



A Note From The Directors

Dear Masonic Senior Outreach Clients, Families, and Lodges:

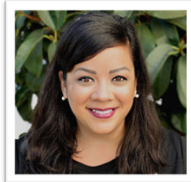
We hope your Spring Season has been a good one so far, and that you are enjoying the break from all the rain.

The MOS team has been busy serving Masons and Masonic Widows in need across the state. MOS has been at the Masters and Wardens Retreats, leading sessions for the spouses and partners to help them better understand the benefits of membership. MOS also continues to do presentations at lodges throughout the state.

Thank you,

Amy Averweg and Sol Silverman

Welcome New MOS Manager—*Angela Dickson*



Angela is a dynamic and proficient Social Worker, possessing more than 15 years of knowledge and real-world experience in Elder Care. Combined with a lifelong passion for helping seniors, she uses her considerable talents to help meet a range of needs – from resolving short-term crises to successfully managing long-term care plans focused on wellbeing and independence.

She began working with the aging population at the age of sixteen within an Independent Living environment, which drove her to continue her education - first a bachelor's degree in social work, then a Master's degree in the same field. Angela has augmented her skillset over the years, developing a strong background in both inpatient and outpatient services while providing ongoing case management and crisis intervention to populations in need throughout the developmental spectrum.

Angela has obtained her Care Management Certification (CMC) through the National Academy of Certified Care Managers and is a current member of the Aging Life Care Association. Angela is continuously working toward advancing her skillset to best assist the geriatric population.

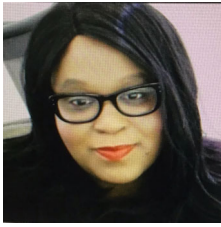


It's Retreat Season

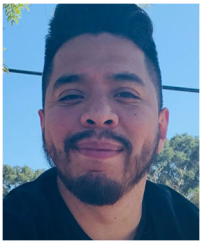
MOS has tabled and been at all retreats held this year in 2023. MOS attended the Secretary & Treasurer Retreat in Irvine and San Ramon, and attended Master & Wardens Retreat in Lake Tahoe and Indian Wells. It's been great to see folks stop by our table and getting brochures and swag items for their lodge, to help get the word out about our services. In addition, MOS staff has presented at all the Partner & Spouse sessions at all retreats to educate them on our services. We look forward to attending next year's retreats!

-Camille S., MSW Manager of Outreach & Education

Farewell To Our SJSU MSW Interns



In accepting the Internship with Masonic Homes of California, I expected it to be challenging and a great learning opportunity. However, this internship was also a richly rewarding experience. I am incredibly grateful to have been allowed to speak to so many wonderful people through this program, and I have learned a great deal through my field instructor and the clients that set aside time to talk to me weekly. Although my time with Masonic Homes of California is ending, next semester, I will move on to another internship that focuses on advocating for the rights of individuals with disabilities. So again, I want to thank Masonic Homes, the clients that participated in the Breezie Program, and the clients that spoke with me individually each week. I've learned so much from each one of you.—Cenusus Brown



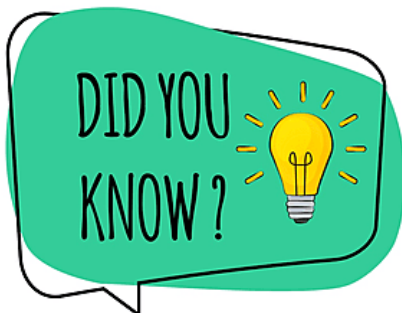
I have enjoyed my time interning for Masonic Homes of California. Although I had no prior experience working with older adults, I have gained a lot of insight during my time here. I learned the benefits of using a client-centered approach, especially with my assigned clients as it allowed me to build a strong rapport with them. I also learned the skillset needed to facilitate a group session, which will be very useful in the field of social work. In addition, I enjoyed building a positive relationship with my clients and it was interesting to learn about the client's backgrounds and lives. Working with other staff from Masonic Homes was also enjoyable as they made me feel part of the team although I was only here temporarily. I look forward to applying skills from my time at Masonic Homes to my new internship opportunity in the fall. I will be interning for the Valley Health Center hospital system in Santa Clara County where I will be stationed at a pediatric clinic.—Tony Pulido.

National Paperback Book Day

Celebrated on July 30th, this day is a tribute to paperback books and their journey to our bookshelves. Back in the 1930's, Allan Lane, owner of the English Publishing House Penguin, was going bankrupt. It was a time of recession and Allan was desperate to find a way to save his business. On a train ride with Agatha Christie and her husband, Allan found himself perusing the reading stalls only to find magazines and low-quality paperback fiction novels. It soon occurred to him that he could publish high-quality paperbacks. This would enable consumers to purchase a high-quality product for less and generate more revenue for his business. Before he knew it, his idea was a success and publishing houses frequently offered new releases in paperback before they were released in hardback.

As a self-proclaimed bookworm it warms my heart to know that a day like this exists. Paperbacks were a staple in my house growing up. I loved burying myself in a book and hibernating somewhere cozy and reading a great book from cover to cover. If you love books too, then consider picking up a book on July 30th!

—Quyhn T., MOS Manager SoCal



- In 1939, American author Ernest Vincent Wright published Gadsby, a 50,000-word novel that doesn't use the letter 'e'.
- There are 118 ridges on the side of a dime. There are 119 ridges on the side of a quarter, 150 on a half dollar, 198 on a dollar coin, 133 on a Susan B. Anthony dollar coin.
- The top speed of the winning car in the first U.S. race was seven miles per hour

— Esperanza E., MOS CM SoCal

World Elder Abuse Awareness Day



World Elder Abuse Awareness Day (WEAAD) is observed on June 15th. The purpose of WEAAD is to raise awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect. Types of abuse can include neglect, emotional or psychological, physical, and financial. During the COVID-19 pandemic, everyone experienced loneliness and isolation in their own, unique way. For some individuals, this resulted in cognitive decline and increased susceptibility to fraud and exploitation. A recent FBI report stated that individuals over the age of 60 lost nearly \$1 billion to scammers through financial fraud or an internet scheme. This was a \$300 million increase since 2019. A tip to remember is if you are contacted by someone asking for money or personal information it is extremely likely a scam and it is best to just hang up and/or not engage in the link or correspondence. Also remember to never purchase gift cards to pay someone. To report abuse, contact your local Adult Protective Services (APS) agency. In California you can call 1-833-401-0832 and when prompted enter your 5-digit zip code to be connected to APS in your county, this is available 24/7.

-David G., MOS CM SoCal

4th of July



This year the 4th of July, also known as Independence Day, will be on Tuesday. Regardless of the day it falls on, the 4th of July is a federal holiday in the USA to commemorate the Declaration of Independence, which was ratified on July 4, 1776. Independence Day celebrations did not take place until after the war of 1812 and the 4th of July did not become a federal holiday until 1870. People celebrate the 4th of July in many ways such as having a BBQ, picnic, attending a parade or perhaps attending a baseball game and at night everyone enjoys the astonishing fireworks. In 1777 the tradition of fireworks on the 4th of July came from Philadelphia. A ship fired a 13-gun salute to honor the 13 colonies and the sons of Liberty set off fireworks over Boston Common. An interesting fact is that fireworks did not become available for sale to the public until 1783. Over the last couple of years due to the severe drought in some parts of California fireworks have been banned due to concerns for wildfires. Whichever way you choose to celebrate this 4th of July please be safe and enjoy! Happy 4th of July!

-Patricia P., Masonic Assistance Social Worker

Assistive Devices

All of us need help occasionally and there are tons of ingenious devices out there to help people remain independent. No matter what the issue is, there is always something out there to make it better. For example, if you have trouble getting in and out of bed, you might want to try a fully electric bed which can help sit you up before transferring out of bed. We have all heard about common bathroom aids like shower chairs, grab bars, toilet seat risers, but have you ever considered a bidet or washlet? Bidets are better for the environment, they save on toilet paper, are more hygienic than toilet paper, prevent infections, and prevent the spread of germs. There are also other items like adaptive clothing with magnetic closures instead of buttons, zippers, or snaps for those with arthritic hands, Velcro side or back open pants and shirts, and adjustable diabetic slipper shoes. Other great items include waterproof mattress covers, bed railings, and electrical outlets with nightlights. In addition to all of these, there are alarmed medication dispensers which can even connect to cell phone applications. Ask your Care Manager for what can work for you.

-Shelly J., MOS CM SoCal



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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**

CAMPUS UPDATES

MHC Covina

- ◇ June 4 - Strawberry Festival
- ◇ June 16 Father's Day happy hour
- ◇ June 30 - 4th of July celebration
- ◇ June 21 - Picnic at Bonelli Park
- ◇ June 25 - Joseph & the Technicolor Dream Coat

MHC Union city

- ◇ It's that time of the year again when after the rain and the sun comes out, you can enjoy the most beautiful landscape around campus with all the goats and sheep.
- ◇ HR continues to send out emails to all staff about active COVID-19 cases affecting the campus. And in addition, this information is sent to all residents in memos and posted on campus digital signage.



LAST REMAINING SEATS

CLASSIC MOVIES IN HISTORIC THEATRES

JUNE 3 - 17, 2023

JUNE 3, 2023

The Orpheum Theatre

METROPOLIS (1927) 2PM

ENTER THE DRAGON (1973) 8PM

JUNE 10, 2023

The Los Angeles Theatre

PLANET OF THE APES (1968) 2PM

THE PHILADELPHIA STORY (1940) 8PM

JUNE 17, 2023

The Million Dollar Theatre

AUNTIE MAME (1958) 2PM

VERTIGO (1958) 8PM

