



The Messenger

Published for the Residents
Masonic Homes of California at Union City

SummerFest 2024

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



On Saturday, July 20, the Masonic Homes campus welcomed members of the Masonic family, residents, staff, and family members to celebrate summer at SummerFest 2024! The day was filled with fun, food, and fellowship. The dietary team did an amazing job providing Barbecue Beef Sandwiches and Hot Dogs; there were deep fried Oreos from Endless Summer Sweets; and Kona Ice provided shaved ice to help cool down.

Our staff members and volunteers got in the spirit of the day as well. Theresa Arnibal and her crew “sugared” everyone up with Cotton Candy, and volunteers Jeleexa and Lahari manned the Popcorn booth.

The Petting Zoo was a big hit with both youngsters and adults, chickens, goats, and bunnies; carnival games, bounce house, and obstacle course. We couldn’t do it without the help of Castro Valley DeMolay – they were a huge hit! The talents of the face painter and the musical selections from the DJ were enjoyed by everyone.

In addition to all the food and fun, inside the Siminoff Center, health and wellness vendors, our partners in the Masonic Value Network, provided informational materials for those in attendance.

August 2024

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SummerFest would not have been possible without the amazing staff that made sure everything was in place for our guests. I wish I could provide a list of all the names of everyone who helped, but I know if I do that, I will miss someone. So instead I'd like to thank the following departments for their assistance: Dining Services, Facilities, Maintenance, Transportation, Active Living, Lorber, Wollenberg, Pavilion, and Acacia Creek staff, Admissions, members of the Executive Team, the Communications Team, the Executive Assistants, and the front gate guards.

A very sincere thank you to Terry Quigley, President and CEO, for setting aside this day to celebrate the residents that reside here, the staff that work here, and the members of the Masonic fraternity who support the Home, and to Garrett Chan, Senior Grand Warden, and his wife, JoMay, and Board Members Roberto Diaz, Patrick Muldoon, and Bruce Rick for joining us on this special day!

Our State Fair is the Best State Fair

Written by Bruce & Evelyn Rick



The July SummerFest at the Masonic Homes in Union City had all of the attributes of a state fair. Arts and Crafts Barn (our Gift Shop), Animal Barn (petting zoo with numerous animals), Food Court and Music (on the patio in front of the Siminoff Center), Vendor Barn (in the Siminoff Center Foyer and Chapel).

Our State Fair...

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- ◆ lots of freebies – pamphlets, candy, pens, and more
- ◆ many vendors in the health, wellness and senior living businesses
- ◆ our own Masonic family services
- ◆ Masonic groups' representatives

Midway

- ◆ Games with prizes
- ◆ Shaved Ice
- ◆ Cotton Candy
- ◆ Deep fried Oreos
- ◆ Face Painting
- ◆ Rides (to and from the Lower Parking Lot)
- ◆ Rodeo (Bounce House)
- ◆ Tours of the Grounds (volunteers showed the campus)



This was a major effort by the Masonic Homes staff, resident volunteers and vendors to make this a great day for the over 500 family members, both local and far away, staff and visitors, and residents of Acacia Creek and the Masonic Homes.

ALL the staff and volunteers were busy in their various jobs. Can't say enough good things about the efforts of the above and the positive comments and questions the Happy Wanderers received from visitors and staff families from many who were here for the first time. This SummerFest was not only a “state fair” atmosphere, but an “Open House” one.



Lorber Talent Show—Written by Lorber Recreation Team



Residents came together to showcase their many talents and interests in “Lorber’s You’ve Got Talent.” The show opened with The Patriotic Ladies performing and leading the crowd to sing The Star-Spangled Banner.

We had comedians Richard Maxwell, who promised to keep his set clean and Charmaine Peckinpaugh, who had the crowd laughing. Poetry readings: Nevin Chamberlain read “The Shooting of Dan McGrew,” and Ora Harman recited “One-hoss Shay”. Shirley Katz did a great rendition of “Let me Call You Sweetheart” and “Somewhere Over the Rainbow”.



Chad had his eye on the prize when showing his throwing abilities and hitting the target. It was a nice afternoon to come together to cheer each other on.

Variety Show is Coming Back!

Written by Mike McComas, Facilities Coordinator

Attention all players, virtuosos, troupers and such. Masonic Homes and Acacia Creek have come together to ask you to participate in an hour of song, dance, laughter and *unity*.

Do you have what it takes to be a part of this incredible cast? Do you yearn to demonstrate your skills amongst those who are like-minded? If so, please step up to the 2nd Adams Hallway and sign up for our upcoming Variety Show, scheduled for October 10th, 2024.



Variety...

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All Staff, Volunteers and Residents are encouraged to participate. Sign up sheets located at 2nd Adams and at the timecards. Your participation will be legendary.

Lions, Tigers, and Bears—Oh My! an Exciting Day at the Zoo

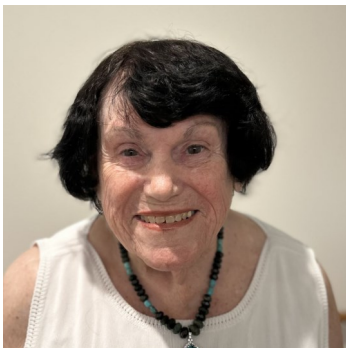
Written by Luz Garcia, Recreation Supervisor



On July 15, our residents embarked on an unforgettable adventure to the Oakland Zoo! They strolled through the lush park, marveling and learning about a dazzling array of animals. The highlight for many was soaring above the park on the gondola, taking in the breathtaking views from above.

A bittersweet moment came when we said farewell to Osh, the zoo's beloved 30-year-old African elephant, who will be moving to The Elephant Sanctuary in Tennessee this fall. This marks the end of an era, as the zoo will be without elephants for the first time in 75 years.

Our residents are already buzzing with excitement for their next adventure, where they'll dive into the wonders of marine life. Stay tuned for more thrilling adventures!



New Resident

Billie Jean Roggenbusch
Sponsoring Lodge: Acacia No. 243
City: Hayward
Moved in: July 11, 2024





The Chaplain's Corner

By Chaplain Joel Ingram

Life is Like... A Camping Trip...

Erma Bombeck used to ask, “If life is like a bowl of cherries, why is my life always in the pits?” For this article, I’d like to suggest that life is or can be somewhat like a camping trip. If you’ve ever been camping, more specifically backpacking, you well know this truth; backpacks don’t hold much stuff. What’s more, whatever you put in the thing is yours to carry. So, unless you want a broken back, you’d better pack thoughtfully and efficiently. Necessities and nothing more!



Often, after I’d packed my bag, I’d look at my food and think, “This won’t taste good at all! Dehydrated mashed potatoes made with powdered milk, granola with powdered milk, dried fruit by the handfuls and various types of soup without any of the tasty fixin’s (sour cream, cheese, tabasco sauce, etc.)

Interestingly though, after a 10-mile hike I’d always find this simple fare to be just GREAT! FANTASTIC in fact! Yes, it was significantly less than “home food”, but it was all I had. And, when it was all I had, miraculously it became quite satisfactory. The food might not have met

all my POTENTIAL longings, but with a modified mindset and acceptance of my “woody” context, it was more than enough.

These days, a variety of authors and speakers have been telling me the same kind of dynamic exists in all of life – not just on the Appalachian trail. Sometimes we stuff our lives (think our “Life Backpacks”) with so many options, with so much stuff and so many “just in case” additions, that we actually enjoy it less. (Do I really NEED or BENEFIT from 933 TV Stations?) Maybe all this is like that hobbyist who greatly enjoys model trains, so he (or she) gets more and still more trains. But, as he gets more, he finds there’s less and less time to operate and enjoy ANY train because he’s forever cataloging, maintaining, buying and selling them!

Simplicity in life is not just about “saving the planet” by using less, buying less or eating less. Learning to have less and enjoy more of those things that you DO have might be an even better goal. It’s something I learned on a Smoky Mountain trail as a kid so many years ago. Maybe it’s

The Chaplain's... Continued from page 13

something I learn again for life in general. Wishing you a “Simple” and simply splendid month of August... *Chaplain Joel*

A graphic of a spotlight beam shining from the top left towards the center.

Spotlight on the Masonic Homes Way-Chaplain Joel



Our Masonic Home was “hybrid” before “hybrid” became a thing. The success of our community hinges on the active participation of both staff and residents in all aspects of daily life. This month's Masonic Homes Way Honoree perfectly illustrates this collaborative spirit.

For many years, resident Dawn Hicks has dedicated herself to providing emotional and physical support to her fellow community members. Her commitment is best illustrated by her befriending a couple who moved into our Home more than a decade ago. Dawn not only formed a close bond with them, but also with their extended family. When one spouse passed away,

Dawn's support didn't disappear; instead, she thoughtfully adapted her support to meet the remaining spouse's ever-changing needs.

Dawn's actions exemplify the caring nature of our residents. Many of you similarly look after, support, and encourage your neighbors and friends. This network of mutual care is what makes our little community adapt and grow. Often, it's a friend or neighbor who best understands and can provide the most effective support. To everyone who brings such compassion and care to our Home, we extend our heartfelt gratitude.

Meaningful Life Connections, one of our Masonic Homes Pillars, isn't solely the responsibility of our staff—it's a collective effort, an act of love performed by all community members. Dawn's actions illustrate this value and practice within our Home.

Thank you, Dawn, for exemplifying the Masonic Homes Way in this way. You are our August Honoree, and we hope your example inspires others to do (or continue to do) likewise.

May your tribe increase, and may our community continue to thrive through the kindness and support we offer one another.



Grand Opening—Written by Marisol Gutierrez, Executive Admin. Assistant



Excitement filled the air as Masonic Homes Union City unveiled the newly renovated dining room, *Savor*, to the community on July 1, 2024. Guests were greeted with champagne and cider as they stepped into *Savor*'s dining lobby. The décor, a seamless blend of modern sophistication and cozy charm, set the stage by creating an inviting atmosphere that beckoned diners to settle in and savor the moment.

As the festivities wound down, Management expressed their gratitude to the community for their unwavering support and patience during the renovation process and to everyone who contributed to making the dining room a resounding success. In summary, it was a testament to the enduring spirit of the Home and the excitement that comes with sharing memorable dining experiences together.



Oops... Chef Carlos accidentally revealed his secret helper, "Ratatouille" while preparing some of his new menu items at the Food Forum. Someone needs to tell him that his friend belongs outside.



Jeremy Garrett

A Walk & Dine in the Park—Written by Joanna Moore

It was a beautiful day for an outing to Don Castro Park, Hayward. Traditions residents were able to enjoy a stroll and lunch outside while watching the wildlife.



Old Jokes for Old Folks—Submitted by Diana Swing

Three spinster sisters were sitting around their dining table, discussing the various ways age had caught up with them. The first one admitted her memory was getting so bad she would stop on the stairs and forget if she was headed up or down sometimes. The next sister remarked that her memory was really getting bad, because she had put the mail in the fridge and put a sandwich in the mailbox.

The other sisters laughed; however, the third sister said, “Well, I may have a few little complaints about aging, however my memory is just fine, knock on wood,” as she gave the table a rap with her knuckles. Then she jumped up to see who was at the door.

Old Age ain't no place for Sissies—Submitted by Zelma Campbell



- ◆ We do not stop playing when we grow old; we grow old when we stop playing.
- ◆ I may be getting older, but I'm still fit as a fiddle – just how fit is a fiddle anyway?
- ◆ Growing older is mandatory; growing up is optional.
- ◆ We get too soon old, and too late smart.
- ◆ She was so old that when she went to school, they didn't have history.
- ◆ When I was young, the Dead Sea was alive.

4 Rules of Life—Drink—Steal—Swear—Lie

Submitted by Jeanne Benedict

I met this guy a while ago and he has a motto he lives by every day. He said, “listen carefully and live by these 4 rules: Drink, Steal, Swear, and Lie.” I was shaking my head “no”, but he then told me to listen while he explained his 4 rules. So here they are:

1. ‘Drink’ from the “everlasting cup” every day.
2. ‘Steal’ a moment to help someone who is in worse shape than you are.
3. ‘Swear’ that you will be a better person today than yesterday.
4. And last but not least, when you ‘lie’ down at night, thank God you live in Masonic Homes and have freedom.

I am not as good as I should be, I am not as good as I could be. But thank God I am better than I used to be. God bless your day and you!



Quotable

Life is like riding a bicycle.
To keep your balance,
You must keep moving.

- Albert Einstein

Let's Keep the Wanderers Happy

Written by Bruce & Evelyn Rick

Not only the Happy Wanderers, but also other forms of wildlife love to roam our campus.

Lots of vehicles, some pedestrians and a few animals share our streets on the Masonic Homes Campus at Union City, and only the vehicles can exceed the 15 MPH speed limit.



A deer, turkey, squirrel, coyote or mountain lion can all be startled and cross one of our often busy thoroughfares.

In addition, quite a few 3-way street intersections may contain a pedestrian who doesn't hear that electric car from far away, or a driver in a hurry who doesn't check the walkway.



Those nice long stretches of straightaways we have make it easy to go faster than 15 MPH, so this is a little reminder of what may be on either side of the road, around a curve, or in an intersection here at the Masonic Homes.

SLOW DOWN

PEDESTRIAN

CROSSING

Pavilion's Previous Month's Activities



Residents at Tea Party



Residents watch "Dancing with the Birds".



Residents work out with Cherie



The 1st floor Pavilion residents decorated for July 4th by creating floral arrangements with Red, White and Blue flowers, each an individual beautiful masterpiece.



Don Walden Honored—Written By Mary Henneuse, Admissions Coordinator



It was a small crowd on July 20, but a beautiful presentation by Patrick Muldoon, MH Board of Trustees, District Inspector and Past Master of Windsor Lodge No. 181, honoring our very own Don Walden. Dolores Walden, Patrick and his wife, Rosie, and children PJ (14) and Molly (10) along with Soledad Martinez and Mary Henneuse were in attendance. As we bowed our heads there was so much

to be thankful for in this room as he received his 50-year Golden Veteran Award.

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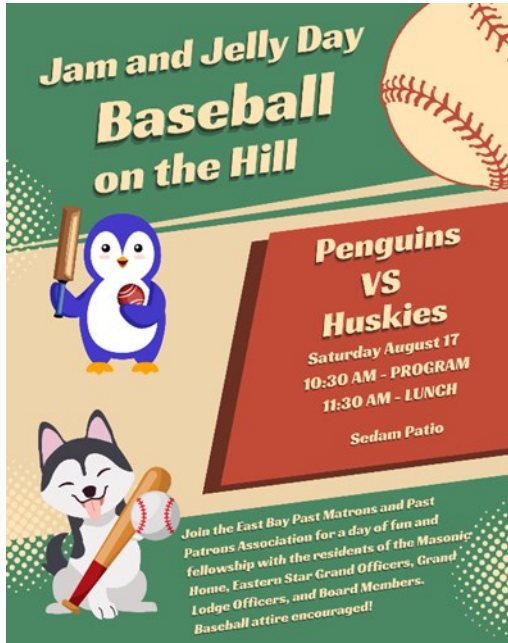
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Don... *Continued from page 11*

And on another note of Masonic accomplishments, Jim Hartwell received his Diamond Jubilee Award on June 12th from Most Worshipful G. Sean Matroka! Congratulations to the both of them.

Play Ball!

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



It's that time of year when we welcome the East Bay Past Matrons and Past Patrons Association to the Masonic Homes on Saturday, August 17 for Jam and Jelly Day!

This active and supportive group has once again planned an exciting program for the day, yet will continue to preserve the essence of what Jam and Jelly Day is all about – connecting with the residents and the Masonic Family, including the Grand Officers of Eastern Star and the Grand Officers of the Grand Lodge of California in a purely social environment.

The history of Jam and Jelly Day goes back to the very early days of the Masonic

Homes, when members of the Eastern Star were harvesting the fruits in the orchards on the property, and canning those fruits into jams and jellies, which would supply the Home with preserves through the winter months.

The program starts at 10:30 a.m. on the Sedam Patio and will be followed by lunch. Please be sure to sign up at 2nd Sedam so you don't miss out on all the fun! **PLAY BALL!**

Who Should Consider Freezing Their Credit?

Written by Alan Davies, IT Director



Use it or lose it, right? When it comes to your credit score, there may be some truth to that. Seniors who aren't expecting to apply for a new line of credit, like a new credit card, a home loan, or a car loan, may want to consider "freezing" their credit. When someone freezes their credit, it prohibits the credit reporting agencies from providing their information to a requestor. This can help

Who Should... *Continued from page 12*

protect you from identity theft.

Un-freezing your credit is possible, but may require additional steps, such as verifying your identity. For that reason, it's important to keep detailed records handy. If you think you're a good candidate for a credit freeze, it's important that you understand the steps to take for each credit bureau. Many credit bureaus have apps to make the freeze/lock process simpler.

Credit freeze or credit lock. What's the difference?

Credit freezes are governed by federal law, while locks are not. Credit locks are a preventative measure to protect your information, while also allowing lenders to access your credit reports. For that reason, they don't offer the same level of fraud protection. There can also be costs to locking or unlocking your credit reports. Federal law mandates that credit freezes and unfreezes have no cost if you go through the credit bureaus and not a third-party tool.

Pros of Freezing Your Credit:

- Reduces the likelihood of fraudulent activities
- Will not impact your credit score or your ability to use your existing credit accounts
- Credit freezes are free
- Freezes are indefinite and last until you lift them

Cons of Freezing Your Credit:

- It is not a 100 percent guarantee against fraudulent activities
- There is a process to unfreezing your credit
- Unlocking your credit requires certain steps. In most cases, credit can be unfrozen within an hour, though it can take up to a few days.

Consider talking with your financial advisor or other financial professionals before acting. Your family might also need to be included in this conversation.

A Quick Reminder—Written by Lori Ann Frias

This is just a quick reminder, about how we live and share our home with wildlife. So we need to be extra vigilant by keeping doors and windows closed. Little and big critters are really curious...

This picture was taken inside the Pavilion before safely removing and explaining no he couldn't move in without Masonic Homes permission.



Strawberries Galore

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



On Saturday, June 29, residents enjoyed strawberries and ice cream, courtesy of the members of Crow Canyon Lodge No. 551 in Castro Valley. There were strawberries with whipped cream, strawberries with ice cream, strawberry shortcake, strawberry shortcake with ice cream AND whipped cream! Each resident had many choices to make, and some even had seconds! Many thanks to Worshipful Master Andrew Hawes, and the officers and members – and their ladies – for providing a welcome, refreshing treat on a very warm day! The residents look forward to next year!





Resident Anniversary

Residents	Ann. Date	Years
Loyal & Carolyn Taylor	8/19	63
Bill & Suzie Hems	8/21	42

In Memoriam



Donna Ashbaugh
 September 7,
 1938—July 16,
 2024
 Sponsoring
 Lodge:
 Hollywood No.
 355

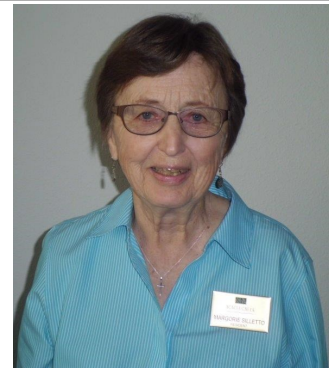


Walter Paynter
 March 26, 1937—July 20,
 2024
 Mason of Temple No. 14

William Hovey
 April 19,
 1929—July 27,
 2024
 Mason of
 Orinda No. 122



In Memoriam



Marjorie Silletto
 August 29, 1926—
 July 28, 2024

Memories

*Life can never stay the same
 No matter how we try
 Our hands can never stop
 The clock of life from ticking by
 But love remains, unchanging
 In the care of sorrowing hearts
 For as the love of life is stilled
 The love of memory starts*



Resident Birthdays	
RALPH MCNITT	8/2
JUDY GRAHAM-WATKINS	8/5
MURIEL SIMMONS (103 yrs.) GARY NORGAARD	8/6
RON EDSON	8/10
SUZIE GREAVES JUNE SELWYN	8/11
GARY DAVIS DAVID MONTOYA	8/12
LESLEY CUNNINGHAM SANDRA PISTORE	8/17
JIM HARTWELL ED GLENN	8/18
WILMA VINSON	8/20
EARLINE LARUE-HARRIS	8/22
VICKI MCMILLEN	8/24
DAWN HICKS JAYNE GLENN	8/25
BETSY ANDREWS	8/26
JOHN PAMPLIN	8/27

