The Messenger



Published for the Residents

Masonic Homes of California at Union City

The Happy Wanderers Move Out

Written by Bruce & Evelyn Rick

No, it's not what you think. We're moving out of our chairs for wellness! On May Day, the Sedam Patio was filled with bright colored tee shirts worn by the residents and staff who signed up to participate in the month-long program of "Move More 2024!"







Nine teams, including one from Lorber, rocked their team's shirt to show they are committed to making the effort to log their steps and minutes of movement during the month of May. At the end of the month, each team's numbers will be tallied and announced.

The team we're on, the Blue Angels, has 23 members, about half residents and half staff members. This appears to be the norm for all of the teams. That makes over 200 folks looking forward to an active and healthy

spring and summer!

After the "Move More" kick-off parade around campus, we started our "Move More" tracking sheet with 5,100 steps with 18 minutes of

movement. Luckily, we didn't have to log the ice cream bar we had after the parade.

June 2024 FATHERS DAY

Move More 2024 Challenge—Written by Luz Garcia, Recreation Supervisor





The Move More 2024 Challenge was a resounding success, with enthusiastic participation from both staff and residents. It was wonderful to see everyone wearing their team colors and engaging in the various activities and walks organized throughout the event.

This collective effort highlights the importance of staying active, as movement truly is medicine. Let's keep up the momentum and continue this

Lorber Hula Hands—Written by Janet Castro, Recreation Leader







Hula Hands is always a popular group in Lorber. In this class the attendees not only benefit from exercise but can celebrate the Aloha Spirit that facilitators Janice and Charles bring.

Last month, residents learned of Puli sticks made of bamboo, which is native to the Hawaiian Islands. The bamboo tubes have slits that run down the stick which causes sound when hit together. Residents were able to incorporate the musical instrument into their dance movements.

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Lorber Hula...

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Janice shares that the Puli can be used for rhythm and building strength while having fun. Residents also shared their past travels to the islands and reminisced on how it made them feel.

The Happy Wanderers Try the Piñatas!

Written by Bruce & Evelyn Rick





Although the Cinco (Fifth) de Mayo (May) party was on the third of May, it had music, food, and games with a different way to open the Piñata. If we closed our eyes, the music from the group "Mariachi Estelar" took us back to our wanderings in Mexico, Texas and New Mexico.

We had to keep our eyes open for the wide selection of food and drink and to play the Piñata game. Normally one gets a stick, a blindfold, and three chances to hit a candy-filled paper mache donkey. Here at the Masonic Home, for safety reasons, the game can still be played, but by selecting and pulling one ribbon and having one chance per turn to pull open the donkey's belly. Then, the next person in line gets to pull another ribbon until a door is pulled open and the candy falls out.

Thanks to the Mariachi band, Recreation, Dining Services and Facilities staff for providing the first outside event with live music and food of the year!







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Celebrating Nurses and the Team

Written by Joseph Pritchard, Chief Operations Officer

Every May, the Masonic Homes jumps on the opportunity to celebrate both Nurse's Week and Nursing Home Week. Taking the time to recognize all the nurses and other healthcare staff that care for us when we most need them is not only fun, but also (in this writer's humble opinion) ethically necessary!

Last month, the team, including our amazing nurses, celebrated with food, laughter, joy, and more food. There was breakfast, tacos, burritos, donuts, and a lot of ice cream. There were smiles, handshakes, and hugs. Many residents and staff went out of their way to say, "Thank you!", "You are amazing!", and "WE LOVE YOU!" It was a week filled with celebration!

I have lost count of the times I have seen one of the nursing home staff hold a resident's hand as they cried silent tears. Goosebumps ran over my skin as I watched a nurse make a patient laugh even after receiving the most devastating diagnosis. Nurses are human just like us, but when times are tough, they become superheroes

that deserve every bit of appreciation we can muster.

The Masonic Homes has the privilege of employing some of the best staff this side of the Mississippi. Our team is dedicated, compassionate, and unique in their ability to create a safe and loving environment for residents. This is very evident in the Lorber Skilled Nursing Facility (SNF). The team works with residents who are confronting the most challenging times of their lives. They work miracles both large and small, and, most

importantly, they work with the residents, not for them.

I know to some it seems like just bad grammar, but doing something with someone is dramatically different than doing something to someone. When you are "with" someone, both parties have agency and autonomy. You are equals working together to achieve a common goal. Doing something "to" someone takes away that authority and respect. The staff at MHC work with residents to create a culture of autonomy, dignity, and respect. And for that we will continue to celebrate and honor them.

Let us continue to celebrate the nurses and the nursing home team! Our support makes a difference in their lives and gives them the motivation to keep their hearts filled with service and passion!

US News Award for 3rd Year in a Row

Written by Joseph Pritchard, Chief Operations Officer



The Lorber Skilled Nursing Facility (SNF) received an award from US News for being among the Best Short-Term Rehabilitation Facilities in the nation. Winning this award for 2024 marks the third year in a row that the Lorber team has been recognized by US News.

Earning this award requires the team to maintain a 5-star rating from the Centers for Medicare and Medicaid Services (CMS). This rating includes having high quality clinical outcomes, strong staffing levels, and safe patient reports. The team also needed to receive positive evaluations from the patients and residents they serve. In short, winning this award means our team is excellent in every single measure of skilled care!

Chris Gershtein, Vice
President of Clinical
Services, and I were proud to
present the 2024 award
plaque to members of the
Lorber team including
Cynthia Cruz, Nursing Home
Administrator. The team was
very excited to receive the
award again, but they were
not surprised. They take pride



in their work and always push for excellence.

The Lorber team worked tirelessly during the COVID-19 pandemic. In 2022, receiving the award from US News felt like recognition for that life-saving work. The awards from 2023 and 2024 speak towards the team's ability to transition from the pandemic and create a new post-pandemic culture that meets residents' needs. The team continues to grow and evolve, and this award makes it apparent that the Masonic Homes residents will continue to receive the highest level of care when they need skilled care.

Social Services News—RCFE Team

Join us in welcoming Doraelia "Dora" Baxter. Originally from Múzquiz, Mexico, she's lived a life filled with diverse experiences, from Texas to Antioch.

In Antioch, she earned her captain's license and piloted her 50-foot yacht. Dora's family is her heart, with one daughter and two grandchildren who bring her immense joy. She adores nature, music, and dancing, and can't wait to enjoy our pool and chair yoga. One dream left on her bucket list is a trip to Cuba for its

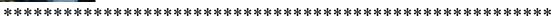


music, vintage cars, and cuisine. A skilled hairdresser and barber, she met her late husband through her craft. Let's extend a warm welcome to Doraelia as she adds her colorful spirit to our community! She can be reached in N104, ext. 6319.

Join us in welcoming Eva Dee Wallace, the spirited soul from Oregon who rewrote the rules of tradition. As the lone female Estimator in the 70s, she defied norms in her signature 3-inch white strapped heels, whether amidst sludge or blueprints. Her business card, simply "ED," shielded her from bias, but her expertise shone brightly.

With a Civil Engineer degree, she brought a unique perspective to her work in advertising and fashion illustration. She is also a proud mother of 1 daughter, 2 grandchildren, and 2 great-grands.

Eva Dee has discovered a nurturing environment at The Masonic Homes, where her artistic talents thrive. With her passion for painting, ceramics, and water aerobics, she exudes a boundless creative spirit. Accompanied by her dog Molly, Eva Dee's journey down the halls may take longer, but she cherishes the warm greetings residents offer Molly along the way. Eva Dee can be reached at: N108, ext. 6278.



Wollenberg Community—Written by Joanna Moore

The residents' celebration committee commemorated Mother's Day with the Wollenberg community by creating corsages and presenting gifts with items donated by San Lorenzo chapter 103 Eastern Star. Then the committee served the residents high tea. They all had a good time.



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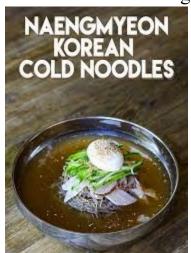
The Chaplain's Corner

By Chaplain Joel Ingram

Assumptions!

In 1986 I traveled to South Korea for the first time. I was teaching English in Bangkok, Thailand at the time, and learned there were openings for teachers at a school in Seoul. Wanting to experience two cultures for the "price" of one (i.e., during my one-year break between my Sophomore and Junior years at university), I jumped at the chance. I enjoyed my time in Korea a great deal and went back for eight more years a bit later. But, even if you like a country or culture, this doesn't mean you get to skip the process of becoming accustomed to the people and culture.

For example, I'd only been in Korea for a short time when my students invited me to eat with them after class. Lover of all things (well almost all things) foodie, we were off! We headed to a nearby noodle shop. They suggested I try a dish called Mul Naengmyeon. I'd never had it, but love pasta so why not.



Soon the cook brought our food. Before me sat an extremely large bowl of tasty looking noodles. I was already accustomed to using chopsticks, so game on. Breaking my wooden chopsticks apart and rubbing them together like a pro (because who wants to look like a newbie in front of your students), I grabbed a few noodles for my first bite. I blew on them to make sure they were not too hot and then had my first, big bite. As I did so, my students who'd been watching me burst out laughing. In fact, I don't think I heard them laughing at first, for at that very moment I was doing my best not to gag! You see, I didn't know then what I know now. Mul means "water"

in Korean, and Naengmyeon is a buckwheat noodle that is either served spicy (Bibim Naengmyeon) or ice cold and brothy (Mul Naengmyeon). I was trying my best not to gag because my "hot" noodles were ice cold. The difference was so great – and so unexpected - that the only thing I could think of was, "WORMS! COLD WORMS"! I was instantly sick to my stomach. And my students, well, they were having a ball! Dinner AND a show! They had seen me blow on my raised noodles to "cool them down" and they found this quite hilarious. In retrospect, it must have looked pretty funny!

Having only eaten noodles that were served hot, the idea of a bowl of ice-cold noodles had never entered my mind. I had ASSUMED and my doing so was now a source of embarrassment and bit of a bellyache to boot! In truth, my loathing of this dish was wholly due to the hot-to-cold surprise.

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The Chaplain's... Continued from page 7

Since then, I learned to love the dish and eat it at Korean restaurants and sometimes at home.

Of course, our assumptions aren't always so obvious. Sometimes we can assume things to be true about a situation or person. In fact, sometimes it takes some time for us to realize our assumptions are wrong (in part or the whole).

Before you assume, learn the facts.
Before you judge, understand why.
Before you hurt someone,
Before you speak, feel.
think.

So, this month, I am reminding myself - when someone acts differently than I expect them to (or believe they should), I should be brave and ask if everything is OK rather than assume I know "the truth". If a person or organization makes a decision or acts in a way that surprises or even wounds me, rather than "fill in the blank" with my best guess, I should get more information before forming conclusions or responding too quickly. If not, my assumptions may make my stomach just as queasy (and my life more complicated) than that Mul Naengmyeon. And don't I know – THAT'S no fun! Wishing you and yours a blessed month of June.

Spotlight on the Masonic Homes Way-By MHW Team



Each month we highlight someone who has done something special to make our home a wonderful place to live. Most months, it seems we feature staff members (which is a good thing). But doing things in a "Masonic Homes Way" is not just for staff. Very often it's the helping hands (minds and compassion) of residents that make a difference. This month, we spotlight such a resident.

If you regularly keep a small or large edition of the Masonic Home phone directory by your side (and who doesn't!) you have long-time resident Jeanne Benedict to thank for the convenience. For nearly 16 years (yes, you read that right!) Jeanne has been entering, proofing, copying, cutting, and stapling our directories. In all these years she has never received a

pay raise! I guess that's a negative way to look at it. Let's say this instead; her pay has doubled every year ("0" x 16 is... well, you get the idea). In short, there was a need, there was a person, the person had an idea and we are the better

Spotlight... Continued from page 8

for it!

Our directories are made quarterly. Nearly 500 are made each time. They come in two sizes, and both staff and residents "magically" receive them in their mailboxes. That's a LOT of time and effort. I've been told, the good Mr. Benedict has been "hired" as cutter and stapler of late, so a kind footnote to the gentleman with his own coffee cup (if you know Orrin, he is often seen with a coffee cup in hand!).

So, Jeanne (and Orrin), this month we say thank you for supporting the MHW Pillar of "Personal Connections"; you literally help make happen! So, everyone, grab your phonebook and give them a call and say "Thank you" (No, please don't! They'll despise me forever if you do!). But DO tell them thanks and remember, YOU TOO can find that "niche" task that lets your time and talent benefit everyone in our Home!

Resident Volunteers Needed

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









When Covid-19 hit the nation in 2020, it put the kibosh on activities, social engagement, and outings here at the Masonic Home. It was especially hard in the volunteer office, particularly during the very early days of Covid when, for the safety of both residents and staff, it was decided that non-essential staff members would work remotely.

Non-essential – such a harsh word as I look back on the terminology used during the early days of Covid. At the Masonic Homes, there's no such thing as "non-essential" staff, but in the context of the situation, non-essential meant any personnel whose job didn't directly impact the safety and well-being of the residents.

Unfortunately, non-resident volunteers were considered "non-essential" and the robust volunteer program which had taken years to establish and grow, was on hiatus for the time being – and nobody knew at the time that "for the time being" would turn into almost four years!

That's not to say that there weren't volunteers on campus, not by any

Resident Volunteers... Continued from page 9

stretch. The volunteer program at the Masonic Homes has a large number of residents who volunteer their time and talents throughout the campus. In fact, prior to Covid, there were more resident volunteers than there were non-resident volunteers.

SMALL ACTS, WHEN **MULTIPLIED BY MILLIONS OF** PEOPLE, CAN TRANSFORM THE WORLD.

Volunteering is a way of life on the Campus, and that commitment to volunteering by the residents was not damaged by the pandemic. While the community volunteer program was "on a break", the residents continued to volunteer – at the general store, at the employee café, at the ice cream parlor, in the mailroom, in the library, in the crafts room, in the New to You Shop, the Gift Shop, etc.

While it has taken three plus years for the volunteer program to get back on track, I'm proud to say that Masonic Homes is open for community volunteers! The volunteer handbook has been reviewed and revised, policies and procedures have been updated, and a new orientation presentation has been developed. The first orientation of potential community volunteers took place during May, and we are seeing an uptick in applications.

For resident volunteers, a new timesheet to record your hours of volunteering is available from the Volunteer Office, located in North Suite 122. The volunteer office records and tracks every volunteer hour, whether it's



Written by Chris Gershtein, Vice President of Clinical Services

Since the last update there have been 8 Blue Box Cards submitted as of May 21. There were four compliments in the most recent submissions!

- "The Mother's Day Tea on Saturday was very nice! Luz and all who helped did a great job. It should have been better attended; it was done so well."
 - I'm sure your kind words about how wonderful it was will inspire more attendance next year. Thanks!
- ◆ I suggest that due to the loss of our friend Mel Cohu let's form a Clock Winding Group to keep all of the Grandfather Clocks running in his memory.
 - That is a heartwarming idea! Great suggestion! This suggestion is being passed on to the Active Living team.
- "A Nurse Practitioner is just short of an M.D. She can write prescriptions and take care of many things without seeing an M.D. Like ear infections and hay fever. I think her being here could save money spent on Medical Transport. Would love to have her here as much as possible. Her

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- knowledge helps keep it safe for all of us. She has been a great help to me. Thank you. P.S. She could be a great teacher for LVNs which would improve everything."
 - ◆ Thanks for your input. As you all know we are working to find the best solutions to continue to allow her to provide her services here as much as possible.
- "Today May 9, Rio Castillo delivered a piece of furniture and was so kind and helpful. He is a great asset to the home!"
 - ◆ Thanks for your shout out to Rio, I'm sure he'll appreciate reading your kind words.

All of these compliments/suggestions have been forwarded to the appropriate managers and supervisors so that those involved can be recognized for their great work. Thanks very much!

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

- Concern: "It is time to shut off flames in the two fireplaces in 2nd Adams. No one has a fireplace going in summer. Does no one check these things?"
 - Remark: Facilities services beat me to the punch. They had turned them off even before I asked them about it. If you have other needs such as these, please go ahead and submit a maintenance request. Thanks.
- Concern: "Why don't people put things away after use? New pads on chairs out at the garden tables. Used one time and left to get dirty. They should be put away so they can be used again."
 - Remark: Thanks so much for this observation. If people need help returning items to their storage locations, please reach out to facilities services at ext. 6750 for help. If you cannot reach them and are concerned about things being left for too long, please reach out to the Front Desk and they will pass along your message.
- ◆ Concern: "Employee Canteen/Café there is <u>not enough food</u> to last 11:15 am to 1:00 pm. 12:20 pm there was no soup left. 12:30 pm salad bar is bare. Supplies run out often, too. Why can't it be run more efficiently? Our employees are our most valuable resource and deserve better!"
 - Remark: Thank you for your observations. This has been forwarded to Administration and Dining Services for review. I know that there are ongoing efforts to try to make the Canteen run more smoothly.
- ◆ Concern: "Lately the dishes in the Dining Room (Auditorium) are <u>dirty</u>. The servers wear gloves and don't feel it, but the underside of all the plates are gritty and dirty. Is it the dishwasher not working properly or the dishes not being loaded into the washer properly to get clean?" "I suggest further inspection by someone not wearing gloves."

• Remark: This observation/concern and suggestion was sent to Dining Services to be addressed.

From last month:

- ◆ 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! (see next bullet)
 - I checked this with the Active Living team and was told it's alphabetical by topic and then author. They also let me know that they have been down a team member, so shelving has slipped a bit, but that they are now up and running at full staff and are working to try to get the library organization back to where it should be. Thanks for asking and for your patience!

Follow Up Article Related to an Article from Last Month:

I know that there are a lot of opinions and a lot of talk and strong feelings about the comment card that was published in the previous edition of the Messenger regarding the way Bingo is run. First let me say that I am deeply sorry for the hurt feelings that it caused. That was, of course, not my intent. But I should have recognized that intent aside, everything that we do has consequences.

While I did feel like I had made it clear that the card was just one person's opinion and that while I was following the policy to publish the card verbatim, there were likely other factors at play that I didn't consider. I was unaware that there is only one person who this comment could possibly be about. I should have considered that this could be the case. I should also have considered that the person submitting the card anonymously was using this medium as a way to voice a problem that they perceived, when they really should have addressed the person/people involved directly face to face.

Since the publication there have been a number of people who have expressed their own opinions about the complaint. One person has stated that they believe that "it is a complete fabrication." He goes on to state that "if you give 3 people 10 pieces of chocolate the jar would be empty. There are lots of people who come in or sign up late and can't play because of space issues, this makes them mad." They chose to remain anonymous, but I hope this shows the support

Follow Up... Continued from page 12

and kindness that out there as well.

Another response to the comment has come from two residents who have identified themselves. They have stated, "It is despicable and sickening that any resident would submit an extremely trivial complaint -whether true or not- to the Blue Box for the only possible purpose of embarrassing another resident in public." I do agree that this statement is true, but I also note that we cannot know the intent, nor considerations of the comment card submitter because we cannot ask them about it since we don't know who they are.

I, myself, have learned a valuable lesson in fully considering and understanding a situation before proceeding with the thought that "I'm just doing what was asked of me." That's not leadership, that's not compassionate, that's not intelligent, that's not thoughtful, that's not what we do at Masonic Homes.

I will be speaking to MHC leadership about how we choose to proceed with the Blue Box cards moving forward. As you all know there have been some useful and wonderful things that have come out of this communication tool. I think that we all have a stake in making sure that we find a way to keep that

Masonic Homes Airways

Written by Mike McComas, Facilities Coordinator



When man first successfully took to the skies in 1903, an accomplishment was achieved that, for thousands of years was thought only to have been a dream. In 2023, there was another dream; to have a Flight Simulator on the Union City Campus for our residents to enjoy. After the hard work of several individuals, our residents can now take to the skies themselves, in the comfort and safety of

their own home. Welcome to Masonic Homes Airways, our Flight Simulator, which is located on 2nd Floor Wollenberg, in the Blue Zone.

In March of 2024, Resident training on how to use the newly constructed Flight Simulator began. Training sessions were usually about an hour or so long. Our residents were instructed on how to operate the Flight Simulator Computer; load and start the game, and to properly navigate all the game functions so that they could play the Simulator on their own whenever they felt like it. Each resident received their own copy of a Flight Simulator instruction manual that was created as a useful tool in case they needed some assistance while exploring the skies.

We had about 30 residents get trained within the first 3 weeks of the Flight Simulator opening, and now I train about 2-3 residents per week, as requested.

Masonic Homes... Continued from page 13

Some of our residents have found the Flight Simulator to not only be a great form of recreation, but also a great way to keep their mind stimulated. They can do

in-game challenges while learning to operate and handle the many planes that are available to choose from. Or they can just take a scenic flight over familiar and unfamiliar locations. My favorite journey is to take the residents on a flight over the San Francisco Bay where we will eventually fly over the Masonic Home. Yes, you read that correctly, we actually fly over the Masonic Home!

But don't take my word for it; listen to what resident Diane Swing has to say about the Flight Simulator. "I loved touring the world, which you can do on the simulator. I flew over Egypt, Cleveland and over Chicago. I spotted where I used to live from the plane, and you don't have to worry about air traffic or birds either! The area that I lived in was 8 blocks from Midway airport and that's how I spotted my old neighborhood. Just being able to fly anywhere I want is so exciting and I don't even need to know how to land or takeoff, which I will eventually learn because I'm taking flying lessons (at the simulator)."

To be continued next month...





Doraelia "Dora"
Baxter
Sponsoring Lodge:
San Mateo No. 226
City: San Mateo
Moved in: May 2,
2024



BIVLPEARDON

William "Bill" & Judy
Peardon
Sponsoring Lodge: Nevada
No. 13

City: Nevada Moved in: May 15, 2024



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Resident Birthdays		
Gayle Field	6/1	
Marilyn Waste	6/3	
Bob McBain	6/6	
Ann Barberio	6/8	
Grayce Charland	6/10	
Chad Chidamraram Margaret Merritt	6/11	
Denny Ashbaugh	6/12	
Bill Carn Dale Cochran Sue Paynter	6/13	
Orrin Benedict	6/15	
Ginger Huber Larry Murphy Norma Norgaard	6/17	
Kevin Martin Asuncion Bamberger	6/21	
Jeanne Benedict	6/22	
Charmaine Peckinpaugh	6/24	
Cecil Mahurin	6/27	
James Erickson	6/29	



Residents	Ann. Date	Years
Richard & Marla Cummings	6/11	24
Barry & Barb Brown	6/18	58
John & Tricia Dahle	6/20	31
Jim & Sharyl Leggate	6/26	42

In Memoriam



Barbara Thomas March 21, 1924— May 14, 2024 Sponsoring Lodge: San Francisco No. 120





William "Bill" Bain August 4, 1947—May 15, 2024 Mason of: Roseville No. 222



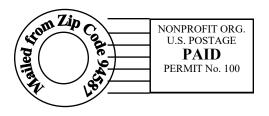
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Death leaves a heartache no one can heal, love leaves a memory no one can steal.



The Messenger

Masonic Homes of California 34400 Mission Blvd., Union City, CA 94587



Address Service Requested



- Wear Blue Day is Friday, June 14: Friday, June 14 has been officially named Wear BLUE Day. Wear BLUE Day is celebrated by private corporations, government agencies, sports teams, and individuals to show their concern for the health and wellbeing of boys and men. Organizations and individuals can host a Wear BLUE Day to raise awareness and money for education about men's need to seek regular checkups, or testicular cancer education, prostate cancer education, or other health issues that affect men. (Cardiovascular disease, skin cancer, lung cancer, diabetes, gout, and more.)
- The Employee Engagement Committee will host an event in the Blue Zone, with informational materials, and healthy snacks. This is open to residents and staff. Please check flyers coming out soon for more info.
- New on The Hill for Staff is June 13th in the Auditorium.

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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#	The Pillars: Safety, Personal Connect	ion,
	Experience & Efficiency	

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