

# MSOS GAZETTE

## MESSAGE FROM THE CO-DIRECTORS

As February comes to a close, this edition of the MSOS Gazette will highlight client stories & some informational topics and fun trivia.

Additionally, MOS has compiled the results from the 2023 Annual MSOS Client and Lodge Satisfaction Survey. We had the strongest satisfaction score in our Department's history! We will be sending you a summary letter with the detailed findings along with this Gazette. I want to thank you all again for your participation in the survey for 2023!

Amy Averweg, LCSW & Sol Silverman, MSW  
Directors of MOS

## ANNUAL LODGE OUTREACH SURVEY

This is the 4th year of sending out the annual LO Program Survey. Last December, this was sent via email to all LO Training Coordinators (LO TCs). The outcome of the survey is presented at all LO Meetings. The purpose of the survey is to give LO TCs an opportunity to provide their thoughts and feedback on the LO Program. The collaboration with MOS and the lodges helps sustain the success of the LO Program. MOS truly appreciates those who took the time to complete the survey and all LO TCs dedicated partnership. We look forward to doing extraordinary outreach efforts together this year!



-Camille S., MSW, Manager of Outreach & Education

## RAFFLE WINNERS

Congratulations to our Annual Client Satisfaction Survey raffle winners.

Michael—SoCal  
Maria—SoCal  
Darla—SoCal

Marlene— Central CA  
Eleanor—NorCal  
Edna—NorCal



## Empowering Aging Gracefully: A Spotlight on Senior Helpers' Personalized Care through LIFE Profile and flexHOME Services

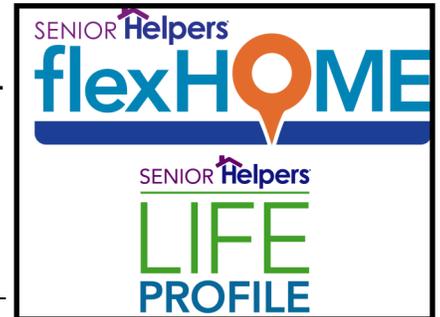
### By Senior Helpers

Senior Helpers, a leading in-home care provider, enhances seniors' well-being and independence through a range of services. Each senior's unique needs, preferences, and safety risks are identified through LIFE Profile, a proprietary, groundbreaking assessment and care management tool. LIFE Profile draws on over two decades of research into common causes of falls, injuries, and hospitalizations, making it a crucial component in promoting successful aging. It guides the creation of customized care plans, ensuring tailored support for seniors to age safely at home.

Senior Helpers also offers flexHOME, an adaptable and cost-effective in-home care approach that meets the client's lifestyle and budget. FlexHOME accommodates changing senior needs, allowing flexible adjustments to the level of assistance without a minimum hour requirement. This innovative model empowers seniors to maintain independence while receiving necessary support.

With Senior Helpers, families can trust in premium in-home care and highly personalized care plans, which make it easier for families and loved ones to implement a safe and successful system for aging at home. The combination of LIFE Profile and flexHOME reflects Senior Helpers' commitment to revolutionizing senior care with a compassionate and adaptable solution for diverse aging needs.

Senior Helpers is a Masonic Value Network Provider of in-home care and can be reached at [seniorhelpers.com/resources/masons-of-California](http://seniorhelpers.com/resources/masons-of-California)



**“To love and  
be loved is to  
feel the sun  
from both  
sides.”**

**-David Viscott**

### Love Comes In Many Forms

A mother to her child.

A student to his teacher.

Siblings, Preachers, Lovers & Friends.

Love: it's a hard thing to explain, but it's potent & real.

I “lost” a client this month.

Got the news via email, and my heart broke wide open.

We “worked” together via MSOS for many years. I helped him transition into MHC, where he was well cared for by our Masonic Family.

He was veteran, a POW, a man that was led by his heart, yet struggled with his past. He served his country with great devotion, yet during the war was captured & imprisoned.

He never wanted to talk about his past, yet the experience left him challenged to trust others. So, we took things slow, very slow. And week by week, we built our trust, expanded our hearts, and gently navigated into a better future. After four years, he finally allowed me “in” to care for and support him through the last stages of his life. When I received the news of his passing, I felt the hurt & void that can accompany Love. And realized that to Love means to also let go. May He Rest in Peace & never suffer again.

-Kai H., MSW, CM Central CA



Bob's Gift

## The Great and Inspiring Neighbor

A strong community network is essential to promote safety, respect, and happiness in our neighborhoods. And, strong community networks are impossible without great neighbors, such as Bob Laidlaw. Bob helps his neighbors maintain their gardens, shares home-cooked meals, and ensures that kids are safe as they play in the street or walk to and from school. In fact, he always brings a smile to children's faces as they run up to his front porch after school for some delicious cookies! He also celebrates holidays alongside his neighbors and will indeed hide some Easter eggs for the neighborhood kids, or as he says, "kiddos,!" The picture attached demonstrates a gift he recently received from the kiddos. Thus, it's important that we all follow Bob's lead and embrace the spirit of community. Bob has demonstrated that being a great neighbor is more than just being friendly; it's about building a sense of belonging and mutual support. In doing so, we enrich our own lives and those of our neighbors. Or, as once said by Martin Luther King Jr., "The good neighbor looks beyond the external accidents and discerns those inner qualities that make all men human and, therefore, brothers."

-Jacky J., SJSU MSW Intern

## Make The Smart Move To Assisted Living

Staying at home is not always in your best interest. Mobility issues cause leaving your house to be difficult and this limits your ability to manage daily tasks or socialize. Cooking, cleaning, and laundry may be more problematic and challenging to accomplish. It takes a lot of family, friends, and outside support to stay in your own home forever. Most older adults put themselves at risk for serious issues by staying in their home rather than moving to assisted living. All of us need help and some of us more than others. If you don't have the family or support you need, moving to assisted living may be the right choice for you. Even if you do have the loved one's support available, helping you out may wear them down while trying to manage their own lives. Give your family a break and ease their worries by making the move to assisted living now. Reduce your own stress by knowing that you don't have to deal with chores, cooking, yard work, home repairs, hiring help, loneliness, and other obstacles after you move into assisted living. Make the smart choice now instead of later.

-Shelly J., CM SoCal

## Irish Coffee for St. Patty's Day



On a cold, wet day in 1942 weary travelers to the small Shannon Airport in southwest Ireland found their way to a restaurant and chef Joe Sheridan. To warm his guests, he served them hot coffee, spiked with whiskey, and topped with whipped cream. The passengers asked if the beverage was Brazilian coffee. Sheridan responded that it was Irish coffee. A travel writer, Stanton Delaplaine, brought Irish coffee to the United States after having it at Shannon Airport. Delaplaine brought the idea to The Buena Vista Café (San Francisco, Ca) on November 10, 1952. After much trial and error, sampling, and a trip back to Ireland for a taste of the original, Delaplaine, along with Buena Vista owners Jack Koeppler and George Freeberg, were able to replicate the delicious coffee and the method for floating the cream on top of the coffee.

As St. Patrick's Day approaches we thought we would share the recipe for an authentic Irish Coffee. Starting with a warm glass, fill 2/3rds full of freshly brewed coffee. Stir in a heaping teaspoon of sugar. Add 1 ounce of Irish whiskey. When the coffee has stopped swirling from stirring in the sugar, pour the foamy cream over the back of a spoon.

-Angela D., MOS Manager



## Earth Day 2024

Earth Day was first held on April 22 in 1970. The main purpose of Earth Day is to demonstrate support for the environment. Earth day is an annual event regardless of the day it falls on. Many cities worldwide have events centered around bringing awareness. An example of such events is going to the beach to collect trash, bottles, or whatever else irresponsible beach goers left behind. Earth Day includes a range of events worldwide which include about 1 billion people in 193 countries. Every year there is a special theme for Earth Day and this year April 22, 2024, is no exception. This year's theme is "Planet vs Plastics" the hope is to bring worldwide awareness how plastic affects our planet. The hope is to bring education, motivation, and inspiration worldwide so that people can take part in the overall goal in committing to reduce all plastic productions by 60% by 2040. Plastics pose a health risk to all living creatures. By demanding change, we can be part of investing in innovative technological solutions to build a plastic-free world. We can all make a big difference with small actions such as simply being conscientious about plastic consumption.

-Patricia P., MA Social Worker

## DIG IN!

**"To plant a garden is to dream of tomorrow."**

**- Audrey Hepburn**

Looking for ways to improve your health? Planting a simple garden can bring several benefits to your life. The excitement of growing your favorite vegetable or fruit can make delicious treats more accessible. If mobility is a challenge, some out of the box ideas such as a raised garden bed, smaller pots and smaller bags of soil can help. It's been proven that time in nature is good for your physical and mental health. Here are three tips if you are ready to start your garden.

1. Start small.
2. Research appropriate plants for your climate.
3. Find others that are interested in gardening.

I personally enjoy growing tomatoes and bell peppers.

-David G., CM SoCal

## Restaurant of Mistaken Orders

Situated in the western suburbs of Tokyo, Japan, specifically in the city of Sengawa, the Restaurant of Mistaken Orders was established by Shiro Oguni. This charming 12-seat café has a unique approach to staffing, as it hires elderly individuals with dementia to work once a month. Functioning as a safe haven, the restaurant not only embraces mix-ups and errors but also provides a supportive environment for its servers. The restaurant proudly shares that 37% of their orders are delivered incorrectly, yet 99% of their customers remain satisfied! The goal is to offer them the opportunity to interact with new people and help them foster a sense of productivity and importance, which is key to slowing down the progression of dementia. Shiro Oguni's inspiration for raising awareness about dementia stems from a personal struggle, having dealt with a parent with dementia. He is deeply committed to raising awareness and celebrating the unique aspects of living with dementia. Also, as one of the world's oldest societies, dementia is a pressing national health challenge, and Japan is taking proactive measures! The local government has joined forces with the café, facilitating connections with dementia patients in the surrounding area.



-Quynh T., MOS Manager



### Kitchen Mishaps—Funny Now, but NOT then!

Years ago, as a new bride, I planned a dinner party for special friends and bought a fine beef standing rib roast to serve as the entrée. After careful calculations as to timing and temperatures for cooking the roast and accompanying side dishes, I got it all cooking while I went on with other preparations.

Then the phone rang. The guests were informing me that they would be delayed in a traffic mess. What to do? I immediately went to adjust the cooking time on the oven and side dishes, hoping for the best. When the guests finally arrived, and after appetizers and good conversation, I went to check on the dinner and, TO MY HORROR, found that, in my horror and panic, I had TURNED OFF the oven by mistake and the roast was far from done! My friends graciously waited another hour and when I finally served dinner it was quite good (Especially if you like rare roast beef!).

We all still laugh about that dinner...it's funny NOW!

Lesson learned! Always keep acutely aware when cooking (and have plenty of appetizers ready!)

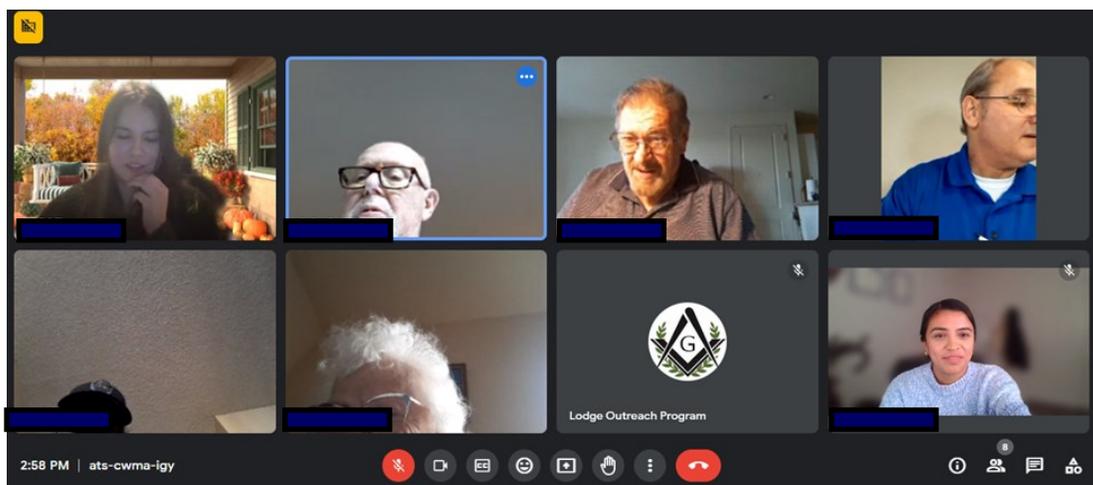
MOS Client Story—NorCal Region

### Staying Connected & Engaged with Breezie

Breezie is a virtual social group where seniors meet twice a month to participate in an activity and engage with each other. Every year MSW interns are responsible for the topics covered during Breezie and for disseminating a program evaluation survey to get participants' feedback. The survey's focus is to understand how participants are feeling in their community and if they are enjoying Breezie.

The MSW interns will analyze the survey responses to identify the type of topics that participants want to see in the Breezie sessions and how satisfied they are in comparison to the previous year. Since the survey is completed annually to evaluate the program the MSW interns will compare the current year's findings to the previous year.

The survey is an important component of the Breezie program because it ensures that participants are benefiting from and enjoying the group meetings. Breezie is a unique program that allows participants to stay connected with others who live in different parts of California and beyond. It is important to provide participants with activities and topics that make them look forward to joining the group meetings. In 2023 Breezie reached 100 sessions!



—Margarita G., MSW SJSU Intern



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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**

## **Penguin Awareness Day**

Penguin Awareness Day helps people realize that penguin habitats have changed over time, and this has an impact on penguin populations. Scientific reports say that penguin populations, particularly Emperor Penguin populations, are declining and research shows that the world's second-largest penguin colony has declined by 88%.

Penguin Awareness Day gives people the opportunity to learn about these incredible animals, such as how they have managed to survive in such a harsh climate for over 65 million years and understand how climate change is impacting them.

## **Penguin facts**



- In the water, a group of penguins is called a raft. But when they are on land, they are called a waddle.
- Penguins' distinctive black and white markings are a form of camouflage called 'countershading'.
- Penguins love a cuddle! Or rather, a huddle, which keeps them warm and safe from predators.
- Penguins are great divers; Emperor Penguins can dive 530 meters deep.
- Not only are they great swimmers, they're also great walkers and can walk up to 60 miles across sea ice.

Learn more about Penguin Awareness Day here: <https://wildlifearoundtheworld.com/penguin-awareness-day-2024/>

-Angela D., MOS Manager