



Special points of interest:

- Grandparents Day
- Well Connected After Covid
- Masons For Mitts

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Message From Executive Director

Dear Masonic Senior Outreach Clients, Families and Lodges:

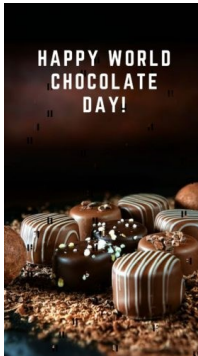
We hope you are doing well and staying cool. The MOS team continues to travel which has been wonderful as they can see all of you in person. Additionally, we have held a few in-person Lodge Outreach Meetings, which has been terrific! We have not been able to do these in person since 2020.

MOS staff are also busy doing presentations at the lodges and making sure the members know all about the wonderful services offered through the Masonic Homes, MOS and the Masonic Center for Youth and Families.

In late summer, we will be mailing the Annual MSOS Client Satisfaction Survey. So please keep an eye out for it. As always, we appreciate your feedback. We hope you enjoy this fall edition of the MSOS Gazette.

Thank you,
Sabrina Montes

World Chocolate Day



“Life is like a box of chocolates. You never know what you’re gonna get” —Forest Gump. World Chocolate Day is celebrated every year, and this year it will be celebrated on Thursday-July 7th. The observance of Chocolate Day dates to 2009, in commemoration of the chocolate’s introduction to Europe in 1550. Technically chocolate is a fruit, it comes from the seed of the tropical *Theobroma cacao* tree. Cacao beans are fermented, dried, and roasted, then the cacao nibs are extracted from the beans, ground, and liquefied into a mixture of cocoa solids and cocoa butter called chocolate liquor. On average, it takes 400 cacao beans to make one pound of chocolate. Every culture cares about chocolates, its origin countries South- and Central America cherish it well, U.S consumes 100 pounds of chocolate every second! And it is loved in Asia as it is in Africa. Although excessive amounts of chocolate are often associated with acne, high blood pressure, and obesity, it turns out it has several health benefits when eaten in moderation. From boosting your mood to improving blood flow, dark chocolate lands on several lists as an official superfood.

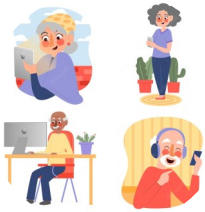
—Minnie I., MA Intake and Resource Coordinator

Jam & Jelly Day

It has been a while since we celebrated Jam & Jelly Day here at the Masonic Home in Union City. This year, Jam & jelly Day will be held on Saturday, August 20th. This exciting event is a way to connect with the residents, the Masonic Family and other social groups and officers. Part of this event will include an Arts & Crafts display in the Auditorium. The residents will be able to display all their handiwork such as crocheted blankets, knitted shawls, handcrafted jewelry, paintings, or any craft items.

—Thu V., MA Application Coordinator

Well Connected



We all know the horrors of the Covid pandemic, but Covid also brought about some good things too. The Well-Connected program was created to keep seniors connected to their communities in a safe way. With Covid numbers increasing daily, increasing health concerns, and limited support systems, some people may want to stay connected from home. Well-connected provides the opportunity to either participate or volunteer for numerous programs like classes, friendly discussion groups, and support groups. It was surprising how many groups there are that can be joined by phone or online including “ask the attorney”, “practicing German”, “joke-a-thon”, “pet therapy”, “LGBTQ chat”, “weird and wacky works of art”, “armchair travel”, and “bird talk” just to name a few of the hundred connections available. There is also a group called “Social Call” where you can speak to someone one on one every week. There is no limit to number of groups you can join, and they can even call you to add you to the group when it is time. If you are interested in getting WELL-CONNECTED, just call (877) 797-7299, email connections@frontporch.net, or let your Care Manager know. This is an impressive program and it is all for FREE!

-Shelly J., SoCal CM

Self-Care Day

One of the best ways we can keep ourselves happy and healthy is by practicing self-care.

Life is hectic and stressful, but no matter how busy our schedules become, it’s important to make time to nurture our well-being. July 24 is International Self-Care Day, so to celebrate, we’re sharing 7 simple ways you can start being kinder to yourself today!



- ◇ Eat healthy foods.
- ◇ Exercise daily.
- ◇ Get a good night's rest.
- ◇ Keep a gratitude journal.
- ◇ Meditate.
- ◇ Confide in friends and family.

-Amy A., MOS Manager

Summer Fun—Quotes From Our Clients

Summertime is a beautiful time of the year which often brings memories from the past to the surface. When MOS clients were asked, “What does summertime mean to you?” Here is what they said...



- ☼ “Summer is the time when it is too hot to do the job that it was too cold to do last winter.” ~Mark Twain
- ☼ “Summertime is when the living is easy. Fish are jumpin' and the cotton is high!”
- ☼ “I can go outside and do things that I enjoy. Some things can't be done outside in the winter.”
- ☼ “Summertime is the right time for "fly-in fishing" up in the Canadian Provinces, preferably the Manitoba wil-

derness, where mosquitoes by the millions are lying in wait; but the fishing is truly outstanding!”

- ☼ “Summer is a time for shore lunches of Walleyed Pike and potatoes sizzling in a fry pan just can't be equaled!”
- ☼ “Summer is the time of heralding beach weather, where one can observe folks in bathing suits that are 2 sizes too small, substantiating the stats that a large percentage in this country are quite obese!”

- Kai H., SoCal CM

International Friendship Day

This Saturday July 30th is International Day of Friendship, which “was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities.” (un.org). The idea behind International Day of Friendship is that the world faces many challenges, such as poverty and human rights abuses, and that friendship is a simple way to begin

to confront these issues. Events recognizing International Day of Friendship are encouraged



to promote respect for diversity and inclusion, and to engage in a dialogue that promotes unity among communities throughout the world.

In a time that feels rife with division, both here in the USA and on the global stage, it’s important for us to acknowledge and celebrate our differences while also finding ways to find common ground and to focus on goals that can help foster peace in our lives and in those of people around the world.

-Sol S., MA Manager

Grandparents Day



Official Flower the “Forget Me Not”

Grandparents Day is a special occasion, a time to celebrate and honor our grandparents for all the love, guidance, and wisdom given to their grandchildren. National Grandparents Day is celebrated on the first Sunday after Labor Day. This year the date falls on September 11. Grandparents Day was established in 1978 by Marian McQuade. She began this campaign in 1970 to bring awareness to seniors and honor grandparents in a special way. President Jimmy Carter declared the 1st Sunday after Labor Day to be National Grandparents Day.

Grandparents Day has both an official flower and song. Both were chosen by the National Grandparents Day Council. The official flower for Grandparents Day is the “forget me not” flower. The official song is Johnny Prill’s “A Song for Grandma and Grandpa.”

Grandparents leave a special imprint on their grandchildren’s lives. Grandparents’ day is an opportunity to show your love and appreciation for being such an inspiration. Grandparent’s day is about spending time with their grandchildren from the simplest activity like reading books together, fishing, baking, or watching a movie. All-time favorite gifts grandparents love to receive are hugs and kisses or a special love note thanking for all the time spent and wonderful gifts.

-Brandi W., SoCal CM

What’s Up With “UP”?

We seem to be mixed up about “up.” Look up “up” in a dictionary and you’ll find about 30 definitions. It’s easy to understand “up,” meaning toward the sky or at the top of the list, but when we awaken in the morning why do we say we wake up? At a meeting, why does a topic come up? Why do we speak up? And why is up to the assistant to write up a report? We call up our friends, brighten up a room, polish up the silver, warm up the leftovers and clean up the kitchen. We lock up the house and fix up the car. Sometimes people stir up trouble, line up for tickets and think up excuses. To be dressed is one thing but to be dressed up is special. “Up” is contradictory; when it threatens to rain, we say it’s clouding up, if it rains, no worries as the earth will soak it up. Of course, if it doesn’t rain for a while things dry up. One could go on and on, but it’s time to go up.

-Submitted by Esperanza E., SoCal CM



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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

Masons For Mitts

September 22 the Masonic Homes in Covina will be attending Masons 4 Mitts at Dodger Stadium. Every baseball season, the Masons of California partner with Angels Baseball, LA Dodgers, SD Padres, and SF Giants Major League Baseball (MLB) bring the fun and teambuilding skills of baseball to California kids. MLB foundations in each region are committed to serving the community and providing a positive outlet for children. Throughout the season, teams of Masonic lodges in each region face off in friendly competition to help the most kids they can, by purchasing baseball mitts for children who participate in programs through the MLB foundations. At the end of the campaign in the fall, our grand master will present a check to each of our four MLB partners.

Come celebrate the conclusion of the 2022 Masons4Mitts Campaign with your fellow lodge members by purchasing tickets online at <https://masonicfoundation.org/masons4mitts/>

Remember to get there early to watch our Grand Master present our check to our MLB partners before the game. There are a limited number of discounted tickets available, so arrange to buy your tickets today! (masonicfoundation.org)

-Tara K. , Office Manager

Lodge Outreach Updates



In-person Lodge Outreach meetings were finally held in Divisions 4, 8, and 9 since the pandemic. It was wonderful to see lodge leadership, Lodge Outreach Training Coordinators, and lodge members again. We started the meeting off with breakfast hosted by the gracious lodge and then resumed to our check-in, meeting, and wrapping it up with updates from MOS. The other remaining Divisions will continue to meet via Zoom or hybrid model (rotating in-person and Zoom meetings). We look forward to continuing meeting and partnering with lodges through the Lodge Outreach Program.

More importantly MOS staff introduced a new Masonic Homes Overview of Services Letter to be presented to a member upon completion of their degree (Entered Apprentice, Fellowcraft and Master Mason). We ask that the Lodges present these letters to each member accordingly. The letters specify the Masonic Homes Services for which they are eligible, based on their degree. We are asking these letters to be shared at all lodges, within their members and families.

-Camille S. , Lodge & Outreach Educator

Bacon Day



The process of salting pork originated from China thousands of years ago and from there it was adopted throughout Europe. Today, bacon is a beloved food that spans beyond China and Europe and has become a staple breakfast item on a traditional American breakfast plate. Apparently, Americans eat 18lbs of bacon per year which is equivalent to just under two trips of bacon per day, and today, this staple food item has surpassed the breakfast plate and incorporated itself

onto dinner and dessert plates and even in drinks! The love for bacon is worldwide and in 2004, a group of Colorado students came up with International Bacon Day. It's often celebrated on the Saturday before Labor Day and is a day that is celebrated by eating and trying inordinate amounts of crispy goodness. But you don't have to limit your celebrations. There are many bacon festivals across the nation, from Michigan's Bacon Festival to Beach, Bacon and Brewfest in Oregon and Bacon, Bourbon, and Brew Festival in Kentucky. There are many, many more for the carnivore lover in you and for the ones closest to you. Happy Bacon Day!

-Quynh T. , MOS Manager