

MSOS GAZETTE

A NOTE FROM THE DIRECTORS

Dear Masonic Senior Outreach Clients, Families and Lodges:

Summertime celebrations are around the corner! This means BBQs, picnics, plenty of outdoor activities and July fireworks. We hope that your Mother's Day provided you with warm memories of the past as well as new wonderful ones to build upon. In this edition of the Gazette, we also want to honor those who have served our country on Memorial Day and celebrate in remembrance to them. Finally, we wish you all a very Happy Father's Day.

Warm Wishes,
Amy & Sol



FAREWELL TO OUR MOS SOUTHER CALIFORNIA MANAGER: QUYNH TRAN

It is with mixed emotions that the MOS Department announces the departure of Quynh Tran, our Manager of the Southern California region. While we are sad to see her go, we are also excited for the new opportunities and adventures that lie ahead for her.

Quynh has been an integral part of our department for 18 years, contributing significantly to the overall quality of services to many of our clients. Her dedication, expertise, and positive attitude have made a lasting impact on all of us. We will miss her, and we wish her all the best in her future endeavors. As Quynh embarks on her next journey, we extend our heartfelt thanks and best wishes for continued success.



2024 Lodge Outreach Skills Workshop

We hosted our Lodge Outreach (LO) Skills Workshop both in March and April 2024, and it was a SUCCESS! The training topic is **Setting Boundaries** which was facilitated by our SJSU MSW Interns Margarita Gaytan and Jacky Jimenez. They covered great information and skillsets to our LO Training Coordinators, to prevent burnout and help support their outreach work.

Special thanks to our wonderful interns Margarita and Jacky for their thoughtfulness in creating and facilitating both sessions!

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

Improving Quality of Life With Personalized In-Home Care For Parkinson's Disease



Senior Helpers, a renowned provider of in-home care services, has been gaining attention for its exceptional Parkinson's Care program. With an aging population, Parkinson's disease, a progressive nervous system disorder affecting movement, has become increasingly prevalent. Senior Helpers recognizes the unique challenges individuals with Parkinson's face and has tailored its program to address their specific needs.

At the core of Senior Helpers' Parkinson's Care program is a commitment to enhancing quality of life and promoting independence. Caregivers undergo specialized training to understand the complexities of Parkinson's disease, including its physical and emotional impacts. Personalized care plans are created using the LIFE Profile assessment to encompass medication management, mobility assistance, and exercises designed to improve motor skills and flexibility.

Senior Helpers prioritizes creating a supportive environment where individuals with Parkinson's feel empowered and understood. Caregivers offer encouragement, fostering a sense of companionship and reducing feelings of isolation commonly associated with the condition.

The program also emphasizes ongoing communication with family members to ensure a continuous optimization of the care plan as needs change.

By offering comprehensive and compassionate support, Senior Helpers' Parkinson's Care program enables individuals with Parkinson's to live fulfilling lives with dignity and independence in the comfort of their own homes.



Senior Helpers is a Masonic Value Network Provider of in-home care and can be reached at seniorhelpers.com/resources/masons-of-california Or through our Masonic Value Network page on the website: <https://masonichome.org/in-your-community/masonic-value-network/>

STRAWBERRY FESTIVAL



Who has not attended a Strawberry Festival in their life? Well, you are missing out. There are Strawberry Festivals in California, Florida, North Carolina, Alabama, and Louisiana. Whether you live in Northern or Southern California you can surely find a Strawberry Festival near you. Strawberry festivals start Mid-April and run thru Mid-June depending on where you live. Strawberry festivals are not just for eating delicious strawberries, they're also an event with family friendly activities and entertainment for all. It is believed that the event began back in 1930. The Strawberry capital in California is Oxnard and it is considered by many to be the Strawberry Capital of the world. During peak season in Salinas and Watsonville strawberries are harvested. In Santa Maria and Oxnard strawberries are harvested in cooler months therefore making California Strawberries available year-round. California is known for having the best grown strawberries. Eating strawberries has great benefits. Strawberries have antioxidants including vitamin C. Strawberries can help with inflammation, help manage your blood sugar and guard against health conditions like high cholesterol, cancer, heart disease, stroke, and diabetes. To find when the next Strawberry festival is near you just google, "Strawberry festival 2024 near me."



BRAIN HEALTH

The CDC states that “regular physical activity is good for your heart, muscles, and bones, but did you know it’s good for your brain too?”

Physical activity can help you think, learn, problem-solve, and enjoy an emotional balance. It can improve memory and reduce anxiety or depression. It can also reduce your risk of cognitive decline, including dementia. A study found that cognitive

decline is almost twice as common among adults who are inactive compared to those who are active. Regular physical activity can help you sleep and feel better, reduce the risk of some common cancers, and add years to your life.

Here are four activities to help you become healthier:

1. **Turn up the music** at home and dance. Twisting and turning can be a fun way to be active.
2. **Take active breaks.** Squat or march in place while you’re watching television.
3. Add **physical activity** to your daily routine. When shopping, park farther to walk to the shop.
4. **Walk the dog.** Dog owners on average walk 22 minutes more every day vs. non dog owners.

-Angela D., MOS Manager

HAPPY FATHER’S DAY

Did you know that in the US, the first Father’s Day was celebrated on June 19, 1910? This celebration started in the state of Washington. However, it was not until 1972; 58 years after President Woodrow Wilson made Mother’s Day official—that the day honoring fathers became a nationwide holiday in the United States, occurring on the third Sunday of June. In Europe and Latin America, fathers are honored on St. Joseph’s Day, a traditional Catholic holiday that falls on March 19.

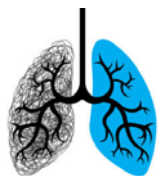
On Father’s Day, we want to take time to honor the men who show up, who love, who mentor, who care – even if they’re not someone’s biological father. So, use today to let them know how they’ve impacted your life. Thank you to all the men who continue to step up and commit to being extraordinary, whether

-David G., CM SoCal

WORLD LUNG CANCER DAY

World Lung Cancer Day

August 1st is World Lung Cancer Day. This day is dedicated to those who have lost their lives to lung cancer. It is also a day to raise awareness about this devastating disease, as more people die from lung cancer than they do from other cancers combined. Frequently it is diagnosed at an advanced stage which is why survival is not common. Early detection is critical however lung cancer screening is significantly low among Americans. Approximately 6% of Americans undergo the procedure and in California, only 1% do! Symptoms include:



- ◇ new cough that won’t go away
- ◇ new wheezing
- ◇ coughing up blood
- ◇ shortness of breath
- ◇ losing weight
- ◇ loss of appetite
- ◇ tired feeling
- ◇ hoarseness



On the bright side, significant progress has been made in clinical trials for both early and end-stage lung cancer. Interventions range from targeted therapy and precision medicine to immunotherapy. Specifically, UC Davis has been committed to their work to find a cure, and they are continually working hard to improve access to lung cancer screenings.

-Quynh T., MOS Manager

FUN FACTS

- Rocky Road ice cream was originally marketed during the Great Depression as a metaphor for coping with the economic crash.
- Knitting acts as a natural antidepressant and can help ease anxiety, depression, and chronic pain. It can also protect the brain from aging.
- The Eiffel Tower was initially considered to be an eyesore. Its usefulness as a radio tower saved it from being dismantled in 1909.
- Rabbits can see behind them without moving their heads.
- At an average of 15 breaths per minute, we take about 400 million breaths during a lifetime. This is equivalent to about 53 million gallons of air.
- Shoes that were specific to left and right were not made until the Civil War.
- American flags left on the moon will eventually get bleached white by the sun.
- New Zealand has more cats per person than any other country.
- The first person convicted of speeding was going eight mph.
- Venus is the only planet to spin clockwise.
- More human twins are being born now than ever before.
- A shrimp's heart is in its head.
- At their closest points, the U.S and the Soviet Union are over 2 miles (3km) apart.
- Gummy bears were originally called "dancing bears".

-Esperanza E., CM SoCal

UNDERSTANDING PTSD

What is PTSD?

PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. Anyone can develop PTSD, no matter what their age. There are currently about 12 million people in the United States with PTSD.

What can cause PTSD?

Any experience that threatens your life or someone else's can cause PTSD. These types of events are sometimes called trauma. Types of traumatic events that can cause PTSD include:

Combat and other military experiences

Sexual or physical assault

Learning about the violent or accidental death or injury of a loved one

Child sexual or physical abuse

Serious accidents, like a car wreck

Natural disasters, like a fire, tornado, hurricane, flood, or earthquake

Terrorist attacks

You're not alone.

Going through a traumatic event is not rare. At least half of Americans have had a traumatic event in their lives. About 6 out of every 100 people (or 6% of the U.S. population) will have PTSD at some point in their lives.



-Angela D., MOS Manager

FAREWELL TO OUR SJSU INTERNS

This year, we had the pleasure of working with two amazing social work interns, Jacky and Margarita. They provided fantastic support to our MOS clients, facilitated many creative Breezie group sessions, and developed an in-depth skills workshop on boundaries. They will be missed, but we know they will be an asset in their next placements! We asked Jacky and Margarita to each share a few words reflecting on their past year with MOS.



“I could easily write a novel with all I learned during this internship! But long story short, one of the most vital lessons has been the importance of self-compassion. As a social worker, I've learned to extend the same kindness and empathy to myself that I offer to my clients. Also, I have learned that I absolutely enjoy working with seniors, and I will not be surprised if I serve this population again in the near future.” -Jaqueline Cortez



“I am beyond grateful to have had the opportunity to work with the MOS team. MOS has shown me what it means to work and collaborate as a team for clients and staff, and most importantly has demonstrated what it means to provide client-centered care. It has been a pleasure to work with MOS and my intern colleague, who has been an amazing partner.” -Margarita Gaytan

-Amanda L., Community Outreach Educator

GET MOVING!

Today's many conveniences have removed the need for much physical activity. Things like instant meals, wrinkle-free clothing, washing machines, etc. have eliminated physical activity from many of our daily activities. The invention of television has turned our society into couch potatoes that are glued to the boob tube. Do you think you are too out of shape, too old, or too sick to exercise? Many people feel this way, but this is far from the truth. People often believe that being a fall risk, being weaker, or having an unsteady balance are a part of old age, but these issues are actually symptoms associated with inactivity and not age. Regular exercise should be a part of your everyday routine like taking your medications or eating. Moving daily is one of the most important things you can do for your health and well-being. Exercise allows you to remain as active as possible and could help you live a longer, more independent lifestyle. It is recommended that seniors get around 30 minutes of moderate activity exercise 5 days a week. Talk to your doctor to determine what exercise schedule is best for you. We all could benefit from more activity.



-Shelly J., 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

