



MAHOVA

News

April 2019

The Lighter Side of Life

“Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health.”
~Paul E. McGhee, Ph.D.

April is National Humor Month. The aim of this is to promote the value of humor in enriching the quality of life. We have all heard the saying, “Laughter is the best medicine.” There is strong evidence that laughter can actually improve health and help fight disease. It can alleviate stress, reduce depression, enhance mood and even increase activity of immune cells like T-cells that attack tumors and viruses.

Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

There are also great social benefits to humor and laughter. When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against stress, disagreements, and disappointment.

Here are some simple tips to bring more humor and fun to your day:

Smile, it is the beginning of laughter and fun, and is also contagious with others. Count your blessings. When you hear laughter, move toward it. Others will often want to share the joke or funny anecdote that has them chuckling. Check out a humorous book from the library. Spend time with fun, playful people. Watch a funny TV Show or film. Make time for fun activities. Lastly, learn to laugh at yourself.

“Age is strictly a case of mind over matter.
If you don't mind, it doesn't matter.”
~Jack Benny

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Welcome New Residents

Welcome New Employees

Resident Advisory Council

Paula Swansey
President - D Wing

James Palmer
Vice President- B Wing

Steve Bollinger
Secretary - Village

**Mildred Johnson and James
Palmer-B Wing**

**Paula Swansey and
Leon Headley- C and D Wings**

**Jim Herring- Magnolia Court
Peg Davis- Village**

Health

Here's To Your Good Health!

Volunteering Boosts Health

A study by Cornell University found that volunteering boosts self esteem and energy and gives people a sense of mastery over their lives. "Community commitment," especially formal participation, helps enhance our sense of identity, promotes ongoing networks of social relationships, and fosters expectation of what to do when we wake up in the morning," says Phyllis Moen, a director of the Gerontology Research Institute at Cornell and the study's author. Other studies suggest that volunteering also increases longevity.

Have You Heard?

In olden times, planting a tree was a way to celebrate spring. The tradition took on new meaning in the prairie state of Nebraska at the end of the 19th century when J. Sterling Morton began to plant trees in his almost-treeless state to benefit farmers by providing windbreaks and preventing soil erosion. People would also enjoy the beauty and shade the trees provided. Morton promoted the idea of Arbor Day, and in 1885 his birthday, April 22, was declared a legal holiday in Nebraska and an occasion for planting trees. That year almost one million trees were planted in the state. The idea spread rapidly and has now been adopted by communities across the nation.

The birthstone for April is the diamond and symbolizes balance, clarity, and abundance. The flower for April is the Sweet Pea.

Program Highlights

Resident Council Meeting Monday, April 1 9:30 AM Dining Room	Activities Committee Meeting Thursday, April 18 3:45 PM Library
Advisory Council Meeting Tuesday, April 16 10:00 AM Private Dining Room	Food Committee Meeting Tuesday, April 16 1:00 PM Private Dining Room

Program Highlights

Tuesday, April 2	2:30 PM	TV Room	Walk with a group for National Walk Day.
Thursday, April 4	2:00 PM	Dining Room	100th Birthday Celebration for Thelma Sturgis
Monday, April 8	1:00 PM to 2:30 PM	TV Room	Balance Screening with Genesis Rehab Services
Tuesday, April 9	3:00 PM	REB	Communion
Thursday, April 11	10:00 AM	Gallery	Coffee and Donuts from Country Style Donuts
Friday, April 12	1:30 PM	Library	Creative Writing Group
Friday, April 12	2:30 PM	TV Room	Exercise with Sharon from Ageless Grace
Tuesday, April 16	2:30 PM	TV Room	Card Social
Tuesday, April 16	4:00 PM	Gallery	Laurel Hill Daycare Easter Egg Hunt
Thursday, April 18	2:30 PM	TV Room	Movie and Popcorn
Friday, April 19	5:00 PM	Multipurpose Room	Dinner and a Movie
Tuesday, April 23	2:00 PM	Multipurpose Room	Classic Movie Matinee
Friday, April 26	2:30 PM	TV Room	Sip and Paint wine glasses
Monday, April 29	1:30 PM	Dining Room	Teaching Kitchen with Morrison's Dining Services

Entertainment

Monday, April 1 6:30 PM TV Room	Vocal performance by Billy Mitchell
Friday, April 5 1:30 PM TV Room	Country and Gospel vocal performance by Nikki Headley
Thursday, April 11 2:00 PM TV Room	Performance by the Saints Alive Choir
Saturday, April 13 2:30 PM TV Room	Performance by Good Vibrations
Monday, April 15 2:00 PM TV Room	Theatrical performance by the Richmond Bifocals Group
Friday, April 19 2:00 PM TV Room	Easter Performance by Erin Mowles from Healing Sounds Music Therapy
Saturday, April 20 10:30 AM TV Room	Vocal performance by Amy Ladd
Thursday, April 25 2:30 PM TV Room	Richmond Canine Obedience School Visits
Saturday, April 27 2:30 PM TV Room	Saxophone performance by David Hall
Monday, April 29 7:00 PM Dining Room	Performance by the Henrico Pops Chorus “A Tribute to Singer/Songwriters”
Tuesday, April 30 2:30 PM TV Room	Performance by Bill Bottoms

Movies



Channel 5.1 and TV Room
6:00 PM



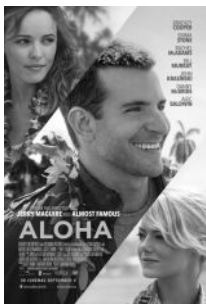
Friday, April 5 **“God Bless the Broken Road”**

A young mother is forced to raise a young child alone after her husband is killed in Afghanistan.



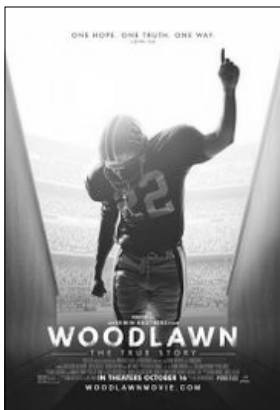
Friday, April 12 **“The Intern”**

A 70 year-old man gets the opportunity to intern for a young woman and her online fashion start up.



Monday, April 22 **“Aloha”**

A military contractor returns to Hawaii and reconnects with a long lost love while also falling for a woman in the Air Force.



Friday, April 26 **“Woodlawn”**

Based on a true story, in 1973 a spiritual awakening changes the heart of nearly every player on the football team. One player, in particular, shows his dedication and love for the sport while dealing with racial discrimination both on and off the field.

Trips and Outings

Shopping Schedule

April 2 Dollar Tree (Tuesday)

April 10 Walmart

April 17 White Oak Village

April 24 Dollar Tree



Monday, April 1 10:45 AM	Lunch at McDonald's
Wednesday, April 3 9:15 AM	Trip to Fredericksburg to Riverside Dinner Theater
Friday, April 5 10:30 AM	Explore the Richmond Science Museum
Monday, April 8 7:00 PM	Evening trip to see the Henrico Concert Band
Tuesday, April 9 1:15 PM	Trip to Regal Cinemas to see "Noah"
Thursday, April 11 6:30 PM	Dorey Park Coffeehouse Bluegrass Jam Session
Monday, April 15 4:45 PM	Dinner at Calabash Seafood Restaurant
Tuesday, April 16 1:30 PM	Trip to your neighborhood bank
Thursday, April 18 11:15 AM	Lunch at Carini's Italian Restaurant
Monday, April 22 11:15 AM	Lunch at the Bell Café Restaurant
Tuesday, April 23 9:30 AM	Shopping at Saxon Shoes

Book Ends

By Richard Neiswander

For as long as I can remember, I have liked reading. It started with Dad reading the funny papers to me. When I got into school I soon learned to read them myself. I then graduated to children's stories and to western novels or scientific novels. On the basis of reading, I appear to still be in my childhood!

WHEN THE WIND BLOWS

by James Patterson

This is the prequel to The LAKE HOUSE I told you about earlier. It is every bit as good as that novel. I learned how Frannie O'Neill became involved with six children with wings. She is a young veterinarian working to learn to live with the murder of her husband. She becomes involved with an undercover FBI agent who is looking into that and other murders. Kit is the name he uses in order to hide from his boss. Frannie detests him at first because he is masquerading as a hunter and Frannie hates them because they injure animals whom she would like to save.

Then Frannie stumbles across Max [Maximum] in the woods. Her reaction is like mine would be if I saw a 12-year-old girl with wings! Together they uncover the cause of the murders which is the production of the children: genetically modified humans.

SLAVES of OBSESSION

by Anne Perry

One reason for selecting this volume is the name of the author. She goes by the same name as my wife, even though she doesn't spell it correctly! Note: My wife was as perfect as any human is permitted to be!

It is 1861 and Investigator William Monk and his bride are at a London dinner party given by Daniel Alberton, an arms dealer. Also there are representatives of both the Union and Confederacy both trying to purchase guns for their respective armies.

The next day Monk is informed that Alberton has been murdered and the rifles stolen. He embarks on an investigation helping the police trying to find the culprit. He joins the police on a chase of a barge down the Thames, and then finds that Alberton's daughter has left home! He takes his wife and follows her to the port of Liverpool and then to New York and to Washington DC. Bringing her home, she along with the Union rep are tried for the murder of her father. However, this as with nearly all novels all ends well. Read it to find out. Of course, things happen much more slowly in 1861.

DADDY'S GIRL

by Lisa Scottoline

I need to write these things up *immediately* upon finishing the book! I didn't do this one and now I am having to review it! Oh well! Even at my age I am 'living and learning'!

The printed synopsis reports this as 'a wild, entertaining ride about love, family and justice'. I must agree as Natalie Greco [called Nat by the author] is a Law Professor who becomes embroiled in a prison riot, a jail break and a couple of murders. The plot is so interwoven that the police are searching for Nat to charge her with murder. Also the conspirators want her dead because she has info about them that no one else possesses. During the chases, you will meet her father and three older brothers, her fiancé and a fellow professor. After spending some time on the run hiding from the police, she finally puts things together and the proper people are arrested and charged.

Hope you enjoy this as much as I did. The author has woven this story extremely well! I will definitely get another of her novels.

In Memoriam

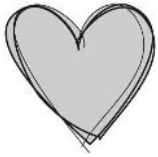
Forever in Our Hearts



Fred Throckmorton



Anniversaries



Theodore and Beatrice Holm April 18, 1953



Notifications

Morrison's Gourmet Dinner

Wednesday, April 24

7:00 PM

Private Dining Room

Sign up sheet will be posted at the Activity sign up table on Wednesday, April 3 and collected on Wednesday, April 17. \$14.99 per resident.

Menu

Grilled Caesar Salad

Shaved parmesan, garlic crostini, roasted tomatoes

Jumbo Lump Crab Cakes

Roasted shallot mashed potatoes, wilted spinach, lemon dill beurre blanc

White Chocolate Bread Pudding

Berry compote with a caramel sauce

Notifications

Weight and Blood Pressure Checks

Please bring your pendants with you.

B– Wing
Monday, April 1
8:00 AM to 1:00 PM
D Wing Recreation Room

C and D – Wing
Wednesday, April 3
8:00 AM to 1:00 PM
D Wing Recreation Room

Blood Drive during the Summer

If you are interested in donating blood, please contact
resident Steve Sanford by April 15.



Guess Who?

Bring your childhood photos over to display in the month of April

Monthly Meeting with Meridian Lodge No. 284

Meridian Lodge No. 284 Monthly Meeting will be held on the
4th Monday in the Multipurpose Room at 12:00 PM.
Meeting is open to ALL Master Masons.

Please come and join us!

Notifications



Thelma Sturgis' 100th Birthday Celebration

Thursday, April 4

2:00 PM

Dining Room

Sip and Paint

Enjoy an afternoon of drinks and painting your own personalized glasses.

Friday, April 26

2:30 PM

TV Room

Morrison's Teaching Kitchen

Monday, April 29

1:30 PM

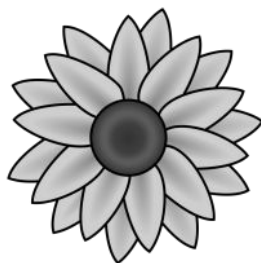
Dining Room

Sign-up required to reserve a seat.

Brain Fitness

**Unscramble these April words.
Answers at the bottom of this page.**

- 1. LUSNWROEF**
- 2. TEEULTC**
- 3. LTROWE**
- 4. PANICSH**
- 5. PRALI**
- 6. NGEADR**
- 7. FRLWOES**
- 8. TEERSA**
- 9. CCLHAOTEO**
- 10. NUYBN**
- 11. TARHE**
- 12. IGPRNS**
- 13. BTAESK**
- 14. DSUYAN**
- 15. ANWOIRB**



- | | |
|--------------|-------------|
| 1. SUNFLOWER | 8. EASTER |
| 2. LETTUCE | 7. FLOWERS |
| 3. TROWEL | 6. GARDEN |
| 4. SPINACH | 5. APRIL |
| 11. EARTH | 15. RAINBOW |
| 10. BUNNY | 14. SUNDAY |
| 9. CHOCOLATE | 13. BASKET |
| | 12. SPRING |

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

4/1	Frances Gillie	4/13	Miriam Bew
4/1	Nancy Martin	4/17	Judy Burton
4/4	John Carpenter	4/18	Lillie Sykes
4/4	Elizabeth Payne	4/24	Mary Colgin
4/4	Thelma Sturgis	4/26	Peggy Roberts
4/7	Frances Bailey	4/27	Craig Sykes
4/8	Clifford Grotz	4/28	Helen Payne
4/8	Thomas Kaufman		

Employee Birthdays

4/5	Tammy Walker
4/8	Wendy Connor
4/8	Vickie Jones
4/14	Theresa Brown
4/14	Yvonne Green
4/18	Angelica Canty
4/18	Gloria Simms
4/22	Jamika Wood
4/26	Anne Hagen
4/29	Rhonda Hiles

Welcome New Employees

Lindsay Blackman	Nursing	PRN
Tonya Willins	Nursing	PRN
LaShownda Allmon	Nursing	PRN
Barbara Johnson	Dining Services	FT
Corey Dalrymple	Nursing	FT
Mary Morgan	Nursing	PRN
Michelle Davis	Nursing	PRN
Todd Scott	Dining Services	PRN
Autumn Hicks	Nursing	FT



Scan this QR image to go to the Masonic Home Website.

Welcome New Residents

Richard Bradley—Widows' Sons' Lodge No. 60

Masonic Home Census -- 204

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