

**Masonic
Homes of
California**

MSOS Gazette

Volume 8, Issue 4

**October, November,
December**

RAFFLE WINNERS

Mona M.
SoCal Client

Dean M.
SoCal Client

Charlene A.
NorCal Client

Nancy G.
SoCal Client

Evelyn B.
NorCal Client

Carole B.
NorCal Client

Special points of interest:

- Meet our interns
- Joe Jackson Award
- Client Thanksgiving Story

A Note From The Executive Director...

Dear Masonic Senior Outreach Clients, Families and Lodges:

Many thanks to our clients, their families and lodges who have participated in the 2021 MSOS Clients and Lodge Satisfaction Survey! If you still haven't completed yours yet, there is still time to do so. We kindly ask that you complete it and send it in right away. We are eager to review all of the results and hear what you had to say about the MSOS program.

We hope you enjoy this holiday edition of the MSOS Gazette, as the team features important historic dates, celebrations, client stories and campus updates.

The MOS team and I wish you a wonderful holiday season, filled with family, friends and good health,

Sabrina Montes

Executive Director, MOS

Covina Campus Update

As life continues to get back to some sort of normalcy on the Covina campus, residents and staff have had the opportunity to participate in new activities as well as enjoy a few they haven't seen in a while.

- On September 12, World Alzheimer's Day, staff, and residents walked together to raise awareness and \$1,500 for the Alzheimer's Association.
- The NU 2 U store reopened on September 23 with new hours, Tuesday & Thursday 1 pm to 2 pm.
- The ceramic room has been remodeled and is now open.
- Residents are invited to host a poker night and use our newly restored poker table.
- Audiobooks provided by the Braille Institute are now available.

I look forward to the upcoming holidays and reporting back all the festive events that will take place over the next few months.

-Tara K., MOS Office Manager

Blessing Of The Animals

Each October many churches in the US open their doors to celebrate the life of Saint Francis. Often there are religious ceremonies in which animals attend and are blessed. This year the tradition carries on in parking lots and even by zoom. Most often it is a dog, cat, rabbit or bird—sometimes it is bowls of fish; however, occasionally, one will also see lizards or farm animals show up for a blessing. Whether you have two legs, four legs, scales, feathers, fur or skin, it matters not because everyone is welcome! Saint Francis of Assisi was born in 1182 to a wealthy merchant family. In his mid-twenties, he began eschewing the trappings of a privileged life for a religious life. He went on to found the Franciscan Order for men and the Order of St Clare for Women. St Francis felt called upon to regard all—including animals—as brothers and sisters. He was proclaimed a saint on July 16, 1228. He is not only considered the Patron Saint of animals, but also of the environment, merchants, stowaways, and cub scouts.

-Suzanne B., NorCal CM

Welcome Interns



Jordan Gardner is a new MSOS intern. She is a first year San Jose State MSW student who has a background in psychology. Some of Jordan’s experiences include working as a mental health technician at a step-down program from John George. She has also worked in a group home focusing on teens with addiction and/or behavioral problems. Jordan received her BA degree in Psychology from Cal State East Bay Hayward. In Jordan’s free time, she enjoys going to beaches with her family, maintaining her vegetable garden and traveling.



My name is Kelly. I am a first-generation Vietnamese graduate student at the USC pursuing a dual degree in Social Work and Gerontology. My hopes for the future will be to gain the opportunity to work closely with the LGBTQ+ aging population. I believe there are many social concerns that need to be addressed with a multitude of ways for improvement for this unique community. When I am not spending time streaming TV shows with my loving partner and senior cat and dog, you might find me zipping through neighborhoods around the San Gabriel Valley on my Vespa.



My name is Camille Ochoa. Currently, I am attending USC to get my Master's in Social Work. I completed my bachelor’s degree in social work at Coppin State University in Baltimore, MD. I was also fortunate to receive a scholarship to play Division I softball for the university. That was a fantastic opportunity, and I was able to learn many skills and make lifelong friends. After I earn my master's, I hope to work with the aging population or homeless veterans. I am very excited to see what this internship has in store and hopefully grow my skills to positively impact those in the community.

Wright’s Brother’s Day

Every Year on December 17th the United States observes Wright Brothers Day, which commemorates the Wright Brothers’ first successful flight in a mechanically propelled airplane. Orville and Wilbur Wright were aviation pioneers who are credited with inventing and flying the world’s first mechanically propelled airplane. The brothers opened a bicycle repair shop in 1892 and then began manufacturing their own bicycles in 1896. Around that time, Orville and Wilbur became interested in aviation and over the next seven years they tested different precursors to their now famous airplane. On December 17, 1903, they each took two flights from level ground in a mechanically propelled airplane. The first flight, piloted by Orville at 10:35am, flew 10 feet above the ground at a speed of 6.8 miles per hour. In 1959 President Dwight D. Eisenhower declared December 17 to be Wright Brothers Day.

International Day of Non-Violence



Given what we've seen, read, heard, and perhaps experienced in the last year regarding violence, bringing awareness to the International Day of Non-Violence feels timely.

The United Nations General Assembly (UNGA) commemorated and subsequently adopted a resolution to spread the message of non-violence. The muse and inspiration behind this day is none other than Mahatma Gandhi. He has been an inspiration to millions for his work in non-violence, most notably due to his successful personification of peace, resolution, compassion, and non-aggression. This day of non-violence is celebrated on Gandhi's birthday, October 2nd.

As stated in the Hindustan Times, the resolution reaffirms the universal relevance of the principle of non-violence and the desire to secure a culture of peace, tolerance, understanding and non-violence. To quote Gandhi, "Non-violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man."

Violence is never the answer and identifying a day to celebrate non-violence is a good beginning. My sincere hope is that we are inclusive of our culture as a human race and learn to embrace each other's differences as we do our similarities.

-Quynh T., SoCal MOS Manager

Veteran's Day



Veterans Day was originally called Armistice (truce) Day, recognized on the "11th hour, of the 11th day, of the 11th month" in 1918. It was President Dwight D. Eisenhower who changed it to Veteran's Day in 1954.

Today we continue to celebrate the day as Veterans Day, still recognizing the original tie with November 11. That means Veterans Day is on the same day every year -- November 11 -- regardless of on which day of the week it falls.

It is a day of honoring military veterans. A day of gratitude, prayers, and thoughts for all who served and sacrificed in the United States Armed Forces. For us, who live in freedom, we will always be grateful to those who helped preserve it.

Next time we exercise the freedom of speech, to vote, to move freely about the country, to protect our family, and gather in a house of worship, we should thank a veteran.

Say, thank YOU for your service.

Before I end this, let me leave you with a quote from J.F.K honoring U.S Veterans,

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them."

-Minnie I., Intake & Resource Coordinator II

Union City Campus Update

Summer has gone and Fall has arrived, and soon you know it, Winter will be around the corner. It's been a year and a half since the Pandemic and we have been through many ups and down. It's been tough for everyone with the unpredictable and the discomfort. We hope to go back to normal soon, but we know this may go on way longer, but not forever that's for sure. So all we can do is pray, be patient, be thoughtful and have compassion.

This year Masonic Homes of CA is proud to be a sponsor of the East Bay Walk to End Alzheimer's again. This would be the third year and it will take place on Saturday, October 23 at the Bishop Ranch in San Ramon. Registration will begin at 8 am, the ceremony starts at 9 am and the walk will begin at 9:30 am. It is a fun and great way to show your support whether you walk in a small team at the Walk in San Ramon or with your immediate family members around your neighborhood.

-Thu V., MA Application Coordinator

Joe Jackson Award 2021



This year marks the 8th year of recognizing lodges with the Joe Jackson Award. This year, we congratulate Beach Cities Lodge No. 753 for earning the 2021 Joe Jackson Award! Joe Jackson was a dedicated Mason and lodge leader in San Diego who demonstrated amazing outreach efforts and he spearheaded the Lodge Outreach Program, which we now have today. In Joe's honor, we created

this annual award and recognize a lodge for their exemplary outreach efforts to their members and their community.

Over the years, Beach Cities Lodge has consistently gone above and beyond by hitting each award criteria for the Joe Jackson Award. This lodge have been very active in the Division VI Lodge Outreach Program from the very beginning. They partner frequently with MOS and attend every meeting. Beach Cities Lodge demonstrated incredible initiative this past year by reaching out to every member and widow of their lodge, updating their rosters and visiting members/widows in need. They have helped provide food and donations to their local community and helped connect distressed brothers to employment opportunities. Big congrats to Beach Cities Lodge !

-Camille S., Lodge & Outreach Educator

Remembering The Thanksgiving Dance

So many memories of when Paul and I were young and when our four little ones kept us busy and happy. We lived on a sheep and cattle ranch in El Dorado County. Our neighbors were a very sweet elderly couple who raised goats. One Thanksgiving, we were having a dance at the Grange Hall and we helped with the decorations. We remembered our neighbors had many, many pumpkins, squash and corn stocks they'd harvested and stored in their barn. The goats lived in the barn too. We asked to borrow the fall produce and wildly decorated the Grange Hall, closed the door and went home to prepare ourselves for a night of food and dancing.

When we arrived back at the hall later that night, threw open the doors, we fell to our knees as the smell of goat rolled out! My gosh!!! I never laughed so hard in my life. Yes, we removed the smelly decorations. So, let's remember to be thankful for all our wonderful memories and the memories we will make this very different year. We can always help someone who needs us.

Oh yes and stay away from the goat barns. Happy Thanksgiving.

-Submitted by Viola W., NorCal MOS Client

Breast Cancer Awareness Month

National Breast Cancer Awareness Month (NBCAM) was founded in 1985 in October as a partnership between the American Cancer Society and the pharmaceutical division of AstraZeneca, producer of several anti-breast cancer drugs. The aim of the NBCAM from the start has been to promote mammography as the most effective weapon in the fight against breast cancer.

In 1993 Evelyn Lauder, Senior Corporate Vice President of the Estée Lauder Companies, founded the Breast Cancer Research Foundation and established the pink ribbon as its symbol, though this was not the first time the ribbon was used to symbolize breast cancer: a 68-year-old California woman named Charlotte Haley, whose sister, daughter, and granddaughter had breast cancer, had distributed peach-color ribbons to call attention to what she perceived as inadequate funding for research. In the fall of 1991, the Susan G. Komen Foundation had handed out pink ribbons to participants in its New York City race for breast cancer survivors. A variety of events around the world are organized in October, including walks and runs, and the pink illumination of landmark buildings.

-Amy A., Southern & Central CA MOS Manager

Alzheimer's & Family Caregivers Month



Alzheimer's is the most common cause of dementia and accounts for 60-80% of dementias, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. There is currently no cure for Alzheimer's and someone who has been diagnosed with Alzheimer's lives an average of 8 years, but can live anywhere from four to 20 years, depending on the trajectory of their symptoms and disease process. Current treatment approaches may focus on maintaining someone's mental function, managing behavioral symptoms, and slowing or delaying the disease progression. November is the month our nation celebrates "National Alzheimer's Disease Awareness" and "National Family Caregivers Month" and this year's theme is "Caregiving Around the Clock." Having worked 35+ years with clients and their loved ones who endure through this challenging disease, one of the most romantic and inspirational love stories of compassionate care I've ever witnessed is of a couple I'm privileged to work with through my role with Masonic Outreach Services. Tim and Eva could not have imagined Eva's role of caregiving commencing in their 60s when Tim got diagnosed with Younger Onset Dementia. Eva's care is relentless and selfless and I dedicate this article in their honor.

-MaryLou M., SoCal CM

Halloween Around The World



So where did Halloween originate? It started in Ireland where the celebration is similar here in the US and Canada. Children dress up in costumes and spend the evening trick or treating while the adults attend parties in costumes with family and friends. They play different games at parties such as "snap-apple", treasure hunting and card games. Ireland also has traditional food for Halloween that is called Barnback which is like fruit cake.

In Mexico, Latin America and Spain, they have 3-day celebration beginning October 31st and ending on November 2nd which is All Souls Day. They construct an altar in their homes to honor the deceased, decorate it with candy, flowers and photographs, and the deceased favorite food and drinks. Candle and incense are burned to help the deceased find their way home. It is such a lively event that they even have a mariachi band at the gravesite.

In the Philippines, Halloween starts on Oct 31st where cemeteries turn into campground sites right beside the gravesite, some people stay overnight. Nov 1st is a special holiday to strengthen family ties and to give more time to remember the dead, even schools are on break for a week. What's unique is they light candles by the doorstep beginning at 6pm believing that it will give them light towards a brighter road on their journey to the afterlife. Trick or treating for kids is different, they knock door to door not asking for candies but for melted candles which they in turn use to make small wax balls. Wherever we may be, let's not forget to have fun and to make sure we remember our dead!

-Eleanor A., NorCal CM

National Pearl Harbor Remembrance Day

December 7th is a national day of remembrance for the 2,403 service members and civilians killed during the attack on Pearl Harbor on December 7, 1941. Tensions between the United States and Japan -- both Allied powers during World War I -- began in 1919, when the United States and other countries rejected Japan's attempt to include the Racial Equality Proposal in the Treaty of Versailles. While tensions increased over the following decades, the Pearl Harbor attack came as a total surprise to the United States. The attack was followed by US entry into World War II, first in the Pacific Theater, then days later in the European Theater.

Interesting Facts:

- The USS Arizona continues to leak oil to this day, with the black spots often called the "tears of the Arizona."
- Cook Third Class Doris "Dorie" Miller, who served on the USS West Virginia, took over a 50-caliber Browning anti-aircraft machine gun, despite having little to no experience with the weapon. He managed to shoot down between four and six Japanese planes before being ordered to abandon ship. Miller later became the first African-American to receive the Navy Cross.

-Gabriela A., Northern CA MOS Manager



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MASONIC HOMES OF CALIFORNIA

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**

DIY Pumpkin Candles



It's hard to resist a cute little mini pumpkin during the holidays, most folks use them as Halloween décor or to make pumpkin pie. I like to spice up the Thanksgiving holiday and make pumpkin candles for the family. Here's a way to spice up your thanksgiving tradition, share a holiday gift w/ family, and have some fun with the kids! Now remember, live pumpkins will eventually expire so if you want this candle a couple of weeks you can purchase artificial pumpkins and use these instructions.

Active Time	Cooling Time	Total Time	Yields	Total Cost
15min	2 hrs	2hrs 15min	4 candles	\$20

Equipment

- Knife
- Pencil or skewer
- Tin can for melting the wax
- Double boiler

Materials

- Pumpkins
- Soy wax flakes
- Cinnamon sticks
- Cinnamon essential oil (optional)
- Wax coloring (optional)

Instructions:

- Cut off the tops of the pumpkins and scoop out the seeds. Attach the wicks to the bottom of the pumpkin then roll the top of the wick around a pencil or skewer to it hold upright.
- Fill a tin can with wax flakes and melt using a double broiler. When the wax is fully melted, add cinnamon sticks and cinnamon oil, if using. Let the wax fully harden before lighting.

-Submitted by Brandi W., SoCal CM from <https://helloglow.co/pumpkin-candles>



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