



Message From The Executive Director

Dear Masonic Senior Outreach Clients, Families and Lodges:

I would like to share with you some exciting changes to our MOS Management Team. Amy Averweg and Sol Silverman have been promoted to the position of Directors. Together they will oversee the department and continue to share their many talents. Additionally, I have been promoted to Chief Strategic Officer of the Masonic Homes. While the MOS Department will still receive my guidance, I will be outside of the daily operations. MOS will be in the very capable hands of Amy and Sol's leadership along with all of our amazing team.

I want to thank you all for completing the Annual MSOS Client Satisfaction Survey. We will begin compiling the results next month and will share the results with you in the new year. If you haven't sent back your survey, please do so as there is still time. We truly appreciate your feedback.

Wishing you all a very Happy and Safe Holiday Season!

Sabrina Montes, Chief Executive Officer of Strategic Planning

Joe Jackson Award



This year marks the 9th year of recognizing lodges with the Joe Jackson Award. This year, we congratulate Kern River Valley Lodge No. 827 for earning the 2022 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.

Kern River Valley Lodge's outstanding activities include consistent and dedicated outreach efforts to their widows and members, and values giving back to the community by giving back to their youth. I would also like to highlight how this lodge takes initiative and partners with other lodges by prioritizing the lodge's and community's safety. They served as First Responders for natural disasters within their community, especially during the French Fire. Most importantly, this lodge has been very active in the Division V Lodge Outreach Program since the program launched. They partner frequently with MOS, attend every Lodge Outreach meeting, and have dedicated leadership support and involvement from Inspector Charlie Malear.

Welcome San Jose State University Interns



My name is Cenarus and I am a new MOS intern. I attend San Jose State University and I am working towards completing my master's degree in Social Work. I previously attended California State University, Stanislaus and obtained my Bachelor of Arts degree in Social Sciences. My concentrations with my undergraduate degree were in: Communications, Sociology, and Anthropology. I also obtained a master's degree in Public Administration from California State University, Stanislaus. In my free time, I enjoy spending time with loved ones, going on road trips, and taking walks while listening to music. Professionally, I have worked primarily as a Social Services Director in skilled nursing facilities. However, I currently work as a Counselor who assists clients with working through and resolving addictions to substances. After completing my master's degree in Social Work, I plan on working towards obtaining my social work license. After completing the graduate degree program, my goal is to continue assisting people improve the quality of their lives. I am excited and grateful to have been given the opportunity to intern with Masonic Homes. I am looking forward to enhancing my social work skills, as well as, making a positive impact.



My name is Tony Pulido. Currently, I am attending San Jose State University to get my Master's in Social Work. I completed my bachelor's degree in sociology from San Jose State University as well. I enjoy spending time with family and friends. When I am not busy with schoolwork, you can find me streaming television shows or doing fun activities with my wife and my 2 1/2-year-old. After I earn my masters, I hope to work with families and children. I am excited to begin this internship experience and enhance my skills and techniques working with the geriatric population.

New Year's—What's It Called Around The World

Lunar New Year – Changes yearly, celebrated on the date of the first new moon, associated with the Chinese.
Nowruz- March 20 which means a new day in Farsi and marks the first month of the Iranian solar calendar.
Songkran- April 13-15 means to move or movement in Sanskrit. Most important events in the Buddhist calendar and is popular in Thailand.
Muharram July 30 –August 27 marks the first month of the Islamic calendar. It is a period of reflection and mourning- Muharram means forbidden with, fighting is prohibited during this month.
Enkutatash Sept 11 – marks the end of the rainy season in Ethiopia. Enkutatash means gift of jewels and dates back 3,000 years to a story of the Queen of Sheba returning home after a trip.

Minnie I., Intake & Resource Coordinator

American Heart Month

February is American Heart Month, a time when all people can focus on their cardiovascular health. The Division for Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke.

Four Ways to Celebrate American Heart Month

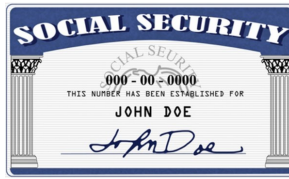
1. Learn about the symptoms of a heart attack.
2. Participate in an organized heart health walk.
3. Get a comprehensive physical.
4. Host a potluck focused on heart-healthy recipes.



Amy A., Director of MOS

Social Security Increase

Starting in December 2022, 70 million Social Security (SS) recipients will begin to see an increase in their income for the new year. This is the largest increase ever seen since 1981 when inflation was even higher than it is today. SS income will increase by 8.7%, resulting in an average of more than \$140 per month. Additionally, the new year marks the first time in a decade that Medicare premiums will decrease. This



means that SS recipients will maximally feel the benefit of their income increasing without the impact of Medicare eating up their SS increase. The combination of increased SS and a decrease in Medicare has never been done. All together this is great news for

all and increases in income will certainly help combat rise in costs, but it may not alleviate everything. As we approach winter and heat costs rise, SSA encourages folks to contact their local Medicaid offices and apply for low-income heating and fuel assistance programs. Similarly, when we approach summer, folks should apply for energy assistance programs.

Submitted by Quynh T., MOS Manager

Valentine's Day

Valentine's Day is celebrated worldwide every 14th day of February. For Christians, it is the feast day of St. Valentine. It later became cultural, religious, and commercial celebrations of romance and love. Did you know that there are 7 days of Valentine? From February 7 to February 14 and they are as follows:

February 7- Rose Day
February 8- Propose Day
February 9- Chocolate Day
February 10- Teddy Day



February 11- Promise Day
February 12- Hug Day
February 13- Kiss Day
February 14- Valentine's Day

This just means that we have a whole week to celebrate Valentine's Day instead of trying to pack it all into one day.

Valentine's Day is also celebrated differently around the world.

Valentine's Day in Wales is celebrated on January 25th and the feast day of St. Dwynwen, patron saint of love and friendship.

Valentine's Day in Denmark doesn't have a red rose as a flower of choice but instead gives white flowers called snowdrops to their loved ones.

Valentine's Day in Japan is popular with middle and HS students. Women are the main gift giver on February 14th.

Valentine's Day in Taiwan is celebrated twice a year, once February 14th and then again on the 7th day of the 7th lunar year.

Valentine's Day should be celebrated everyday not just February 14th. We should be expressing and showing our family and friends how much we love them!

Eleanor A., NorCal CM

2023 The Year Of The Rabbit



Many people celebrate Chinese New Year, also known as the Spring Festival, which is based on a lunisolar calendar. This year it begins on January 22nd with family gatherings and celebrations continuing through January 29th. Each Chinese New Year is associated with one of 12 animals in the Chinese zodiac. In 2023 this animal is the Rabbit. A Rabbit year occurs every 12 years, recent years of Rabbit sign are: 1915, 1927, 1939, 1951, 1963, 1975, 1987, and 1999.

The person born in the year of the Rabbit is kind, thoughtful and patient. They do not seek to be the center of attention; however, they can achieve enviable successes. They are individuals, not easily discouraged when encountering tough difficulties. Instead, they remain positive and persistent in their endeavors to find solutions. They are steady and faithful friends and enjoy being social; however, they are private in their inner most thoughts and experiences and must have deep trust to open and share with their friends who they really are.

Rabbits are compatible with people born under the signs of Pig, Goat or Dog. Lucky symbols are the colors of red, pink & purple and the numbers 3,4 & 9.

Suzanne B., NorCal CM

Masonic Homes—Union City Campus

There are still no changes to the masking policy. Everyone must continue to wear either a single KN95 mask or wear two surgical masks. Masonic Homes continues to have staff self-screen prior to starting their shift and staff is still having to have rapid tests twice a week for Covid. Group activities are allowed with appropriate distancing & recommended in larger spaces. Upcoming events are the Annual Christmas Tree Lighting on December 1st and the Grandmaster Resident Holiday Party on December 13th. Due to the Pandemic, there was no tree lighting in 2020 and there was tree lighting last year in 2021, but it was only for residents. This year, it is open to residents and staff only. There will be holiday treats, prizes, entertainment & fun!

Thu V., MA Application Coordinator

Masonic Homes—Covina Campus

The staff at Masonic Homes in Covina like to have fun and our very own Helen D. Ramirez from MOS kicked off our first event since the pandemic to bring some fun back to our campus.

- ⇒ In October we celebrated fall with a department pumpkin decorating contest and staff costume contest. We included the residents by asking them to vote for their favorites.
- ⇒ In December we are hosting a Milk & Cookie Day where staff are invited to where their pj's, play some games and bring in cookies to share.
- ⇒ In January we will use a king cake to decide whose turn it is to host the next event. Traditionally, a small porcelain baby, symbolizing Jesus, is hidden in the king cake and is a way for people to celebrate their Epiphany Day.

The baby symbolizes luck and prosperity to whoever finds it and the person has to host a party to feed people. In our case, the department that find it will get to kick off the new year with a fun event.

Tara K., Office Manager

Client Stories

December is a great time to start reflecting on the past and desired upcoming changes for the new year. During the holidays it's typical to look back on times of thanks, past failures, and new wishes.

While most of us have extravagant New Year's resolutions such as getting a new car or profession, losing weight, or starting a family I find that the senior population has more simplified resolutions. I interviewed a few senior clients to find out what they were looking forward to in the new year and I find that as one ages, priorities and desires change in life.



Painting from one of our clients.

There were many similarities, and some clients were humorous with their answers such as, "at this age

waking up in the morning is my top resolution," but I find some truth in that! Others have goals that keep their mental health intact. A client in Kingwood, Texas shared her new year's resolution is to paint more. In her early age painting was considered "the love of her life" and a way for her to express emotions and spread love, it was her happy place. This client shared her resolution is to paint more and use these paintings to spread joy throughout her community to staff and residents.

Brandi W., SoCal MOS CM

How Many Groundhog Days Are There in *Groundhog Day*?



Groundhog Day is coming up on February 2nd, and what better way to celebrate than to watch the 1993 comedy *Groundhog Day*, starring Bill Murray? In the film, Murray's character, Phil Connors, must relive the same day over and over until he becomes a better person. But for how long is Phil trapped in this time loop? The internet is chock full of fan theories that attempt to answer this question. Screenwriter Danny Rubin says Columbia Pictures requested that Phil would be stuck for no more than 14 days because longer would be "just too much for the audience to handle"; however, counting the number of days shown on screen has led some to theorize Phil is trapped between 34 and 44 days. Another popular theory is that Phil is trapped for over 8 years because in the movie he is shown learning French, to play the piano, and ice sculpting, skills that would each take years to master. Rubin's original intentions are somewhat unclear, but most sources seem to debunk a popular internet rumor that the original script called for Phil to be trapped for 10,000 years. Film critic Manahla Dargis recalled a conversation she had with the film's director, Harold Ramis, wherein he told her Phil was stuck for more than 10 years. Rubin says his original intention was that Phil was trapped for a lifetime. This year, watch (rewatch?) *Groundhog Day* and decide which theory you like best.

Sol S., Director of MA and Lodge Outreach

Survey Winners

GEORGE , CAROL, VANCE, VIOLA, ROBERT, GWENDOLYN



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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

HOW MANY
FACES DO
YOU SEE?

