



The Messenger

Published for the Residents

Masonic Homes of California at Union City

Landscapers vs Our Animals

Written by Resident, Bruce Rick

As you look out the windows of the Masonic Home in Union City, not only do you see construction underway but also new landscaping being installed. I thought the huge and loud construction equipment would scare off any wildlife that, I was told, was still on the grounds even after the start of this new construction. Okay, maybe squirrels, owls and crows, but nothing very big.



The Hill Family of Turkeys

Our shelter-in-place lifestyle has prevented any walking into the woods to see for ourselves. The only way to possibly see wildlife was a trip to a medical appointment in a Masonic Home van or car. I did hear from one or two residents that had ridden down and up the hill, “I saw the turkeys” and “We had to wait for the turkeys to cross the road”.

Well, since the “stay in the building” during the hours of construction request doesn’t apply on the weekends, a walk around the campus has provided the opportunity to see if there is wildlife still around.

On a recent walk, there appears to be a raging battle between our landscapers planting and nurturing the trees, bushes, cacti and grasses against the ravenous appetite of each of our wild campus animals.

We have two different families of turkeys: The Field Family of Turkeys and the Hill Family of Turkeys.

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Landscapers...

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The Field Family of Turkeys with a lone deer

A doe and fawn



Also seen on the walk was a doe with a fawn. There were a couple of other deer behind them.

For those of you who can enjoy a walk now and then, keep your eyes open for these animals and maybe you will share with us when you see other examples of our campus wildlife.

August Facts—Written by RCFE Recreation Team



The month of August is often referred to as the "dog days of summer" but not because of pet pooches. It has to do with the star Sirius, also known as the dog star, which rose at the same time as sunrise during the month of August in ancient Roman times.

Hello all and happy August! It's unbelievable to think we are already more than halfway through this crazy year together. The Recreation team cannot thank you enough for your continued patience and support while we navigate through all this.

One of the main things we are doing differently, is the way we are handling the birthdays. Since we cannot have a candlelight dinner, Recreation and the Fun-At-Home committee are hosting in-person birthday luncheons for groups of 6. We can only hope that with time, we will all be able to celebrate together again.

Once more, thank you for allowing us to be there for you to do the best we can. Like always, we ask that if you have any suggestions or recommendations of what you would like to see or do, please do not hesitate to reach us at ext. 2119.

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Since the last update there have been 2 Blue Box Cards submitted as of July 7, 2020. You'll note that there is a shortened collection period for this time. There was one suggestion and one concern with a suggestion:

- ◆ One Lorber resident asked that there be a physically distanced (6 ft.) celebration with food for the 4th of July. Aaron Cole and the whole Lorber team made this happen! I heard that it was a great success.
- ◆ One Lorber resident has a concern that some of the staff in Lorber are not consistently speaking English. He suggests that staff members try to speak English at work, especially around the residents, and that the employee handbook guidelines regarding this be observed and enforced.

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

A Unique July 4th Celebration

Written by Kim Hegg, Event Coordinator



On Saturday, July 4, 33 residents were able to enjoy their July 4th barbecue lunch on one of four outdoor patios! The day was perfect – light breeze, not too hot, the smell of grilling hamburgers and hot dogs in the air, and many smiles from the residents and staff servers alike!

As usual, the dietary team, and John Marshall in particular, outdid themselves with a fabulous lunch of grilled hamburgers and hot dogs, chili, coleslaw, watermelon, and strawberry shortcake. The perfect menu for the July 4th holiday!

A Unique July 4th... *Continued from page 4*



Tables were decorated with patriotic bandanas on which sat a plant in a Red Solo cup with an American Flag. What's a barbecue without a Red Solo Cup?! And even more fun, residents were able to take the centerpieces back to their apartment to enjoy even more!

Many thanks to the Dietary team, Facility services team, Mary Henneuse, Ticiane Costa, and Eddie Silva for helping to make this year's 4th of July a memorable one!



Safety Corner—Emergency Lighting Written by Mike McComas

Sometimes we take for granted that when we flip on a light switch the lights will come on; or when we turn on a faucet, fresh water will flow. These utilities have been a part of our society for many years.

Although we generally have reliable services, sometimes problems will arise, and we have to do without them. I'm sure we all remember when our electric provider had to perform emergency repairs back in June and we lost power for a short time.

To help ensure that we are safe during a power outage, the Facility Services department has provided each resident with new emergency night lights.

Please make sure that these new lights are always plugged into a power outlet so when things do go dark, you will still be able to see the inside of your room.



Quotable

Strong minded people control their propensity. Dependency on anything is a lack of maturity.
~ Ricardo Derosé

Resident Council Report

Richard Cummings, Resident Council Treasurer & EAF Liaison

We are more than halfway through summer now, but who would know? It is a very strange time indeed. I am looking for that “light at the end of the tunnel.” Hopefully, there will be some medical breakthrough that will bring us a vaccine to protect us and allow life to return to normal.

For your Resident Council, it has been a strange year as well. It began with an unprecedented shuffling of personnel and leadership, and confusion over proposed changes to the Employee Appreciation Fund. It ends in semi-limbo with but four of the seven members on campus, one stuck in Canada, and two resigned. Whew!

Yet there is still good news. The Employee Appreciation Fund has undergone a well-thought-out revision to make it more inclusive and allows us to honor even more of our valued staff family. To make this change work fairly, an increase in resident donations was required. You have stepped up and increased these donations. Please continue your generosity and remember that you are showing your appreciation to a greater percentage of MHC staffers than ever before.

Donations can be made in several ways. Regular monthly contributions can be arranged at our bank, individual donations can be placed in the lock-box across the hall from the mailroom, or contact any of your remaining Resident Council members and we can get your donation where it needs to be. Council Member’s phone numbers are listed in the center of the small campus phone directories.



Also, consider the three Resident Council vacancies that will need to be filled next year. We have the two openings already, and my term is up this year as well. Being elected by the residents to serve them on the Council is an honor, and working through difficulties with the cooperation of administrators and residents is interesting and rewarding. I am sorry to see my term ending and hope that some of you, who are willing to work as a team to solve problems and create worthwhile programs, will consider becoming future Council members.

Resolve To Be—*Submitted by Jeanne Benedict*

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

TENDER with the young.
Compassionate with the aged.
Sympathetic with the striving.
And tolerant of the weak and the wrong.

IF you live long enough
Sometime in your life,
You will be all of these.

Jeanne’s note—“I believe that we residents have all lived long enough to have been all of these. I try to keep counting my blessings.”

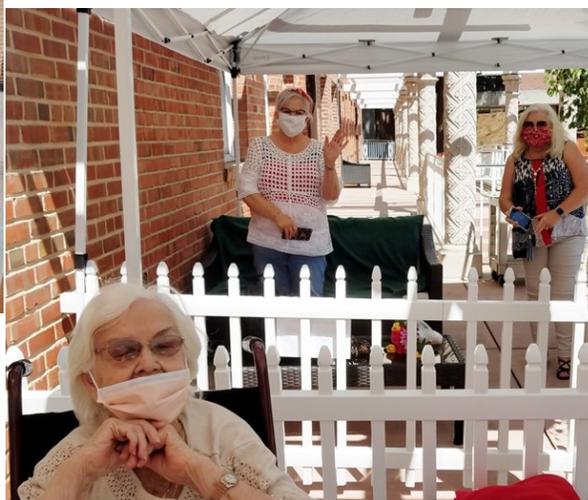
Getting To Visit You

Written by Christine Aniciete, Communications Clerks

Diligent adherence to public health guidelines and a legacy of prioritizing safety at Masonic Home yielded fantastic news when July started: RCFE residents and their loved ones could resume in-person visits! Residents and their families were invited to schedule 45-minute visitation sessions for afternoons on Monday, Wednesday, Friday, or for weekend mornings.

In some cases, excited families drove 7 plus hours to reach their loved one in Union City. Others needed to make two attempts—determined not to let a freeway-closing brush fire postpone seeing their mother again. Some came from the tri-city area bringing local treats (specifically, steak and donuts) that their parents surely missed while sheltering in place.

Visitors passed through a staff administered health screening before entering the visitation patio, gifts were sanitized before reaching recipients, and a safety barricade ensured social distancing was always maintained. Summer’s heat was no match for visitors’ burning desire to reconnect with our residents—many of whom would go on to gleefully say, “seeing my family face-to-face was the absolute highlight of my week.”



At least 18 visitation sessions took place between July 4 and July 17 wherein countless air-hugs, flying kisses, and masked laughs were shared.

At press time, a resurgence of Covid-19

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Getting...

Continued from page 7

cases in Alameda County resulted in the temporary suspension of visits. Residents and their families will be swiftly notified when in-person visits can resume.

Many thanks to all staff who helped in making the visits memorable from the Assisted Living, EVS, Facility Services teams to Soledad Martinez, and the Resident Services team and finally to Eddie Silva and the Recreation department. Many thanks also go to all the front desk staff who amongst other things, took calls to sign up families for visitation and coordinated with various departments.

In the meantime, video visits continue, and connection is only a card or phone call away. Please call (510) 471-3434 ext. 26416 to set up video visits. Ultimately, neither distance nor circumstance can keep us away from our loved ones.



Ain't no mountain high enough, ain't no valley low enough... to keep me from getting to you.

Location, Location, Location!—Zelma Campbell

A group of psychology students from around the country were at an educational conference.

In an “Emotional Extremes” class, the Professor explained, “Before we get into the clinical portion of our lecture, let’s establish a baseline for what we’ll be discussing.” He turned to a student from New York and asked,

“What’s the opposite of joy?”

“Sadness,” she responded.

Next, he asked a student from California,

“What’s the opposite of depression?”

The young man answered “Elation.”

Then, the professor turned to a student from Texas and asked,

“And the opposite of woe?”

She replied with a smile, “I believe that would be giddy-up!”

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My Dining Lights, High & Low—Written by Resident, Bruce Rick



It has been over four months since I was served a meal with a metal knife in the place setting. Do you think I am out on Parole or released from a mental institution? No, the powers that be (Federal, County, City, Local management), have made a baby step in the pandemic reopening plan by opening the Masonic Home at Union City dining rooms and permitting ceramic ware (Villeroy

@ Boch china and Waterford crystal wasn't listed as in or out) and flatware (no mention of silver ware). Still being held off is the extravagance of cloth napkins and tablecloths.

The residents of the Masonic Home at Union City have had the “opportunity” to see their meals delivered to their respective apartments and rooms with the closing of the dining rooms.

Now, I feel the anticipation of dining in the same room with more than one person, people even, sitting down to order off the menu and short distance conversation with folks you haven't seen in months. What to wear to lunch and dinner? Then, a breakfast outfit? In the apartment, I only had to be concerned about answering the door in some appropriate attire, but now dressing for dinner in the dining room is a welcome chore I haven't had in a long time.

Wait! The same powers just changed their collective minds and said no to the dishwasher safe tableware and a return to our disposable utensils, plates and cups. Is this punishment for some infraction of the rules? Renewed caution to protect us? I prefer to think “they” are looking to our welfare. Well, I am taking the respite from in-house dining as a treat that is part of the “do you remember” memories of 2020.

Maybe you haven't tried “in-house” dining before but think of the last time you had pizza delivery, or you brought home the to-go boxes, plastic utensils, paper plates, cups and napkins. Plus, to have this service three times a day?

Not complaining, but..., some thoughts on dining in and out, seen from my apartment door in independent living.

All of the dining services staff and supplement workers have been added to my list of the heroes here in these pandemic days. Yes, management is working to highlight working heroes, I'm adding a highlight of my own.

Room deliveries have been coming on carts driven (pushed) by former dining room servers with supplemental help from the Masonic Home staff. I sure was surprised to have Chaplain Joel Ingram asking me whether I wanted the entrée or catch of the day! Or, Olapeju Afolabi, a Manager here, training alongside the new servers.

My Dining Lights... *Continued from page 9*

At the earliest start of meal delivery, the hot food was usually pretty cold, and yes, everyone has a microwave for re-heating, but insulated food carriers soon began to appear and have reduced the times I must nuke in the microwave.

When dining room access stopped, so did the offering of the weekly menu. The response was “Use the Resident Portal website”. Yes, the day’s lunch and dinner menu are there, and you can see the next week, weeks or month menu. Many missed the 11” x 17” printed weekly menu and that has been restored as a once a week delivery with a breakfast meal.

Items taken away from having in the dining room and not provided with deliveries were wine and beer, corned beef hash, and omelettes, and local fresh fruit. Wine and beer were offered about a month ago, had to wait for the brief dining room opening to have omelettes and corned beef hash. The Recreation Department started delivering fresh fruit and snacks with their entertainment carts. However, many items were delivered that were unexpected: cherries jubilee (warm cherry sauce and cold ice cream), Filet Mignon (so tender I could cut with the plastic knife) and Lobster Bisque (close to restaurant level except for the paper soup cup).



Another unexpected delivery was a birthday wish. In reply to CEO Gary Charland’s offer to try and grant wishes, I asked for cherries jubilee to be delivered by the Dining Director, John Marshall in his white chef’s toque, white top and white mask for my wife’s birthday dinner surprise

dessert. Surprise! At lunchtime of the birthday day, my wife opened the door to find Resident Experience Coordinator, David Bible, Eddie Silva and Miguel Dela Cruz stand there with red and white balloons and a red and white cake. David said cherries were out of season, so he brought cherry red and vanilla ice cream white items. A thoughtful and memorable wish.

A surprise opportunity came with a chance to dine out on one of the patios for the 4th of July lunch. The wife and I enjoyed the “real” outdoor gas grill meats, the associated cooking aromas, and the chance to chat with other resident ‘Picnic-kers.’

With three meals a day and extra visits with treats by the Recreation department, the recycle/trash separation led to many management memos. In the end, meal containers, and related utensils and food scraps all went to the trash. A fun anonymous poem was read at a Town Hall meeting featuring the unsung hero who has the trash duty.

Whoever has been our delivery server, that person was kind and patient. If there was a question, the answer was provided or was soon answered. The only concern I heard voiced by any server was the sometimes difficult, situation of a couple telling their choices at the same time as the other. After hearing that I vowed to change my ways...

My Dining Lights... *Continued from page 10*

Well, back to the meal delivery method for dining here. No one has given a new target date of an open dining room. I will remain hopeful, as before, and, when I hear that tomorrow, we can line up at the dining room, I will restart my closet search for what to wear that no one has seen since the last dining room experience!

Editor's Note: The Main Dining Room was opened for 3 days and has since been closed again due to the resurgence of Covid-19 cases in Alameda County. Below are pictures taken by resident, Barbara Sullivan for posterity, when the dining room was briefly in operation.



Spotlight on the Masonic Homes Way-By MHW Team

A few weeks ago, our power went down in the middle of the night and our backup generators decided they didn't want to be of help (i.e., they didn't kick in as planned).

This month's Masonic Home Spotlight shines on a number of "Home Heroes" that silently sprang into action for the benefit of all. What did our heroes do? I'm glad you asked. Our RCFE nursing crew, Jocelyn Sousa, Imelda Adante, Gloria Bautista, Shirley Pullukattu and Princess Hullana checked on residents with CPAP and Oxygen machines to see how they were doing, made sure walking lights were still working and reported their findings to PBX.

Matt Patrick, Leonard Dumawa, Nelson Abeleda and Pablo Aquino from the Facilities Department came in to provide support and keep the rest of the team updated on PG&E's work to restore power. They also checked our hallways for lights and opened doors that auto close when there's an outage, they checked elevators for occupancy and made sure Lorber was doing okay.

Alan Davis from IT deployed his staff to campus to make sure the Home computers were running properly and that our phones were operational.

Last but not the least, we should mention Virginia Gonzalez at our Front Desk (PBX). This was a busy and stressful event but as the British say, Virginia "Stayed Calm and Carried On"! She took calls from residents and staff and passed on communication like a pro. She kept her cool and helped everyone get through the event successfully. Great job, Virginia!

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Spotlight...

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About this time, many residents woke up, had their cup of coffee, called a friend or family member and never knew the difference. How nice!

Like a swan on a lake, everything looks so calm and peaceful from above, but underneath hard work makes it look so smooth. To those who “paddled” us through this event we give our thanks and this Masonic Home Spotlight.

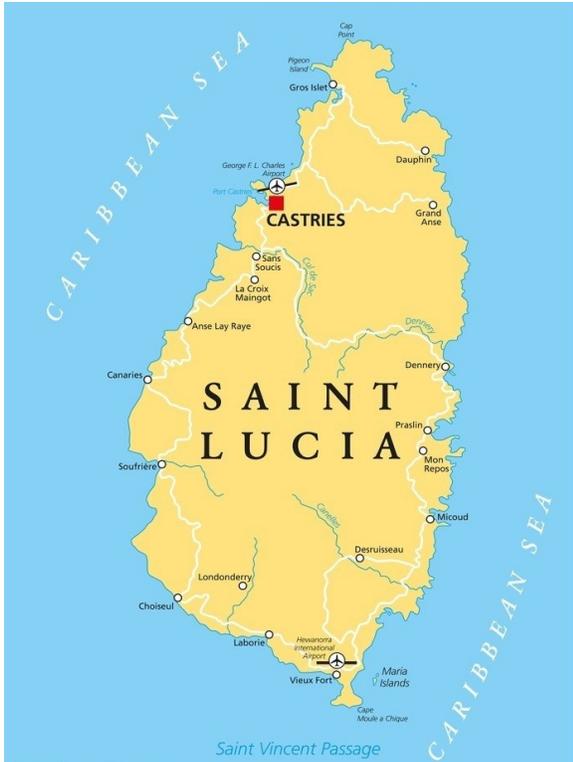
A Little Dirt Never Hurt—Written by Lorber Recreation Team

Way up on the hill of Lorber’s 4th floor sunroom, is a beautiful garden filled with many different plants. While we all have been sheltered in place, Lorber has been restoring, maintaining, and growing what is now a spectacular garden. At the Masonic Home, gardening in the 4th floor sunroom has been passed down from resident to resident. Now every Thursday we have scheduled to water, prune, and overall maintain the upkeep of the garden so that in the future, residents can come out and enjoy the view!

There are also many health benefits of gardening. According to research it can help reduce stress, improve your hand strength, give you a boost of vitamin D, and boost self-esteem. It always feels good to accomplish new tasks! In the garden, you can see geraniums, amaryllis, succulents, tomatoes, sunflowers, pumpkin, basil, peas, and poppies. Not only is our garden growing, but it is now home to some new “residents”! See if you can spot our morning doves who have made a nest in one of the pots!



Comfort Food—Submitted by Gabi Scott, Communications Clerk



Comfort food is a wonderful thing because it's something that will always make you feel on top of the world and like everything is going to be ok.

My mom grew up in an impoverished environment back in the Caribbean islands, so a lot of St. Lucian recipes are stuff that's just thrown together or just simplistic.

One of the things that they used to make a lot when my mom was a kid was cocoa tea & dumplings. They grew cocoa beans, roasted and ground them into this paste form of cocoa and left them to dry into sticks that are normally used in this recipe. However, since they do not have that available here, any form of cocoa powder should work as an alternative.

Ingredients:

Cocoa Tea:

- ◆ Pure cocoa or chocolate powder
- ◆ 1 tablespoon of vanilla
- ◆ Cinnamon
- ◆ Nutmeg
- ◆ 4 bay leaves
- ◆ Star anise
- ◆ 1 ½ cup of cane sugar if using pure cocoa instead of chocolate mix
- ◆ 4-5 cups of water
- ◆ A can of evaporated milk or 1 ½ cups of milk or 2 cups of substitute milk

Note: Check if chocolate powder has sugar in it to determine if you need to add the optional sugar.

Dumplings (Optional):

- ◆ 3-4 cups of flour and mix with water until the dough is sticky enough for it to not leave residue but for it to roll around into balls.
- ◆ A pinch of salt

Note: The dough is chewy according to its size. The bigger, the chewier, and the small, the softer. If you don't like chewy at all, do not include the dumplings. Soft is not a good texture wise, so please if going softer make it the size of a gumball so it's not soggy.

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Comfort Food...

Continued from page 13

1. Bring to a boil 4-5 cups of water with the nutmeg, bay leaves, anise, and cinnamon
2. Add cocoa or chocolate powder to the amount of your liking for how much chocolate you want to taste
3. Add evaporated milk, regular milk, or milk substitute. The liquid should have a milk chocolate brown color after adding
4. Mix together Flour and enough water until the dough doesn't stick to your fingers into a moldable soft form. Roll either balls the size of gumballs or do what my sister does and make dinosaurs or horses. You can make it any shape you want (honestly it depends what you type of weird mini sculpture you want to put in your mouth). Once the dough is made, boil it in the already formed chocolate milk for about 10-15 minutes. Dumplings should be firm by the end.

When it's all done, use a ladle and scoop it into a mug or if you added dumplings, which is my personal favorite, you can eat it in a bowl like soup.



A fun twist to the recipe you can add, is using strawberry milk mix. I tried that once and it was pretty good. Hope this recipe gives you something new to try and enjoy



Nutrients to supercharge your Immune System

Written by Jeegna Patel, Clinical Nutrition Manager

Like vitamin C, vitamin E is a powerful anti-oxidant. Research suggests maintaining ample levels of vitamin E is crucial for maintaining a healthy immune system.

To get your fill of vitamin E, look to these foods:

- Wheat germ oil
- Almonds
- Sunflower seeds
- Hazelnuts
- Peanut butter





Resident Birthdays	
RAUL CHIRINO	8/2
RAY BOYES	8/3
RICHARD EICHENDORFF	8/5
MURIEL SIMMONS JOHN WEBB	8/6
ILSE STRAUB	8/9
JEANNE CUNNINGHAM	8/10
JUNE SELWYN	8/11
BASIL BROOKS	8/12
LESLEY CUNNINGHAM	8/17
JIM HARTWELL	8/18
TERRY BRISBIN	8/19
DAWN HICKS	8/25
MARGARET ANDREWS HAROLD SCOTT	8/26
MARY SHANNON	8/29

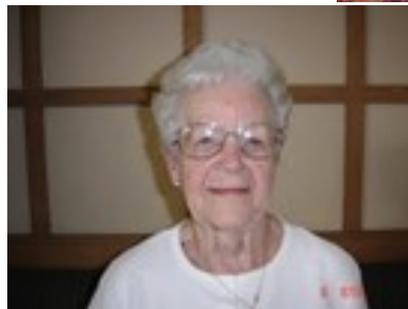
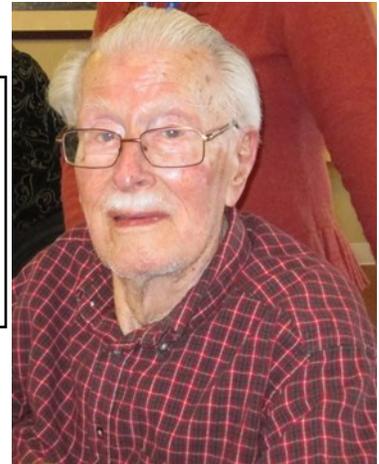


Resident Anniversaries

Residents	Ann. Date	Years
Richard & Joyce Fiechtner	8/8	67
Ed & Kathy Burgle	8/16	51
Bill & Barbara Dippel	8/19	69
Bill & Suzie Hems	8/21	38

In Memoriam

Terry Snygg
 October 18, 1922—July
 17, 2020
 Mason of: Petaluma-
 Hamilton #180



Nettie Hasler
 January 14, 1917—July 19, 2020
 Sponsored by: Menifee Valley
 #289

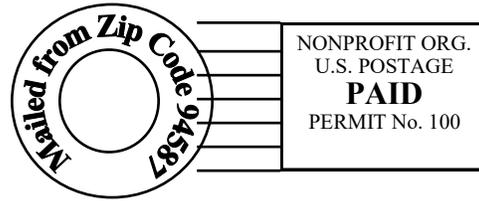
Birthdays, Weddings, Anniversaries, In Memoriam



The Messenger

Masonic Homes of California

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

The Pillars: Safety, Personal Connection, Experience & Efficiency