



The Messenger

Published for the Residents

Masonic Homes of California at Union City

What is Oktoberfest?—Written by the SNF Recreation Team



Oktoberfest is an annual festival in Munich, Germany, held over a two-week period and ending on the first Sunday in October. The festival originated on October 12, 1810, in celebration of the marriage of the crown prince of Bavaria, who later became King Louis I, to Princess Therese von Sachsen-Hildburghausen.

This year, Oktoberfest—the world's largest folk fest—unfortunately cannot take place because of COVID. This would have been the 187th Oktoberfest taking place from September 18 to October 3. Though the official Oktoberfest celebration takes place in Munich, Bavaria, there are celebrations modeled after Oktoberfest all over the world, including the United States.



This year, Lorber was able to partake in the German festivities by holding our own Oktoberfest! We celebrated by eating traditional German food: hot apple, cheese soup, potato pancakes, and German pretzels. Oktoberfest would not be complete without Beer and Champagne! Special thank you, Eddie Rounds, for a wonderful performance!



October 2021

We found the Pool— Written by Bruce & Evelyn Rick

Strolling down Rainbow Way between the Wollenberg building and Acacia Creek, we saw a row of windows that looked like a solarium. Nothing on our walking map indicated such a thing, so we asked a passerby, “Friend, what is in there?” We were told, “You’re looking at the windows of the Grider Pool and the Wollenberg Patio.” A pool? This we had to see, so we grabbed our bathing suits and headed to the pool.

Entering the second floor of Wollenberg, we walked down the long hall to find a beautiful huge pool. It looked to be about 14 feet by 30 feet, and the water was clear as a bell. The sides of the pool showed the pool depth of only three and one-half feet, and the pool bottom had two lane markers, so we knew aquatic exercises and lap swimming were the normal routines here. There happened to be ladies doing aquatic exercises. We asked, “any lap swimmers?” The instructor told us that the lap swimmers come early, the aquatics exercises start, followed by any physical therapy sessions and then open swim.” She continued, “We’ll be done shortly and heading to the hot jacuzzi. C’mon in and check out these facilities.”

We took a moment to look up to the open skylights, then to those outside windows we saw, all the while listening to Alexa play some peppy exercise music. Oh, and behind us were the doors to the lovely patio.



We hurried to the respective men’s and women’s changing rooms, where we found metal lockers to hold our clothes and gigantic, distinctly striped towels.

Back at the pool, the aquatic exercise class was just finishing up their water walking as we stepped into the fairly warm pool. No diving in this pool! We then did our own little workout using the available sponge weights and then played with the floating

basketball net and sponge balls. After stretching our muscles, we decided to try the jacuzzi. The three-foot-deep mini-pool has benches for sitting in its toasty water. Water jets and heated water sure can make the body feel better.

Heading back to the changing rooms, we passed the chair lift and storage area for the exercise equipment and more water games. The locker rooms have large showers and the ladies’ room has curtained changing areas. Each room had its own bathing suit spinner machine that quickly dries a bathing suit almost waterless. After our swim and shower, we ventured to the pool patio and enjoyed the air and the view before heading to our next surprise adventure!

Editor’s note: At press time, Wollenberg building has since been closed for renovation.

Walk to End Alzheimer's

Written by Kim Hegg, Sr. Director Events, Recreation & Volunteer Services



For the third year in a row, the Masonic Homes of California is a proud Presenting Sponsor of the East Bay Walk to End Alzheimer's on Saturday, October 23, and while we can't physically join in the Walk itself to show our support to the Alzheimer's Association, we can make a difference.

The Masonic Homes has set-up a Team Page on the Walk to End Alzheimer's website. We are asking staff, their family members, and residents to register on the Masonic Homes Team Page using this link https://act.alz.org/site/TR?fr_id=14326&pg=team&team_id=677758. No monetary commitment is necessary, but we encourage everyone to sign-up. While the Masonic Homes won't be at the physical location of this year's walk, we do encourage everyone to walk on campus and in their neighborhoods during the month of October.

Be sure to download the Walk to End Alzheimer's mobile app from the App Store or Google Play where you can make donations (not required), share messages with others walking through SnapChat and What's App, and track your steps. You will also be able to watch the prerecorded Opening and Promise Garden Ceremony via the app. Here are some facts provided by the Alzheimer's Association:

- ◆ More than 6 million Americans are living with Alzheimer's.
- ◆ Over 11 million people are serving as unpaid caregivers.
- ◆ Approximately 11 million American women are either living with Alzheimer's disease or caring for someone who has it.
- ◆ One in three seniors die with Alzheimer's or other form of dementia.

Look for information from our Recreation Team on upcoming activities to support the Walk to End Alzheimer's.



Gratitude

"To all the great friends Don and I have made these past six years, this is my deepest feeling of gratitude to all the wonderful members of staff of Masonic Homes in Union City and friends who have shown me much caring in the days of deep sorrow in the passing of my beloved husband. Thank you for the love and for caring for us. I will always be grateful for your kindness during these past days."—*Charmaine Peckinpaugh*

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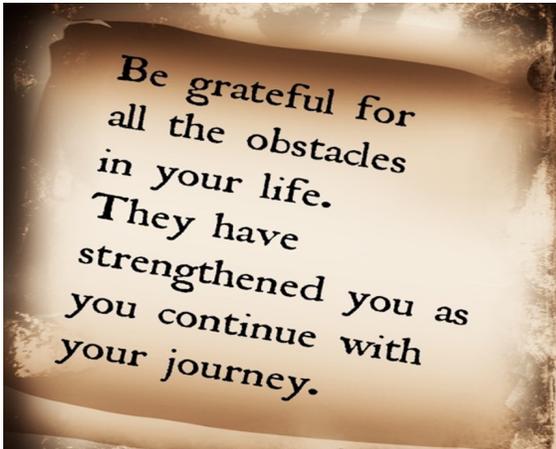


The Chaplain's Corner

By Chaplain Joel Ingram

“Appreciation”

Again, this month I share with you a “Perspective” for your enjoyment. This one is by Connor Hagen. It’s a reflection on getting Covid-19 and his loss of smell and taste. I hope it encourages your own reflection.



Ten days ago, I felt a slight tingle in my sinuses. It’s a common sensation we’ve all felt, often an early indicator of a cold. I drank some water and figured it would pass. The next morning, I tested positive for COVID-19. I was told to quarantine for 10 days and that one of my symptoms could be the loss of smell and taste. I woke up the next morning to my routine coffee. Something wasn’t right. I plucked a sprig of basil and held it to my nose, nothing. I smashed the basil leaf hoping to release its odors. Still nothing.

That night my wife and I had dinner outdoors, about 15 feet apart. The meal was black lentils with Italian sausage and asparagus, topped with Parmesan cheese. Typically, a mouth-watering meal. Nothing. And so it continued...a fully loaded sandwich, nothing. Green curry, nothing.

When I was told about this being one of the primary symptoms of COVID, it never really registered with me what it must be like, until now. It set in for me that our sense of smell and taste are likely two of the things that we take most for granted in our lives. They are ingrained in us. They help orient us to our surroundings. They tap into our primal fight or flight instincts. They are fundamental to our survival. And just like that, gone.

My hunger waned but I continued to shove tasteless food scraps into my mouth. I only ate because I knew I had to. I craved flavor. I considered eating an entire clove of garlic just to see what would happen. I crushed up dill seeds and held them to my nose, huffing away, hoping that a scent would break through.

A few mornings later I was sautéing onions, and there was a subtle flash of something. Eager with anticipation I sat down to eat the huevos rancheros I had prepared. As I bit down on the corn tortilla coated in salty egg, cheese and lightly charred onion, it was euphoric. I never knew food could taste so good. I tried to eat slowly, savoring each bite, but it was no use. It tasted so good.

I sat, with lingering flavors tickling my throat, in appreciation for what I had just eaten. I hoped that I would never again take for granted the privilege of tasting good food.

Continued from page 4 **The Chaplain's...**

What I especially liked about Connor's reflection was his new appreciation for something he lost temporarily. We often say you never miss your health until it's gone. While it's true we can greatly miss something after it's gone for good, it's valuable to note the things that are either temporarily gone or that are at risk of slipping through our fingers (and appreciation) due to health, time or opportunities. I hope you find the good things in your life and enjoy them to the fullest this month. Until next month—*Chaplain Joel*



**Spotlight on the
Masonic Homes Way-By MHW Team**

This month our Masonic Home Way Spotlight shines on perhaps an unlikely group: YOU, our residents. Let us say a word about why we're featuring you this month.

Most months we praise a particular staff member or team who has done something important that makes our Home safe, efficient or effective. Staff members have an important role to play in our Home. But it may be less obvious that residents play an important role in our Home thriving too!

This past year and a half we have been through so many ups and down. Our lives have been unpredictable and ever changing. Life like this gets "old" quickly doesn't it? We want our "prior lives", the familiar way of doing things, back. We can handle change or discomfort for a while, but then we just get tired of it after a while.

Right? When you think you just can't take it anymore –that's often the time we've got to steady ourselves and stay patient.

This may go on way longer than we'd like, but it certainly won't be forever. Patience, fortitude, grace, thoughtfulness, and compassion (and so much more) are needed.

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So many of you have been real troopers working your way through these times. When you handle these trying times with grace and patience and all the rest, it really prevents an already unfortunate circumstance from becoming worse for other residents, the Home in general and for the staff who are often also striving to do their best and get through these days.

It really does take a team, and YOU are an important part of the team. We hope you are mindful of this.

Thank you for playing your part and helping as we work through this too. It is our privilege to work with AND for you. It's a blessing that we can work through these times - together. With gratitude... your Masonic Homes Staff.

Morrison Living—Dan Urban, Regional Director of Operations

Graduate of Le Cordon Bleu.

Former Chef and a Culture Creator first and foremost. My experience includes running a 10 community region with more than 250 employees and \$20M in managed volume, a full understanding and implementation of all related HR policies, adept concentration on Profit & Loss statements, working with Collective Bargaining Agreements, retention and promotion of employees.

I enjoy working with my staff to ensure they get better at what they do under my clear direction, strategic thinking, problem resolution, implementing programs for driving continuous improvement and fostering great relationships across the board. A great leader should lead by example, and, to the best of my ability, I endeavor to do that. I have worked at and lead several different concepts successfully and I believe that leaders are coaches and mentors. I like to empower people who, like myself, have unique talents that are the foundation for success.



Since the last update there have been five Blue Box Cards submitted as of September 15, 2021. There was one compliment among them! It was for the attentiveness and visibility of the servers in the Dining Room. It was from an anonymous resident who said, “I have a compliment for the servers being out in the Dining Room watching the tables when we eat – even just one of them being available to a diner in trouble choking, or other emergency right away takes the worry out of all the rest of us at the tables.” This compliment has been sent to the Dining Services and Administration. Thank you for acknowledging this fine example of our Safety pillar!

There were four concerns in the cards submitted.

- ◆ One was a question about whether booster shots for COVID-19 would be offered. We are currently working on plans for this to occur, using our connections at both Walgreens and Washington Township Medical Foundation. As of the time of this writing, only those with certain conditions are able to be given boosters and we are working with these individuals to make this happen. As soon as all our residents and staff are approved to receive boosters per Federal guidelines, we will arrange for onsite clinics as we did with the original series of vaccines. We will continue to keep you informed of updates as they occur.
- ◆ Another was a question about why there are no visible sprinklers in the Auditorium ceiling. Dennis Lopiccolo confirmed that there are recessed sprinklers up there which are covered. If these sprinklers are triggered the covers are automatically removed.
- ◆ Another anonymous concern was that the food was very salty. The writer stated that since we have salt and pepper on our tables now, why can't the cooks refrain from using so much salt on the food? This concern was sent to Dining Services, and they have already addressed this concern.
- ◆ One resident expressed a concern about the trees obstructing the view of the Bay and American Flag from the 4th Floor North lobby picture window. He suggested that an arborist be contracted to trim/top the trees so that the view can be restored. This concern has already been addressed. Arborwell has come and taken care of the top of those trees as part of our scheduled services with them.

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

Old age ain't no place for Sissies—Submitted by Zelma Campbell



- ◆ “I barely made it through med school”
- ◆ “I left my glasses at home this morning.”
- ◆ “Hmmm... looks like this is going to be a learning experience for all of us.”
- ◆ “Now what is it – left or right side?”
- ◆ “How many people have actually survived this anyway?”
- ◆ “Might have had a bit too much coffee this morning, because my hand is shaking.”
- ◆ “Hey, let's hurry up, guys. I don't want to miss my tee time!”



Bookish News & Updates—Written by the RCFE Recreation Team

Starting a New Chapter at the Library: If you've visited the 1st Head library lately, you may have noticed some changes in the Masonic section. Bruce Rick and Edgar Fentum spent many weeks sorting and organizing to perfection, making any title you may want to read readily accessible and easy to find. There is a clipboard on the table where you can put in requests for any Masonic books that you feel would be valuable additions to the collection.

You can now peruse the 1st Head and 4th North libraries online from your phone or computer by going to mhcuc.libib.com. Search for books by title, author,

The screenshot displays the MHCUC online library interface. On the left is a navigation menu with a Masonic logo and a list of library categories: 1st Head Hardcover Non-Fiction (139), 1st Head Hardcover Fiction (368), 1st Head Leatherbound Editions (45), 1st Head Masonic Section (150), 4th Floor Large Print (144), and 4th Floor Mass Market Paperbacks (141). The main area features a search bar, a filter for 'Titles', and an alphabetical index. A 'Adventure' category is selected, showing a grid of book covers including 'Arctic Drift', 'Blue Gold', 'Celtic Empire', 'The Chase', 'Corsair', 'Crescent Dawn', and 'The Cutthroat'. A right-hand sidebar displays social media reviews for several titles, such as '#commonwealth...', '#daughtersofthedr...', '#invisiblelifeofa...', '#blacksquarecompa...', and '#arsquatuorcorona...'.

or genre to find your next read. If you can't make it to the library yourself you can check online, give us a call at ext. 6468, and we'll bring the books to you! The online library is a work in progress and will be updated often.

The Literature Appreciation Society meets every Wednesday (except during Town Hall) at 2:00 p.m. at the 1st Head library patio. All residents are welcome to drop in and join us. To learn more, check out the "What's Happening" binder in the 1st Head library and look under the "Book Club" tab for weekly meeting notes, book reviews, recommendations from residents and staff, and new arrivals to the libraries.

The libraries are ever growing and changing, and we can always use new reading material. If you'd like to donate gently used books to the libraries, please call Recreation at ext. 6468 for a pick-up or drop them off at our office Monday through Friday, 7:00 a.m. to 5:30 p.m.

Lastly, a special thank you to Verna Williams and Emma Lou Akin for always keeping the libraries well-organized and tidy. Thank you for volunteering your valuable time, ladies. Your efforts are appreciated!

Welcome Fall Season—By Mike McComas



As we leave the Summer months behind and cross over into Autumn, I could not be happier that my favorite time of the year has finally arrived.

We welcome Fall with great enthusiasm for rainy days and nights as it brings relief from the dryness of months past. We should watch with our very own eyes the transformation of green landscapes turning to reds, browns, yellows, and oranges. We shall favor hot apple ciders to the ice-cold teas and lemonade that we had just recently enjoyed and also, never forgetting to embrace the excitement of being a child on Halloween Night and then growing into the adult hosting the Family Thanksgiving Dinner.

Welcome Autumn, my favorite time of the year.

Happy October from Alexa—Written by Jasmine Myers

Happy October, Masonic Home Friends. October is the start of cozy season with this month celebrating things like coffee, chili, caramel, books, pasta, pizza, and more. It's also National Vegetarian Month but we don't have to talk about that one. Along with all things cozy, comes Halloween.

I'm excited to celebrate the holiday season once again this year and Alexa can help us do that. Ask her to trick or treat, tell you a spooky story, or any of the other requests in the picture to get into the spirit of the spooky season.

**HAPPY HALLOWEEN
FROM ALEXA**

Try these haunting Alexa features to get into the Spooky Spirit.

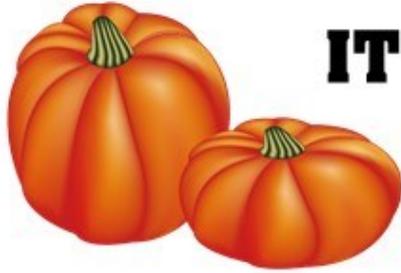
JUST SAY "ALEXA..."

- ...Spooky Beatbox
- ...Trick or Treat
- ...Tell me a spooky story
- ...play Disney Halloween Hits Radio
- ...Play Haunted House Radio

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Happy October...

Remember, if things ever get too scary, say “Alexa, Tell the Team...” to ask for something from our lovely staff. I promise, they are just as good at scaring away monsters under the bed as they seem!



IT'S THE GREAT PUMPKIN, CHARLIE BROWN

WORD SEARCH PUZZLE

- APPLE
- AUTUMN
- BELIEVE
- CANDY
- CARTOON
- CHARLIE BROWN
- COSTUME
- DANCE
- FOOTBALL
- HALLOWEEN
- KICK
- LETTER
- MAILBOX
- MOON
- MUSIC
- PARTY
- PATCH
- PEANUTS
- PIANO
- PUMPKINS
- ROCK
- SALLY
- TRADITION
- SHADOW
- SLEEP
- SNOOPY

K	T	V	C	H	A	R	L	I	E	B	R	O	W	N
R	C	G	N	O	I	T	I	D	A	R	T	N	O	L
N	P	I	C	L	E	L	P	P	A	Y	A	P	D	C
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R	P	P	Y	K	G	E	F	Y	R	E	T	T	E	L
U	R	F	C	B	E	L	I	E	V	E	J	L	O	I
S	N	O	O	P	Y	C	K	R	J	S	A	L	L	Y
M	R	Y	E	G	N	E	E	W	O	L	L	A	H	V

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



Putting Your Thoughts into Action Part 2

Compiled by Chris Gershtein, Senior Director of Quality Management

Connected Living Group



The Connected Living team focused on the action items “I feel well informed about changes at Masonic Homes”, and “My work makes me feel like I’m part of something meaningful.” To address these two items the team decided to include a weekly review of any new memos that were distributed to staff, as well as memos given to residents.

In these reviews we discussed how any changes may impact our team, and how the changes may impact the residents that we work with in the Compass Club and Traditions. In these discussions we would sometimes find that residents in Traditions or Compass Club may need additional assistance to incorporate the information in the memos. It was from these discussions that we decided to take on facilitating the video visits for the residents with memory impairments, as they would not be able to sign up at the front desk and contact their families to set up calls themselves says Christina Drislane, the Director of Connected Living & Memory Care (Traditions).

By March, Lia Gibson, a team member, with occasional assistance from other team members facilitated 2,263 video visit calls. These calls were instrumental in preserving the well-being of the residents in Traditions and Compass Club as well as their families. This example shows how being creative and looking for solutions to one action item can bring about solutions to a second action item.

Traditions Staff

In Traditions we focused on “We do things efficiently and well”, and “Senior Leaders are Clued into What Is Going on at MH”. To improve the efficiency, the team wanted to work on making the new temporary staff, and the Connected Living Staff more integrated as a team. A photo board was purchased for Traditions. The photos on it include everyone who regularly works in Traditions from Housekeeping staff to Connected Living, Managers, CNAs, and Caregivers.

Additional collaboration between nursing staff and Connected Living also occurred when nursing staff filled out updates of resident interests and abilities so Connected Living staff could incorporate it into the activity calendar. Connected Living staff created crafts with the residents to give to the nursing staff during Nurses Week and passed them out at team meetings. The teams are now working more efficiently together to support each other and the residents.

For the “Senior Leaders Are Clued In” portion of the Action Plan we reflected on the scheduling challenges of the previous year in inviting the leadership to join our monthly meetings. It was decided that instead of inviting the leadership to the meetings we would spend this year in familiarizing the staff with the photos and backgrounds of the people who make up the senior leadership at Masonic Homes. Each month I presented a photo and mini biography of a person on the leadership team, reviewed the work that the person does at Masonic Homes, and discussed how

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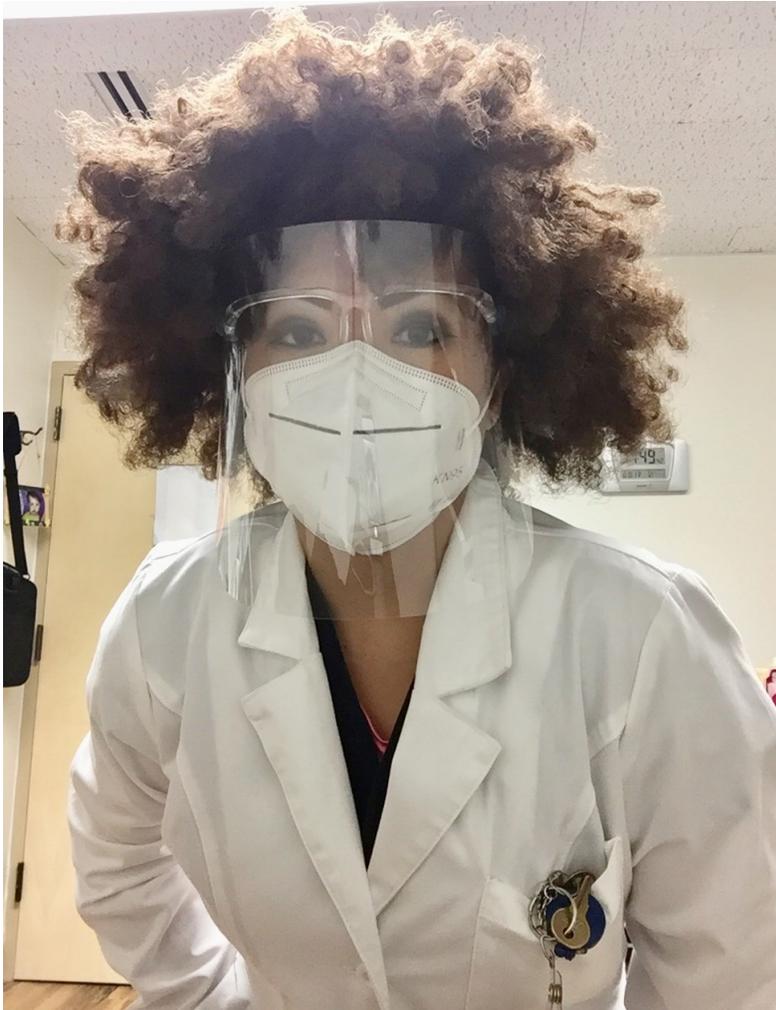
Putting Your Thoughts...

their contribution impacts Traditions. Although leadership may not directly know Traditions staff, the staff are aware of who the leadership team is, which is a proactive step in developing a connection.

To be continued next month

Oldies but Goodies Birthday Hits—Submitted by Marty Trudell

Nap 'round the clock
Umpteen candles
Shake, rattle, and faint
I had rhythm
Born before the USA
Come on baby, light my candles
Twist and sprain
The weight we were
If I had a hammock
It's my birthday and I'll crisis if I want to.

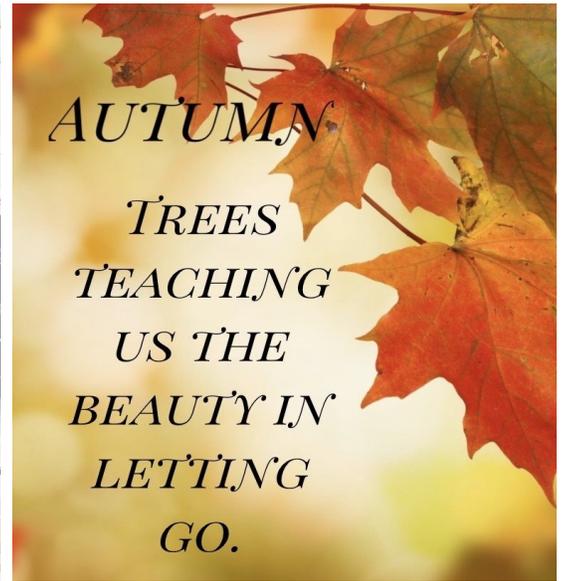


Guess Who:

Guess who this cute staff member is at the 2020 Halloween Party?



Autumn Party with Marimba Band



Birthdays, Wedding Anniversaries & Celebration



John & Pat Gate's 64th Wedding Anniversary



Resident Anniversaries		
Residents	Ann. Date	Years
Mel & Linda Cohu	10/1	6
Don & Dolores Walden	10/12	64



Anniversary Joy
 Your anniversary is a time
 For sharing your affection;
 It's obvious the two of you
 Have quite a deep connection!
 We send glad congratulations
 And heartfelt wishes, too,
 For joyful happiness and love
 In everything you do.



Resident Birthdays	
Priscilla Fisher Diane Priddy	10/1
Dolores Walden	10/2
Jeanne Larson	10/4
Susan Burke Ed Rounds	10/5
Kathy Burtle	10/6
Gloria Kirkpatrick	10/7
Claudia Fickes	10/9
Lois Ruggeri	10/11
Pat Danielson	10/12
Jean Treash Verna Williams (101)	10/15
Norita Church	10/17
Linda Bain	10/18
Mary Lowell	10/22
Bill Young Beth Tucker	10/30

IN MEMORIAM



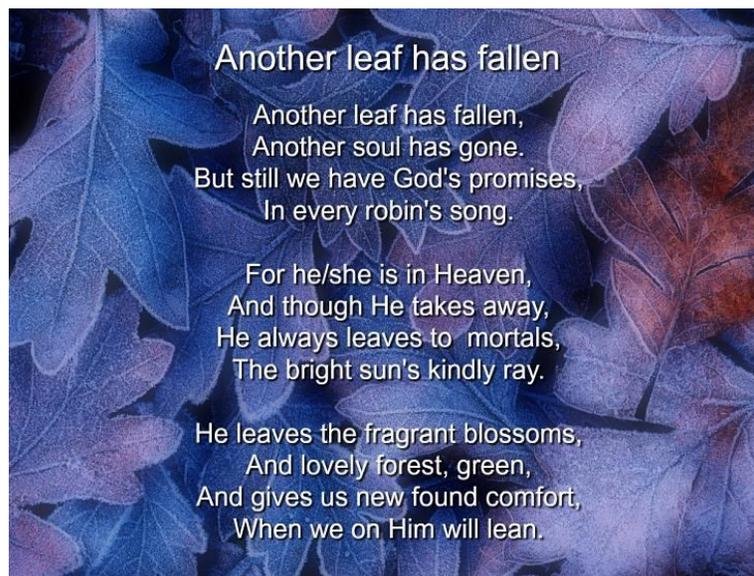
Dorothea Morris
March 28, 1935 — August 26,
2021
Sponsored by: Channel
Islands No. 214



Dodee Hill
June 29, 1922 — September
9, 2021
Sponsored by: The
Great Lights No. 651



Don Peckinpaugh
July 10, 1930—September
11, 2021
Mason of: Tehama
No. 3

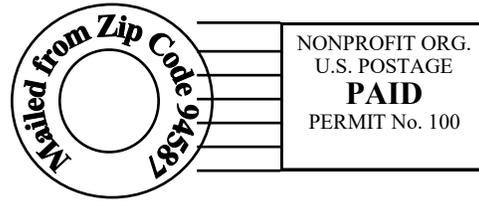




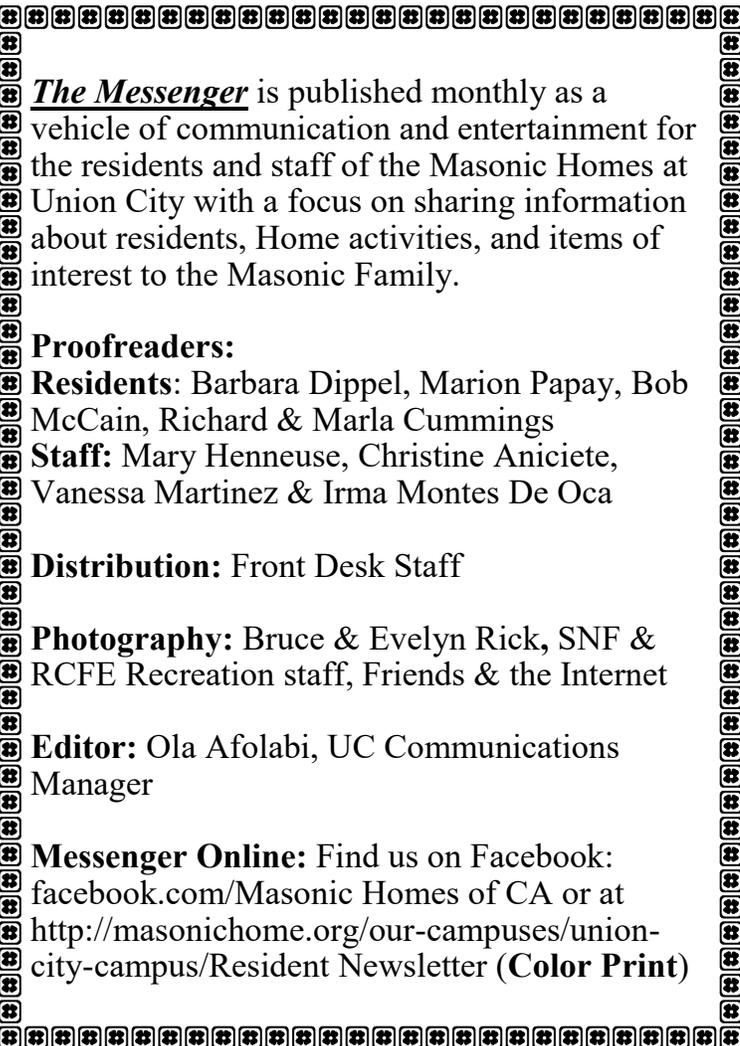
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Masonic Homes of California

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The Messenger is published monthly as a vehicle of communication and entertainment for the residents and staff of the Masonic Homes 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