



## HOP into EASTER

- The most expensive chocolate Easter bunny cost **\$49,000**
- More than **700 million Peeps** are eaten each Easter
- In 1953, it took **27 hours** just to make one Peep
- It takes a hen **24-26 hours** to lay **ONE** egg
- 180 million** eggs are dyed each Easter
- The supply chain cycle of the chocolate Easter eggs began about **8 months** ago
- Americans will consume more than **16 million** jelly beans **Three Times** enough to circle the globe three times or fill a plastic Easter egg the size of a nine-story building
- Americans spend **\$1.9 billion** dollars on Easter candy
- 71 million** pounds of chocolate are purchased each Easter
- Approximately **60%** of people eat the bunny's ears first
- Around **90 million** chocolate bunnies are sold for Easter
- About **70%** of the world's cacao is grown in Africa
- Five million** tons of cacao beans were processed in 2021
- Cocoa is transported and shipped via bagged cargo in special ventilated containers

**ARMSTRONG TRANSPORT GROUP**

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### Resident Advisory Council

**Sandra Young**

President

**Ray Taylor**

Vice President

**Peg Davis**

Secretary

**Elizabeth Jones and Ray Taylor**

B Wing

**Richard West and Elmar Louder**

C and D Wings

**Sheri McGavic and**

**Joyce Deputy**

Village

**Wayne Flora**

Magnolia Court

# Healthy Rx

## Here's To Your Good Health!



# April IS NATIONAL STRESS AWARENESS MONTH

## Signs of Stress

Signs of stress include:

- Exhaustion or trouble sleeping
- Headaches, dizziness, or shaking
- Stomach or digestive issues
- Weak immune system
- Depression and/or sadness
- Panic attacks
- Appetite Changes
- Decreased motivation
- Muscle tension



Source: Cleveland Clinic, 2021

## Understanding Stress

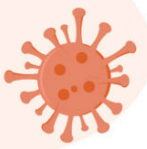
Stress is a normal bodily reaction to changing environments and/or situations, and challenges. Stress can be positive as it allows our bodies to adapt to changes around us. Stress becomes detrimental once our bodies are unable to adjust due to continued stress and insufficient relaxation.



Source: Cleveland Clinic, 2021

## COVID-19 & Stress

- Surveys show a major increase in the number of U.S. adults who report symptoms of stress, anxiety, depression, and insomnia during the pandemic, compared with surveys before the pandemic.
- Almost 8 out of 10 Americans reported that the coronavirus (COVID-19) pandemic has caused them stress. (American Psychological Association, 2020)
- Common pandemic-related stressors included: (Psychiatry.org, 2022):
  - Personal finances — **64%**
  - The uncertainty of 2023 — **55%**
  - Their physical health — **49%**
  - Their mental health — **41%**



Source: Mayo Clinic, 2023

## Coping with Stress

Learning healthy coping skills and strategies helps you build resilience. Prioritize yourself every day.

- Take care of your body. Eat healthy. Get enough sleep.
- Take breaks to unwind. Practice yoga, meditation, gardening, and other hobbies.
- Continue with regular appointments and checkups with your primary care provider.
- Connecting with peers, community-based organizations, and faith-based organizations can provide support.

More methods for relieving stress:

- Journaling
- Physical activity
- Meditation
- Counseling
- Creative outlets
- Deep breathing
- Positive self-talk



Source: CDC, 2023

## Stress Statistics



About **33%** of people report feeling extreme stress

- **77%** of people experience stress that affects their physical health
- **73%** of people say stress impacts their mental health
- **48%** of people have trouble sleeping
- **80%** of U.S. workers experience stress on the job

Source: American Institute of Stress, 2022

## Stress and Co-Occurring Health Conditions

Long-term stress is often a contributing factor in many of the leading causes of death in the U.S.:

- Heart disease
- High blood pressure
- Depression
- Anxiety
- Cancer
- Suicide
- Substance use
- Type 2 diabetes - high cortisol releases can increase blood glucose (sugar) production.

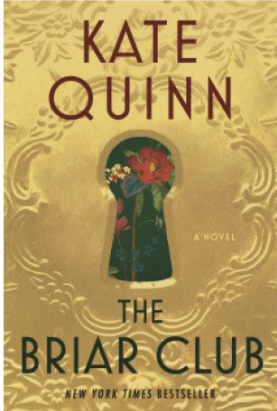
Source: Recovery Village, 2022



If you or someone you know is experiencing a mental health emergency, please call 988.

# Upcoming MAHOVA Book Club Titles

## Masonic Book Club April 2026 - June 2026 Titles

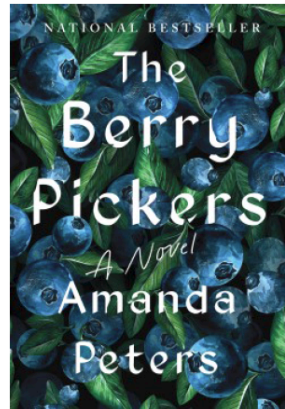


### The Briar Club

by Kate Quinn

In 1950 Washington, DC, at an all-female boardinghouse called Briarwood, mysterious widow Grace March moves into the attic room, drawing her oddball collection of neighbors into unlikely friendship, but when a shocking act of violence tears the house apart, the women must expose the true enemy in their midst.

Meets on Monday, April 13th @ 3:00 pm in  
Kent Conference Room

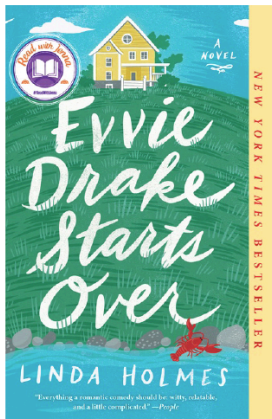


### The Berry Pickers

by Amanda Peters

Growing up as the only child of affluent and overprotective parents, Norma, troubled by recurring dreams and visions that seem more like memories than imagination, searches for the truth, leading her to the blueberry fields of Maine, where a family secret is finally revealed.

Meets on Monday, May 11th @ 3:00 pm in  
A-Wing Conference Room



### Evvie Drake Starts Over

by Linda Holmes

Recently widowed Evvie Drake grieves in her large, empty house in a small Maine town. Former major league pitcher Dean Tenney has lost his game and needs to hide from the press. When Dean moves into an apartment at the back of Evvie's house, they promise to keep quiet about their

respective troubles, but their unexpected friendship blossoms into a deeper connection.

Meets on Monday, June 8th @ 3:00 pm in A-Wing  
Conference Room



**The Super Mario Galaxy Movie** (April 1): Mario and Luigi blast into space when a cosmic threat endangers the Mushroom Kingdom. Teaming up with new characters like Rosalina and Yoshi, they race across galaxies to stop Bowser Jr.

**A Great Awakening** (April 3): With the colonies on the brink of collapse, the Reverend George Whitefield sparks the first Great Awakening, uniting an entire generation with his thundering proclamation of liberty in Christ.

**Fantasy Life** (April 3): A man struggling in his daily life escapes into an elaborate fantasy world to avoid real-life problems. Yet soon, his fantasies begin to spill out into reality to comedic effect.

**You, Me & Tuscany** (April 10): Love blossoms between two strangers (played by Halle Bailey and Regé-Jean Page) during a picturesque trip through Tuscany.

**Lee Cronin's The Mummy** (April 17): After going missing in a desert, a young girl is returned to her family, only for them to realize she brought something sinister back with her.

**4 Kids Walk Into a Bank** (April 17): Tasked with taking care of her grandfather (Liam Neeson), a young teen drags him and her friends into a heist after learning of his criminal past.

**Michael** (April 24): A musical biopic that traces Michael Jackson's rise from child star to global icon, touching on both triumphs and controversies; also coming to IMAX.

**Fuze** (April 24): The discovery of a WWII bomb causes a mass evacuation of London, leading to a desperate race against time.

## Anniversaries

April 9, 1994 Ralph and Cathy George  
April 18, 1953 Ted and Bea Holm



## In Memoriam

Joan Setliff  
Arlie Wynne



## New Residents

**John Lundin**  
Manchester Lodge No. 14



## “Advice for New Residents”

Do not bring a clock to MAHOVA,  
Time is of no great concern.  
When is breakfast, lunch, and dinner,  
Is all you need to learn.

Ernest Irby



## Have You Heard?

Touchtown Community App is now **Uniguest Community App**. If you haven't downloaded the app to your smartphone or tablet and need help doing so, please let Susan Berryhill know. You'll be able to browse upcoming activities and dining menus, receive messages, tap to call or text phone numbers and much more.

## Volunteers

If anyone is interested in volunteer opportunities around MAHOVA please contact Susan Berryhill at [sberryhill@mahova.com](mailto:sberryhill@mahova.com) or 804-226-6688. Opportunities include, but are not limited to, Activities, Chapel, Boutique, 1:1 Visits.

## Sewing and Mending Services Now Available

We are pleased to offer a convenient sewing and mending service for small projects such as sewing on buttons, repairing minor tears, hemming pants, or making simple clothing adjustments.

For a small fee, residents can have everyday items repaired and refreshed without needing to leave the community. Whether it's a favorite sweater, slacks, or additional items in need of a quick fix, our sewing and mending service is here to help. Contact Cathy Hinkle at 703-606-5367.





## Welcome Buddy Initiative for MAHOVA

A Welcome Buddy System is a simple yet powerful way to help new residents feel comfortable, connected, and confident as they transition into life in our community. Moving into a new environment can bring a mix of emotions—excitement, uncertainty, and even loneliness. Pairing each new resident with a friendly, experienced resident volunteer helps ease this transition through personal connection and guidance.

A welcome buddy serves as a peer ambassador who introduces the newcomer to community routines, amenities, social opportunities, and fellow residents. Unlike formal orientations, buddy interactions feel natural and conversational, allowing new residents to ask questions they might hesitate to raise with staff. This relationship can greatly reduce anxiety, increase participation in activities, and foster a stronger sense of belonging from the very beginning.

The program also benefits existing residents who volunteer as buddies. Serving in this role provides purpose, strengthens social engagement, and encourages leadership within the community. Many buddies find fulfillment in sharing their knowledge and helping others adjust, which enhances overall resident morale and community culture.

A successful Welcome Buddy System includes thoughtful matching based on personality, interests, background, or lifestyle preferences. Staff oversight ensures consistency, while flexibility allows each buddy pair to develop a relationship at their own pace. **Structured check-ins during the first few weeks help confirm that the new resident(s) feel comfortable and supported.**

Ultimately, a Welcome Buddy System builds a culture of hospitality, connection, and neighborly care. It transforms the move-in experience from a stressful transition into a warm welcome, setting the tone for a positive and engaged community life.

If you are interested in joining the Welcome Buddy Initiative, please contact Susan Berryhill at 804-226-6688 or [sberryhill@mahova.com](mailto:sberryhill@mahova.com)



# Cranium Corner



Y A D S L O O F L I R P A S F  
L C O M I C A L E J R P Z L U  
K I K C I R T F U A I N O O N  
U R R W Y X U L N I J R B O N  
E W U P L Y C K Q O C J Y F Y  
N K S J A R L X D T G O E L W  
T T O S D F I Y S O J O X I X  
C J M J I O O U F Z K C N R K  
E G P Q L F O T P T C N Y P C  
E E O P O I O T S T L Z L A D  
L Z X T R O W B Z R T G E C N  
C K E A C Y W A X D I E N C W  
O E L E S H W T G N P F I E U  
B I T Y O T A W I O J G U O P  
H H Q R P F H Q I S C L J N E

spring  
snail  
flowers  
rainbow

grass  
rain  
tulips  
umbrella

sunshine  
butterfly  
grow  
sprout

bloom  
seeds  
garden  
bird

Printables4Mom.com

# Cranium Corner



Fool	Amusing	Funny
Joke	Mockery	April
Hoax	Comical	Surprise
Prank	Wacky	Gullible
Gag	Tricks	Humor
Scam	Silly	Spoof

C	H	A	J	X	H	M	A	P	R	I	L	W	W	V	L	Y	Q
S	O	U	X	G	M	W	X	L	P	N	I	E	W	J	Q	Q	S
C	B	M	M	H	S	O	P	Q	A	Q	I	B	V	I	W	L	M
A	N	T	I	O	I	P	C	S	Q	W	P	S	I	L	L	Y	M
M	T	G	N	C	R	I	O	K	W	A	O	T	V	J	X	X	D
U	Y	A	I	I	A	L	I	O	E	F	M	T	F	D	O	L	U
P	P	G	C	K	Q	L	J	V	F	R	W	U	R	U	Q	K	A
R	M	F	O	O	L	C	G	O	P	U	Y	A	S	I	N	T	E
A	L	S	U	R	P	R	I	S	E	L	E	R	C	I	C	N	P
N	J	W	Q	N	Y	E	I	V	B	D	V	J	Z	K	N	K	Y
K	I	H	Y	W	E	G	U	L	L	I	B	L	E	D	Y	G	S
A	C	L	V	V	H	O	P	T	L	V	H	O	A	X	H	O	O



## Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

4/01 Daisy Howard	4/09 Shirley Robinson
4/01 Nancy Lee Martin	4/12 Marcella Campbell
4/02 Walt Davis	4/16 Elizabeth Jones
4/02 Ann Hobson	4/18 Leta Shannon
4/04 John Carpenter	4/20 Kenneth Lorente
	4/24 Tom Montgomery

Scan this QR image to go to the Masonic Home Website



## Employee Birthdays

4/02 De’Nae Threatts  
4/04 Brayden Harris  
4/05 Pattie Epps  
4/05 Katherine Hall  
4/05 Tammy Walker  
4/06 Shenyha Cardwell  
4/08 Wendy Connor  
4/08 Vickie Jones  
4/08 Telicia Lee  
4/08 Destiny Stretcher  
4/09 Juanita Oliver  
4/10 Monica Sankoh  
4/14 Theresa Brown  
4/19 Michael Jones  
4/21 Janel King  
4/23 Sherica Miller  
4/26 Genie Smith  
4/27 Dorothy Connor

Masonic Home Census: 178

**MAHOVA - Your Masonic Community**  
**500 Masonic Lane**  
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**804-222-1694**

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**Tracy Coogle, CPA**  
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**Robert Adkins, LNHA**  
Vice President of Operations  
**Dr. Danny Felty**  
Medical Director  
**Daniel Thomas**  
Director of Nursing  
**Ann Meeks**  
Chief Human Resources Officer  
**Mike Butler, Jr.**  
Director of Facilities  
**Holly Carson**  
Community Sales Director  
**Angela Pisano**  
Director of Communication  
**Allen Watts**  
Director of Development



## New Hires

Michael Butler, Sr., Maintenance Mechanic  
Delores Smith, Food Service Aide

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MAHOVA Copy Editor  
Joyce Deputy