



InTouch

WITH THE RESOURCE CENTER

A newsletter brought to you by The Ohio Masonic Communities Resource Center

SUMMER 2023

INTRODUCING MASONS CARE


*By Bobbi Schickler, Certified Senior Advisor® (CSA), SW Ohio Community Outreach Coordinator
and Masonic Bereavement Program Coordinator*



Partnership between The Ohio Masonic Communities, The Ohio Masonic Communities Resource Center (OMCRC), Grand Lodge, Ohio Lodges, and Appendant Bodies is important. We work together to help those in need, whether they're in need of clinical, financial, or social support. Through our offsite financial assistance program, OMCRC offers financial assistance for emergency health or safety needs, repairs or home modifications, and home care, as well as making referrals to community agencies and local resources and offering well checks through phone calls, cards, and visits. To gather information and partner in more ways, OMCRC recently sent a short survey to Lodge Secretaries asking questions about widow and widower outreach, Grandview, and the Masonic Volunteer Program. The result was that several Lodges would like help setting up a widow and widower outreach program and would like to be part of our volunteer program, and the Lodges who currently have this outreach have some good ideas that should be shared with everyone. This effort is part of our new Masons Care program, which is designed around effectively caring for and supporting our Masonic widows and widowers. Masons Care works with the support of the Masonic Volunteer Program (MVP), creating a seamless and comprehensive care network.

More information will be shared in the coming months as the Masons Care program is rolled out. If you have questions about Masons Care, or would like information brought to your Lodge or Chapter, please contact Bobbi Schickler at 513-567-1100 or by calling the OMCRC toll free number at 877-881-1623 and press "4".





PTSD AWARENESS MONTH



By Trinity Davidson, BSW, Southern Ohio Community Outreach Coordinator



We hear PTSD almost everywhere we go or look these days, but what exactly is it? Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. These events are typically seen as terrifying for the person experiencing the event. The event does not have to be terrifying for others involved, it's more about perception and processing. Symptoms may include flashbacks, nightmares, and severe anxiety, as well as uncontrollable thoughts about the event.

So how do you know if you are experiencing PTSD? Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have PTSD. Getting effective treatment after PTSD symptoms develop can be critical to reduce symptoms and improve function.

What are common symptoms of PTSD and how do I treat it? PTSD symptoms are generally grouped into four types: intrusive memories, avoidance, negative changes in thinking and mood, and changes in physical and emotional reactions. Symptoms can vary over time or vary from person to person. Symptoms of intrusive memories may include recurrent, unwanted distressing memories of the traumatic event; flashbacks; upsetting dreams or nightmares about the traumatic event; severe emotional distress; or physical reactions to something that reminds you of the traumatic event. Symptoms of avoidance may include trying to avoid thinking or talking about the traumatic event, or avoiding places, activities or people that remind you of the traumatic event. Symptoms of negative changes in thinking and mood may include negative thoughts about yourself, other people, or the world; memory problems, including not remembering important aspects of the traumatic event; feeling detached from family and friends; or feeling emotionally numb. Symptoms of changes in physical and emotional reactions may include being easily startled or frightened; self-destructive behavior, such as drinking too much or driving too fast; trouble sleeping; irritability; angry outbursts; or aggressive behavior.

If you have disturbing thoughts and feelings about a traumatic event for more than a month, if they're severe, or if you feel you're having trouble getting your life back under control, talk to your doctor or a mental health professional. Getting treatment as soon as possible can help prevent PTSD symptoms from getting worse. If you or someone you know has suicidal thoughts, get help right away through one or more of these resources: reach out to a close friend or loved one; contact a minister, a spiritual leader, or someone in your faith community; or contact a suicide hotline. In the U.S., call or text 988 to reach the 988 Suicide and Crisis Lifeline, available 24 hours a day, seven days a week.

If you, a family member, or a Brother of your Lodge is experiencing any of these symptoms and don't know where to start, contact The Ohio Masonic Communities Resource Center Community Outreach Coordinator closest to you at 1-877-881-1623 and we would love to point you in the right direction.

MASONIC VOLUNTEER PROGRAM: MAKING CONNECTIONS

By DeAnna Kinney, LSW, SE Ohio Community Outreach Coordinator and Masonic Volunteer Program Coordinator



When Karen reached out to The Ohio Masonic Communities Resource Center (OMCRC), she had no idea of the journey she would begin. Karen, a Masonic widow, decided to join the 15th District Masonic Volunteer Program (MVP) Committee to help other OMCRC clients feel less alone. Her late husband, Sterling, was a member of Mansfield Lodge and passed away in 2018. Over the last few years, Karen has had some personal struggles, utilizing OMCRC for support and information.

DeAnna Kinney, Southeast Ohio Community Outreach Coordinator, had been working with Carolynn, also a Masonic widow. DeAnna was providing Carolynn support for several issues since the passing of her late husband, Joe, a member of Hiram Lodge. Seeing Karen's interest in being of service, and Carolynn's need for connection, DeAnna asked both if they would be interested in talking. Not only was Karen interested in connecting with Carolynn, she was willing to reach out to other OMCRC clients and Masonic widows in her area. The two ladies began conversing over the phone a couple times a week for a few months. They then decided to meet in person. The two women naturally hit it off and discovered they had many things in common. Carolynn even invited Karen to join her Women's Support Group, and they have met for lunch. They began as a support for each other through MVP, but have developed a blossoming friendship based on similar character and values.

MVP is a way for Masons and Eastern Stars, as well as our Masonic widows, to get involved with OMCRC in whatever manor they choose. The connections they make with others in need also benefits them. If you are interested in becoming a volunteer, or if your district is interested in forming a committee to help OMCRC with our outreach to the Fraternity, please reach out to DeAnna Kinney at 740-262-1974. A training can be offered in person or virtually. This is also an excellent way for Lodges throughout your district to come together to serve and support their Masonic families, and to continue to honor their obligation to care for their Masonic widows.

(Pictured are: Karen Boggs, MVP volunteer; DeAnna Kinney, Southeast Ohio Community Outreach Coordinator; and Carolynn Gholson)



In Memoriam **Millie Ann McNeal** December 20, 1958 - May 19, 2023

The Ohio Masonic Communities Resource Center family was shocked and saddened with the loss of Millie McNeal, Financial Assistance and Billing Coordinator. Millie was a very good friend to many in her 16+ years of service to The Ohio Masonic Communities. The number of people she has touched in her tenure in managing the charity we provide is more than we can understand or comprehend. She will be truly missed.



MASONIC YOUTH OUTREACH PROGRAM (MYOP)

*By Raquel Brown, RN, NW Ohio Community Outreach Coordinator
and Masonic Youth Outreach Program Coordinator*



The Ohio Masonic Communities are gearing up for our intergenerational day camps! These will be offered on two of The Ohio Masonic Communities' campuses. Children ages 5-18 are invited to attend.

July 21 | 6:30 am - 3 pm

RSVP by July 17

Western Reserve Masonic Community
4931 Nettleton Road
Medina, OH 44256

August 11 | 4-7 pm

RSVP by August 7

Browning Masonic Community
8883 Browning Drive
Waterville, OH 43566

Intergenerational day camps create memories that will last a lifetime. MYOP embraces the importance of intergenerational activities and enhancing the quality of care for The Ohio Masonic Communities' (OMC) residents. Intergenerational day camps allow youth to build relationships with OMC residents, teaching youth valuable skills they'll have for a lifetime and greatly impacting the lives of our residents.

These camps are offered through the continued support of grants and donations, and our volunteers and families. For information about these events, donating back-to-school supplies, referrals, or general MYOP information, contact Raquel Brown today at 419-260-0855.

Have a great Summer!



IN NEED OF SCHOOL SUPPLIES?

If supplies are needed, please submit by emailing rabrown@ohiomasonichome.org your contact information, including:

- Name
- Phone number/email
- Number of children
- Grade in school
- 1st day of school
- School supply list (if applicable)

All requests should be submitted by August 4, 2023 at 4:00 PM.

BEREAVEMENT PROGRAM

By Bobbi Schickler, Certified Senior Advisor® (CSA), SW Ohio Community Outreach Coordinator
and Masonic Bereavement Program Coordinator



In 2020 I helped Clarice Kirk and her late husband get connected to resources that they needed at the time. In 2021 Clarice's husband passed, and I connected with her again when I sent her a bereavement packet and followed up to see if she needed anything. I have called her multiple times to check on her each time we have had great conversations about an array of topics. She has always told me when I was close to Beavercreek to let her know so we could meet in person. After 3 years of building a relationship with her over the phone we finally met in person for breakfast. We had a great time, and plan to do it again.

The Ohio Masonic Communities Resource Center (OMCRC) doesn't just help our clients one time. We help them over years and at different stages of their lives. We connect with many Masonic widows over the phone, in person, and through mail. If you know someone who has lost their spouse, please contact your local Community Outreach Coordinator so they can reach out to offer support and connect with resources to meet their unique needs. We can send one of our bereavement guides, and they too can build that trusted relationship. Many of our Masonic widows and widowers have been married many years and it is hard for them to adjust after the loss of their spouse – they're lonely and don't know what to do, where to turn, or who to trust. They can turn to their Masonic family for support and guidance. That includes their spouse's Lodge and OMCRC.

We would like to introduce you to a new program, Masons Care. This program is a partnership between OMCRC and Masonic Lodges & Chapters to help set up a widow and widower outreach program. In my travels to Grand Master Receptions, I found that there is a big need for widow and widower outreach and there are several lodges who currently don't have a program. In March we sent out a survey to Lodge Secretaries asking specifically if Lodges have a program, what it looks like if they do, and if they are interested in starting one if they don't. Several Lodges asked for help to set up the program. Soon, your local Community Outreach Coordinator will be reaching out to those that responded to the survey that they wanted to start a widow and widower outreach program. They will schedule a meeting with Lodge leadership to discuss details and commitment. If you didn't send in your survey, but would like to learn more about the Masons Care program, you can contact me, Bobbi Schickler, at 513-567-1100.

Attention Masons: Please make sure that your spouse's name, their phone number, and their e-mail address are entered into Grandview and updated as needed.

*Grief is like a snowflake...
sometimes it comes one
flake at a time; other times,
it comes like a blizzard.
It melts away, but it always
comes back. Just as each
snowflake is unique, each
person experiences grief in
their own way.*

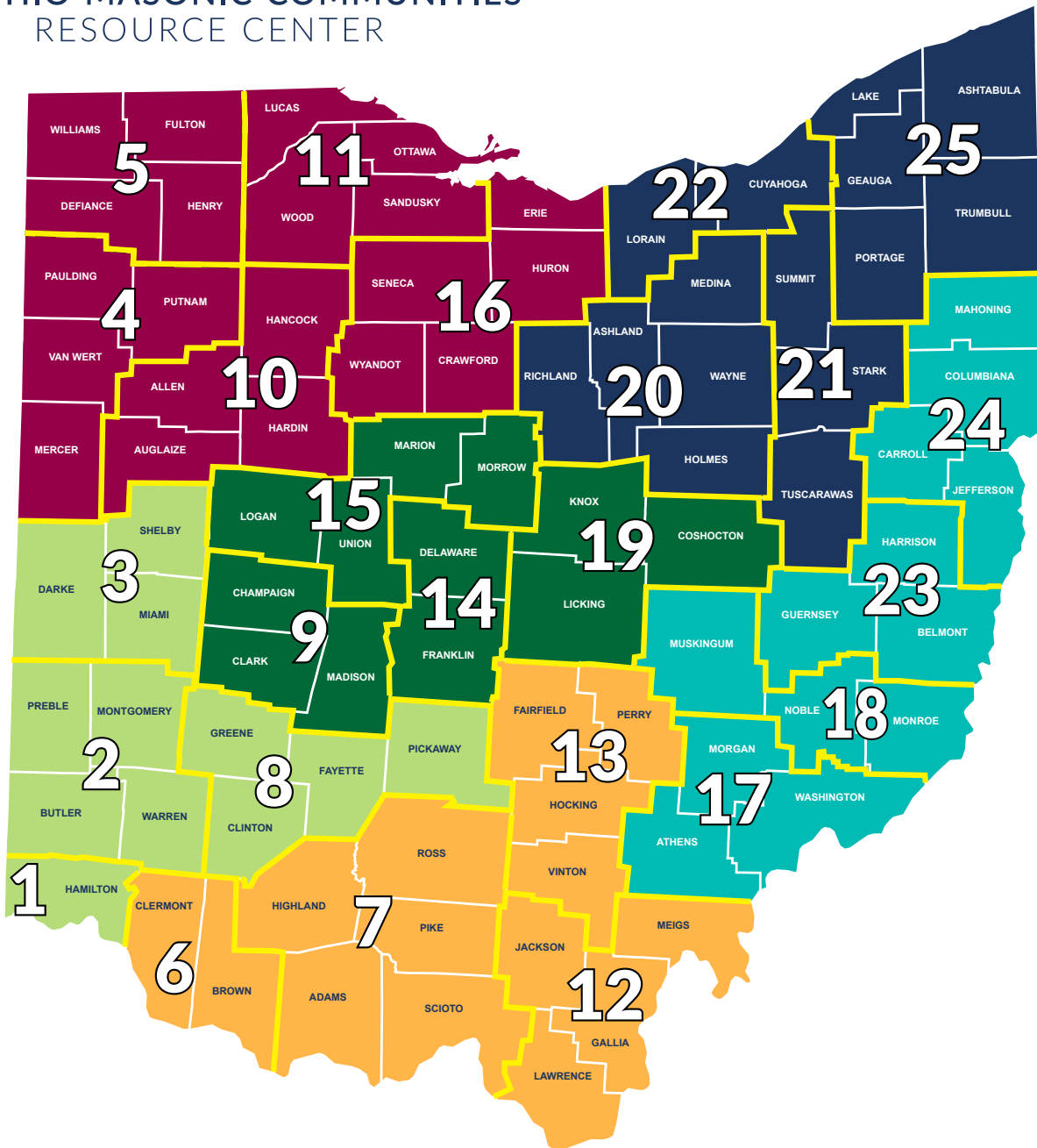




THE OHIO MASONIC COMMUNITIES
RESOURCE CENTER

REGIONAL MAP (MASONIC DISTRICTS)

Main Line:
(877) 881-1623



**Samantha
Loy**

Director, OMC Resource
Center & NE Ohio
Community
Outreach Coordinator
(937) 504-4407



**Raquel
Brown, RN**

NW Ohio Community
Outreach Coordinator
& MYOP Coordinator
(419) 260-0855



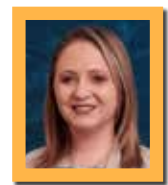
**Bobbi
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**DeAnna
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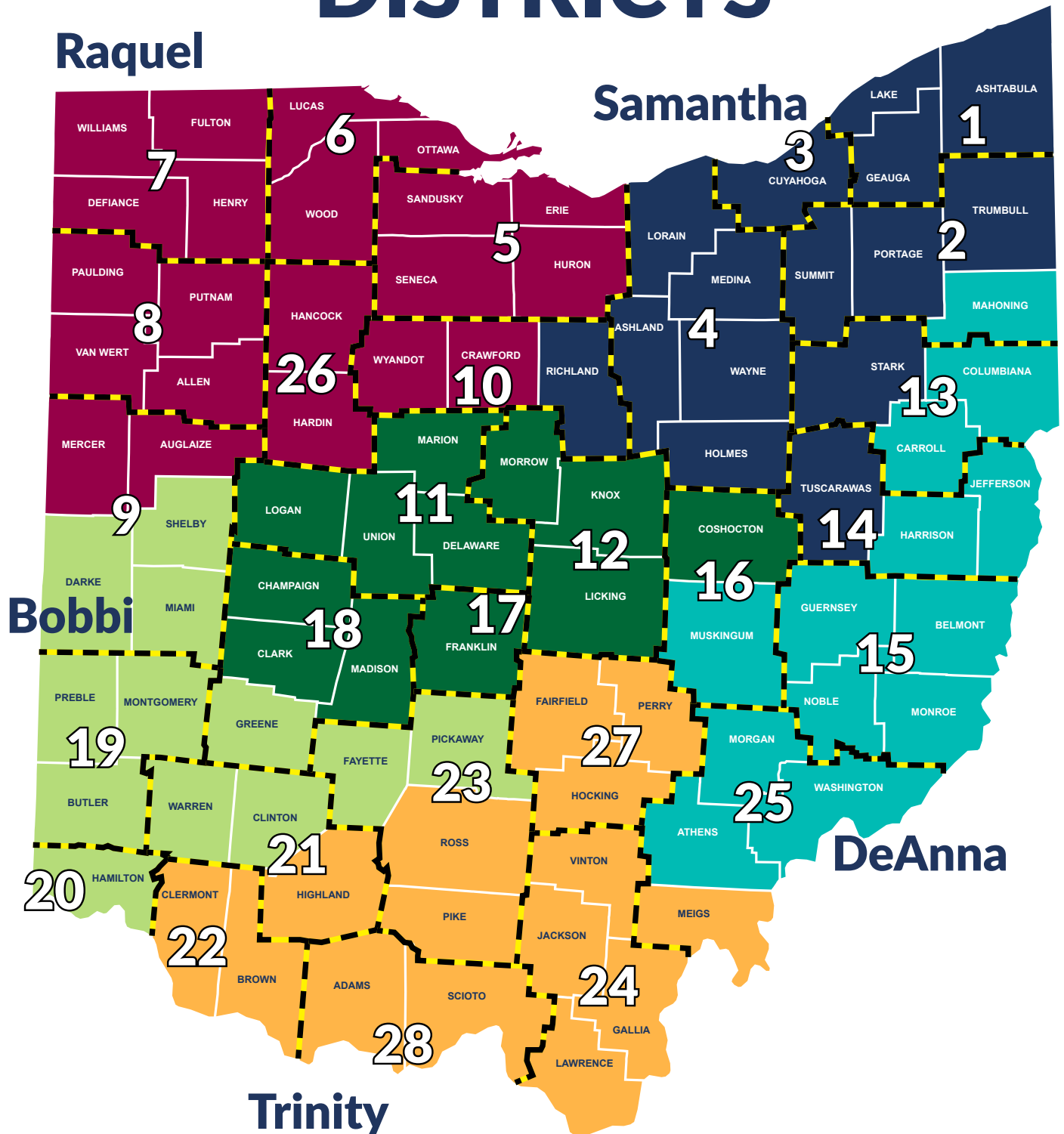
SE Ohio Community
Outreach Coordinator
& MVP Program
Coordinator
(740) 262-1974



**Trinity
Davidson, BSW**

Southern Ohio
Community
Outreach Coordinator
(740) 970-7903

EASTERN STAR DISTRICTS



Announcement: Dan Shirk, former Central Ohio Community Outreach Coordinator, has transitioned into The Ohio Masonic Communities Foundation as the new Volunteer Programs and Special Events Coordinator. Congratulations, Dan, on your new position!

Until a replacement is found, inquiries for Central Ohio can be made to the main number: (877) 881-1623.



THE OHIO MASONIC COMMUNITIES
RESOURCE CENTER

*A subsidiary of
The Ohio Masonic Communities*

2655 W. National Road
Springfield, Ohio 45504
(877) 881-1623
omcresourcecenter.org

*If you wish not to continue to
receive the newsletter you
may opt out at any time by
calling (937) 504-4407.*



How YOU CAN HELP!

Your investment of philanthropic support of The Ohio Masonic Communities Resource Center will provide the essential funding needed to expand our service capacity in reaching persons across Ohio who need to connect with at home resources. The number of clients we serve and requests for referral services are rapidly increasing, with a growing population of homebound older adults facing complex mental, physical, and emotional needs as well as access to fulfillment of basic human needs, particularly in rural geographic locations. The Resource Center, under the auspices of our parent organization, The Ohio Masonic Communities, has proven outcomes in creating significant impact on the lives of those we serve. Funding to sustain this critical mission of outreach is vital to our continued progress of this initiative, and your generosity and consideration is needed and will be deeply appreciated.

**Make your gift online today at omcoh.org/resource-center and click the “Give Now” button.
In the box marked “I want to support” – select OMC Resource Center**

**If you prefer to mail a donation, please make your check payable to OMC Resource Center
and mail to OMC Foundation, 2655 West National Road, Springfield OH 45504**



Like us on Facebook to see more of the support we offer!