



Special points of interest:

- Father's Day Story
- Mental Health Awareness Month
- Goodbye to the USC Interns
- New Compost Laws
- Arbor Day
- National Cheese Day
- Cinco de Mayo
- Campus Updates

Volume 9, Issue 2
April, May, June

Message From The Executive Director...

Dear Masonic Senior Outreach Clients, Families and Lodges:

The MOS team is excited to have resumed travel and seeing you all in person again. Additionally, MOS is at the Masters & Wardens Retreats, leading a session for the spouses and partners as well as having a table full of information and hand-outs about MOS and the Masonic Homes. We have started doing presentations at the lodges too! We hope you are doing well and enjoy this summer edition of the MSOS Gazette.

Thank you,
Sabrina Montes

Lodge Outreach



On Saturday, March 5th MOS hosted a table at Daylight Desert Masonic Lodge No. 873 2nd Annual Senior Citizen Outreach Outdoor Event – “Making a Difference Fair.” The event was held at the Palm Desert Country Club in Palm Desert. This was the lodge’s 2nd year hosting the event and they had a great turn out with lots of local community organizations and vendors who serve the area. Camille Salinas, Lodge & Outreach Coordinator, hosted a table where she shared information about services offered to masons and the community through the MOS, MCYAF and the Masonic Homes. This was MOS’ first in-person event since the pandemic, and we were very excited to support our lodges and be present.

The lodge provided everyone with free hot dogs, chips, and drinks. They also had drawings and prizes for attendees to win. The lodge also had a Blood Drive as well. Their honored guests included a local Congressman, Senator, Assemblyman, two Mayors and Councilmembers too. This event has been so successful that Daylight Desert Lodge is looking forward to holding it again next year and MOS is looking forward to supporting their efforts.

-Sabrina M., Executive Director MOS

Father's Day



Did you know that Father's Day was not made a national holiday until 1972? Debate about whether Father's should be celebrated with their own special day stalled in Congress for 58 years after first being pushed in 1914 by then President, Woodrow Wilson; a year after he made Mother's Day a national holiday. It was during President Nixon's reelection campaign when he signed an official proclamation establishing the 3rd Sunday in June, Father's Day.

In other countries, especially in Europe and Latin America, fathers are honored on St. Joseph's Day, a traditional Catholic holiday that falls on March 19th.

-David G., SoCal CM

New Compost Law in California



CA has taken the step on slowing the pace of the climate crisis. On January 1st, 2022, California passed a law aiming to reduce organic waste in landfills by 75 percent which is equivalent to 17.3 million tons by 2025. A highlight of this law is that CA residents residing in single-family home/multi-family complexes are required to separate organic wastes such as food scraps, green material, paper products from other garbage by disposing them into green waste bin instead of the trash. These efforts will reduce landfills from piling food waste which emits methane, a greenhouse gas which contributes to climate change. Additionally, this law will take effect at different times depending on each city and waste collector over the next two years. Fines can also be imposed on residents for failure to comply in the future years. For those who haven't started composting, think how you'll compost your food scraps. Will you be using a personal indoor compost bin and disposing organic waste to an outdoor composter, or will it be going to a curbside bin or municipal composting program. If you're unsure, check with your waste collector, local government, and/or calrecycle.org to learn more about rules surrounding composting in your community.

-Bao H., NorCal CM



Farewell 2021-2022 MOS Interns

MOS marked our 16th year of hosting USC Interns in Southern California, Kelly Vuong and Camille Ochoa (pictured on left from top to bottom respectively). While MOS in Northern California, completed their 3rd year hosting intern, Jordan Gardner from San Jose State University. Woohoo!



Our interns are studying for their master's in social work, where they gained experience of working one-on-one with MSOS clients. In addition, to facilitating a bi-weekly group session from our Breezie Tablet Program. They all played an important role of being a support system to all their clients.

It has been a pleasure to have Kelly Vuong, Camille Ochoa, and Jordan Gardner as our 2021-2022 MOS' MSW Interns. We are appreciative of their growth as young professionals and all their extraordinary contributions at MOS. We wish them the best of luck in their future endeavors!

-Camille S., Lodge & Outreach Educator

National Cheese Day



National Cheese Day will be upon us on June 4th! The best way to celebrate is by eating cheese, making cheese, and showcasing your efforts on social media. It is believed that cheese was created 10,000 years ago in Egypt and Greece using sheep's milk which was stored in the stomach of animals triggering a process of coagulation of milk that becomes cheese. As unpleasant as this sounds, cheese remains a beloved food for many. In the US, Wisconsin consumes the most cheese and, France takes the cake and is the biggest consumer throughout the world. Germany follows and America is close behind. To produce 1lb of cheese, 10lbs of milk is needed! There are three kinds of cheeses, soft and hard. The third kind is blue cheese. Did

you know that it fell into a category of its own? Whether you knew that or not, make sure you celebrate if you're a fellow cheese lover and share your love!

-Quynh T., MOS Manager



Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental illness. During May, the National Alliance on Mental Illness (NAMI) joins the national movement to raise awareness about mental health. Each year NAMI fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families. For 2022's Mental Health Awareness Month, NAMI will amplify the message of "Together for Mental Health." Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives.

-Amy A., MOS Manager

Happy Father's Day



Whether you're a new father or continuing your lineage of great grandchildren, this is a day to celebrate your grand endeavors into parenthood. This month, we are spotlighting Freemason member, Michael D., who expresses his love and appreciation for his only son, Marcus, on a daily. Michael is a Vietnam War veteran who enjoys telling stories of the unique lived experiences he has had throughout his life. During his spare time, he enjoys playing Destiny as an avid gamer and strongly believes playing video and computer games have many health benefits from improving reaction times to spatial skills, which tends to dull out with age. This is certainly a nice opportunity to bond with your children and family both in person and virtually, as well.

Contributing to this endearing kinship, Michael has expressed the impact from receiving similar love, care, and treatment from his own father. Michael's father is also in remembrance as a WWII veteran who fought to restore the sovereignty of victims during this time of war and hardship. Michael has fondly shared his memories of his father throughout his own childhood highlighting his committed dedication to work, his service, and of course, his family.

-Kelly V., USC Intern

Cinco De Mayo

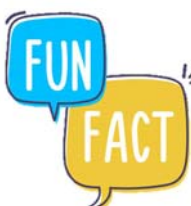


Cinco de Mayo is celebrated every year on May 5th regardless of the day it falls on. Cinco de Mayo is the celebration in which Mexico won the victory over the French in the battle of Puebla in 1862. Some confuse Cinco de Mayo with it being Mexico's Independence Day, which it is not. In Mexico, Cinco de Mayo is not as highly celebrated as it is in the USA by many Mexican Americans. In the USA most people celebrate by going to have drinks at happy hour, going to BBQs, or attend events without perhaps knowing what the true celebration is about. The celebration of Cinco de Mayo is meant to recognize, acknowledge, and honor those that through their strength and resilience overcame the French invaders who wanted to take their land. This year as we join in to celebrate Cinco de Mayo, let's reflect on our own battles and let's celebrate the triumphs in our life whether big or small, after all that is what this holiday is about- celebrating triumphs. Happy Cinco de Mayo to everyone and please remember to continue to be safe.

-Patricia P., MA Social Worker

Fun Facts

- ◆ President Tyler, the 10th US president, has a grandson still alive. He was 63 when his son Lyon Tyler was born in 1853; Lyon's son was born when he was 75. President Tyler's living grandson, Harrison Tyler is 92. Lyon's other son Lyon Jr. passed away in 2020 at the age of 95.
- ◆ The tallest living man is 37-year-old Sultan Kosen, from Turkey, at 8 feet, 2.8 inches, set the record in 2009 also due to a pituitary issue.
- ◆ Canada is south of Detroit



-Submitted by Esperanza E., SoCal CM



1650 E. Old Badillo St.
Covina, CA 91724
1-888-466-3642

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.

Masonichomes.org

Brotherly Love, Relief, Truth

Campus Updates

We are excited to announce that LA & Alameda Counties have finally given approval for our facilities to begin reopening the campus in Covina and Union City. Some of these big changes include the main dining room, church services, new to you shop, gift shop, ice cream parlor, common areas that residents use and lodge meetings in person at the lodge on site. The Union City campus is also beginning to reopen for tours on the RCFE side, but unfortunately, Skilled Nursing is still closed for tours. During COVID-19, everyone worked so hard to keep everyone safe. Now that it's reopening slowly, we would like to continue to stay safe and keep COVID-19 off the campus. Masks are still required on campus for everyone unless you are eating or drinking. We also must keep our physical distancing and continue using proper hand hygiene.

One big change that everyone in Union City was waiting for is the completion of the newly refurbished Adams building. As of today, all the internal moves are completed, and the residents are excited to be in their newly renovated apartments with beautiful views from their balcony.

-Thu V., MA Application Coordinator & Tara K., Office Manager



Arbor Day

Most states will celebrate Arbor Day, a day in which people are encouraged to plant trees, at the end of April. The first documented tree planting festival took place in 1594 in the Spanish village of Mondoñedo, and the first American Arbor Day took place on April 10, 1872 in Nebraska City, Nebraska. On April 15, 1907, President Theodore Roosevelt issued an Arbor Day Proclamation to the school children of the United States explaining the importance of trees and forestry. In California we recognize Arbor Day on March 8th because it is the birthday of Luther Burbank, a horticulturalist who developed more than 800 varieties of plants during his career. California farmers referred to Burbank as the "Plant Wizard" and his work helped California become a leading supplier of the nation's food. But Burbank's work didn't just help California. Early in his career he helped develop the Russet Burbank potato (aka, Idaho potato), a large and more disease tolerant potato that helped Ireland recover from the potato blight that caused the Irish Potato Famine.

-Sol S., MA Manager

Breezie Program



Breezie is a virtual social group for individuals 65 and older that get together twice a month using the Breezie tablets. Each session has a different theme where participants engage in discussions, games, and activities. The sessions are created to promote social interaction and social support for clients. Aside from the Breezie sessions, the clients are encouraged to use the tablets to keep in touch with friends and family and interact on social media platforms. The post-Breezie survey is when we, at MOS, ask the participants to answer a few questions about the Breezie program.

We want to know more about what the participants think is beneficial about this program and what we can do to improve it. After analyzing the results of January 2021 compared to December 2021, it is easy to see that the clients are satisfied with how the Breezie sessions have been. Even though Covid has made it difficult to go to lodges/churches/temples, many participants agreed that they are satisfied with life, feel a part of their community, and feel as though they get as much social interaction as they would like. Hopefully, participants will continue to utilize Breezie and we can facilitate meaningful discussions and activities.

-Camille O., USC Intern