



The Messenger

Published for the Residents

Masonic Homes of California at Union City

Best Nursing Home—Written by Cynthia Cruz, SNF Administrator



The U.S. News & World Report, the global authority in health care rankings and consumer advice, revealed the 2024 Best Nursing Home ratings. Since 2009, U. S. News' annual Best Nursing Homes have helped consumers and their families decide where to go to receive quality rehabilitation and nursing home care.

The 2024 edition of Best Nursing Homes features the rating of more than 15,000 nursing homes, evaluated on patient and resident outcomes, such as infection rates, staffing levels, reliance on antipsychotic drugs, health inspection results and other indicators of quality.

These ratings give patients, senior residents, their families, and caregivers an objective assessment of quality to help them choose the facility that best fits their individual needs. Nursing homes that have earned the recognition of U.S. News have a track record of achieving better outcomes for patients and residents, and maximizing the amount of care they receive from nurses, certified nursing assistants and other staff.



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Best Nursing...

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This year, Masonic Homes of California was recognized by the U.S. News as the **2024 Best Nursing Home in Short Term Rehabilitation**. Our facility is among the elite 16% of skilled nursing facilities to earn a “High Performing” rating, the highest possible achievement.

Congratulations to the entire Lorber staff for this wonderful accomplishment and thank you to them for the excellent care and service that they provide to all the residents.



At Last...—Written by Joseph Pritchard, Chief Operations Officer



For years, the Covina campus has offered a unique and remarkable senior living experience. However, there has been one gap in care—no skilled nursing level of care available. Residents who had a skilled need were sent off campus to receive care, sometimes for the rest of their lives. This has led to

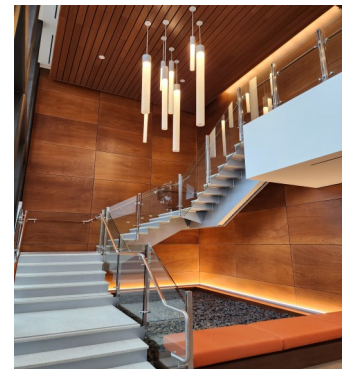
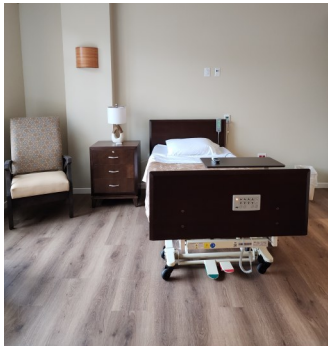
Residents who are going through extreme change, being separated from family, and loved ones.

The Masonic Homes Board of Trustees was able to change this dynamic in 2018 by beginning construction of a new skilled nursing facility in Covina. In that vein, we are thrilled to share two exciting pieces of news with all of you!

At Last...

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First, the California Department of Public Health (CDPH) recently completed a successful initial survey for the Citrus Heights Health Center, our skilled nursing facility in Covina. The survey, conducted by a team of state regulators, focused on ensuring that the Health Center met all required health and safety standards. We are delighted to announce that the inspection results were overwhelmingly positive, and there were **zero deficiencies!** The inspectors commended our high standards of care, well-maintained facilities, and rigorous infection control practices. This success wouldn't have been possible without the dedication and hard work of our incredible staff and management team.



Second, and a way to bury the lede, is that as of April 24th, the Citrus Heights Health Center received its license and is now able to begin admitting patients! This is a proud moment for the Masonic Homes and the residents, staff, and other people who supported our efforts. This licensing process post-survey was expected to take six to eight weeks, but because of the zero-deficiency survey, CDPH was able to fast-track the process.

The team is eagerly preparing to open our doors and welcome residents into our warm and welcoming environment. Our team is working tirelessly to ensure that everything is in place to provide a safe, comfortable, and caring home for all residents who join us. We expect to start admissions by Monday, April 29th.

We are thrilled about the opportunity to make a positive impact on the lives of seniors in the Masonic community in Southern California. With our dedicated team and state-of-the-art facilities, we are confident that we will

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be able to provide exceptional care to all residents.

We are proud of the successful completion of the initial survey for the Masonic Homes of California Citrus Heights Health Center. We look forward to admitting residents, and serving the community with compassion and excellence. Get ready to hear more about the highest quality of care, at the Citrus Heights Health Center!





The Chaplain’s Corner

By Chaplain Joel Ingram

In Praise of Spring!

I have always loved Spring. While living in Southwest Michigan it was a wonderful but messy time. As the snow drifts gave way to warmer weather, Spring was always a muddy affair at the start. But given time, daffodils and the smell of freshly mowed grass would soon dominate as warmer weather took hold. While the amazing fruit of that locale was still months away, it was always a happy time because blue skies and puffy clouds just gave the space an airy optimism that was contagious.

Here in Northern California, Spring is a beautiful time as well. The Winter rains, should they have fallen (and they thankfully did this year), encourage our lovely, mounded hills to be green with envy (or perhaps pride) and the usual blue skies provide a contrast that makes the scene rather idyllic.

As many have observed, the change of Winter to Spring is a fitting illustration of so much that happens in our lives, for we are ever facing endings and beginnings. Now, there may be a hardy Norwegian or Swede among us who bid cold winters a sad farewell, but for most, I guess, winter is a hasty “see you later” and Spring is a “never too soon”. In life, however, many factors complicate our feelings about hellos and goodbyes, don’t they?

Sometimes we are eager to end one aspect of life; maybe some weight we want to shed, a worry we’ve carried for some time, but other times we are called to part with something we’d rather hold onto: a friendship lost, the

LIFE IN SEASONS

Life is unpredictable,
It changes with the season,
Even your coldest winter,
Happen for the best of seasons,
And though it feels like eternal,
Like all you'll do is freeze,
I promise spring is coming,
And with it, The brand new leaves 🍂

loss of a spouse, a favorite pet. And of course, the same holds true for those “new things” headed our way. We may either dread some change before us or be eager for a change that lies just ahead.

Whatever your goodbye, whatever your hello, I trust both can be improved with examination and reflection.

One might avoid going to the dentist because they know it will be painful. Another might be so excited by a bowl of ice cream they don't think about the calories. But whether avoiding a bad thing or rushing for a desired thing, mindless transitions often rob us of something. Pausing and reflecting often provide us many things—thankfulness for what was before or headed our way, appreciation for the people who have made this...or that... possible, better or less lonely, an opportunity to see where things went wrong and take up the new with better planning or insight, a chance to be reminded and accepting of the variability and finitude of life, a place to reaffirm values and goals, a place to put “this change” into a meaningful context. Mindful transitions may provide us with just what we need to move forward with courage, and gratitude.

Whatever place you find yourself this Spring, before a farewell or hello, may we pause for a spell, and find within that space wisdom, healing, and grace. Wishing you a wonderful month ahead... *Chaplain Joel*

New Boiler Arrival—Written by Doug Alvarez, Facility Director



As most of you know, we have had ongoing challenges with our main boiler that provides room heat and hot water for our campus. Investing in a new boiler was the final solution to our ongoing challenges. After months of planning, searching, and waiting for a new boiler, it's finally arrived. We wanted to share the challenges of bringing a 6,000 lb., 9'x9'x4' pressure vessel from a shipping truck to our basement in Sedam. Infrastructure work and modifications are under way. Target completion is in approximately 3 to 4 weeks.

Going! Going!! Gone!!!—Written by Doug Alvarez, Facility Director



For a few years, residents have been very patient as we remodeled our main Sedam kitchen. Meals were prepared in the Mobile Kitchen as the construction work proceeded. Well, the kitchen is complete, and meals are now fully prepared in the Sedam main kitchen.

The next phase was to remove the Mobile Kitchen from the Masonic property. Please join me as we say “farewell” to the “interim” food preparation portable kitchen. The next phase will be to give the current dining room a bit of a long-needed facelift, as residents enjoy their meals in the Auditorium.

Social Services News—RCFE Team

**ARRIVING FROM...
SAN FRANCISCO**

The Masonic Homes extends a warm welcome to our new resident and family member Richard Kreidler! With a background in software sales and a passion for music, Richard brings a dynamic energy to our home. Originally from Harrisburg Pennsylvania, he moved to San Francisco in 1977 to immerse himself in the city’s music scene. Richard’s talents extend to playing the Guitar and Djembe drums, and you might catch him performing in drum circles at Golden Gate Park. Richard is thrilled to call our campus home, marveling at the beauty of the “castle on the Hills.” Let’s extend our welcome to Richard! Richard can be reached at A501 at ext. 6360.

Since the last update, there have been 6 Blue Box Cards submitted as of April 22. There was one compliment in the most recent submissions! “Lunch on March 12 - Turkey Breast, Mashed Potatoes, Broccoli, Cranberry Sauce – Very Good! Cooked just right! I'm an old-fashioned eater and this is what I like! Thank you! I suggest more meals like this.” This card has been sent to Dining Services so that they can share the compliment with the staff.

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

- ◆ **Concern:** “There is too much visiting, talking in kitchen during meals by staff. And eating food without paying attention to residents.” (Pavilion)
 - ◇ **Remark:** This concern has been shared with Dining Services leadership, Administration, and the Pavilion Manager so that the issue can be investigated and addressed.
- ◆ **Concern:** “The resident who is in charge of Bingo is now acting like a “Big Shot.” He allows you 1 small piece of chocolate if he doesn't like you, but to a friend he allows 6 to 10 pieces of chocolate. I wish they would change him and get one from recreation team to hold Bingo.” “I hope you make an action to this resident.”
 - ◇ **Remark:** This has been sent to the Recreation team to review.
- ◆ **Concern:** “Meat is tough to chew. Noodles cool. Carrots and sliced potatoes cool, and difficult to handle. Dessert OK, not clearly cut. Coffee cup – broken bottom and leaks.” (Pavilion)
- ◆ **Concern:** April 12 “Salad dressing was awful! The chicken sandwich was terrible! Meatballs were very good!” (Pavilion).
 - ◇ **Remark:** Both concerns were sent to Dining Services to be addressed.
- ◆ **Concern:** “I have a concern about the libraries. Please explain the filing system for books. The 1st Floor library is a chaotic confusing mess of filing on the shelves! Are we filing by author, or by topic? And is it supposed to be alphabetical, or not?! I suggest an article in the “Messenger” - so everyone is informed.”
 - ◇ **Remark:** That is an exceptionally good idea. I'm sorry that I did not receive this in time to get the information and write one for this issue. I'll make sure that it gets to the next one! Thanks!

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 MHW Team



While not all employees know Assar Firaidun by name, he is well known by most residents of our Home. As one of our Medical Clinic drivers, Assar fills a key role in making sure residents get to and from their medical appointments.

Recently, our driving team lost one of its members and another was out on vacation. Not a large group, someone (and likely several people) were going to have to step up. Several residents shared with me how Assar was one of the drivers who literally came to the rescue. Not only this, but they spoke with great appreciation for the way he does his work every day. He is always respectful and thoughtful of rider's needs. His co-workers also noted Assar is a great team player who gets along with everyone.

On April 22, Assar was invited as a Guest Speaker at the Open Forum in the 2nd Adams multipurpose room. The number of residents who came to watch him speak, say a lot about his personality. Assar, you are doing a great job and the effort you put into all that you do not only make our clinic run more efficiently (a pillar principle of the Masonic Homes Way) but also allows residents and staff to live and work in harmony (fulfilling the pillar of personal experience). Thank you for all that you do, Assar. For this and more, you are our Masonic Homes Way Person of the Month.



If you (staff or resident) would like to honor others like Assar, please reach out to Joel

Ingram, at ext. 6424 so we can consider them for inclusion here in future newsletters.

Pathways to Success Scholarship New Haven Schools Foundation—2024

Written by Kim Hegg, Sr. Director of Events, Recreation & Volunteer Services



The New Haven Schools Foundation is a non-profit foundation dedicated to supporting schools in the New Haven Unified School District. They are committed to providing financial assistance to students and teachers through support from local businesses, foundations,

parents, educators, and civic leaders.

One of these programs is Pathways to Success, a community scholarship program that provides financial aid to graduating seniors of Union City High Schools. The Masonic Homes of California has been a generous donor to this program for many years. The Masonic Homes Scholarship is based on various criteria including community service, scholarship focus area, financial need, academics, and student essay.

This year the resident scholarship application review team consisting of Dawn Hicks, Marty Trudell, Bruce and Evelyn Rick along with team members Joel Ingram, Irma Montes de Oca, Shiela Tulabing, Lia Gibson, Jessie Sierra, Emily Mobley and Marisol Gutierrez, reviewed 40 applications and had the very hard job of narrowing that down to one recipient.

This year's Masonic Homes scholarship will be awarded to Sripradha Manikantan on May 21 at James Logan Pavilion. Sripradha plans to attend UC Berkeley, aiming for a Doctorate, with her eye to her professional goal to major in neuroscience with a focus on understanding the connection between brain structure and behavior. Her letters of recommendation from her teachers and counselor all expressed the same sentiment – "Sripradha is an incredibly and uniquely well-balanced individual who passionately pursues multiple academic and extra-curricular endeavors." This was clear to the scholarship review committee with her 4.48 GPA and 1,054 hours of community service.

Masonic Homes is proud to support the youth of our community through the scholarships provided each year. This year's Pathways to Success luncheon will be held on May 21. Executive staff members and the scholarship review team will attend the award ceremony and congratulate Sripradha on her accomplishments so far and the ones she will accomplish in the future.

Congratulations Sripradha!

I Can't Drive 55—Submitted by Diana Swing

A Florida senior citizen drove his brand-new Corvette convertible out of the dealership. Taking off down the road, he pushed it to 80 mph, enjoying the wind blowing through what little hair he had left. “Amazing,” he thought as he flew down the highway, pushing the pedal even more. Looking in his rearview mirror, he saw the state trooper behind him, blue lights flashing and siren blaring. He floored it to 100 mph, then 110, then 120.

Suddenly he thought, “What am I doing? I’m too old for this,” and pulled over to await the trooper’s arrival. Pulling in behind him, the trooper walked up to the Corvette, looked at his watch and said, “Sir, my shift ends in 30 minutes. Today is Friday. If you can give me a reason for speeding that I’ve never heard before, I’ll let you go.” The old gentleman paused, then said: “Three years ago, my wife ran off with a Florida State Trooper. I thought you were bringing her back.” “Have a good day, sir,” replied the trooper.

—Submitted by Resident Zelma Campbell



- ◆ The old believe everything, the middle aged suspect everything, and the young know everything.
- ◆ The shortest distance between two points is usually under construction.
- ◆ Push will get you almost any place you want to go except through a door marked pull.
- ◆ If the grass is greener on the other side of the fence, you know that your neighbor’s water bill is higher than yours.

Wollenberg Residents Excursion—Submitted by Joanna Moore

Wollenberg residents have been enjoying excursions to the Ice Cream Parlor and the New to You shop. They enjoy chatting while having ice cream and shopping for new clothing items.



Resident Committees—Written by Joseph Pritchard, Chief Operations Officer

The Masonic Homes of California in Union City, through a partnership between staff and residents, has implemented three resident committees aimed at enhancing the overall living experience for our residents. These committees – the Budget Committee, the Grounds Committee, and the Buildings Committee – have been established to focus on specific aspects of community life and to ensure that the needs and preferences of our residents are well represented.

The Budget Committee is dedicated to creating and monitoring the budget for the community. This committee works closely with staff and the resident council to communicate successes and concerns related to financial matters. By keeping a close eye on the budget, the committee aims to track that residents are well-informed about the allocation of resources and the financial strategy to make sure resident interests are best served. Their diligent work helps to maintain financial transparency and accountability within the community.



The Grounds Committee is committed to enhancing the outdoor spaces on the campus. This group of residents partnered with staff to assess the current state of the grounds and work together to create a beautiful and safe environment for all residents. From maintaining gardens to creating clean spaces, the Grounds Committee plays a crucial role in ensuring that the outdoor areas are enjoyable and accessible for everyone. Their efforts contribute to creating a welcoming and aesthetically pleasing environment for all to enjoy.

The Buildings Committee works closely with staff to identify opportunities to enhance the indoor environment on campus. This committee focuses on various aspects of the buildings, from maintenance and repairs to potential renovations or upgrades. By collaborating with staff, the Buildings Committee helps to identify and create recommendations to potentially address any issues related to the indoor spaces, ensuring that residents have a comfortable and secure living environment. Their proactive approach helps to maintain the overall quality of the buildings and address any concerns in a timely manner.

The resident committees at the Masonic Homes of California in Union City exemplify the spirit of community involvement and collaboration. By working together with staff and management, these committees play a vital role in enhancing the overall living experience for all residents. Their dedication and commitment to making the community a better place is truly commendable.

Resident... *Continued from page 11*

We are grateful for the hard work and dedication of all the residents who serve on these committees. Their efforts contribute to creating a vibrant and supportive community where residents can thrive and enjoy a high quality of life. Together, we are shaping the future of our community and ensuring that the needs and preferences of our residents are always prioritized.

Cybersecurity Tips for a Safer Online Experience

Written by Edwin Lee & Chris Smith

The internet has revolutionized the way we live, offering incredible convenience. However, the vast amount of data now accessible online also introduces new risks. To stay safe, avoid these common pitfalls:



Pitfall 1: Reusing passwords.

Solution: Use a unique password for each of your online accounts, especially for your online banking. Use passwords that are complex and at least 12 characters in length and avoid writing them down on paper or sharing them with others. Here are some tips for remembering your passwords:

Use them often: Regularly logging in with your password will help you remember it.

Make them meaningful yet secure: Create complex passwords using a combination of upper and lower case letters, numbers, and symbols. Make sure the password has a personal meaning so you can remember it easily.

Use a password vault: LastPass and Apple's Keychain are great options to easily and securely store passwords. Bitwarden is free and is also a great option.

Leverage biometrics: Many banking apps allow you to log in with facial recognition or fingerprint scanning. These methods are secure and easy to remember.

Pitfall 2: Overlooking available security features.

Solution: Ensure your devices have antivirus software installed and take advantage of security features like two-factor and biometric authentication. Set up push notifications for any unexpected account activity to keep your accounts secure.

Pitfall 3: Neglecting software updates.

Solution: Keep your operating systems, browsers, apps, and antivirus software updated. Consider setting up automatic updates to ensure you always have the latest security features.

Cybersecurity... *Continued from page 13*

Pitfall 4: Using public Wi-Fi or devices for online banking.

Solution: Only use trusted Wi-Fi or cell service for online banking, and stick to private, reliable devices. Avoid using public devices such as computers in cafes or libraries for sensitive activities. Make sure your home Wi-Fi is secured with a password.

RCFE Update—Written by Chris Gershtein, Vice President of Clinical Services



Please help me welcome our newest addition to the MHC clinical team! Gladys M. Nulph is our new RCFE Healthcare Manager. Gladys comes to us from most recently being a Clinical Instructor for Unitek College. She was first introduced to Masonic Homes of California when she guided four cohorts of CNA students through their three-week rotations in Lorber. She was a great mentor for these students, and the mutual respect that she and her students had was evident at each graduation ceremony in our Siminoff Chapel.

Before her time at Unitek, Gladys took on multiple nursing roles in the Bay Area. She was a Home Health nurse, a Clinical Specialist in Wound Care, a Director of Staff Development, and an LVN in Post Acute Care. Gladys' experience and expertise isn't only in Nursing. In fact, her first degree isn't even in nursing! She received an engineering degree in the Philippines before coming to the United States. In addition to her engineering education, she has experience in accounting in the hotel/hospitality industry, which she did for some years prior to moving into the healthcare field and becoming an LVN.

Gladys lives in Hayward with her husband and three of her four children. They have one child in Middle School, one in High School, and one commuting to College. Their oldest child is grown and out of the house. We hope that Gladys enjoys being a part of another big happy family here at MHC!

Get Moving with the Move More Challenge



Get ready to lace up your sneakers and join the excitement of the Move More 2024 Challenge happening this May! Teams have been formed, each assigned a vibrant color, and the mission is simple: track the minutes or steps as you stay physically active throughout the day. By challenging ourselves to track our minutes or steps each day, we're not just promoting physical activity, we're fostering a mindset shift. We're prioritizing our health and well-being, recognizing that every small effort adds up to significant

results over time. This challenge isn't about perfection; it's about progress. It's about celebrating every step, every minute, and every victory, no matter how small. So, whether you're a fitness enthusiast or a self-proclaimed couch potato, let's embrace the power of movement and unlock our full potential—one step,

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Get Moving... *Continued from page 13*

one minute at a time. So, grab your team's color-coded gear, set your fitness trackers, and let the Move More 2024 Challenge begin & never end!!!



Richard Kreidler
Mason of: King David's
No. 209
City: San Luis Obispo
Moved in: April 1, 2024



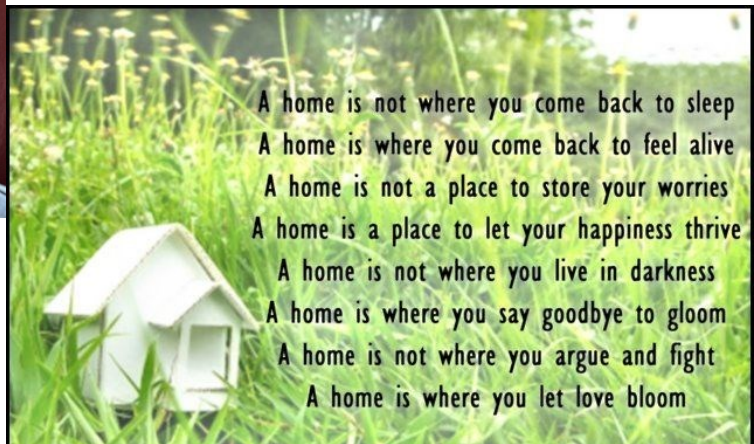
Anna Barberio
Sponsoring Lodge: Valley
No. 135
City: Linden
Moved in: April 9, 2024



Larry Murphy
Mason of: Antioch-Brentwood
No. 175
City: Antioch
Moved in: April 18, 2024



Eva Dee Wallace & Molly
Sponsoring Lodge: Trinity
No. 27
City: Redding
Moved in: April 25, 2024





Birthdays, Anniversaries & In Memoriam

Resident Birthdays

Tricia Dahle	5/2
Betty Ashfield Kat Miller	5/3
Anthony Tancredi Larry Arguna	5/4
Lynette Stack	5/6
Jackie McClellan Debbie Brown Eleanor Moore	5/8
Marty Trudell	5/12
Kjell Bomark-Noel Loyal Taylor	5/13
Juli Franceschini Sharon Acevedo	5/15
Roy Anderson Derek Jones	5/18
Marge Ammons	5/21
Emma Lou Akin Linda Peck Diana Swing	5/22
Barb Brown Robert Church	5/23
Lorraine Bode	5/25
Sheila Gorsuch	5/26
Nela Johnson	5/27
Marla Cummings Marie Petroutsas	5/31

Resident Anniversaries

Residents	Ann. Date	Years
Ed & Janet Auguadro	5/20	17
Larry & Donna Sadler	5/20	13

In Memoriam



Ron Sherod
May 24, 1926—
April 1, 2024
Mason of: Siminoff
Daylight No. 850



James Leonard
February 10, 1938—
April 9, 2024
Mason of: Chico-
Leland Stanford No.
111

Their Memory Stays

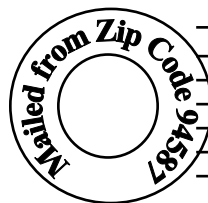
Although they have passed on,
Their memory forever stays.
Remember how they smiled,
And the joy they always gave.
We'll miss them all the time,
And think of them every day.
Their love filled the world -
A love that will never fade.



The Messenger

Masonic Homes of California

34400 Mission Blvd., Union City, CA 94587



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Lia Gibson, sharing a special moment with her 3 wonderful children for Mother's Day. Grateful for the joy they bring into her life every day. Happy Mother's Day to all the amazing moms out there!

Address Service Requested



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

The Pillars: Safety, Personal Connection, Experience & Efficiency

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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