



MSOS Gazette

Volume 7, Issue 3

July, August, September



A Message From The Executive Director

Dear Masonic Senior Outreach Clients, Families and Lodges:

Safety is our 1st Masonic Homes Pillar and for this reason the MOS Team continues to Shelter in Place and we hope you are doing the same! This means the team continues to work from their home offices, while meeting your needs and maintaining contact with you all through phone calls and the use of technology. We do wish we could see you all in person and look forward to a time when it's safe to travel again.

We hope your summer days are filled with sunshine and warmth. Be sure to spend time safely outside on your patios, front porches or backyards to take in all the beauty that summer has to offer.

Please know that while we may be far apart, we are just a phone call away.

Thank you,

Sabrina Montes

Special points of interest:

- We have a NEW MOS Manager in Northern California
- Connecting Virtually
- Robots companions



National Hot Dog Day & Our National Past Time

Just because the 4th of July has passed doesn't mean there aren't other great things happening in July! For instance, did you know that July 22nd is National Hotdog Day? In honor of this incredibly significant holiday, here are some interesting facts about hotdogs: It is believed the first hotdogs were sold by a German immigrant in New York in the 1860s and it wasn't long before they became a staple of American cuisine. The National Hotdog & Sausage Counsel (yes, that's a real thing) estimates Americans now consume 20 billion hotdogs a year. Of those 20 billion, they estimate 9% are served at ballparks.

And speaking of ballparks, Major League Baseball is coming soon! Opening day is July 24th. To quote Humphrey Bogart, "A hotdog at the ballgame beats roast beef at the Ritz". Though, since we can't go to the ballpark, watching the game at home with a hotdog in hand will have to do.

I'll end with a quote from David Letterman, who said during a past baseball strike but just as true during this pandemic: "Do you know what I miss most about baseball? The pine tar, the resin, the grass, the dirt -- and that's just in the hot dogs."

Sol S., Manager of Masonic Assistance

It's a Zoom World



Your MOS Team across California, connecting through Zoom!

As a Care Manager (CM) I am always looking for the silver-lining, and have found it during this pandemic era in the New Zoom World. Several months ago, when the world's existence as we know it was rocked to its core, MOS quickly adapted. CMs were restricted from seeing clients in person, and most of our clients were required to isolate in their own homes. Despite these facts, most adapted quite well, acknowledging the risks and potential hazards, and taking the quarantine orders in stride.

Over the last few months, some magical occurrences have arisen. My clients are exploring technology and advancing themselves in new ways. They have learned how to connect to the internet and engage in video conferencing. At first, some held doubt of their capabilities to figure it out, but now most of my clients are using Zoom or Facetime, to engage in eye contact video conferencing. And our conversations extend longer than our previous phone talks, as they share tours of their apartments, and new projects. Somehow the video calls are allowing us to go even deeper, as we share our Covid experiences and all the unknowns.

Kai H., SoCal CM

Ways Schools Will Look Different In The Wake Of The Covid - 19 Pandemic

Most U.S. states have officially closed their schools for the rest of the academic year. While remote learning continues, summer is a question mark, and attention is already starting to turn to next fall.

Recently, governors including California's Gavin Newsom and New York's Andrew Cuomo have started to talk about what school reopening might look like. A federal government plan for reopening, according to The Washington Post, says that getting kids back in classrooms is the priority for getting back to normal.

Here are some key ideas — drawn from interviews with public health experts, education officials and educators around the country — for what reopening might look like:



- Stepped-up health and hygiene measures
- Class sizes of 12 or fewer
- Staggered schedules
- No assemblies, sports games or parent-teacher conferences
- Different attendance policies

Amy A., Central CA MOS Manager

Kobe Bryant Remembrance Day 8/24

Kobe Bean Bryant was an American professional basketball player. As a shooting guard, Bryant entered the National Basketball Association directly from high school and played his entire 20-season professional career in the league with the Los Angeles Lakers from 1996, until he retired in 2016. Bryant is one of the greatest Lakers of all time. He was an 18-time All-Star, won five NBA championships and is the Lakers all-time leading scorer. He was the league MVP in 2008 and a two-time NBA scoring champion and finished his career as the league's third-leading scorer. And the list goes on. Off the court, he appeared for Make-A-Wish more than 100 times over 20 years. That was just one example of Bryant's philanthropic work, some of it through the Lakers and the NBA, and other times on his own.



Kobe Bryant
Aug. 23, 1978-Jan. 26,
2020

In honor of his memory, I would like to share one of his famous quotes with which I personally can very much relate: "Everything negative - pressure, challenges - is all an opportunity for me to rise." I find this inspiring, something I keep in mind; that no matter what the circumstances we are facing right now, there are always lessons to be learned that will help make us better people.

Minnie I., Intake & Resource Coordinator MA

MHC Covina Campus Update

As the state begins to open up, we are happy to report that a little bit of normalcy is returning to our campus. Masonic Homes residents are now able to have loved ones come for short visits on campus and it is heartwarming to see families reuniting in person. While all activities continue to be limited to on campus, the staff are coming up with creative ways to keep everyone engaged by hosting events in small groups throughout the day. As the social guidelines issued by the state, designed to keep us safe change weekly, we look forward to opening the dining room and beauty salon. Having the option to eat amongst friends and getting a haircut or a manicure will be a welcome change.

Everything is not as it was this time last year and we do not know how long we will all have to continue to make sacrifices, but these small steps give us hope. Wearing masks and keeping a safe social distance is a small price to pay to stay healthy and stop the spread.

Tara K., MOS Office Manager

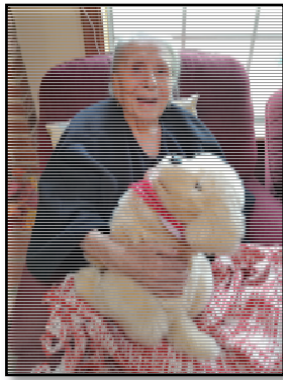
Welcome Gabriela Alvarez



My name is Gabriela Alvarez. I am the new Manager of Masonic Outreach Services for Northern California. I will be working with the Care Managers covering Divisions I, II, III and IV to serve the needs of Masons and their families who participate in our Masonic Outreach Services programs. Before coming to Masonic Outreach Services, I was with the Resident Services Department of an affordable housing developer, where my staff and I worked to serve the unique care management and service coordination needs of the senior resident population. I came to the field of care management as a second career, having received my Masters in Gerontology from San Francisco State University in 2014 after spending two decades as an attorney. My hope is that my background and training will better allow me to help meet the needs of our Masonic Outreach Services clients and their families

I'm very excited to roll up my sleeves and get to work with such a fabulous team!

Gabriela A., Northern CA MOS Manager



Ann and her dog

Robot Companions

The future is now!! What people thought would be so far ahead in the future is happening right now and even more so at this moment because of Covid-19. This disease (and others) has caused some social isolation for our aging population and our MOS clients. A possible solution to combat this seclusion could be to add a robot companion to the household.

MOS has a client who purchased a robot companion which has made a huge impact in her life. On a suggestion from a chaplain, MOS requested a family member purchase Mrs. Ann Turner a robot dog. The chaplain and her MOS Care Manager felt since Mrs. Turner is a widow who used to own dogs, she may benefit from robot companion ownership. The family purchased the Hasbro's Joy for

All Golden Pup companion off Amazon and had it delivered to the facility. Mrs. Turner's facility received the dog and set it up for her. The staff said that she loves it and that it was fun watching her pet the dog. I wanted to see this for myself, so on my next visit with her, I asked the caregiver to bring out her new companion robot dog named Buddy. Ann's face lit up with smiles and laughs of pure happiness. It was so heartwarming to witness and beyond words to describe the delight.

Ann's dog responds to her voice and to her touch. It even has a heartbeat that can be felt when holding her Buddy next to her. The caregiver reported that she asks for him when he isn't with her and she protects him happily.

This new pet concept is a great tool which could help bring lots of enjoyment and love to our older generations. These electronic pets could be a solution for "no pet" environments, lack of mobility, and high costs of owning a pet. With a robot companion, a mature person no longer worries about cleaning up pet accidents, who will care for them while you are away, or taking your pet to the veterinarian. These pets come in both dog and cat variety as well as other humanoid and robot styles. The price ranges anywhere from \$65 - \$140 dollars each.

Shelly J., SoCal CM



Fourth of July Fun Facts

Fourth of July is a long-celebrated holiday observed for the last 244 years but there are probably a few things that you didn't know about this national day! Here are some fun facts:

- ◇ The Declaration of Independence was signed on August 2nd
- ◇ The first fourth of July's were celebrated similarly to how they are today...lots of fireworks!
- ◇ New Englander's celebrate by eating salmon
- ◇ Massachusetts was the first state to recognize this day
- ◇ There are approximately 15,000 fireworks celebrations each year
- ◇ Americans consume approximately 150 million hot dogs celebrating this day
- ◇ Americans were estimated to spend approximately 6.7 billion on food, 1 billion on beer and \$560 million on wine
- ◇ Presidents Thomas Jefferson, John Adams and James Monroe all died on July 4th. Present Calvin Coolidge was born on July 4th, 1872

Grandparents Day

The history behind Grandparents day started in 1969 when a 9 year old boy wrote a letter to President Nixon as an attempt to make Grandparents day a holiday but didn't have any luck. Marian McQuade from West Virginia, a mother of 15, who had 43 grandchildren, 10 great-grand, and one great-great grand kid became an advocate for the value of older adults and being a grandparent. In 1970, Marian promoted the idea of Grandparent's Day. She was successful in her home state, and grandparents were officially honored in 1973. In 1979, Marian's persistence paid off. She petitioned leaders in Washington D.C. and on September 10th, 1979 President Jimmy Carter issued a proclamation:

"Grandparents are our continuing tie to the near-past, to the events and beliefs and experiences that so strongly affect our lives and the world around us".

Grandparents day is about tradition, special events, honor, and making small memories. MOS client Garvin shared it's the little things I appreciate on Grandparents day like going to Baskin Robbins and sharing an ice cream sundae one-on-one and plans to continue this with her great grandchildren.

Fun Facts About Grand Parents Day

Official Song for National Grandparents Day is "A Song for Grandma and Grandpa" by Johnny Prill.

The official flower for the day is "forget-me-not flower"



**Forget-me-not
flower**

Brandi W., SoCal CM

MHC Union City Campus Update

It was exciting to watch as the state began to open up again. The dining services was able to open on July 8th, but had to close shortly thereafter. California cancelled indoor dining for all senior communities. It is sad that all meals will return to in room dining. However, this doesn't stop the incredible work that is happening on campus. The remarkable dietary team and volunteer staff have been delivering three meals per day to the residents' room. Every day, the amazing recreation team provides in room games and snacks. Social gatherings are limited to 10 people or less, which allows residents to participate in playing bingo, group walking or playing a game of miniature golf.

Visitations were going incredibly well in the RCFE, but we had to put them back on hold for now along with the visits to skilled nursing. The Masonic Homes is doing everything in their power to keep the campus safe and continues to require all staff and residents to wear a mask and social distance. So remember to stay home, stop the spread, and save lives.



**Dietary and Activities
Departments are going
above and beyond the
call of duty for our
residents**

Thu V., Applications Coordinator MA

Labor Day Weekend

“Pleasure in the job puts perfection in the work.”

–Aristotle

What is Labor Day? In the United States, Labor Day is celebrated on the first Monday of September. It is celebrated to honor all workers contributions and achievements. For students it is considered the unofficial end of summer, with summer vacations ending and students returning to school.

Labor Day originated in the late 1800’s. It is celebrated with picnics, parades, barbeques and sometimes firework displays and other public gatherings.

But what is the true meaning of Labor Day? Yes, it is a celebration for the workers, but it gives more meaning if your work inspires you, makes an impact or influences other people in a positive way. We spend most of our time working, half of our lifetime, but if we don’t find fulfillment, purpose and challenge in our work, it is a real waste and maybe time for a career change.

So, if you work all the time and never really take a vacation, why not start a new ritual? A ritual that honors the original spirit of Labor Day. Shut off your phone,

stop checking your email and other devices connecting you and your daily grind and celebrate at least one day off from work during the year.

Happy Labor Day!

–Eleanor A., NorCal CM

Fun Trivia

- Bees can fly higher than Mount Everest. Bees can fly higher than 29,525 feet above sea level, according to National Geographic. That’s higher than Mount Everest, the tallest mountain in the world.
- May 20, 1873, is the “birthday” of blue jeans. According to the Levi Strauss website, this was the day that Levi Strauss and Jacob Davis, the innovators behind the blue jeans we all love, got a patent on the process of adding metal rivets to men’s denim work pants for the first time in history. The pants were called waist overalls until 1960 when baby boomers began calling them jeans.
- The first oranges weren’t orange. The original oranges from Southeast Asia were a tangerine-pomelo hybrid, and they were green. In fact, oranges in warmer regions like Vietnam and Thailand still stay green through maturity.
- Peanuts aren’t technically nuts - They’re legumes. According to Merriam-Webster, a nut is only a nut if it’s “a hard-shelled dry fruit or seed with a separable rind or shell and interior kernel.” That means walnuts, almonds, cashews, and pistachios aren’t nuts either. They’re seeds.
- The Eiffel Tower can grow more than six inches during the summer. The high temperatures make the iron expand.
- Firefighters use wetting agents to make water wetter. The chemicals reduce the surface tension of plain water so it’s easier to spread and soak into objects, which is why it’s known as “wet water.”
- Saint Lucia is the only country in the world named after a woman.

National Starbucks Day

Starbucks has become one of America’s true iconic brands. There are few places in the world that you can go and not find a Starbucks. So it has become worthy of an entire day! Thus, September 29th is National Starbucks Day. From humble beginnings in the coffee-crazed city of Seattle, Starbucks has become the name behind coffee all over the world. And who can’t resist their many offerings from coffee to teas to Frappuccino’s to lattes and Yum – their assortment of desserts and snacks? Starbucks has even introduced us to beverages, that we never knew existed.



Ways You Can Observe National Starbucks Day:

Try a new drink

- ◆ If you usually get a hot drink, opt for a cold one. Get crazy and throw a bit of flavoring into that plain iced coffee.
- ◆ Pay it forward
- ◆ Buy the drink for the person behind you, when you are in the drive-thru. You may even start a "pay it forward" chain!
- ◆ Have it Delivered
- ◆ You can stay safe at home and order Starbucks delivery right to your doorstep.
- ◆ Send a Starbucks e-Gift Card
- ◆ Brighten the day of your closest friend or family member by sending them an e-gift card.

-Sabrina M., Executive Director MOS

Lodge Outreach Meetings on Zoom



Lodge Outreach via Zoom!

Times have changed, making Lodge Outreach Meetings virtual! Southern California Divisions (5-9) held their first Lodge Outreach Meetings on Zoom, in the months of May and June. This new platform still showed high attendance from the guys. MOS staff covered the eligibility and application process of the Distressed Worthy Brother Fund, and shared a COVID-19 Resources Guide available for them to access online. MOS put together this COVID-19 Resources Guide that includes local, state, and federal programs that support those affected by COVID -19. They are welcome to share this with their lodge, family, and friends. Most of them reported meeting with their lodges via Zoom. Sharing technology helps them stay connected with one another. It was great to see everyone in good spirits. We are hoping everyone continues to stay safe & healthy with their loved ones.

-Camille S., Lodge & Outreach Educator

Masonic Homes of California

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Brotherly Love, Relief, Truth

Our Mission:

In keeping with the tenets of freemasonry, the Masonic Homes of California will promote the quality of life by empowering our members, their families and our communities to live well and achieve meaningful and rewarding lives.

We're on the web

Masonichomes.org

Alone
→ → → ♥ → → →
Together

From all of us at Masonic Outreach Services, we hope you stay safe & healthy during these uncertain times.