



Annual Christmas Tree Lighting

Written by Kim Hegg, Community Relations & Event Manager



The Masonic Homes and Acacia Creek Retirement Community invited members of the Masonic family throughout the Bay Area, as well as members of the Tri-City communities, to attend the 18th Annual Tree Lighting Celebration held on Thursday, December 6th at the Union City campus.

Those in attendance enjoyed holiday music from the James Logan High School Show Choir, the Newark Memorial High School Cougar Choraliers, and Music of the

Mission Trio in the Auditorium. The East Bay Jazzinators entertained outside while residents and guests enjoyed hot chocolate, hot cider, roasted chestnuts, and cookies.



The spirit of giving was on display as the Toys For Tots sleigh was filled to the brim and overflowing with unwrapped donated toys. Kids of all ages had fun making holiday cards in the Ice Cream Parlor with the help of Juli Francheschini and the Union City Recreation Department, and the magic of Christmas was in full motion in the Train room.

Santa was busy making lists of requests from children of all ages who visited him in his Workshop where elves passed out gift bags and snapped photos to commemorate the occasion. Afterwards, Santa climbed into his "sleigh" and was then led by the Jazzinators, attendees paraded out to the front for the countdown of the Tree Lighting.

After performances by the Masonic Homes and Acacia Creek Bell Choir and Stage 1 Performers, the countdown began, and Betty Ehly and Bill Fretz flipped the switch to light the beautiful tree!

Many thanks to all those who jumped in to help make this a memorable occasion for our residents and the Tri-City communities!



JANUARY

Residents' Holiday Dinner Party

Written by: Kim Hegg, Community Relations & Events Manager

On Monday, December 17th, the Masonic Homes welcomed the Grand Master, Stuart Wright, his wife Julie, Past Grand Masters, Grand Officers, and members of the Masonic Homes Board to the annual Residents' Holiday Dinner Party. The festivities began with a reception in the Auditorium, where guests enjoyed appetizers and champagne while listening to holiday tunes performed by Dixie Dominus. Several of the guests were invited to join Santa as he made his way to those dining in satellite dining areas set-up in Assisted Living, Traditions and Lorber. Members of the Masonic Homes staff were on hand to assist in gift giving and spreading Christmas cheer.



A sumptuous dinner was served in the main dining room by our dining team, who provided excellent service and delighted our guests. Strolling violin music was provided by the Golden Gate Violin Duo.



Following remarks from Joseph Pritchard, Director of Health Services, Larry Adamson, Chairman of the Masonic Homes Board, Gary Charland, President and CEO, and Most Worshipful Stuart Wright, Grand Master, Brother Carl Christenson was presented with his Shrine 50-year pin and certificate by the Grand Master. The evening concluded with the presentation of gifts to the Grand Master and his wife after which gifts to the residents were distributed by President/CEO Gary Charland and members of Board of Trustees.

To all those who volunteered, attended, helped with the pre-planning, or day-of preparation, thank you so much for everything you did to make our Masonic Home Tree Lighting Festivities the highlight of the holiday season for the Tri-City area! It was heartwarming to see so many residents, employees, and members of the surrounding community come together to celebrate the season. The extra effort made by everyone really paid off! You are AWESOME! Happy Holidays!—Kim Hegg

thank you



The Chaplain's Corner

Written by Chaplain Joel Ingram

Starting with Thanks

Most Januaries, I am inclined to begin a new year by reflecting on the value of New Year's resolutions; less of this, more of that and a healthy dose of whatever habits and inclinations are left over. Opting for something different this year, I'd like to start this January off with a word of thanks.

Once again, our annual holiday collections were focused on donations for the Nor-Cal fire victims. Our funds last year went to the Salvation Army. This year our donations were for CANS, the Christian Assistance Network in their year-long outreach to the fire affected communities in Yuba and Sutter counties. Our goal was approximately \$2,200 but once again, the Masonic Home and Acacia Creek communities stepped up and put us over the top.

I am so very happy to say that we raised \$2,700 for CANS this year. These funds will do so much for those in our state who have suffered so much. Thanks to each and every one of you who supported this project or who wished to give but could not. Thank you so much!





Project of Love—Written by Barb Dippel

“Project of Love” has been completed, smiles received and given. This team of residents used their hands and time to bring smiles to our neighbors and friends. Forty trees were delivered on Wednesday, December 13, 2018, to the 3rd and 4th floors of



Lorber. Thanks to each of you for your efforts in sharing smiles in our Home.

The following Elves are responsible: Barbara Sullivan, Juli Franceschini, Pat Gates, Sally Hartley, Kathy Burgle, Betty Beasley, Lesley Cunningham, Jerry Chamberlain, Dawn Hicks, Suzie Hems, Dorthy Hollomon, Diane Priddy, Charlotte Hoffman, Marty Trudell, Jenny & Bill Hornbeck, and Barb & Bill Dippel.

H A P P Y N E W Y E A R !

New Year, New Action—Written by the Recreation Team

Creating can give us a sense of purpose. Here on the Masonic Home and Acacia Creek Campuses, residents are encouraged to create programs that allow their skills, knowledge, and passions to be shared with fellow residents. This gives them an opportunity to participate in meaningful programs that can add to their own skills, knowledge and passions. Sound like a win-win? It is!

Our calendar is full of popular programs and groups that the Masonic Home residents have created; our neighbors at Acacia Creek have an assortment of programs on their calendar that are open to Masonic Home residents as well. To let everyone know what is happening up here on the hill, the Recreation Team from Masonic Home invites those who host programs or groups to showcase their activities at January's New Year, New Action event. This year it will be held on January 30 from 2:00 pm to 3:30 pm at the Masonic Home Auditorium.

This open house event is a great way to meet the hosts of programs and groups that are open to residents from both communities. It's your opportunity to discover something new you would like to do. It's also a great time to advertise a program or group that you would like to create. Each January, at New Year, New Action, when the variety of leisure pursuits happening on campus are presented and experienced, new friends are made and new interests are discovered. The fun is just around the corner.



If you currently run a program or a group or would like to start something new, you are invited to showcase what you do at New Year, New Action. Please contact Recreation department at ext. 2-6468 to get started.

January Outings Highlights



Wednesday, January 2nd—International Lunch Bunch -Buon Appetito - Italian / Hayward / NO SHOW FEE Outing / Small group outing / Departs 10:30 am South Mall Only / Resident covers cost of meal.

Thursday, January 10th—Fine Dine at the Institute of Culinary Art at Treasure Island / PRE-PAID EVENT / Departs 10:30 am 3rd Adams & 10:45 am South Mall / AL & IL OK

Saturday, January 19th—Harlem Globetrotters & Lunch at the Arena / Oakland / Departs 12:00 pm 3rd Adams & 12:15 pm South Mall / A/L & I/L OK / Resident covers cost of meal or consider choosing early seating for lunch

Thursday, January 24th—Rosicrucian Egyptian Museum Self Tour and Lunch at Santana Row / San Jose / PREPAID EVENT / Departs 8:45 am 3rd Adams & 9:00 am South Mall / A/L & I/L OK / Resident covers cost of meal

Continued from page 4

January...

Sunday, January 27th—Pintello Theater Presents "Ladies Foursome" / Gilroy / PREPAID EVENT/ Departs 12:15 pm 3rd Adams & 12:30 pm South Mall / A/L & I/L OK / Consider choosing early seating for lunch

Thursday, January 31st—Scenic Drive: Three Bridges Tour & Boxed Lunch at Pt. Richmond Miller Knox Regional Park / NO SHOW FEE OUTING / Departs 10:00 am South Mall Only / INDEPENDENT ONLY

Your Dining Room Staff Hard at Work

Written by the Jennifer MacRae, Dietary Administrative Assistant

The kitchen staff was hard at work, preparing and serving meals for our Grand Master Holiday Dinner. We had the pleasure of serving 180 residents and guests in the Main Dining Room, as well as serving the SNF building, Traditions, 3rd Adams Satellite Dining Room, and 40 room service. We had 13 banquet servers come in on top of our normal work crew to help with this event.





Quotable



Brain Healthy Living—Joseph Pritchard, Health Services Administrator



For those who have been able to attend the most recent Town Halls, the expansion of the Blue Zone Philosophy has been a topic of interest for both the staff and the residents. I completely understand why! The idea of leading a life filled with activity and fun, that also protecting the mind against the ravages of dementia, is a very positive outcome.

At the Masonic Home, the Blue Zone started off as a small café offering healthy snacking alternatives. While that small program was successful, it is only a tiny fraction of what the Blue Zone is all about. Specific diets are one of the common features of all Blue Zones, which is why the Blue Zone Café was first established. The hope is to grow the Café and have it provide more snack and meal replacement options. We want the Café to offer

an alternative meal selection that is a little healthier, but just as tasty as what you see in the Main Dining Room.

Nutrition, however, is just one part of the Blue Zone Lifestyle. Many of you may have heard or read about the Power 9, the nine characteristics that are shared between all the Blue Zones. Nutrition is one of the Power 9, but they also include physical activity, stress relief, emotional balance, spiritual connectivity, etc. Hitting all of these key characteristics is vital to living longer and better.

A recently published book called “The Alzheimer’s Solution” by Dean and Ayesha Sherzai offers a more streamlined review of brain healthy living. The Sherzai’s are noted physicians and neurologists who have spent decades studying Alzheimer’s and Dementia. They have created the **N.E.U.R.O** Plan for optimal brain health.

N – Nutrition

E – Exercise

U – Unwind

R – Restore

O – Optimize

Each of these dimensions is explained with exquisite detail in their book, and they use proven scientific methods to validate their claims. Their plan works! Now, I don’t expect everyone to read their book (though I do recommend it). For those of you who want to know more about the NEURO plan, please check out the Brain Gym calendar for February. We will be adding classes soon to talk about this new evolution in brain health.

Many of you will make (or already have made) New Year’s Resolutions for 2019. Let the goal of Brain Healthy Living be the one resolution you make and stick to. Because, I promise you, if you put in the work, you will reap the rewards for years to come!

New Residents



Ronald Swan
Sponsoring Lodge: Harding
San Juan No. 579
City: Citrus Heights
Moved in: November 28, 2018



Franklin Wong
Sponsoring Lodge: Mt. Moriah
No. 292
City: Los Gatos
Moved in: December 11, 2018

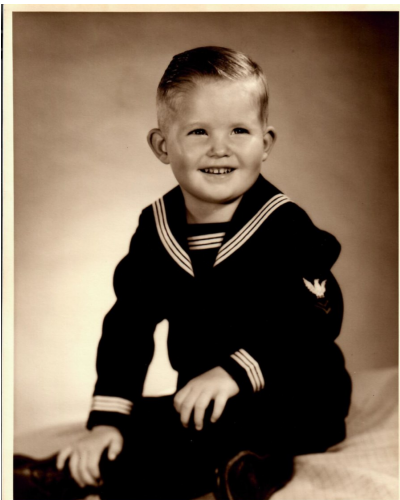


Gerald & Elizabeth Fiske
Sponsoring Lodge:
Argonaut No. 8
City: Sonora
Moved in: December 12,
2018

Dona Swan
Sponsoring Lodge: Harding
San Juan No. 579
City: Citrus Heights
Moved in: December 20,
2018



December "Guess Who" Picture was:



If you
thought the
young lad
in
Navy
attire was
John
Dahle,
you
were
right!



January Guess Who:



Do
you
know
who
this
handsome
baby
with all
smiles
is ?



The Golden Pillar Award Winners

Written by Joseph Pritchard, Health Services Administrator

Adrian Quinones—Adrian is a key member of our Recreation staff. He has been nominated before, but this is his first Golden Pillar Award. Adrian was chosen because of his excellent response to a resident emergency during an outing. He called 911 and stayed with the resident until help arrived. Then, after a long day, he returned to the Home looking forward to going home to his family, when he realized that a resident needed transport from the Hospital. Despite his desire to go home, Adrian realized that a resident's safety was in jeopardy, so he rode off to the rescue. For that and much more, Adrian deserves this accolade!



Janeen Noche—Janeen works very hard as a Pharmacy Technician. She received this award based upon numerous nominations that cited her kind demeanor, ever-present smile, and professional work ethic. With residents, she is communicative and compassionate, and her teammates can rely on her for support and excellent ability. Janeen recently returned to work after having a beautiful baby (ask her to show you some pictures!), and picked up where she left off. Her dedication to providing safe service with a smile is exactly what the Masonic Home Way is about.

Harprit Kaur—Harprit frequently works as a Dietary Server in the Lorber building where she is known for her pleasant demeanor and her reliability. Even more noticeable is how she is excited to help residents who need just that little bit of extra support. Her team has frequently seen her kneel down to help a resident eat, or stay and chat with someone who looks a little lonely. She is also one of the first to raise her hand when help is needed to staff an extra shift. Dietary is one of the most important departments in the Home, and Harprit knows that a fully-staffed shift is vital to making sure everyone is cared for. Yes, she earns a little more money, but I honestly believe that Harprit stays because she doesn't want her team to suffer and she wants to make sure that residents receive the best care.



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

- ◆ Say what you believe out loud
 - ◆ Even if it's outrageous.
- ◆ Hit somebody in the back with a snowball.
- ◆ You'll be the last person anyone will suspect.
- ◆ Don't worry about avoiding temptation;
- ◆ At your age, you'll find that temptation will do a fine job avoiding you .
- ◆ Wear some comfortable clothes.
 - ◆ Same with the shoes.
- ◆ Go ahead and eat food with lots of preservatives in them.
 - ◆ All these preservatives might work on you!
- ◆ Be generous with your stuff.
- ◆ Once you're gone, somebody else is going to get it, anyways.
- ◆ Don't go to any concert, play, movie, or other event unless you really want to go.
 - ◆ At your age, you have a laundry list of good excuses.
- ◆ Let your character shine.
- ◆ It contributes more to attractiveness than a dozen facelifts.

fannye's funnye's—Kids say the dandiest things

Teacher: Nana, what do you call a person who keeps on talking when people are no longer interested?

Nana: A teacher.

Teacher: Jane, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?

Jane: No sir, it's the same dog.

Teacher: Abraham, why do you always get so dirty?

Abraham: Well, I'm a lot closer to the ground than you are.

Teacher: Mary, how do you spell 'crocodile?'

Mary: K-R-O-K-O-D-I-A-L

Teacher: No, that's wrong.

Mary: Maybe it's wrong, but you asked me how I spelled it.



Written by Chris Gershtein, Director of Quality Management
Since the last update there have been 16 Blue Box
Cards submitted to me as of December 20, 2018.

There were two compliments in these cards. One about the lights on the bridge at 3rd floor Sedam, and the other was about how much of a great worker Mike Migliardi is. Both of these have been passed on to the Administration for acknowledgement and thanks.

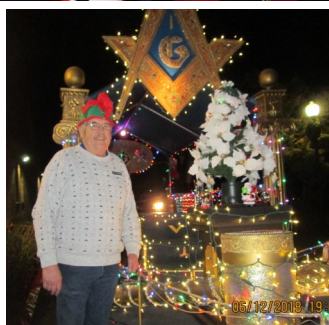
There were fourteen concerns (some with associated suggestions). Here are the highlights of how they have been addressed:

1. There was one about servers not being available in the Main Dining Room when needed and being behind the counter eating during working hours. This was sent to John Marshall, who asked Mario Ramirez to address this with his staff again.
2. There were five complaints about staff with very loud exhaust pipes speeding loudly around/behind Acacia Creek at around 5:00 am many days. A black/dark car has been seen. I have asked the Front Gate Guard to log any loud, dark colored cars coming in between 0430 and 0530 and send me an email with the car's license plate number and parking tag color and number so that we can identify the employee and correct the issue.
3. There was a concern about politics being brought into a resident celebration at the 90+ tea held last month because some local politicians were invited to attend. This concern was forwarded to Administration and Recreation for review and consideration for future events.
4. There was a concern that perhaps Tuesday is a bad day for the Candlelight Dinner because it's also the shopping day, which can mean having very little time to get ready for the dinner. This was brought to David Bible in Recreation so that he can further assess this concern.
5. There was a concern about a grill being left uncovered in the rain. It has been moved so that it is covered now.
6. There was a concern about the smell of sewage between the 3rd and 4th floors of the South side of the Head building. Jeff Krahulec sent maintenance over there to check the stairwells from 4th down to the basement and no leaking, stains, or odors were noted. Facilities will make note of any new reports of odors and investigate immediately.
7. There were two concerns about noise in the dining room. One was a concern about dining staff sorting silverware and banging dishes behind the salad bar during meals. This was sent to John Marshall, who asked Mario Ramirez to address this with his staff. The other was a general note about when people talk loudly making it difficult for others especially during announcements.
8. There was a concern about the elevator company not being responsive enough to our requests/needs. This is an ongoing issue that Soledad Martinez and Facilities are addressing.
9. There was a concern about Mobility Assistive Devices in the main dining room being hazardous. There is a newly formed task force that will begin meeting in January to discuss this very issue.
10. Finally, there was an employee concern about how the raffle at the employee picnic was handled. Joseph Pritchard will be addressing this issue with staff.

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



Previous Month's Activities



Miracle of Friendship

From the files of the Late Chaplain, PM Irwin M. Fershleiser

How many times have you heard the words, “It’s a miracle that he (or she) survived!”, or, “It must be a miracle that this (or that) happened!”? There are some who don’t believe in miracles. Yet they live with and experience one many times in their lifetime. It’s “the miracle of friendship”.



*There's a miracle called Friendship
That dwells within the heart.
And you don't know how it happens
Or when it gets its start.
But the happiness it brings you
Always gives a special lift
And you realize that Friendship
Is God's most precious gift!!*

The influence of “Others”...—Submitted by Ola Afolabi

Your birth came through **Others**.

Your name was given by **Others**.

You were educated by **Others**.

Your income indirectly comes through **Others**.

Your respect is given by **Others**.

Your first bath was given by **Others**.

Your last bath will be done by **Others**.

Your funeral will be organized by **Others**.

You will be taken to your final resting place by **Others** and

Everything you owned will be inherited by **Others**.

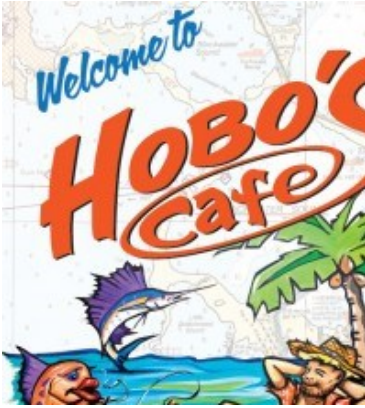
Isn't it high time we learn to live in peace and harmony with **Others**, because all through our lives, at one point or the **Other**, we will need each **Other**?

Wise Words—Submitted by Ola Afolabi

- ♦ **IF** you cannot be a bridge to connect people, then do not be a wall to separate them.
- ♦ **IF** you cannot be a light to brighten people's good deeds, then do not be darkness covering their efforts.
- ♦ **IF** you cannot be water to help people's crops sprout, then do not be a pest destroying their crops.
 - ♦ **IF** you cannot be a vaccine to give life, do not be a virus to terminate it.
- ♦ **IF** you cannot be a pencil to write anyone's happiness, then try to be a nice eraser to remove their sadness.
 - ♦ **We** can always be each other's keeper.
 - ♦ Let **us** resolve to heal the world by making it a better place.

Where have all the Hobos gone—Written by Jim Ward

Where have all the hobos gone?
Our vagabond wanderers.
Where have all the hobos gone?
Those tattered gentlemen travelers.
The railroads were their highways,
The trains their personal cars,
From which they saw the by-ways,
As they watched and wished upon the stars.



Dark of night they followed meteors,
Constellations were their teachers,
From the east, they rode with the sun,
And left the west when day was done.
Often they would scissors sharpen
Or mow a lawn that was forgotten.
They looked to others for a helping hand,
With cares and woes, they crossed this land.

I saw these men when I was young
And over the years I have wondered some.
Where had the hobos gone?
Then I met a man who had been one.
He no longer rode the trains,
But planted flowers and watched for rain.
He worked as others, day by day
And raised a family, along the way.

He's now retired, the same as me
And we hold grandchildren on our knees.
This man who struggled, these troubled years,
Is now respected by his peers.

SAFETY CORNER—Written by Mike McComas



Greetings from the Facility Services Department.
We would like to thank all of our residents for letting us conduct our annual FIRE ALARM testing that was performed in your homes in December of 2018. We know that it's an inconvenience to have these tests done, especially during the holiday season, but these kinds of tests are extremely important for the safety and well-being of all of us here at the Masonic Home.

MEETINGS

Monthly
<u>Thursday, January 3</u> 2:00 p.m.— Recreation Planning Meeting — Auditorium
<u>Monday, January 7</u> 9:00 a.m. Tour Guide - Host & Hostess Meeting/2nd Adams Crafts Room 1:30 p.m.— Open Forum—2nd Adams Living Room—Special Guest is Rio Castillo, EVS Lead
<u>Tuesday, January 8</u> 9:30 a.m.— Low Vision Support Group —2nd Adams Living Room
<u>Wednesday, January 16</u> 10:00 a.m.— Resident Food Advisory Committee — 2nd Adams Living Room
<u>Wednesday, January 23</u> 2:00 p.m. — Resident Council —Auditorium 2:30 p.m.— Town Hall Meeting —Auditorium
<u>Monday, January 28</u> 3:00 p.m.— Special Friends meeting—2nd Adams Living Room—Special Guest is Eddie Silva, Campus Liaison
<u>Wednesday, January 30</u> 2:00 p.m. — New Year New Action — Auditorium

Weekly or Semi-Weekly
Sunday Worship Sundays, 10:00 a.m., Siminoff
Ceramics Group Mondays, Tuesdays & Fridays, 10:00 a.m. to 4:00 p.m. 2nd Adams Ceramics Room
Bible Study Mondays, 10:30 a.m., 4th Lorber Tuesdays, 6:30 p.m., 3rd Sedam Meditation Chapel
Women's Forum 1st & 3rd Mondays, 1:30 p.m. 2nd Adams Living Room
Choir Practice Sundays, 9:00 a.m., Siminoff Chapel Wednesday, 3:10 p.m., Siminoff Chapel
Song & Prayer Thursdays, 10:00 a.m., 3rd Lorber Thursdays, 10:30 a.m., 4th Lorber Wednesdays, 2:30 p.m., Traditions

**For
ARTS & CRAFTS
PROGRAMMING
Consult your
RECREATION EVENT
CALENDAR.**

FYI

The official “**Lost and Found**” for the Home is located at **Front Desk** in the Head building. If **you’ve lost something—check there first. If you’ve found something—take it there first. If you have further questions, you can find answers at . . . Front Desk . Please report losses as soon as possible.**



BIRTHDAYS, WEDDINGS, ANNIVERSARIES, IN MEMORIAM

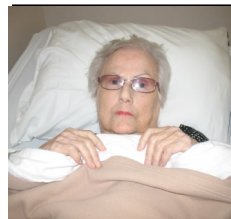
Resident Birthdays

Patricia De Young Anthony Petroutsas	1/1
Dorthy Hollomon	1/3
Douglas Field Dorothy Vanden Bos	1/4
Larry Sadler	1/8
Iola Schattenburg	1/9
Mary Endsley	1/10
Nan Carlson	1/13
Nettie Hasler (102 years)	1/14
Carl Christenson Suzie Hawes Goodie Wixson	1/16
Bill Hems	1/20
Donna Coulter	1/22
Betty Beasley	1/23
Pat Gates	1/25
Rita Gurley	1/28
Fannye Lower	1/29
Michiko Hayes	1/31

Resident Anniversary

Resident	Ann. Date	Years
Dick & Barbara Sullivan	1/1	28
Ken & Rosie Bentley	1/22	36

In Memoriam



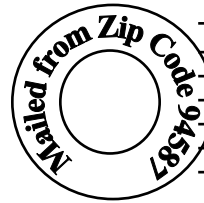
Eloise Endrigo
November 27, 2018
Sponsoring Lodge: Peninsula
No. 168



The Messenger

Masonic Homes of California

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The Messenger is published monthly as a vehicle of communication and entertainment for the residents and staff of the Masonic Home 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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“Together we create meaningful life experiences that make a profound difference.”—The MH Way

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