



# The Messenger

Published for the Residents

Masonic Homes of California at Union City

## Tentative Steps Towards a New Normal

Written by Joseph Pritchard, Clinical Operations Officer

The COVID-19 pandemic continues to wreak havoc on the world, the United States, and our surrounding community. Alameda County has instituted strict measures, but many people are unable to comply with those precautions. This has led to a steady increase in the number of cases in the county. Fortunately, the Masonic Homes' residents and staff have done their best to follow best practice infection control measures.

This attention to safety has given us the opportunity to begin taking tentative steps towards the new normal. Basically, we are looking at resuming some of the services that we had to close as part of the mandated COVID-19 response plan. These services include the beauty salon, on-site visits, communal dining, small group gatherings, and recreational activities. This list is not all-inclusive. There are some services that we will be unable to resume in the near future like reopening the swimming pool and large indoor gatherings.



The main reason for resuming any services is to make resident life better and more social. The physical and mental well-being of all residents requires frequent and purposeful social and recreational interactions. The mission of the Masonic Home is to provide whatever is necessary to allow residents to live engaging and fulfilling lives. Therefore, reopening and/or resuming services is a high priority.

These next few weeks to months will see a resumption of many of the services that were closed down. However, this reopening, needs to be accompanied by an even stricter

**Happy Halloween**  
**October 2020**

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## Tentative Steps...

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adherence to all recommended safety precautions. We all must continue to wear our masks and practice social distancing when possible. Remember to wash your hands and avoid touching your face. Don't share food or drinks. Following these rules are more important than ever because as we reopen, we open our community to more risk. The risk is calculated and lower than it was a few months ago, but it is still a risk.

The best way to minimize that risk is to follow the policies and procedures created by the staff. Each of the policies were created using the most updated research and best clinical evidence. These safety measures will ensure that all residents can enjoy the reopening of the campus services.

I know we are all looking forward to returning to some semblance of normality... to restarting the lives that were put on hold in early March. Let's all do it together, by being safe and protecting ourselves and each other from this deadly disease. Stay safe, my friends.

\*\*\*\*\*

## Hope in Place of Despair—*Submitted by Jeanne Benedict*

*Written by Denise Levertov*

I have a small grain of hope –  
one small crystal that gleams  
clear colors out of transparency.

I need more.

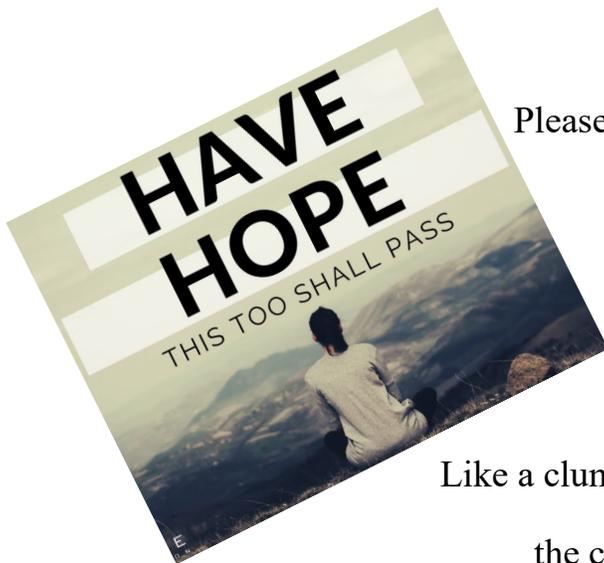
I break off a fragment  
to send you.

Please take this grain of a grain of hope  
so that mine won't shrink.

Please share your fragment  
so that yours will grow.

Only so, by division,  
will hope increase.

Like a clump of irises, which will cease to flower  
unless you distribute  
the clustered roots, unlikely source –  
clumsy and earth-covered –  
of grace.



## October Fun Facts—Written by RCFE Recreation Team

*October was originally the eighth month of the Roman calendar. It comes from the Latin word "Octo" meaning eight. Later, it became the 10th month when January and February were added to the Calendar.*

Hello and Happy October!

Can you believe we are in October already? Time really does fly! COVID has definitely set us back, but our set back is only preparing us for an even greater come back. There are so many new and exciting things

happening in recreation and we cannot wait to continue to grow as we navigate our way through all this craziness. We have started to “theme” our TGIF drink deliveries. Our first theme was Crazy Hat and it did not disappoint. So many of you jumped right in and topped your heads with some really fun and kooky hats! Our make-a-wish program has also been upgraded as well; we will be granting more wishes a month.



The Recreation team has also put together some group activities for everyone to enjoy that includes corn hole, mini golf, BINGO, coffee socials, and we also brought back the nifty needlers. All with the appropriate social distancing protocols, and RSVP scheduling of course. Please give us a call if you would like to try your hand at any

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**October...**

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of the group activities.

With our new Auditorium Patio space, we are eager to create more fun, safe, and exciting programs for all of you to enjoy. As always, if you have any suggestions about new activities you would like to see, fun games you would like to play, or a wish you'd like to be granted, please let Recreation know at ext. 2119! We always try to do our best to make it happen!

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## **Zoom Groups**—Written by the Lorber Recreation Team



Humans are naturally social beings. We crave for connection and belonging. Every day at Lorber, we are engaged in at least 1 social interaction in one way or another, whether that be over the phone with family/friends, or in person with our staff (keeping 6ft distance).

The current social distancing guidelines, while important, have shown us how much we all need socialization in our lives. Large groups can no longer gather, and

smaller groups were restricted to connecting physically with only those whom we share homes with. Many of us have relegated to our rooms and the hum of our daily lives have come to a halt. Now, we should all be giving importance to socialization and belonging while we are apart making sure we check up on our friends and loved ones through these time.

There are many benefits of maintaining social connections: improving mental health, boost in confidence and self-esteem, increase in quality of life, and increasing brain health. Although our group activities in Lorber have been put on hold until further notice, we have been able to stay connected through Zoom.

We reconnect with old friends and make new friends through a virtual platform. We reminisce together, quiz each other with trivia questions, and share great laughs.

Being able to connect with one another this way gives us hope that we will be able to reconnect in person in the future if we continue to do our part!



## Road Trip to the Airport—Written by Resident, Evelyn Rick

While we were working on the scavenger hunt, we happy wanderers heard that the Masonic Home Flying Club was preparing for takeoff. So off we went on a hike up the road. After passing the hard-working goats, the Event Center/ temporary construction office, and the construction staging area, we arrived at the club's airport.



Near the top of a hill to take advantage of the updrafts, the airport was started by Dick Sullivan with a piece of used carpet and one lawn chair. Now, just like a real airfield, it sports a paved and marked runway, a protective fence, areas for airplane preparation, and seats for pilots and spectators. Only the control tower and rental car center are missing. Construction, repair, and hangar storage of the radio-control aircraft take place in a large Yurt across the road.

Joining the spectators, we were treated to some pretty slick flying. We saw some tricky two-wheel landings, lots of climbing and banking, and even a touch-and-go or two. A miniature helicopter also took a turn above the field. The best part is that you don't need a pilot's license to join in, and everyone is welcome.

The hand-held radio controllers feature a special mode for beginners, and the club has some spare planes available that can take some bumpy landings while



*Continues on page 6*

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you learn.

It was easy to see that the Flying Club members love what they do. Flying the planes, they often built themselves, and out on a beautiful morning, each one had a look of real satisfaction. We checked the runway markings one last time to point ourselves in the right direction. Then we said a fond farewell to our little local version of SFO and headed for home.

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**“I Really Need My Car!”**—Written by Resident, Bruce A. Rick

That was my thought when first coming to the Masonic Home at Union City. A free assigned parking spot, come and go as you please, car wash close by, visit the mall, dine out and participate in Masonic and community functions.

Oh yes, we learned about the People Mover, Electric Car Share, Masonic Home Van Medical and local malls Transportation and General Store, but why use them when my trusty almost-brand-new car is just waiting for me to get in and go.

Then Covid-19 entered the area and I quickly learned that the car was going to sit and get dirty for the duration. Plus, the auto insurance policy still needs to be paid, the vehicle license fee renewal is due and it must be the turkeys flying over the car and the construction dust together making the car a deeper shade of gray.

Since being shelter-in-place locked down I’ve ridden in the Masonic Home vans and cars to medical appointments, walked around this large campus, shopped at the General Store and found out that Instacart, Amazon, and Target deliveries make shopping-from-home not only easy, but also I can still use my snipped manufacturers coupons at Target.



So, for you who have that car sitting in its assigned space getting dirty and racking up fees, think again about giving up that car, SUV or pickup truck. Oh yes, my wife, Evelyn, and I turned our leased car back in, gave up our valued close-in parking space, use the Masonic Home Transportation System, visit the General Store, shop online and walk the campus taking pictures.

Since the last update there have been 12 Blue Box Cards submitted as of September 21, 2020. There was one compliment in this batch. It simply, but effectively stated what this resident and hopefully others are thinking. “The Dining Rooms’ staff is doing a great job.” This card was sent to John Marshall, Director of Dining Services for the acknowledgement of his staff.

There were 5 resident concerns:

- ◆ One resident asked why it was okay for residents to visit each other in apartments without masks, but not okay to go to the library with masks on our own time (they are never crowded)? Please note that there should be no apartment visits without masks at any time, and that our mask and social group policies are in effect for the safety of all residents and staff of the Masonic Homes. As the case rate of the virus continues to go down, we will continue to open more areas and have more activities in a safe manner that conforms to the guidelines of the national, state, and county regulatory agencies.
- ◆ One resident asked why none of the new benches were arranged in conversation groupings? Their suggestion was to get away from the straight rows, evenly spaced, sterile approach. I sent this question to facilities to answer, since I don’t know. It may be simply a matter of aesthetics, convenience, or just happenstance. You could certainly make suggestions about how they might be better arranged. As everyone has different opinions about how furniture should be arranged, it might be a trial to see if it works for most people. Remember, any arrangement will have to conform to safe distancing requirements.
- ◆ One resident mentioned that the benches in the front and back of the Administration Building are great but are covered with dust. They suggested that the benches be periodically washed down. I sent this to facilities, who has the schedule for washing these down. I’m sure that with the wind and construction this is hard to keep ahead of.
- ◆ One resident reported some difficulties with medical follow up after a hospitalization. This was sent to the clinical team for follow up. The communication problems which were the cause has been addressed.
- ◆ There was one resident complaint about the food and how things are run in Dining Services. They are hoping for some changes with some new food choices. This was sent for review by Administration and Dining Services.

There were 3 cards with resident suggestions/questions and one poem:

- ◆ One resident suggested that there be a naming contest for the North End Wood Plank Boardwalk. His suggestion was the “Old Oak Tree Boardwalk.”
- ◆ One resident asked about the time frame for the resurfacing of the road section to the Lorber Parking Lot. I have been told that “it’s in the plan, but we are not sure when it will occur. We know that it needs to be done.”
- ◆ One resident asked about the plan for the walkway to the oil storage drum. This area will not be addressed until after the Adams renovation is complete.

- ◆ One resident submitted this poem:  
 Again, I await my next meal,  
 Wondering which plastic utensils will appeal.  
 After 4 months of collecting data on what's on the cart,  
 Graphing and coloring, and updating my chart,  
 The black with the napkin holder or the white in the package,  
 A napkin for your lap or one hard to manage,  
 Oh my, the data is all wrong,  
 I want my black knife to cut my filet mignon.

There were three additional cards submitted by staff members which were addressed at the virtual UC 20/20 (all staff meeting).

- ◆ One card by a staff member expressed concern about equity in assignments during COVID and suggested that staff rotate floors or assignments to be fair. I explained that in order to decrease exposure of residents to too many different staff members and make contact tracing more effective that assignments needed to be as consistent as possible.
- ◆ One staff member made a suggestion to change color of some of the parking spaces to allow more staff the opportunity to use them. This was brought to facilities and Administration for review.
- ◆ One staff member expressed concern over the number and lengths of smoke breaks by other staff members. I reminded all staff if they have concerns about a specific staff member, they should report it to their supervisor so that it can be investigated and addressed.

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

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## *New Residents*

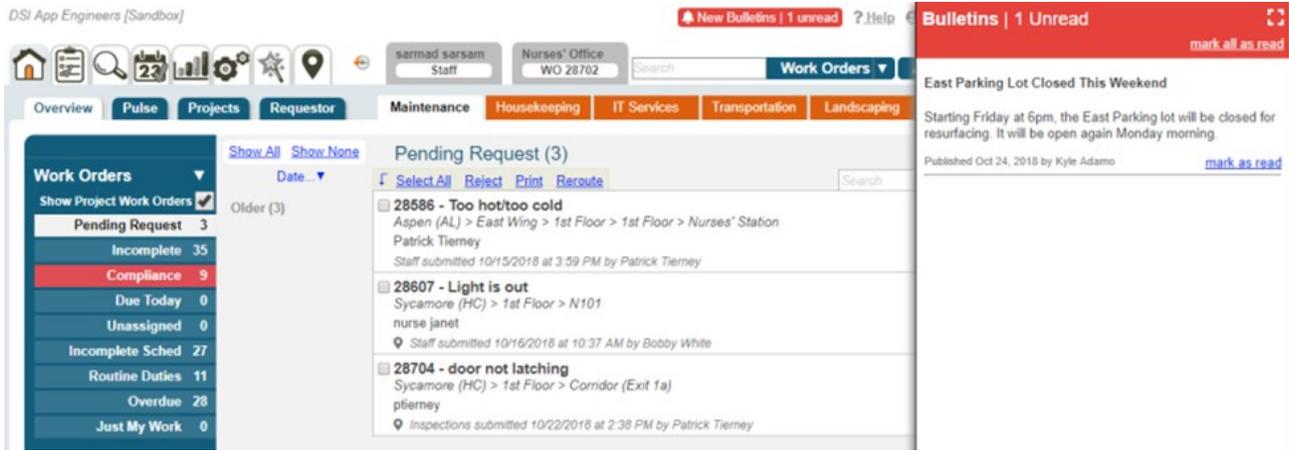
James Camper Jr.  
 Sponsoring Lodge:  
 Peninsula Coast #168  
 City: San Carlos  
 Moved in on: July 6, 2020

Bettie Gibson  
 Sponsoring Lodge: Island  
 City #215  
 City: Alameda  
 Moved in on: September 9,  
 2020



# Hooray, WorxHub is One—Written by Mike McComas

October marks the one year anniversary of the Facility & Environmental Services departments using the new work order system, Worxhub. Some of you might remember hearing about how excited these teams were when they found out that they were getting an upgrade to the system in which they manage and track work orders.



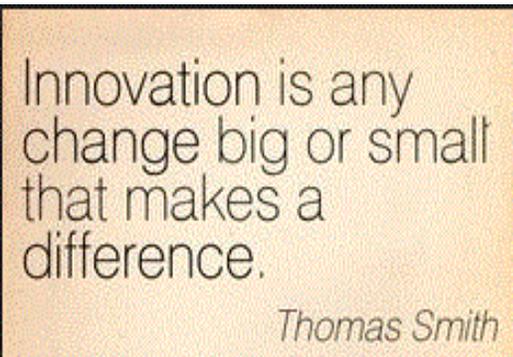
Although it was a little tricky for staff at the initial launch to navigate the new software and become comfortable with their new mobile devices, in time we all overcame these technological hurdles and we are all now pro users. We even have a few residents who are using similar software to generate their own work order requests too!

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# An Introduction to Innovations—Written by Jasmine Myers

If you are unaware, the Innovations Department is fairly new to campus at a little over a year old. It consists of James Macrae, Innovations Project Manager and Jasmine Myers, who was formerly in the Brain Gym. Together, we work on bringing new technology to the home like Alexa and Viibrant. We are currently working on making Viibrant more efficient and would love your opinion. Please use this link to answer a quick survey for us: [www.surveymonkey.com/r/FWW2HFX](http://www.surveymonkey.com/r/FWW2HFX)

Labrador Robotics would also like your opinion about their robot that can assist in the home. Please fill out their survey here: [www.surveymonkey.com/r/Labrador-Masonic](http://www.surveymonkey.com/r/Labrador-Masonic)

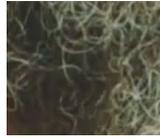


We are also conducting a study with the Toi Labs Smart Toilet. Their smart toilet, called TrueLoo, has the ability to detect and warn you about potential dehydration and other digestive concerns. To join this study or ask questions about these projects, please reach out to Jasmine ext. 6354. We'd love to work with you.



# The Chaplain's Corner

By Chaplain Joel Ingram



## SUKKOT



Have you ever heard of the Jewish holiday of Sukkot? Perhaps you know it by its other name, the “Feast of Tabernacles”? In case you’ve not heard of it, I thought I’d share a bit about it while connecting it to the “sheltering in place” we’ve been living through these past several months.

This year, Sukkot will be celebrated from October 2nd to 9th. The name, “Sukkot” is Hebrew for “hut”. In celebration of the festival, families build their own three-sided hut or something resembling one. They either live in it for the entire week (in the past this was more commonly done), or they might just spend some time there eating a meal or two. Why a hut?

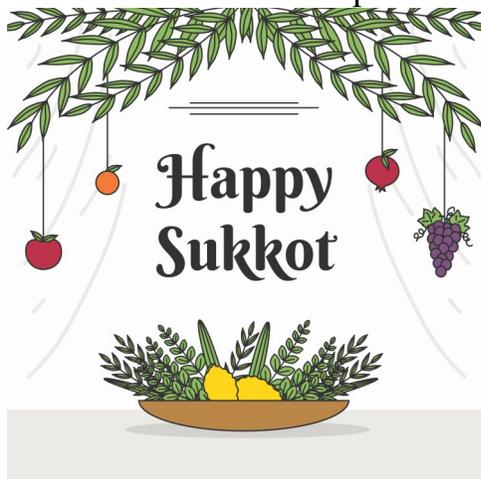
There are two primary reasons. First, the hut is a reminder of the huts or temporary dwelling place their ancestors lived in for 40 years in their exodus from Egypt to Canaan. It is a celebration of the journey of the people and thanks to God for the success in the journey. The second reason is that these huts resemble the structures farmers would live and sleep in during the harvest season before the winter rains came and the crop season ended.

In all, the huts are a place where people remember the blessings of their past – and in the present, celebrated their “new” blessings in the harvest for the year. Good from the past; good in the present.

To be sure, our “huts”, the apartments we now find ourselves sequestered to, are not fun. After all these months it certainly feels like we’ve been hold up in them for forty some years! But, as undesirable as our “forced time out” is, it remains an opportunity; it provides us a time and place to realize how blessed we have been in the past. This “hut time” is an opportunity to be thankful that we have a “hut” at all – a place of relative safety and comfort.

This month, I hope you will have a wonderful Sukkot Celebration if you are Jewish. If you’re not, I hope you find your “virtual” Sukkot Celebration a good place to give thanks for blessings past and present.

Sincerely,  
*Chaplain Joel*



# Spotlight on the Masonic Homes Way-By MHW Team

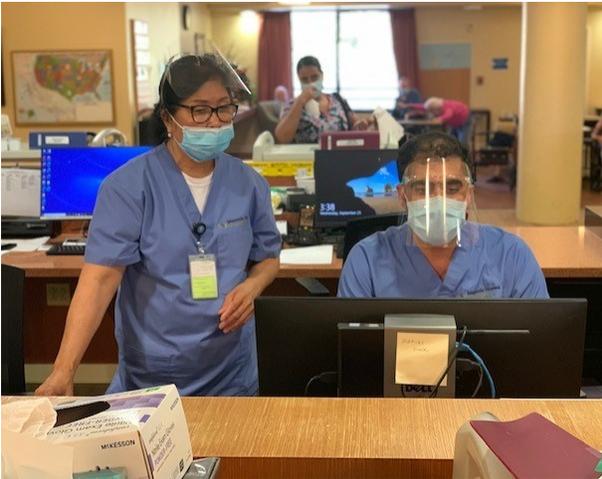
This month, our Masonic Homes Way “Shout Out” goes to the staff in our Skilled Nursing Facility—Lorber. Perhaps first we should give a welcome or another welcome to our Administrator for Lorber.



As you may know, Cynthia Cruz has been overseeing this part of our Home for about six months now. Unfortunately, we were under social restrictions when she arrived, so her “welcome” was not as full or face-to-face as usual. But, clearly, she and Theresa Arnibal, Director of Nursing, have been doing a great job and we want to give their entire team a great big thank you.

The Masonic Homes Way team came to give thanks by Joel’s way of a conversation with John Dahle. John has been in Lorber for a couple of months. As they talked about his time there, Joel was pleased to hear him talk glowingly and with a good sense of pride, about the care he’s been getting. “The nurses and CNAs have been so thoughtful and attentive,” John shared. “When I have a need they come in short order. They help me with big and little things, and it means so much!”

He also heaped praise upon the Recreation Team for their finding creative ways to help everyone get through the Covid crisis. From activities to Zoom meetings it all makes a big difference.



*Continues on page 13*

# Celebrations



Wyn & June Selwyn's Anniversary



Jerry & Liz Fiske's Anniversary



John & Pat Gates' Anniversary

*If I Could Go Back In Time*  
*If I could go back in time today,*  
*Way before we met,*  
*I'd search and find you right away,*  
*To form our loving duet.*  
*Far, far back, I'd go for you,*  
*To marry you much sooner;*  
*We'd tie the knot, and you would be*  
*My amorous honeymooner.*  
*I love our anniversary now;*  
*I'm happier every year;*  
*I just wish there'd been more time*  
*For me to love you, Dear!*

*By Joanna Fuchs*

# Spotlight on the Masonic Homes

Continued from page 11

So, great job SNF team! Thank you for all that you do! Our residents notice and appreciate your job well done. And, your good work helps inspire other staff members to do their best as well!



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## FOOD FOR THOUGHT

Submitted by Dietary Department

Want **GLOWING SKIN?**  
Eat Your Water!



Quotable

-  Apples  
84% Water
-  Strawberries  
90% Water
-  Watermelons  
92% Water
-  Iceberg Lettuce  
96% Water
-  Oranges  
87% Water
-  Spinach  
96% Water
-  Celery - 95% Water
-  Grapefruit - 91% Water
- 
- 



**“My Secret Grassy Park”**—Written by Resident, Bruce Rick

I was watching CEO, Gary Charland on our first Masonic Homes “End of the Hall” Zoom meeting when a resident requested more grass on the campus. Both Mr. Charland and the Chief Clinical Officer, Joseph Pritchard listed many environmental reasons for our drought-friendly landscaping.

I didn’t want to mention my secret grassy park on the Masonic Homes campus in Union City where there is a pathway, benches, a soft rubber black pads foot rest area, flowers, deep grass for bare feet, and even an eating area with tables and chairs. But then I remembered that the Bingo players can see it and the 3rd floor Wollenberg staff and residents know about the patio and walkway.

Well okay, a few others and my wife, Evelyn, know the location of my secret place where there is grass to tickle your bare feet and wood benches to rest on while viewing this quiet place.



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**Laughter To Get You Through the Day**—Submitted by Resident, Zelma Campbell

All in the Family

A woman walked into the kitchen and found her husband sneaking around with a fly swatter.

“What are you doing?” she asked.  
 “Hunting Flies!” he replied.  
 “Kill any?” she asked.  
 “Yup, 3 males, 2 females.” he responded.  
 “How can you tell them apart?” she asked  
 He responded “3 were on the computer and 2 were on the phone.”



**RCFE Tentative Weekly Small Group Activities**

<b>Tuesdays</b>
Bingo—10:00 a.m.—Auditorium Walking Group—10:00 a.m.—Around Campus meet in Lobby
<b>Wednesdays</b>
Corn Hole—10:00 a.m.—Auditorium Nifty Needlers—10:00 a.m.—2nd North Music Room
<b>Thursdays</b>
Bingo—10:00 a.m.—Auditorium Walking Group—10:00 a.m.—Around Campus
<b>Fridays</b>
Mini Golf—10:00 a.m.—Auditorium TGIF—2:00 p.m.
<b>Saturday &amp; Sunday</b>
Family Visits—9:00 a.m.—12:00 p.m. (By appointment <b>ONLY</b> )



Resident Birthdays	
Priscilla Fisher Diane Priddy	10/1
Betty Ehly (107) Dolores Walden	10/2
Jeanne Larson	10/4
Susan Burke Ed Rounds	10/5
Kathy Burgle	10/6
Claudia Fickes	10/9
Lois Ruggeri	10/11
Pat Danielson	10/12
Jean Treash Verna Williams (100)	10/15
Norita Church	10/17
Harold Earley	10/18
Mary Lowell	10/22
Bill Young Beth Tucker	10/30



Resident Anniversaries		
Residents	Ann. Date	Years
Don & Dolores Walden	10/12	63

## In Memoriam



Arthur Westerback  
September 13, 1933—August  
5, 2020  
Mason of: Morning Star  
No. 19



Bill Dippel  
April 27, 1933 — September  
21, 2020  
Mason of: Corinthian-  
Hammonton  
No. 19

Birthdays, Weddings, Anniversaries, In Memoriam

**Called Away**  
By Kelly Roper

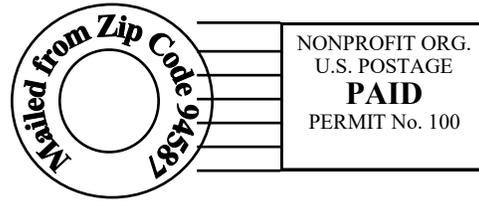
**Our dear one was called away,  
And has gone with the Lord to stay.  
Although this passing makes us weep,  
We rejoice our loved one rests safe in God's keep.**



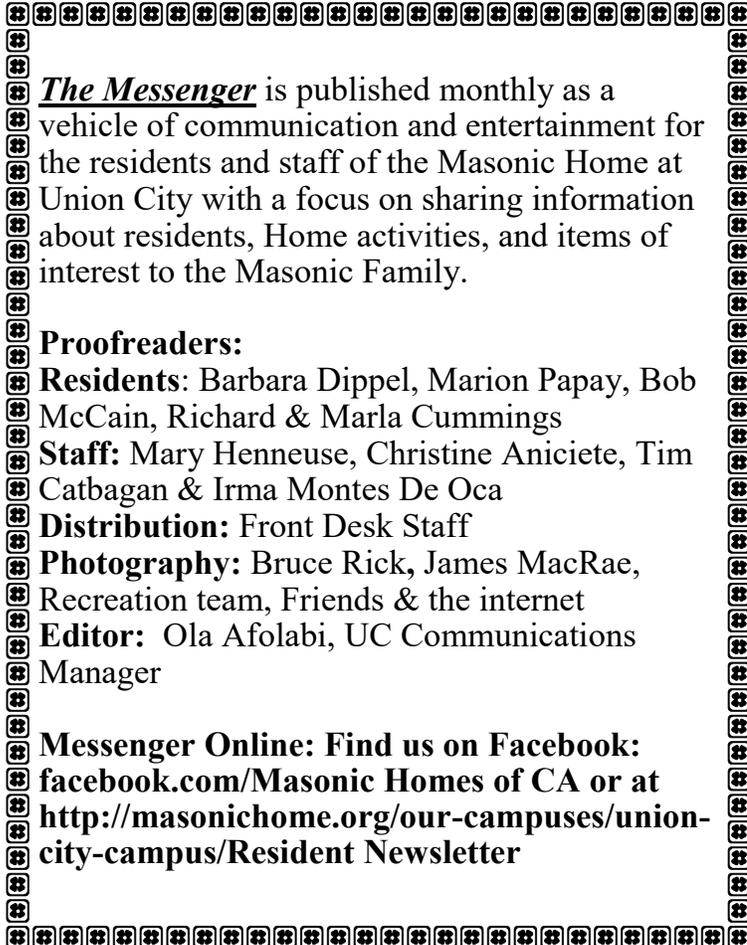
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Masonic Homes of California

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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*