



MAHOVA MONTHLY

NATIONAL SENIOR CITIZENS DAY - AUGUST 21

National Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country's foundation and stable sectors are the result of the hard work of our senior citizens, and they deserve all our gratitude.

President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated. "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land," Reagan proclaimed. "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."

His words have withstood the test of time and are now, over 30 years later, more important than ever as older people are leading more productive lives. Reagan himself set an example for everyone — he was 69 years old when one of the world's most powerful titles of president of the U.S. was given to him on January 20, 1981. Reagan lived till the ripe old age of 93, and not only was he the oldest person to be elected president but he was also the oldest when his term ended at 77 years and 349 days.

According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history.

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Resident Advisory Council

Sandra Young

President

Ray Taylor

Vice President

Peg Davis

Secretary

Elizabeth Jones and Ray Taylor

B Wing

Tom Breeden and Elmar Louder

C and D Wings

Steve Sanford and Joyce Deputy

Village

Wayne Flora

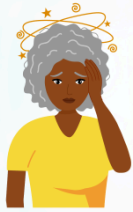
Magnolia Court

Summer Heat Safety

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol

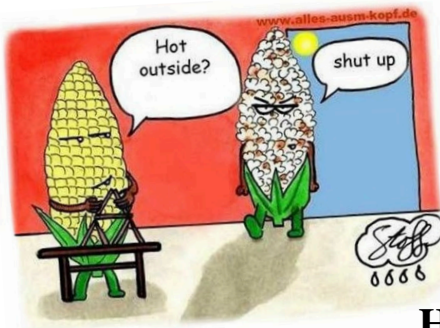


Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.



Hot Weather Safety for Older Adults



Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues.

Why can extreme weather be even more dangerous for older adults than for younger people? Hotter days can cause difficulty in the body's ability to regulate its temperature. This can be challenging for older adults who typically do not adjust as well as others to sudden temperature changes. Additionally, older adults are more likely to have chronic medical conditions that affect the body's response to temperature, and to take prescription medicines that alter the body's ability to control temperature or sweat.

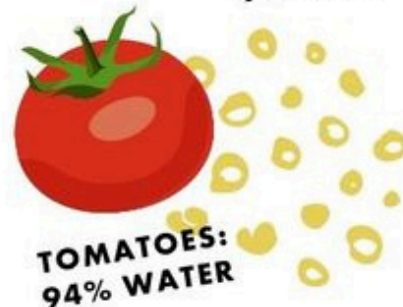
Health Rx

Here's To Your Good Health!



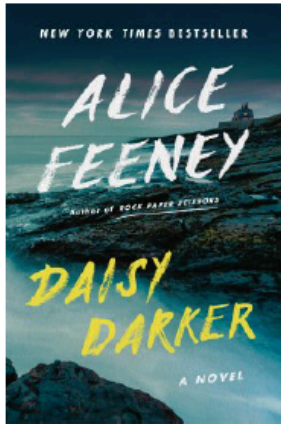
Eat Your H₂O

THE MOST HYDRATING FOODS TO HELP YOU HIT YOUR WATER GOALS FOR THE DAY



Upcoming MAHOVA Book Club Titles

Masonic Book Club August 2025 - September 2025 Title

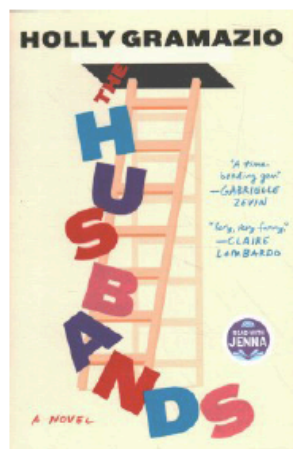


Daisy Darker

by Alice Feeney

A family gathering for their matriarch's 80th birthday in her crumbling, gothic house on a tiny island begin disappearing one by one, in the new novel from the New York Times best-selling author of Rock Paper Scissors.

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



The Husbands

by Holly Gramazio

When she discovers the attic in her London flat is creating an infinite supply of husbands, waking up to a slightly altered life each day, Lauren confronts the question: if swapping lives is as easy as changing a lightbulb, how do you know you've taken the

right path?

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



August's Most Anticipated Books

Disney Adults: A Magical Subculture by AJ Wolfe

Genre: Non-Fiction

Release date: August 5, 2025

Plot: There is a large group of adults who collect merchandise, cosplay in Disney inspired costumes and have a passion for all things Disney. This book looks into the Disney mania and the passion for all things Disney by adults.

A Dog in Georgia by Lauren Grodstein

Genre: Fiction

Release date: August 5, 2025

Plot: Amy Webb is a chef who somehow lost her way when she became a wife and stepmom. She has spent the last few months watching YouTube videos of a dog named Angel walking children to school in Tbilisi. When Angel goes missing, Amy goes to the Republic of Georgia to find the missing dog and perhaps find herself in the process.

The Lost Baker of Vienna by Sharon Kurtzman

Genre: Historical Fiction

Release date: August 19, 2025

Plot: Chana Rosenzweig has survived the Holocaust and is in Vienna with her mother and younger brother. She struggles to support her family by working in a hotel kitchen as a night dishwasher and uses the time to bake. She finds herself in a love triangle and is torn between her love of baking and her family's security.

The Marigold Cottages Murder Collective by Jo Nichols

Genre: Mystery

Release date: August 19, 2025

Plot: Mrs. B is the landlady for the Marigold Cottages which are a collection of bungalows in Santa Barbara. When an ex-con named Anthony moves in and a dead body is discovered, Anthony is arrested. Mrs. B is convinced he is innocent and turns herself in for the crime. Then two other tenants band together to save their beloved landlady.

The Secret Book Society by Madeline Martin

Genre: Historical Fiction

Release date: August 26, 2025

Plot: Eleanor Clarke, Rose Wharton, and Lavinia Cavendish all receive a mysterious invitation to join Lady Duxbury for tea. What they find is a secret book club and a place where they can find friendship and freedom from society's expectations.

Anniversaries

August 15, 1964 Woody and Peg Davis
August 17, 1963 John and Joyce Deputy



New Residents

Elizabeth Duckworth
Varina Lodge No. 272

Daisy Howard
Metropolitan Lodge No. 11



New Hires

Natika Hall, RN Supervisor
Destiny Stretcher, LPN
Leondra Sutton, LPN



In Memoriam

Albert Knapp
Oscar Sherrod





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.

Welcoming Committee

Please contact Susan Berryhill at sberryhill@mahova.com or 804-226-6688 if you are interested in volunteering for the Welcoming Committee.

The purpose of this committee is to provide support to new residents moving into MAHOVA and be the point person to assist new residents with a smooth transition into our community.

Resident Handbooks

2025 Resident Handbooks are available to pick up by contacting Susan Berryhill
email: sberryhill@mahova.com or phone: 804-226-6688

Trip Guidelines

This serves as a reminder regarding all of our trip policies.

There has been an increase in cancellations and no-shows for trips, so we encourage you to reach out to Susan Berryhill at 804-226-6688 as soon as possible if you are unable to make a trip. Everyone must take personal responsibility to show up for all trips that require sign up.

- All trips are advertised on the monthly calendar, touchtown app/tv screen and in the sign up binder. If the trip has a fee please look for the information on the sign up sheet. You will also receive a reminder with the fee, if applicable, deadline to cancel and time/date the trip is and when the vehicle will leave.
- If you cancel after the deadline for a non-medical reason or are a no-show for a trip, you will be charged the trip cost for tickets/reservations.
- We encourage you to cancel at least 48 hours in advance so residents on the waitlist can be called.



Save the Date

Saturday, August 2
4:00 p.m. - 6:00 p.m.
Hot Dog and Hamburger Cookout

Tuesday, August 5
10:30 a.m. Main Home Brunch
11:00 a.m. Village Brunch

Thursday, August 14
2:00 p.m. Speaker: Leslie Cloud, MD, MSc
Professor of Neurology
Director, Parkinson's Foundation Center of Excellence
VCU Parkinson's and Movement Disorders Center

Friday, August 15
10:00 a.m. - 2:00 p.m. Farmer's Market - Babcock Tents



Wednesday, August 20
6:00 p.m. Movie: Footloose + Dinner ordered in from Carini's Restaurant

Thursday, August 21
4:00 p.m. - 6:00 p.m. Passport Dinner: Cruising Round the Country
Next stop - Texas

Please check your calendar and Touchtown App and TV Screen for additional activities throughout the month



One Month of Trying Something New this August

S	M	T	W	T	F	S
27  Ordinary & Happy	28	29	30 	31	1 Cook an easy recipe you've not tried before.	2 Watch a tutorial on a topic you don't know much about.
3 Try a new hobby.	4 Try a fruit you've not tried before.	5 Try a new flavor of coffee or tea.	6 Draw with your non-dominant hand.	7 Listen to music from a genre you don't normally listen to.	8 Try a new restaurant for lunch or dinner.	9 Try cooking with a spice you haven't tried before.
10 Read the news from a source you normally don't use.	11 Watch a TED talk on an interesting topic.	12 Try a new workout class.	13 Watch an episode of a new TV show.	14 Listen to a new podcast.	15 Try a different cuisine (either at home or at a restaurant).	16 Rearrange furniture/ things in your bedroom.
17 Try on a new outfit at the store.	18 Try a snack you've not had before.	19 Try a new hairstyle.	20 Learn to say 'hello' in another language.	21 Take a different route to work or on your daily walk.	22 Try a new smoothie or juice recipe.	23 Cross one thing off your bucket list.
24 Visit a nearby park or lake you haven't been to before.	25 Watch a new movie release.	26 Try a new craft/DIY project.	27 Write a simple four-line poem.	28 Attend a local festival or fair you haven't been to before.	29 Take an online class on a topic you know little about.	30 Try a vegetable you haven't had before.
						31 Write a short story about your summer.

Celebrating 135 Years of Legacy and Love

Share Your MAHOVA Moments

We are celebrating 135 years of stories, connections, and community, and are gathering as many MAHOVA Moments as possible!

Whether you are a resident, family member, or staff, your memories help shape our shared legacy. Have a photo, short story, or meaningful moment to share? We want to include it in our celebration!

How To Share:

- Submit short stories, photos, or videos; forms available in the Activity Gallery or on our website www.mahova.org
- Email them to:
sberryhill@mahova.com
- Drop them off to Susan Berryhill, Life Enrichment Manager

Your moments will be featured in one of the following:

- Our 135th Anniversary Tribute Wall
- Our Newsletter and/or Social Media



Submission deadline August 31, 2025



Animal Word Search



Birds of a Feather

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

Word list:

BLUEBIRD
CHICKADEE
COWBIRD
CROW
DOVE
DUCK
EAGLE
EGRET

FINCH
GOLDFINCH
GOOSE
HAWK
HERON
KESTREL
LOON
MEADOWLARK

NIGHTHAWK
ORIOLE
OWL
PARTRIDGE
PELICAN
RAVEN
ROBIN
SANDPIPER

SPARROW
SWALLOW
SWAN
THRASHER
WARBLER
WOODPECKER
WREN



CAMPING WORD SEARCH

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

KAYAK
 ISLAND
 COMPASS
 ANIMALS
 TRAILER
 MARSHMALLOW
 VACATION

CANOEING
 NATURE
 INSECT REPELLENT
 HAMMOCK
 CABIN
 CAMPFIRE
 SUMMER

SWIMMING
 BATTERIES
 MOSQUITOES
 AIR MATTRESS
 S'MORES
 RESERVATION

HIKING
 FLASHLIGHT
 RACCOON
 SLEEPING BAG
 ROASTING STICKS
 CAMPSITE

MOUNTAINS
 LANTERN
 CHIPMUNK
 TENT
 OUTDOOR COOKING
 MEMORIES

Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

08/01 Ken Schlegel	08/17 Wayne Flora
08/02 John Jamieson	08/17 Frank Perdue
08/02 Sandra Matthews	08/17 Robert Perkins
08/04 Joan Corcoran	08/18 Marjorie O'Hara
08/04 MaryAnn Flora	08/21 Nancy Smith
08/05 Sheri McGavic	08/24 Patricia Doctor
08/06 Julia Lloyd	08/27 Russell Talley
08/07 Fay Bowen	08/28 Russell Hobson
08/09 Jean Knapp	08/28 Raymond Ridgeway
08/10 Jim Collins	08/29 Jerimae Canterbury
08/16 Oza Bell	08/29 Joyce Payne

Scan this QR image to go to the Masonic Home Website



Masonic Home Census: 178

Employee Birthdays

08/02 Randy Smith
 08/05 Percila Criss
 08/11 Alicia Martin
 08/11 Kendra Wilson
 08/12 Claudette Rivers
 08/12 Claudette Johnson-Arthur
 08/12 Brian Crigger
 08/17 Leondra Sutton
 08/19 Natika Hall
 08/23 Mckayla Day
 08/25 Carl Shiles
 08/25 Ivy Hill
 08/27 Robert Adkins
 08/27 Miya Cheatham
 08/28 Mary Crowder
 08/30 Brandie Frazier

MAHOVA - Your Masonic Community
500 Masonic Lane
Henrico, VA 23223
804-222-1694

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Randy P. Smith
 Chief Executive Officer
Tracy Coogle, CPA
 Chief Financial Officer
Robert Adkins, LNHA
 Vice President of Operations
Kathy Bryant, ALFA
 Assisted Living Administrator
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

MAHOVA Editor
 Susan Berryhill
 804-222-1694 Extension 177268

MAHOVA Copy Editor
 Joyce Deputy