conference with you all. We are all experiencing “cabin fever” from time to time and it would be great to see your warm and friendly faces. If you are interested in doing so, please share your interest with your Care Manager. They will help you navigate and explore what possibilities exist.

Please don’t hesitate to reach out to your Care Manager and Lodge if you need additional support. We hope that you all stay safe in your homes until we can see you again. When the Shelter in Place is lifted and it’s safe to travel, MOS will resume home visits and be grateful to see your smiling faces.

Thank you,

Sabrina Montes



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### Our Mission:

*In keeping with the tenets of free-masonry, 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.*

## Campus Update—Shelter in Place



### *Masonic Homes Covina*

Life has changed for everyone and at the Masonic Homes we are doing everything possible to keep our residents and staff safe and healthy from the COVID-19 virus.

Residents are staying in their apartments and only essential staff who are health screened each day are on campus wearing scrubs and facemasks to care for our Masons. Twice weekly, YouTube videos of our President and CEO, Gary Charland are shown to give updates to residents and staff. A

weekly toast is presented by one of our Masonic leaders to encourage everyone to stay home and stay safe. Every Friday at 3pm our campus activities host TGIF with happy hour. There is a new twist on bingo and trivia. Now residents receive a sheet of bingo numbers and trivia questions. On Saturdays, Activities call bingo on Facebook Live. Three of our ladies are busy making cloth masks and church services are live streamed on Sunday morning and again in the evening.

Virtual visits with a staff from our Masonic Center for Youth and Families has been made available as well as “Face-time” visits with friends and family members.

In appreciation and recognition to all our essential staff and health care workers all over the world, navy blue ribbons have been posted throughout our campus.

We are happy to report that at this time none of our staff or residents have had a need to be tested for the virus. As this crisis continues staff will continue to protect themselves and our residents.

Tara K., Office Manger SoCal



### *Masonic Homes Union City*

Masonic Homes in Union City is doing everything we can to keep all residents and staff safe and healthy from the COVID-19. All residents are recommended to stay in their apartments and if they do leave their room, they are required to wear a mask. Essential staff that are on campus are being health screened beginning of their shift and are required to wear scrubs and facemasks.

Our President & CEO, Gary Charland give updates on residents and staff via videos on YouTube twice a week. Every Friday is TGIF, in which all residents do a drink toast in their apartments. Activity packets are passed out twice a week which include Word Search, Crosswords, Sudoku and Coloring Page. Daily snacks are passed out to each resident in the afternoons, and there is a weekly fruit cart. Tickets are purchased for a special broadcasted “Live” showing of the play “They Promised Her The Moon” offered by Theatre Works.

Virtual visits are available to staff and residents from the Masonic Center for Youth and Families as well as Telehealth (Tele-visit) with friends and family members. Blue ribbons are tied around trees and flagpoles to recognize all first responders and healthcare workers in our community and all over the world. We are happy to report at this time no staff or residents have had a need to be tested for the virus.

Thu V., MA Application Coordinator

## Distressed Worthy Brother Program

On March 26, 2020, the Grand Lodge of CA launched a new program, the Distressed Worthy Brother Program, to meet the financial needs of masonic members living in CA, who have been negatively impacted by COVID-19. Masonic Outreach Services was asked to manage this new program and honored to play an integral role in providing relief. The entire MOS team has stepped up to take these additional calls and applications, as well as providing Information & Referrals and Care Management support. The program is designed to offer resources and guidance on navigating them, as well as providing one-time financial assistance to qualifying members. Within the first 3 weeks of the program, MOS has taken over 75 calls. We are greatly appreciative to be a part of such an impactful relief effort once again!



Sabrina M., Executive Director of MOS

## Shared Housing

It's been a busy time for Shared Housing! As of February 5, 2020, we welcomed Evan Weiss into Shared Housing. He is our fourth client and an extremely dedicated and committed Mason. He has been a Mason for 43 years and consistently held positions within his lodges since 1990 and he received the Hiram Award in 1993!



In recent news, the Masonic Organization began to shelter in place on March 12 and our clients, residents and staff have benefited from this early intervention, as we all remain safe and healthy in our homes. It is a strange time and we've all adjusted to a new way of life. MaryLou Marquez, Care Manager for Shared Housing and MOS has repeatedly stepped up during this challenging time to ensure that our Shared Housing clients are taken care of. One such time included her epic shopping trip with the men. MaryLou went to multiple stores and helped the men stock up on their food supply while they shelter in place.



Quynh T., SoCal MOS Manager

## Breezie and The Academy Awards

The Breezie program provides tablets for participants to utilize. The Breezie team members create topics of discussion that the whole group can enjoy. In the past, discussion topics have included favorite books, inspirational quotes/people, and outer space.

This year, in honor of the 92nd Academy Awards we featured an Oscars theme for one of our sessions. During this meeting we discussed the different movies nominated, such as "Ford versus Ferrari" and "Joker," as well as the different nominees for actor/actress like Joaquin Phoenix and Charlize Theron. We shared which performances we thought were most likely to win, as well as which we most enjoyed watching. While talking about the movie "The Irishman," one participant shared his experience of living in New York during the same time the movie was set in.



Marissa P., USC Social Work Intern



## Mental Health and COVID-19

### Mental Health And COVID-19 – Information And Resources

As the number of cases of COVID-19 increase, so does the associated anxiety. For the general public, the mental health effects of COVID-19 are as important to address as are the physical health effects. And for the one in five who already have mental health conditions – or the one in two who are at risk of developing them – we need to take personal measures now to address them. Here are some coping strategies:

- ✓ Recognize it: Don't push the feelings away.
- ✓ Change your mindset: Find things to be grateful for.
- ✓ Exercise: Even if it's just a few times a week.
- ✓ Find quiet time: Meditate or focus on breathing.
- ✓ Routine: Follow as much of a routine or schedule as possible.

Amy A., Central CA MOS Manager

## Tips To Get You To “Stay At Home”

Surround yourself with things that energize you. These things will make you feel happier, which will leave you feeling more positive about life.

Listen to music. It can put you in a better emotional state for absorbing information and help you relax. When you're more relaxed and in a better frame of mind for learning, you're more receptive to new ideas that might be the perfect inspiration for the problem you're working on.

Spend time reading . It can inspire you by providing fresh thoughts and ideas. Read anything from novels to news stories, and you may find an idea or even just a sentence in the text sparks inspiration for you.

Change your routine, it invigorates your mind with new sights, smells, and sounds.

Bounce ideas off of other people. When you're feeling stuck, reach out for some help. Just talking about the issue with someone else can help get your creative juices flowing. They may say that one thing that helps a problem make sense to you.

Jot your ideas down. When you get an idea or inspired thought, write it down in a journal or notebook. If you're more visual, try a vision board with pictures and select words instead.

Esperanza E., SoCal CM



## Star Wars Day

May the 4th Be With You—Stuck at home with nothing to do? Why not fill the time with a Star Wars marathon? May 4th is known as Star Wars Day, but why? Well, it is a pun on the Star Wars catchphrase, “May the Force be With You”. May The 4th Be with You... Get it? There are a multitude of ways to celebrate this unofficial holiday: Watch one (or all) of the 11 Star Wars films (you won't be judged for choosing to skip Episodes I through III), play one of the dozens of Star Wars video games, read one of the hundreds of Star Wars expanded universe books, or get out your dusty old Star Wars action figures and dream up a new adventure for Luke Skywalker and the gang. May the Force be with you.

*[This article has not been sponsored by Disney or its subsidiaries.]*

Sol S., Masonic Assistance Manager

## Farewell USC Social Work Intern

MOS has had the pleasure of hosting USC Intern Marissa Puccio for the 2019-20 school year. Marissa supported and made home visits to our MSOS clients. In addition, she created and facilitated our Breezie tablet program. We appreciate all her great work and wish her the best of luck on her future endeavor.

– Camille Salinas, MSW (Lodge & Outreach Educator)



Marissa Puccio

During my time with MOS, I have been able to observe many efficient practices, approaches, and skills, and even tried my hand at a few of them. The advice my colleagues offered me throughout the experience has been priceless. This organization has taught me much, and I am extremely grateful for the time I've had to get to know each team member. I hope I am able to embody the Masonic Pillars and Masonic Way with every agency I encounter and hope to continue curating clinical skills with veterans in future practice.

Marissa P., USC Social Work Intern

## Lodge Outreach During COVID-19

As we all navigate the health pandemic together, lodges continue to stay in touch with their members and widows. The majority of lodges are taking this opportunity to pull out their rosters and make calls. Oxnard Lodge No. 341 has been reaching out via phone to those with medical concern, and offering if groceries/toiletries are needed to be delivered to them. Meanwhile lodges in the Los Angeles area have taken a leadership role in their community. Old West Lodge No. 813 has the American Red Cross as a tenant in their building in Newhall/Santa Clarita area. They regularly conduct blood drives there on the weekends. Glendale Lodge No. 368 organized a COVID-19 Task Force. They are coordinating meal delivery services for their older members. More importantly lodges have been utilizing virtual platforms to stay connected. They are continuing to meet virtually using Zoom, Google Hangouts, or Facebook Groups. One lodge that is doing an exceptional job with communications and meetings in the south is Saddleback Laguna Lodge No. 672. Their Master sends out regular video messages and they had 30+ members on their last Zoom meeting. In the high desert area, they conduct a monthly Zoom meeting with Lodge Outreach Training Coordinators from each lodge in the 830 district and they invite the Masters from each lodge to participate. MOS is grateful for our partnership with lodges, knowing that their members can count on them during this difficult time.

Camille S., Lodge & Outreach Educator

## April Fool's Day

April Fool's Day is a time when we exercise our sense of humor, some parts of the world even observe this an official city holiday, as in Odessa in the Ukraine. However, this is cancelled this year. According to History Channel, some historians speculate that April Fools' Day dates to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. It spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with "hunting the gowk," in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them.

There's nothing wrong with some lighthearted fun. Laughter is the best medicine after all, and jokes can be a good coping mechanism. This year 2020 it's needed more than other years, sharing goodwill and support during this COVID-19 Crisis, after all, not only brings smile but more long-lasting joy in one's heart that we all need.

Minnie I., Intake & Resource Coordinator MA



## May Day - Mayday

May Day is known as a traditional springtime holiday in many cultures that welcomes Spring, and also known as an international day commemorating the historic struggles and gains of workers. May Basket is one of my favorites where the custom was to knock on the door, yell “May basket,” and then run! If the recipient caught the giver, he OR she was entitled to a kiss. Pucker Up! In Hawaii, May 1st is Lei Day, a celebration of Hawaiian culture, or the aloha spirit, where people celebrate by giving gifts of leis to one another. A-lo-haaaa! Finally, “Mayday, Mayday, Mayday” has nothing at all to do with “May Day” but instead, is an internationally recognized radio word to signal distress. It was invented in 1923 by an airport radio officer in London who was challenged to come up with a word that would be easily understood by the pilots and ground staff in case of an emergency. Frederick Mockford coined the word “mayday” because it sounded like a shortened version of the French term “m’aider” which translates to “come and help me.” Happy May Day to all!

MaryLou M., SoCal CM

## Memorial Day

Every year on the last Monday in May, Memorial Day is observed. This year, Memorial Day will be celebrated around the country on Monday, May 25th. Did you know that Memorial Day was formally known as Decoration Day? Decoration Day was established in 1868, three years after the Civil War ended. The graves of fallen heroes were decorated with dead flowers. It was not until 1971 that Congress declared Memorial Day a national holiday. Memorial Day is holiday in which the country honors those who have died in military service. These heroes sacrificed so much for the love of their country. They sacrificed being away from their families and sacrificed their lives to serve their country. As we find ourselves in this unusual situation due to the Pandemic, we may not be able to have the usual gatherings or celebrations we normally do on Memorial Day. Perhaps there won't be any parades, no ceremonies at cemeteries and no BBQ's, but that will not stop us from remembering and celebrating (at a safe distance) and honoring those who served our country with pride and love for us all.

Patricia P., Masonic Assistance Social Worker



## Father's Day

Some things are very emotional for me. Being a father is just a title, but being a father to two unbelievable children has created some exceptional memories. Father's Day is not about me, but about my children. What they have accomplished and the kind of parents, friends and citizens they are is the greatest gift a father could have, not just for one day, but every day. Thus, I can celebrate every day as a

Father's Day.

We are a simple family doing things for each other and others on a daily basis and believe in paying it forward. I know my children and grandchildren love me. On the actual Father's Day we get together at my son's home for BBQ and games. Great times as we are all competitive and I believe this is one of the things that makes us close and brings us together.

God has blessed us all, especially when children and grandchildren get together to celebrate us being a family.

Harry Williams, MOS Client