



MSOS Gazette

Volume 7, Issue 4 October, November, December



Note From The Executive Director

Dear Masonic Senior Outreach Clients, Families and Lodges:

Welcome to our Holiday edition of the MSOS Gazette. This is where we get to wish you all a Happy Halloween, Veteran’s Day, Happy Hanukkah and Merry Christmas. We know this year’s holiday season will be different from years past, as many folks may not be able to gather together safely. However, staying connected is very important and the holidays give us a great reason to do so. Be sure to talk with your loved ones and friends on the telephone or through Facetime, Skype, or Zoom. There are so many ways to see the faces of your loved ones by using technology. And while it’s not exactly the same – it’s the next best thing!

Remember, your Care Manager is just a phone call away!

Stay safe and Happy Holidays,

Sabrina Montes

Special points of interest:

- Holidays during Covid-19
- Campus Updates
- Client Stories
- New Manager
- New Interns



Veteran’s Day

At 11 o’clock on the morning of the 11th day of the 11th month of the year 1918, the armies of the Allied powers and Germany laid down their weapons so that the work of negotiating an end to World War I could begin. Exactly one year later, U.S. President Woodrow Wilson proclaimed November 11th as the first commemoration of the armistice that brought an end to the hostilities. The day was set aside to celebrate peace among nations and honor the sacrifices of troops who fought in service of their country. In 1938, Congress made Armistice Day an official legal holiday.

In 1954, Congress renamed Armistice Day to Veterans Day. From then on, Veterans Day has been a day to honor American servicepeople who have fought in all wars.

Veterans Day is a day for us to honor and thank all military personnel, and particularly living veterans, who have served the United States in all wars through activities such as parades, church or prayer services, and traditionally observing two minutes of silence starting at 11:00 a.m.

-Gabriela A., Northern CA MOS Manager



Happy Birthday Your Royal Highness

Queen Elizabeth II carried out her first public engagement since Britain's coronavirus lockdown in March, stepping out on October 15 without a mask despite a resurgence of the virus.

The 94-year-old monarch was joined by her grandson Prince William on a visit to the Defense Science and Technology Laboratory at Porton Down, England. Neither were wearing face coverings, though they were adhering to social distancing guidelines.

The CDC recommends wearing a face covering in indoor places where "social distancing may be difficult and where you will come into contact with people you do not normally meet."

Buckingham Palace said the Queen decided not to wear a mask after consulting her own medics and scientists at the Porton Down military research facility, which is providing vital support to the UK's Covid-19 pandemic response.

The royal family was directly impacted by the pandemic in March, when Prince Charles, tested positive for coronavirus. Charles, 71, completed his self-isolation in Scotland.

Britain and most of the U.S. is currently grappling with a spike in Covid-19 cases. UK Prime Minister Boris Johnson on Wednesday imposed a three-tier Covid Alert system across England to try to staunch the spread of the virus, rolling out localized restrictions in some northern cities and the capital London.

In England as in other parts of the world, face coverings are required in all indoor settings, including visitor attractions and entertainment venues. Let's do our part and stay healthy by wearing a mask when in public.

- Submitted from Esperanza E., SoCal CM, from London CNN

"When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future. "

_Queen Elizabeth II

Welcome Lizette Martinez



Lizette Martinez, MSW, ACSW
Manager of Outreach & Education

Hello! My name is Lizette and I am pleased to be the new Manager of Outreach and Education with the Masonic Outreach Services team. I will be working with Camille to support the Lodge Outreach program, with a focus on divisions 1-4 in the Northern part of this beautiful state. I am a Social Worker and proud UC Berkeley graduate. Go Golden Bears! I have been living in the Bay Area for the last four years after relocating from my hometown of Los Angeles. Before coming to MOS, I worked with people ages 6-92 as a therapist and a workshop presenter. I have also spent the last 16 years fighting for suicide prevention, my passion, since losing my big brother in 2004. My hope is to bring awareness to the topic and inspire open conversation and connections. Prior to working in the mental health and training field, I was a chef in Los Angeles, working in restaurants and as a private chef in homes. I look forward to learning more about freemasonry and hopefully being a part of building community with each division I have the privilege of meeting.

World Mental Health Day

World Mental Health Day (10 October) is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries. This day, each October, thousands of supporters come to celebrate this annual awareness program to bring attention to mental illness and its major effects on peoples' lives worldwide.



Amy A., Central CA MOS Manager

Knock-Knock Joke Day

Every October 31st, we celebrate a very important holiday. No, not Halloween, National Knock-Knock Joke Day! Now, you may be thinking, "Wow, they have a holiday for everything...", and, if so, you'd be right! Researching this holiday brings back little information. Who started it? Why did they choose the same day as Halloween? These are things we may never know. But what we can research is the origin of the knock-knock joke, which began in the early 1900s and became popular in the 1930s. Knock-knock jokes apparently were so popular in the 1930s that you couldn't turn the radio on without hearing one. But not everyone was a fan. In 1936, D.A. Laird of the Rivercrest Psychological Laboratory at Colgate University called knock-knock jokes "catch-question games, the answers to which no reasonable person could possibly guess."

When was the last time you heard a knock-knock joke? How about the last time you heard a funny one? This October 31st, induce some groans from your friends and family with a knock-knock joke or three.

Knock-knock.
Who's there?
Gladys.
Gladys who?
Glad this article is over!

Sol S., Manager of Masonic Assistance

**Knock-knock.
Who's there?
Boo.
Boo who?
Don't cry - it's only
a knock-knock
joke!**

Hanukkah Facts

- ◇ It celebrates a military victory and a miracle.
- ◇ It's not the biggest Jewish Holiday.
- ◇ Each of the four sides of a dreidel has a Hebrew character: Nun, Gimel, Hay or Shin. The four letters are said to stand for the Hebrew phrase "Nes Gadol Hayah Sham"—meaning "A great miracle happened there"—which refers to the miraculous, long-lasting oil.
- ◇ The dates change every year, in 2013 it overlapped with Thanksgiving.
- ◇ You will need to light 44 candles to celebrate the 8th night.



Halloween—The Covid-19 Edition



Halloween is upon us and some of us are wondering how do we safely celebrate; how do we trick-or-treat during a pandemic? This has been an unprecedented year for most of us, bringing strife, confusion, fear and for some, heartache. The devastation is rampant all while we've been isolated and unable to rejoice with family and friends, except for those who we consider to be our "nuclear" family. This makes it that much more important to be creative and think of new ways to celebrate old traditions, all while maintaining safety and fun for everyone involved.

Below are some creative ways folks are doing just that:

Halloween themed scavenger hunt:

Have a scavenger hunt in the backyard by hiding candy or Halloween-themed packages with candy inside.

Halloween party indoors:

Some families are choosing to stay indoors by throwing on Halloween pajamas, eating candy and watching Halloween movies.

Last and Best Idea! Build a candy chute:

You've likely seen the viral posts on Facebook where people are building chutes to send candy down in a safe manner to those who participate in trick-or-treating. Neighbors across the nation are taking part.

-Quynh T. , MOS Manager SoCal



Isabela Ghereben
SJSU MSW Intern

School is Back In Session (Virtually)

MOS will be going on their 15th year of hosting 2 USC Interns in Southern California. While MOS in Northern California, will be on their 2nd year and hosting 1 intern from San Jose State University. So exciting!



Brooklynn Magaña
USC MSW Intern

We are proud to say this will be our first school year being a virtual internship program. Since our interns are studying for their Masters in Social Work, they will conduct clinical skills and serve as a support system to our MSOS clients. They will meet with their clients in one-on-one sessions via phone or video chat. In addition they will facilitate our Breezie Tablet Program throughout the year.



Margot Garcia
USC MSW Intern

We're so happy to have Margot Garcia, Brooklynn Magaña, and Isabela Ghereben as our 2020-21 MOS' MSW Interns. We're looking forward to seeing their great work and their growth as young professionals.

-Camille S. , Lodge & Outreach Educator

This year MOS decided **NOT** to send out the Annual Survey. We thought this was best, given all of the added struggles due to the current pandemic. Please know that we greatly value your participation and feedback and look forward to hearing from you all next year.

11 years prior to his own diagnosis, President Reagan declared November as National Alzheimer's Month to raise awareness not only for the disease and those who suffer from Alzheimer's, but for dedicated caregivers who provide care. Americans also refer to November as the beginning of the "holiday season" and for those who suffer some form of dementia, Alzheimer's being the most prevalent form, there are some considerations that can make celebrations more comfortable for all. Everyone is unique and your plans need to consider what stage your loved one is in on his or her journey. Below are just a few examples to help you do so:

1. With ample time, familiarize others on what to expect so they're aware of possible changes such as communication skills and behaviors caused by the disease.
2. Set up a separate room for a couple of visitors at a time because large crowds or a great deal of noise can be over-stimulating and cause confusion, frustration, anxiety, aggression, or withdrawal.
3. Play holiday music that was popular and familiar to your loved ones when they were younger.
4. Adjust your expectations of holiday traditions and as a caregiver, give yourself permission to do only what you can, remembering you can only take care of your loved ones if you take care of yourself first.



-MaryLou M. , SoCal CM

MHC Covina Campus Updates

Hello from Covina. Our amazing activities department has been busy planning fun events to keep residents entertained and engaged. They watched classic horror movies every Saturday in October and celebrated Halloween with costume contests for residents and staff.

Themed happy hours have been happening each Friday and will continue throughout the holidays. So far, they hosted a pink theme to commemorate breast cancer awareness, NBA theme to cheer on the Lakers and an Oktoberfest.

Residents are enjoying spending one on one time with staff playing games, going for a walk, and taking scenic drives.

The hair salon is finally open for manicures and haircuts. Breakfast is being served on outside patios and take out from restaurants such as BJ's and Chick-fil-let are delivered to campus.

Visitors are invited to visit friends and loved ones outside on Tuesday, Thursday, Saturday, and Sunday for 45 minutes. There are 3 time slots to allow 2 residents to have up to 4 visitors at a time.

That is the campus update for now.

Tara K. , MOS Office Manager

MHC Union City Campus Update

The Masonic Homes has reached the milestone of 5000 COVID tests & no resident has tested positive. To make residents' lives better & more social, the home was able to resume some of the services such as outdoor beauty salon, on-site visits, communal dining, small group gatherings & activities. The recreation team has put together some appropriate social distancing group activities for everyone to enjoy such as mini golf, corn hole, bingo & coffee socials.

Until recently as of 10/9/2020, MH-UC has confirmed the first positive case of COVID-19 of a staff member since July 2020. Because of this positive test, the home had to make some adjustments to the day to day activities which include: postponing visits, limiting the residents into the rooms and no communal dining. It had to temporarily close the outdoor hair salon and the general store on campus. In addition, social distance gatherings such as bingo and hallway happy hours will be postponed. Residents and staff must test negative in order to resume. It is still very fortunate not to have a single resident test positive for COVID-19 and that is due to the great efforts of all staff and residents who have done their best to follow best practices for infection control and measures. The Home continues to follow all compliances to keep the community safe and healthy. So remember to be safe, be well, stay home, stop the spread & save lives.

Thu V., Applications Coordinator MA

Thanksgiving—The Pandemic Edition



Thanksgiving is right around the corner. For sure, Thanksgiving celebration for 2020 will be different from what we are accustomed. Thanksgiving is one of the holidays where we get to spend time with our families and friends that may live far from us. It is meant to give us quality time with family but how are we going to celebrate this year?

We probably need to think outside the box so we can still continue with the traditions, same but different. If you are fortunate enough to live close to your family members, maybe you can organize a meal exchange and deliver on the morning of Thanksgiving. Of course, it can never replace the joy of cooking and eating together that is what Thanksgiving is for, quality time with family.

Since travel is limited, virtual dining can also be scheduled through Zoom, Facetime or Facebook Messenger, it is keeping up with the idea of doing things the same but different.

Thanksgiving is not just a time of feasting, Black Friday shopping, gathering as a family or a four-day weekend, it is also a time to reflect how blessed we are especially during this unprecedented time.

So, let me wish you all a Happy Thanksgiving from my family to yours!

-Eleanor A., NorCal CM

Christmas Traditions

Thinking of Christmas traditions growing up, one could reminisce of hot chocolate, decorating Christmas trees, Santa, excitement of presents, and family to share memories. Those experiences are typically made a part of family holiday traditions. Then there are other holiday memories that weren't so pleasant but shaped and molded us into who we are today. Experiences that guided our moral compass to respond to people when in need or just the desire to see someone else smile and succeed at their goals. A client in New Caney, Tx shared her intimate story of how her experiences of being a habitually sick mother with 3 children unable to care for them and how it reshaped her families Christmas experience into adulthood. The client expressed throughout their hardships how her family has learned to give back to others and draw from their experiences growing up and the charity they received.



7 years ago, the family decided to start a new tradition, selling mom's famous Holiday Nut Cake. Mom and daughter buckle down for 3 days baking 165 cakes every Christmas, with a dedicated order of 25-cakes from a local bakery every year. The cakes produce \$3k of profit which is split into 3 \$1,000 college scholarship for high school students at New Caney and New Hope High School. Each student fills out an application, writes an essay, and a panel of 3 staff members from each school judge and present the scholarship winners with their gift before Christmas break. The pandemic hasn't slowed her down. She is looking forward to uplifting 3 new recipients this 2020 Christmas.

Brandi W., SoCal CM



Viola Watson Shares Her Story

Christmas is a wonderful time. At my age, the memories seem like yesterday. It's so much fun as I enjoy the past one more time.....

My grandparents lived on the Mojave Desert. Every year Dad and Mom piled my two sisters, my brother and me in the chevy and we would arrive at my grandparents' on Christmas Eve. I remember the small house, the kerosene lamps, wood stove, and hot chocolate made with canned milk. Grandma decorated the house with the sweet decorations made by my mom and her 5 brothers.

Many years later, sharing the excitement of Christmas with my husband, and 4 children was so much fun! Where do you hide presents? Well, I found out where not to, when I hid presents under the sofa and 3 boys wrestling on the floor spotted them!

Our big Christmas treat every year was taking our 4 children to Sacramento 2 weeks before Christmas. First, we ate dinner at Carnation, then we went to Weinstock's and they rode up and down the escalator and could shop for presents for the family. One child asked "But how will we find you?" and another said, "Just stand still and you will hear mom's laugh." I guess that is a good present for any mom.

Masonic Homes of California

1650 E. Old Badillo St.
Covina, CA 91724

1-888-466-3642



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**

Cranberry Chocolate Walnut Pie

INGREDIENTS

- Pastry for single-crust pie (9 inches)
- 3 large eggs
- 3/4 cup sugar
- 1/2 cup butter melted
- 3 tablespoons all-purpose flour
- 1 cup chopped walnuts
- 1 cup fresh or frozen cranberries
- 1 cup semisweet chocolate chips
- 2 tablespoons dark rum

DIRECTIONS

- On a lightly floured surface, roll pastry dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Trim pastry to 1/2 in. beyond rim of plate; flute edge. Refrigerate 30 minutes. Preheat oven to 450°.
- Line unpricked pastry with a double thickness of foil. Fill with pie weights, dried beans or uncooked rice. Bake on a lower oven rack 15-20 minutes or until edges are light golden brown. Remove foil and weights; bake 3-6 minutes longer or until bottom is golden brown. Cool on a wire rack. Reduce oven setting to 350°.
- In a large bowl, beat eggs, sugar and melted butter until well blended. Gradually add flour until blended. Stir in remaining ingredients; pour into crust.
- Bake 30-35 minutes or until top is bubbly and crust is golden brown. Cool on a wire rack. Refrigerate leftovers.



Alone
→ → → ♥ → → →
Together

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