

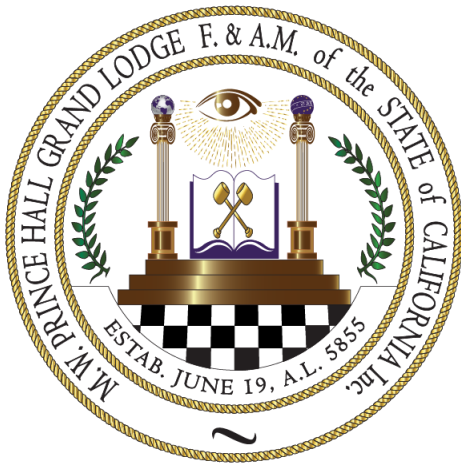


The Messenger

Published for the Residents

Masonic Homes of California at Union City

Exploring Masonic History: Prince Hall and the Grand Lodge of CA—Written by Joseph Pritchard, Chief Operations Officer



The rich tapestry of Freemasonry is woven with stories of unity, brotherhood, and tradition. At the heart of this intricate fabric lies the historical journey of Prince Hall Masonry and its evolving relationship with mainstream Grand Lodges, including the Grand Lodge of California. Let's delve into the intriguing history that shapes the connection between Prince Hall and the Grand Lodge of California.

Prince Hall Masonry traces its origins back to the late 18th century, a time when racial segregation and discrimination permeated society. Founded by the dedicated efforts of Prince Hall and other African American leaders, Prince Hall Masonry established lodges that provided a sanctuary for black individuals excluded from predominantly white lodges. Despite facing challenges and prejudice, Prince Hall Masons upheld the tenets of Freemasonry with unwavering dedication, embracing its principles of brotherhood, charity, and unity.

In the annals of Masonic history, the relationship between Prince Hall Masons and mainstream Grand Lodges has been marked by a complex narrative. The Grand Lodge of California, like many other mainstream bodies, historically maintained a segregationist stance that denied recognition to Prince Hall Masons. This division, rooted in societal attitudes and historical circumstances, created a chasm within the Masonic fraternity, hindering the unity and collaboration that form the bedrock of Freemasonry.

Over time, the tide began to shift towards reconciliation and inclusivity. Grand Lodges,



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April 2024



Exploring...

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including the Grand Lodge of California, have taken steps to acknowledge the contributions of Prince Hall Masonry and promote unity within the Masonic community. Through dialogue, mutual respect, and a shared commitment to the principles of Freemasonry, efforts have been made to bridge the historical gap between Prince Hall and mainstream lodges, fostering a spirit of inclusivity and understanding.

As we reflect on the intertwined histories of Prince Hall and the Grand Lodge of California, we are reminded of the enduring values that define Freemasonry - tolerance, compassion, and brotherly love. The evolving relationship between these two branches of the Masonic family serves as a testament to the power of dialogue, reconciliation, and unity in overcoming historical divides and building a more inclusive and harmonious fraternity.

In the spirit of brotherhood and mutual respect, let us continue to honor the legacies of Prince Hall Masons and the Grand Lodge of California, recognizing the shared values that unite all Masons in their quest for truth, light, and unity within the Masonic fraternity.



The Chaplain’s Corner

By Chaplain Joel Ingram

Days Off...

If I won the lottery, I’m not sure what I’d do with so much money, but one thing I know I’d really ENJOY doing is giving BIGGER TIPS at restaurants. I feel this way for two reasons: First, the work of restaurant staff is often quite difficult (I’m not at all sure I could do it). And second, many of them are underpaid for the work they perform.

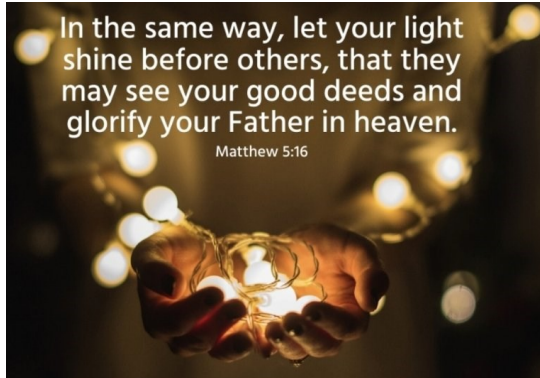
In Fremont, there is a Mediterranean sandwich shop that I often visit. It’s a “mom and pop” type place, and both the food and employees are always fantastic. With this in mind, I decided I should give the usual staff of three in the front service area an extra nice tip on my next visit.

The day came, and with my plan in mind and my tip in hand, I entered the store to pick up my order (I usually pay by credit card and tip in cash). When I arrived, all the usual employees were present. The one at the register was working through some online orders and seemed a bit frustrated with some part of the process. It seemed she was having trouble getting the orders and amount to charge to add up. After a few minutes’ wait, she finished and turned to me.

To my surprise though, she wasn’t in her usual good mood. In fact, most everything she did was either wrong or done with a bit of an attitude: she

The Chaplain's...

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started processing a new order even though I'd placed my order earlier. She forgot to add the frequent customer credit to my account. Everything about her was just "sour" today. I'd be lying if I said there wasn't at least a little temptation to put her tip back in my pocket. But I'm happy to report I did the "right" thing and happily gave my tips to everyone there.

Thinking about it afterwards, I was happy I did. I was reminded that everyone can have an "off day"... or to put it otherwise, a "day off". I know I do. I bet you do too, and I know I sure appreciate it when others give me a mulligan or treat me with grace, patience, or forgiveness when I am out of sorts. And what a shame (and mistake) it would have been to pull back from what has been great service on so many prior occasions just because someone was having a bad day.

So, this month, I encourage you (and myself) to choose to paint with a large brush the good deeds of others, and overlook when at all possible our "days off" from being all that we can be. Until next month, wishing you grace and greatness—*Chaplain Joel*

The Happy Wanderers Get Therapy

Submitted by Bruce & Evelyn Rick



A regular part of our personal exercise program is the use of the Grider Therapy Pool. We have found that this pool helps us improve our mobility and maintain muscle strength by using water resistance instead of weights to exercise our muscles. This helps take excess pressure off our joints, allowing low-impact movements.

Provided here at the Masonic Home in Union City are staff-led water exercise programs designed to improve range of motion and muscle strength in people with arthritis. One can benefit

from a series of exercises for the trunk, shoulders, elbows, wrists, fingers, hips, knees, ankles, and toes, as well as walking and other endurance activities.

When we go on our own, using the "Buddy System" (at least two in the pool area at the same time), we simply turn on the wall timer switch for 15 minutes of air bubbles, then we take a few steps down into the warm (100°) water, and to the seats around the sides, and start our exercises, or not.

The timer turns on the waterjets and now we close our eyes and think we

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The Happy...

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are in that expensive spa we see in magazines.

Enough of that and we head to our respective locker rooms for a hot shower, to change clothes, and then return the pool entrance key, vowing again to make this a part of our weekly exercise regimen.

Hello Neighbor—Written by the Lorber Recreation Team



Doug Jackson was born in Oakland, CA and grew up in Walnut Creek. When younger he spent his summers in Wyoming. He worked as a Sous Chef and a Truck Driver for 26 years. He met his wife through friends. After two weeks together they decided to get married in Carson



City, Nevada. Together they enjoyed traveling and going on cruises, and enjoyed 64 trips around the world.

Doug shares one of his favorite places to visit was Iceland, with many things to do, the mountains, and good food. He also enjoyed visiting Egypt and riding the camels. Doug joined Rio Linda Lodge and has been a Mason for 40 years. Today he enjoys watching action movies like James Bond and going on Lorber outings to museums.

Facility Services Update—Written by Mike McComas



Come down to 2nd Wollenberg and fly the friendly skies of the Masonic Homes Airways! For those who have not yet been informed, we now have the Flight Simulator up and running for all our residents to enjoy! If you are interested in learning how to use the Flight Simulator, give Mike McComas a call at extension 6430, and he'll get you set-up with a flight training lesson. Happy (con) trails!

Golden Pillar Award Winners

Written by Joseph Pritchard, Chief Operations Officer

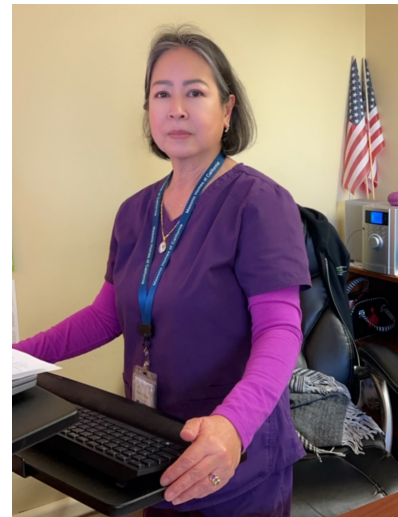
Every quarter I have the honor of speaking about a new set of Golden Pillar Award Winners. This quarter I am eager to recognize Lee Docket, Maria “Pinky” Lorenzana, and Gloria Krahulec as this quarter’s winners. Congratulations!

The Golden Pillar Award recognizes staff members who best represent service that represents the Pillars of Safety, Personal Connection, Experience, and Efficiency. The winners of this prestigious award have been nominated by their peers and/or residents of the Homes. They were nominated because of excellent service or actions that made a powerful difference in the lives of others.



Lee was nominated for two main reasons: high quality service and a positive, uplifting attitude. Lee recently began cleaning and monitoring the first-floor Head area. Team members quickly began to see the difference he brought to their area. Floors were always clean, bathrooms were always shiny, and everything just seemed better and brighter. Lee never seemed to be far from these results. He is always ready with a big smile and a kind word. Each interaction brings joy and elevates everyone involved. Lee is a beloved team member and truly deserves his Golden Pillar Award.

Maria “Pinky” Lorenzana oversees the admissions process for the Lorber Skilled Nursing Facility (SNF). She won her Golden Pillar Award by providing comprehensive support to a resident and his family during an unforeseen emergency admission. Maria will be the first to say that it wasn’t just her. It was the whole team! That’s what makes her an amazing leader. Maria helped the team take care of initial assessments, financial barriers, and other obstacles that would have prevented a safe and timely admission. These processes can sometimes take months. Maria and the team got it down in hours. She (and they) worked a miracle for that family. Golden Pillar worthy, for sure.



Gloria Krahulec is one of our amazing Certified Nursing Assistants (CNAs) that provide support to the residents living in assisted living. As a

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CNA she is tasked with manifold tasks that positively impact every resident she meets. Every CNA deserves recognition and respect because their service keeps people safe, healthy, and happy. Their efforts are all noble. Gloria stood out this quarter because of the noticeable impact her actions have had on residents. Other staff members see that Gloria takes the time to create strong personal connections that allow her to elevate the resident experience. She stands tall when it comes to quality of service and prioritizes safety. Gloria adheres strongly to the Masonic Homes Way.

Congratulations, again, to our Golden Pillar Award Winners. They inspire us all and change the world. Please take the time to say, “Thank you!” to these amazing people. They deserve their time in the sun!



Written by Chris Gershtein, Vice President of Clinical Services

Since the last update there have been two Blue Box Cards submitted as of March 18. There were no compliments in the most recent submissions, but given that there were only two submissions, it’s not really surprising.

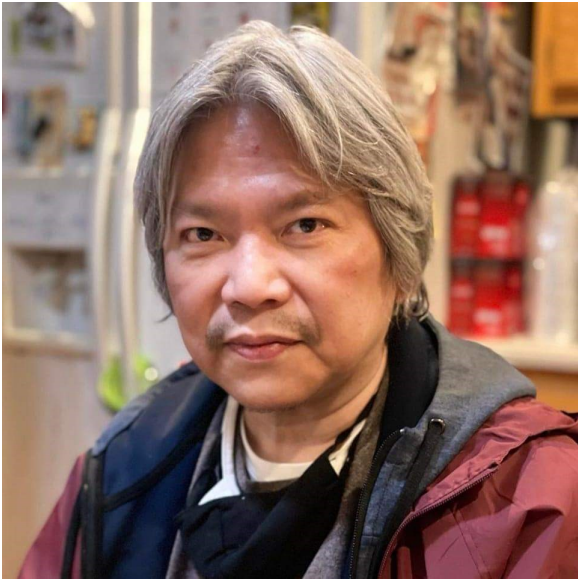
In the blue box there were two concerns and/or suggestions/requests submitted:

- ◆ Suggestion: “Why doesn’t someone place a flyer in mailboxes about daylight savings time? Remember a lot of residents do not have TVs. You put so much stuff in mailbox like every time someone quits their job.”
 - ◆ Remark: This suggestion has been forwarded to the Executive Director for review, but we certainly can remind people about Daylight Savings Time in the digital signage and during announcements as well.
- ◆ Concern: “We continue to have the issue of staff members not wearing masks appropriately. Especially staff coming from the kitchen into the Dining Room. Many times, the Dining Room staff also don’t wear gloves.”
 - ◆ Remark: We continue to impress upon the Dining staff the importance of infection control practices, especially mask wearing. Administration Team members have been making spot visits to the

Main Dining Room to note staff mask use. There have been no issues noted. These visits will continue.

Thank you very much for continuing to use this communication tool, especially for any safety related issues. Please keep the cards coming!

**Spotlight on the
Masonic Homes Way**-By Joel Ingram

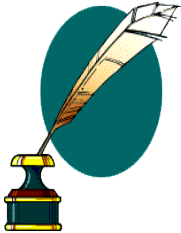


While some people stand front and center and often take the spotlight, it's often the people on the sidelines and in the background that keep things moving forward day by day. Our Masonic Homes Honoree this month is a fine example of this very thing.

For almost 4 years, Jeff (Jeffery) Lee has served the Masonic Homes in our Environmental Services department. While you might see him in the RCFE (Independent and Assisted living) areas of our Home, Jeff mostly works in Skilled Nursing (Lorber).

If you've never talked with him or observed his work, two things are mentioned by those who know him best: One, he always does excellent work. Two, he is always exceedingly professional and polite in his personal interactions. His direct supervisor, Jeff Krahulec, confirms this by noting both staff and residents in his work areas greatly appreciate the quality of all he does.

By keeping our living and work area clean and in good repair, Jeff upholds the pillar of safety. In his personal interactions he exemplifies what our personal connection pillar is all about. Thanks, Jeff, for all that you do! We have a better place to work and live because of you. For this and more you are our Masonic Homes Way employee of the month.



Quotable



Just An Opportunity to Say
'Wow' and 'Thank You' for
All Your Great Work!

Old Jokes for Old Folks—Submitted by Diana Swing

- ◆ At Bill’s annual checkup, the doctor asks him if he has any concerns. “I do, Doc,” Bill replies. “I’m kind of worried about my memory. I lose my keys all the time, and sometimes I lose the whole car. I forgot my wife’s birthday, and yesterday I even called my grandson by the wrong name. What should I do?” “Well,” says the doctor, “you should start by paying me up front.”
- ◆ Two old ladies sat in the beauty parlor, chatting idly as their hair sets. “Mildred, why do you think they call it a “permanent” if it grows out so quickly?” “Well, Judy, I suppose it’s that one of these times it will be!”
- ◆ I used to get my car “winterized” and “summerized.” Now I get it “seniorized.”
- ◆ The mechanic at the garage makes sure my seat is up high, the radio is permanently tuned to AM, and the jumper cables have defibrillator pads.
- ◆ Apple Break—I never have trouble finding my dentures. They’re always in the last apple I tried to eat.



Old Age aren't no place for Sissies

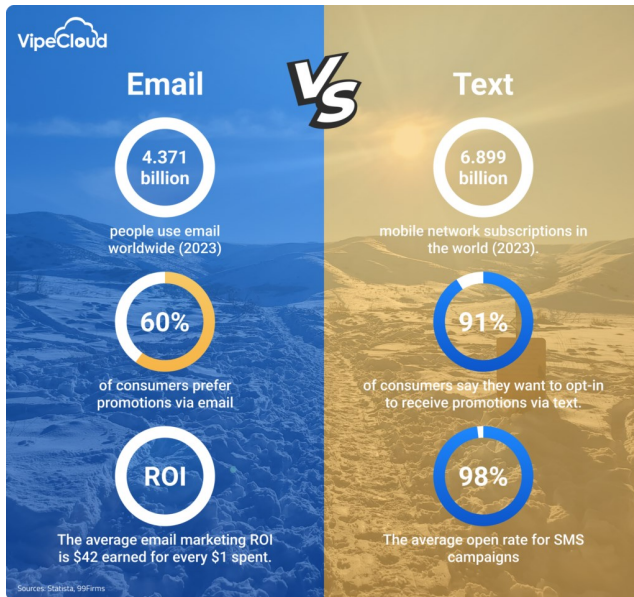
Submitted by Resident Zelma Campbell

- ◆ Old age is a great time for outrage. Try to say or do at least one outrageous thing a week.
- ◆ Remember, the older you get, the more important it is not to act your age.
- ◆ Treat people older than you with respect the way you’ll want to be treated when you get there.
- ◆ When you play golf, tennis, or whatever your game is, play like an old pro, not an old man or old woman.
- ◆ It’s okay to bribe your grandchildren with candy when you ask them to look up gas-x.com, without letting anyone else know that you still haven’t figured out this whole internet thing.
- ◆ Go ahead and be proud that your favorite American idols are Neil Sedaka and George Washington.
- ◆ It’s perfectly acceptable not to answer the phone if you can’t retract the La-Z-Boy before the answering machine kicks on.
- ◆ At a certain age it’s proper church etiquette to say you heard the sermon, if you were awake at the beginning and the end.



Information Technology Frequently Asked Questions

by Alan Davies, Director of IT



Question: What is the difference between texting and email? What is the preference between the two? When would you use one over the other?

Response: In the past there used to be a considerable difference between texting and emailing and their functions. Over time, this has become more blurred with the addition of messaging apps such as Whatsapp, Signal, Facebook Messenger, Telegram, etc. The primary difference between texting and email is typically what you wish to accomplish. Texting is often received by the recipient quickly and is great for short, informal messages

with an expectation of a short interval for a reply. Email is usually used when there is more content, a detailed structure, needs to be formal, or an immediate response is not expected.

Example of when to use texting:

Bob: “Hi Jane, do you have dinner plans today?”

Jane: “Hey Bob, I don’t have any plans this evening. Would you like to dine at Ristorante di Parma?”

Bob: “That sounds perfect. 6 PM?”

Jane: “Yes, see you at 6.”

Often texts may contain emojis, pictures, and grammatically incorrect language. This is an accepted norm due to the informal nature and short messages. Often, it’s in good form to reply to a text within a few hours of receiving it.

An example of an email would be detailed information on a business matter, like an exchange with your lawyer. It can be used more informally if you write to a friend and don’t necessarily expect a response the same day. It’s a good means to attach documents and embed web links.

Neither texting nor email is a good solution for communicating with your health or financial professionals if you have sensitive details to convey. Text messages and emails are often sent in the clear, meaning they have no encryption and that a message can be read by someone other than the intended recipient. Any sensitive information should be encrypted when sending. There are some exceptions, such as when one iPhone texting to another iPhone is encrypted. This should still not be used for sensitive information. The suggestion is if you’re going to send sensitive information you should use an email encryption method. The technology team can help you if you need to send sensitive information (though we should not be shown the actual content of the email). Typically, today you need to log into a secure web

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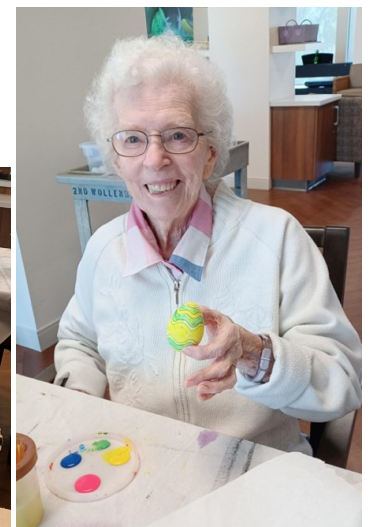
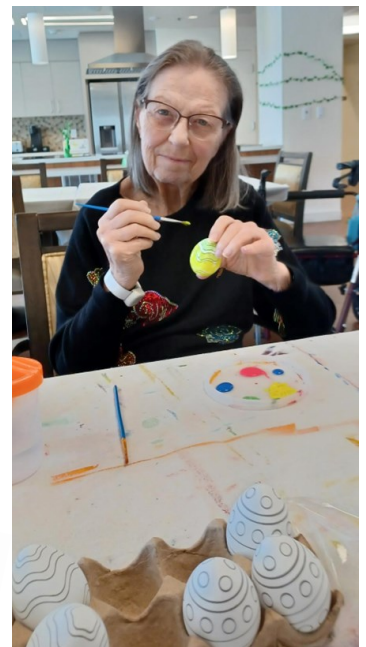
portal to converse with financial and health care providers. You should continue that practice.

Messenger apps are abundant now that we have iPhones and Android phones. These apps often have a lot of functionality built into them beyond just person to person “texting”. Groups can be formed, though this is also true with texting and email; these apps often allow you to call and video chat with one or more people. My family uses one such group to keep us all in touch, now that the next generation is all young kids, we get to see pictures and videos of them. I also have a Pickleball group that uses a messaging app to schedule court time and to determine who is available on which days. I also keep in touch with colleagues so we can exchange ideas, trends, and information.

Wollenberg Residents are Creative!

Written by Joanna Moore

Crafting has been a hobby for many. This past month, we have delved into ceramics and egg decoration. Whether someone is a novice or they have some experience, crafts can be an enjoyable way to relax and tap into one’s creative center. From picking which piece to the color, our residents are meticulous in creating a wonderful piece of art.



“
Easter was when
Hope in person surprised
the whole **world** by
coming forward from the
future into the present.
✘
N.T. WRIGHT
”

New Residents



Patricia Miller
Sponsoring Lodge: Irvine
Valley No. 671
City: Lake Forest
Moved in: March 06, 2024



Gary & Shelia Davis
Sponsoring Lodge: San
Mateo No. 226
City: San Mateo
Moved in: March 20, 2024

News from Active Living Department



Recreation department remains dedicated to offering cherished events for the residents. Let's not overlook the St. Patrick's

The show persists! Despite some hurdles, the Active Living team perseveres, hosting a variety of events including a Chinese New Year Dim Sum, a Super Bowl Sunday watch party, a Valentine's Day celebration, Mardi Gras social hour, and a heartwarming presentation by Shriners Children's.



Day festivities in the Auditorium featuring entertainment by Avalon—the party truly never ceases.

What is “The Move More Challenge?”



The “Move More Challenge” is an invitation to get your body moving! Masonic Homes and Acacia Creek will host walking groups, classes and events to help you safely to MOVE MORE! SIGN-UP TODAY!

Talk to your friends to form a team and sign up together or we can put you with a team and team leader.

You and your teammates can combine walking, balance exercises, group fitness, even moving for a couple of minutes every hour you sit, (any type of movement is great and counts!) We will track your teams’ minutes of exercise and post weekly updates! Sign-up at the Activities office at the Lower Level in the South mall area of the main building, the Front Desk, the Grider Gym and/or the 2nd Sedam Dining room waiting lounge. from March 27 to April 10. LET’S GET MOVING!



Pilgrimage to the Holy Land & Recognition of Freemasonry Beyond the Craft

Presented by Joel Ingram, Art Weiss, & Jeff Wilkins



On March 26th, Resident Ed Fentum hosted residents and guests from the community for a presentation on multiple topics important to Masonic tradition and objectives. Chaplain Joel Ingram presented photos and information from his trip to Israel as part of a Knights Templar-sponsored tour taken in 2010.

After this, three presentations were given by guests of the Home on a variety of topics. Illustrious Jonathan Prestage, 33 degree, and Personal Representative and General Secretary of Oakland Valley Scottish Rite, gave a review of the degrees and dates of conferrals at San Jose and Oakland in April. He welcomed Scottish Rite members to attend Oakland meetings for dinner at no cost.

Most Worshipful Jeffery Wilkins, Past Grand Master, and High Priest of Atlas Chapter No. 5, located at the Grand Lodge in San Francisco, also gave an inspirational message. He explained the details regarding the three



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Masonic groups that compose the York Rite. He emphasized that all these groups are active in the Masonic Homes and asked the residents to support and enjoy these unique York Rite bodies.

M. W. Arthur Weiss, Past Grand Master and Past Grand Patron of the Order of the Easter Star, spoke about the ever-increasing roles of leadership women are taking in society generally and asked those in attendance to consider the implications and opportunities this provides the larger body and concerns of Freemasonry.

Social Services News—RCFE Team



ARRIVING FROM... MISSOURI



The Masonic Homes extends a warm welcome to our new resident and family member **Pat Miller!** Originally from Kansas City, Missouri, Pat relocated from Orange County, California. With a background in accounting, she previously worked as an Auditor at Widowers and Widows Club. Currently, she's diving into chair yoga and balancing classes at Grider Gym. Excited about opportunities at the gift shop or canteen, Pat is also exploring her creativity in the ceramics studio, eyeing a Ceramic soap dish project. Pat is a proud grandmother of 11 and great-grandmother of 6. Let's extend our welcomes to Pat! She can be reached at S307 at ext. 5666.



Processing Bookkeeper Bank Agreement
Interest Customers Bank Invoice Financial
BOOKKEEPING
Petty Cash Transactions Sales Double Entry
Receivables Suppliers Cost of Sales Cash Flow Book
Purchases Check Payments Vendors
Recording Taxes Receipts Posting
Credit Deposit Balance Statements Debit



Resident Birthdays	
DENNIS BIONDI	4/1
ROBBIE BEATTY	4/3
DAVID TOSH	4/5
LINDA COHU	4/6
GEORGE STEWART	4/10
BOB MCCAIN MICHAEL PAMPLIN	4/12
CAROL YOWELL	4/16
BILL HOVEY	4/19
LINDA WALLI BEVERLEY BYARD	4/20
EVELYN RICK	4/21
NANCY DARR	4/22
ARI EDDLEMAN EILEEN FOOTE	4/25
DIANA DOWLER	4/28



Resident Anniversary

Residents	Ann. Date	Years
Doug & Gayle Field	4/18	32

In Memoriam



Hans Straub
April 12, 1931—March 18, 2024
Mason of San Benito No. 211



I Ping Tang
May 16, 1932—
March 18, 2024



Alma Hartman
November 27, 1924—March 30, 2024
Sponsoring Lodge: Simi Valley
No. 806

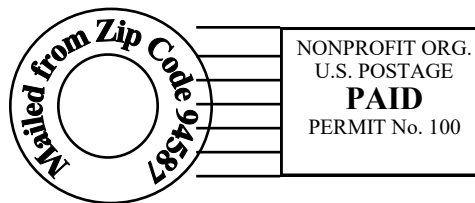
Birthdays, Anniversary and In Memoriam



The Messenger

Masonic Homes of California

34400 Mission Blvd., Union City, CA 94587



Address Service Requested



The Messenger is published monthly as a vehicle of communication and entertainment for the residents and staff of the Masonic Homes at Union City with a focus on sharing information about residents, Home activities, and items of interest to the Masonic Family.

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Editor: Ola Afolabi, UC Communications Manager

Messenger Online: Find us on Facebook: facebook.com/Masonic Homes of CA or at http://masonichome.org/our-campuses/union-city-campus/Resident Newsletter (**Color Print**)



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Mission: "Together we create meaningful life experiences that make a profound difference."

The Pillars: Safety, Personal Connection, Experience & Efficiency