



MAHOVA

August 2022

News

Senior Citizens Day

Did you know that August 21 is Senior Citizens Day? This is a day to honor and show appreciation to our elders. Everyone, at some point, has gone to someone older for advice or learned something from them.

August 19, 1988, President Ronald Reagan declared August 21 as National Senior Citizens Day. Reagan thought it was important to celebrate the achievements of Senior Citizens and thank them for all they do in the community.

It is a day not only to honor the Senior Citizens in our lives, but also to understand the conditions and struggles of older adults, and to support them as they get older.

Senior Citizens are a growing age group in America. The U.S. Census Bureau's national survey showed an increase from 2010 to 2020 in the number of Senior Citizens. In 2019, 16% of the population consisted of adults over the age of 65. The Census Bureau has predicted by 2034 there will be more adults over the age of 65 than children under the age of 18.

Five presidents have been over age 65 when inaugurated. Our current president, Joe Biden, is the oldest president to be inaugurated at 78 years and 61 days. The second oldest president when inaugurated is Donald Trump at 70 years and 220 days old.

Senior Citizens Day is a day to honor and show appreciation for all the older adults in your life. Whether it be a parent, a family member or a friend, this is a day to show all Senior Citizens how much you love them, support their needs, look to them for advice and cherish their wisdom.

In This Issue:

Health Rx

Book Ends

Notifications

In Memoriam

Brain Teasers

Birthdays

Resident Advisory Council

Peg Davis
President

Ray Taylor
Vice President
Sandra Young
Secretary

Bland Wade and Nancy Lee
Martin-B Wing

Butch Carver and Gerri Mor-
ton- C and D Wings

Steve Bollinger and Peg Davis
- Village

Gordon Sprigg- Magnolia
Court

Health

Here's To Your Good Health!

How to Beat the Heat

- **Hydrate regularly:** Proper hydration can reduce fatigue and improve endurance.
- **Eat Lighter:** Eating food that is full of high-water content, such as fruits and vegetables, can help with hydration and is easier on your digestive system.
- **Turn off the Oven:** Bake less and use the microwave or barbecue more.
- **Change your lightbulbs:** LED bulbs produce around 70% less heat than incandescent bulbs.
- **Unplug your devices:** For example, unplugging your computer when not using so it won't generate heat can reduce your energy bill. Connecting devices to a power strip can make turning them on and off easier.
- **Make a cold compress:** wet a wash cloth and throw it in the freezer or fill a sock with rice, tie off the open end, freeze it for two hours. You can slide the sock in between the sheets in bed. The rice retains cold allowing you to sleep better.
- **Spice it up:** Eating hot stuff can help you stay cool. Chili peppers contain capsaicin, a chemical compound that can make you perspire. Sweating is the body's natural air-conditioning system.
- **Block the sun with curtains and shades:** Up to 20% of heat enters your home through windows.
- **Create a frozen fan:** put a big bowl of ice in front of your fan. The cool air will circulate, lowering the room temperature.

Notifications

Gift and Hygiene Shop Announcement

Hygiene Shop: No scheduled open days during the week. Toiletry items can be purchased through the Hygiene Shop Order Request Form.

Gift Shop: Open by request/appointment only. If you wish to make an appointment to browse in the Gift Shop, contact Betty Klotz at 804-904-9172 or Barbara Borkey at 804-366-4306.

Book Ends

By Georgeen Carden

Dan Brown

Dan Brown is the son of a mathematics teacher /textbook author and a church organist/ music teacher. He grew up on the campus of the prep school where his parents taught and became an English teacher in a prep school as an adult. He was a musician from an early age and sang, played the piano and wrote music. He tried to make a career of it but was not successful. Brown has said that teachers are his heroes.

Brown requires a quiet place to do his writing. He wrote much of *the Da Vinci Code* in his parents' laundry room on his mother's ironing board. Brown gets up at four a.m. to write and writes for seven to eight hours a day. He doesn't believe in writer's block and says that writers just need to make themselves put words on paper. An important part of writing is editing

He chooses locations for his stories in places that fascinate him and goes there to research. It takes him from two to five years to write a book. Science vs religion is a recurring subject. It's working for him. He's sold more than 200 million copies of his books and won prestigious awards.

I listened to *Deception Point* on CDs. It was read by Boyd Gaines who has a nicely modulated voice and reads with great expression even doing a creditable job with women's voices. If you have vision issues, books on CDs can keep you tuned in.

There are two main characters in this book whose stories are separate but connected. First, there is Senator Sexton who intends to run for president against the incumbent, Zack Herney. Sexton is looking for some embarrassing misstep to use to make President Herney look bad.

The second main character is Senator Sexton's daughter, Rachel who works in the White House as an intelligence analyst. Rachel is intercepted on her way to work and asked to go on a fact gathering trip for the president. She ends up on an ice shelf at the north pole where a huge meteor is being extracted from 3 miles deep in the ice. She is joined by scholar, Michael Tolland who becomes her love interest. Events occur during the extraction that lead them to believe the meteor is a hoax. Several people turn up dead and Michael and Rachel decide they need to get away before they end up that way, too.

The president has scheduled a news conference to announce the find and Rachel wants to get back to Washington in time to keep him from announcing something that is a hoax. Enter three men who, working for a government agency, try to kill Rachel and Michael. . . several times . . . by unbelievable means.

The book shifts back and forth between the polar ice cap and Washington, D.C. with every chapter. If you like to read "thrillers" this book will not disappoint.

In Memoriam

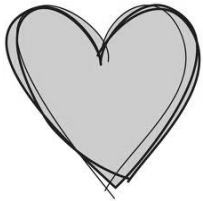


Forever in Our Hearts

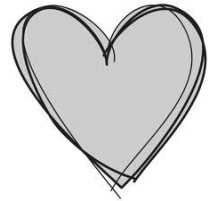
Susan Sprigg



Anniversaries



August 10, 1957 Ed and Fay Bowen
August 15, 1964 Woody and Peg Davis
August 17, 1963 John and Joyce Deputy



Have You Heard?

August has changed its number of days multiple times. In the 10 month Roman calendar, the months all had either 30 or 31 days. Pompilius added January and February to the Calendar, but he also reduced the number of days in August to 29. Julius Caesar introduced the Julian calendar giving August 31 days. In a standard year, no other month begins on the same day of the week as August. In a leap year, August begins on the same day of the week as February.

The birthstone for August is Peridot and symbolizes harmony, good health, restful sleep and peacefulness. The flower is the Gladiolus and the Poppy. The zodiac signs for the month of August are Leo and Virgo.

Menu Highlights for May

Brunch

Sign-up Required. Meal tickets not required for this meal.

Wednesday, August 17
10:30 AM—Wing Residents
11:00 AM— Village Residents
Gallery

Smoked Salmon Quiche
Swiss Cheese, Broccoli, Chives

Fried Green Tomatoes
Pimento Cheese, Tomato Jam

Grilled Canadian Bacon
Roasted Vegetable Hash
Cinnamon Walnut Sticky Buns
Fresh Cut Fruit
Coffee and Juice Bar

Dinner and Movie

Sign-up Required. Meal Tickets are required.

Friday, August 19
4:00 Mingling Hour
5:00 Dinner Starts
6:00 Movie Starts
Dining Room

Shredded Iceberg Salad- Hanover Tomato, Cheddar
Cheese, Cucumbers, Italian Dressing

Fried Catfish
Pulled BBQ Chicken

Baked Beans
Corn on the Cob
Dill Coleslaw
Honey Butter Glazed Cornbread

Cherry Pie
NSA Dessert

Taste of America: Kentucky

No sign-up is required for this themed meal.
Meal Tickets are required.

Wednesday, August 24
4:00—6:00 PM
Dining Room

Bluegrass Burgoo
Slow Simmered Chicken, Pork and Vegetable Stew

Louisville Chili with Cheese

Bourbon Glazed Yams
Corn Pudding
Grilled Zucchini
Wild Turkey Cornbread Muffins
Churchill Cherry Pie

August Movies

Movies start approximately at 6 PM. Channel 5. 1 and TV Room

Monday, August 1- *Dog* Army Ranger Briggs and Lulu buckle up a road trip down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they drive each other crazy, break a handful of laws, narrowly escape death and learn to let down their guards in order to have a fighting chance of finding happiness. **101 Minutes. Released: 2022. Rating: PG-13– Language, thematic elements, drug content and some suggestive material. Staring Channing Tatum**

Friday, August 5– *The Kentuckian* Big Eli Wakefield and his young son, Little Eli, are rugged Kentucky adventurers who long for an exciting life on the Texas frontier. They soon learn, however, that the greatest challenge to their progress lies not in the uncharted wilderness, but in the people they meet along the way. Thrust into the midst of a bitter family feud, Eli confronts both the deadly rage of a madman and the love of a beautiful woman. But when he's lured into a brutal final showdown, Eli discovers that the only way to escape with his life is to stay true to his convictions, his honor and his dream. **104 Minutes. Released: 1955. Not Rated. Staring Burt Lancaster, Dianne Foster, John McIntire, Una Merkel, John Carradine, John Litel and Walter Matthau.**

Monday, August 8- *Barefoot in the Park* Robert Redford is Mister Straight, Jane Fonda is his new wife, who dedicates her life to the pursuit of fun. As the ecstasy of the honeymoon gives way to the reality of setting up housekeeping in a five-flight walk-up, the harmony of marriage turns to comical discord. The mother-in-law complains meekly. The middle-aged Lothario upstairs flirts. Joy turns to anguish. There is little doubt that the young people will kiss and make up by the end of the picture, just as there's little doubt that the mother and the neighbor will find each other. **105 Minutes. Released: 1967. Rating: G. Staring Robert Redford, Jane Fonda, Charles Boyer and Mildred Natwick.**

Friday, August 12– *Something's Gotta Give* Harry Sanborn is a perennial playboy with a libido much younger than his years. During what was to have been a romantic weekend with his latest infatuation, Marin, at her mother's Hamptons beach house, Harry develops chest pains. He winds up being nursed by Marin's reluctant mother Erica Barry, a successful divorced New York playwright. In the process, Harry develops more heart pangs– the romantic kind– for Erica, an age-appropriate woman who he finds beguiling. However, some habits die hard. When Harry hesitates, his charming thirtysomething doctor steps in and starts to pursue Erica. And Harry who has always had the world on a string, finds his life unraveling. **128 Minutes. Released: 2003. Rating: PG-13– Sexual content, brief nudity and strong language. Staring Jack Nicholson, Diane Keaton, Keanu Reeves, Frances McDormand, Amanda Peet and Jon Favreau.**

August Movies

Movies start approximately at 6 PM. Channel 5. 1 and TV Room

Monday, August 15– *Philomena* Philomena Lee, mother to a boy conceived out of wedlock and given up for adoption. Nearly 50 years later, Philomena meets Martin Sixsmith, a former BBC reporter looking for his next big story. Together, they embark on a journey to locate her long lost son. As the pieces of the puzzle come together, the unlikely travel companions form a comic and heartwarming friendship. Based on the 2009 investigative book by Martin Sixsmith ‘The Lost Child of Philomena Lee’ the film adaptation has been hailed as a triumph. **98 Minutes. Released: 2014. Rating: PG-13– Some strong language, thematic elements and sexual references. Staring Judi Dench and Steve Coogan**

Monday, August 22– *50 First Dates* Henry Roth lives an enviable life in a Hawaiian paradise, spending every night with a beautiful tourist in search of an island fling. It’s a sweet life with no strings attached...until he meets Lucy. He and Lucy hit it off from the get-go, but the next day she acts like she doesn’t know him. Has his karma come around to kick him in the butt or what? Actually, Lucy has short-term memory loss, so every night all memory of her day is erased. But a man in love will go to any lengths to win over the girl of his dreams, and if that means having to find imaginative ways of doing it over again every day, then Henry’s up for the challenge. **99 Minutes. Released: 2004. Rating: PG-13 Crude sexual humor and drug references. Staring Adam Sandler, Drew Barrymore, Rob Schneider and Sean Astin**

Friday, August 26– *My Big Fat Greek Wedding* Toula is 30 and unmarried. Which means as a nice Greek girl– she’s a failure. All her cousins did the right thing– married Greek boys and made Greek babies. So everyone worries: what will become of Toula? Then one day she sees the ultimate unattainable guy and realizes the only way her life will get better is if she gets away from her big, fat Greek family. She meets Ian Miller, tall and handsome but not Greek. Their courtship is an Olympian culture clash. **95 Minutes. Released: 2012. Rating: PG Sensuality and language. Nia Vardalos, John Corbett, Lainie Kazan, Michael Constantine, Gia Carides, Louis Mandylor, Andrea Martin and Joey Fatone.**

Monday, August 29– *When Harry Met Sally* In 1977, college graduates Harry Burns and Sally Albright share a contentious flight from Chicago to New York, during which they argue about whether men and women can ever truly be strictly platonic friends. Ten years later, Harry and Sally meet again at a bookstore and in the company of their best friends, attempt to stay friends without physical relations becoming an issue between them. **96 Minutes. Released :1989. Rating: R Strong sexual references. Staring Billy Crystal, Meg Ryan, Carrie Fisher and Bruno Kirby.**

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

8/4	Joan Corcoran
8/4	MaryAnn Flora
8/6	Walter Olphin
8/7	Fay Bowen
8/7	Evelyn Harding
8/9	Jean Knapp
8/10	James Collins
8/10	Dolores Headley
8/14	Dorothy Barrey
8/16	Oza Bell
8/16	Jean Colby
8/17	Wayne Flora
8/17	Frank Perdue
8/19	Steve Bollinger
8/20	Marjorie Winter
8/23	Tom Lewis
8/26	Margaret Barton
8/27	Russell Talley
8/28	Russell Hobson
8/28	Raymond Ridgeway

Employee Birthdays

8/8	Jacqueline Morton
8/12	Claudette Rivers
8/12	Claudette Johnson-Arthur
8/12	John Crigger
8/25	Ivy Hill, Jr.
8/27	Robert Adkins

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



Masonic Home Census -- 162

The MAHOVA News

A monthly publication of the Masonic Home of Virginia
500 Masonic Lane
Henrico, VA 23223
804-222-1694
800-262-4644

The MAHOVA News is published monthly for the residents of the Masonic Home of Virginia. Articles in this publication may not be reproduced without permission.

Anne Hagen, CPA, MBA

Chief Executive Officer and Chief Financial Officer

Robert Adkins, LNHA

Senior Administrator

Kathy Bryant, ALFA

Assisted Living Administrator

Dr. Danny Felty

Medical Director

Terry Hilton

Director of Development

Ann Meeks

Human Resources Director

Mike Butler, Jr.

Director of Facilities

Lucas Tuthill

Director of Dining

MAHOVA Editor
Robyn Massie
804-222-1694
Extension 77268

MAHOVA Copy Editors
J. Deputy