

August 2026

MAHOVA MONTHLY

Celebrating National Senior Citizens Day: Honoring the Heart of Our Community

Every year on August 21, we celebrate National Senior Citizens Day, a time to recognize and honor the remarkable individuals who have enriched our lives through their wisdom, compassion, resilience, and service. Here in our community, this day is especially meaningful because it celebrates the very people who make our campus such a vibrant and welcoming place to call home.

Each resident brings a unique story. Together, you represent generations of teachers, veterans, nurses, farmers, engineers, business owners, artists, parents, grandparents, volunteers, and community leaders. Your experiences have helped shape families, neighborhoods, workplaces, and our nation. The lessons you've learned and the stories you share continue to inspire those around you every day.

One of the greatest gifts of living at MAHOVA is the opportunity to build new friendships while sharing a lifetime of memories. Whether you're enjoying a morning exercise class, attending a concert, volunteering, participating in a club, or simply chatting with a neighbor over coffee, you help create a community filled with kindness, laughter, and belonging.

National Senior Citizens Day is also a reminder that life continues to offer opportunities for growth, discovery, and joy. Learning something new, trying a different activity, mentoring others, or reconnecting with a favorite hobby reminds us that every season of life has purpose and meaning. Your enthusiasm and participation enrich not only your own life but also the lives of everyone around you.

Today, we celebrate more than years lived—we celebrate lives well lived. We celebrate your courage through life's challenges, your generosity toward others, your accomplishments, and the countless ways you continue to make a difference each day.

On behalf of our entire community, thank you for the wisdom you share, the friendships you nurture, and the spirit you bring to our campus. We are honored to celebrate this special day with you.

Happy National Senior Citizens Day! May today be filled with laughter, meaningful connections, cherished memories, and the knowledge that you are a valued and treasured part of our community.

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Secretary

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B-Wing

Elmar Louder and Richard West

C-Wing and D-Wing

Joyce Deputy and Sheri McGavic

Village

Wayne Flora

Magnolia Court

Healthy Rx

Here's To Your Good Health!



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

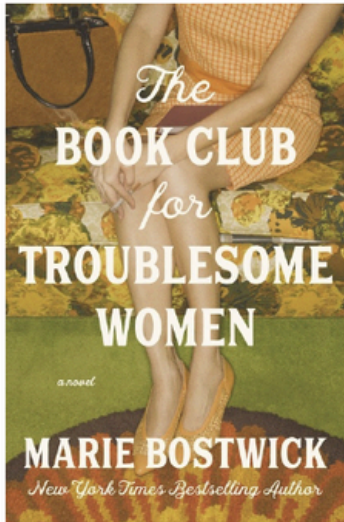


Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues.

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.

Upcoming MAHOVA Book Club Titles

Masonic Book Club August 2026 - September 2026 Titles



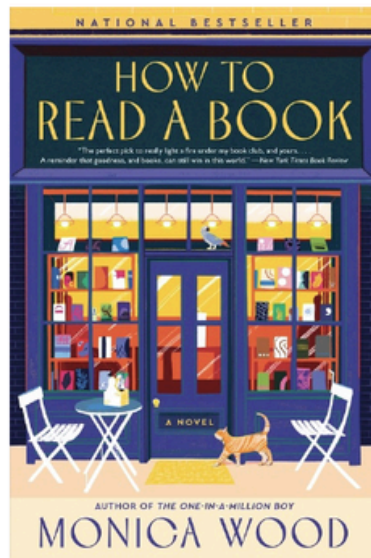
The Book Club for Troublesome Women

by Marie Bostwick

In suburban Virginia of the 1960s, Margaret Ryan forms an impromptu book club with three neighbors, discovering shared dissatisfaction with societal expectations, as the group bonds over personal struggles, feminist ideas and the transformative power of

friendship during a life-changing year.

Meets on Monday, August 10 @ 3:00pm in the Kent Conference Room



How to Read a Book

by Monica Wood

When three people encounter each other one morning in a bookstore, their lives begin to intersect in transformative ways. This is an unsparingly honest and profoundly hopeful story about letting go of guilt, seizing second chances, and the power of books to change our lives.

Meets on Monday, September 14 @ 3:00pm in the Kent Conference Room

Book Ends - Upcoming Releases



August's Most Anticipated Books

Autumn at the Cat Cafe by Kathleen Fuller

Genre: Cozy Romance

Release date: August 1, 2026

Plot: Via Dalton has sworn off men to focus on the two things she loves most: her quirky cat café, Pawsitive Vibes, and the charming town of Pecan Corner, Ohio. But her peaceful world is shaken when Earl Brewster, the owner of the beloved Second Chapter Books next door, passes away. Via is determined to buy the shop and preserve Earl's legacy, but her plans hit a snag in the form of a tall, handsome, and completely unexpected heir.

John Grebble is Gone by Peter James

Genre: Thriller

Release date: August 1, 2026

Plot: John Grebble wakes up to discover he's been declared dead. His bank account is frozen, his car repossessed, and his entire existence erased. Someone wants him gone—permanently.

Within hours, his world unravels. His debit card is declined. His car is towed away. His office locks him out. The police treat him like a criminal. According to every system, every database, every official record—John Grebble is no more.

But John is very much alive. As he tries to uncover who could have pulled off such an elaborate erasure of his identity, he realizes this isn't just a mistake—it's personal. Someone with intimate knowledge of his life has gone to extraordinary lengths to scrub him out completely. And this is just the start...

Breathing Underwater by Jacqueline Friedland

Genre: Fiction

Release date: August 4, 2026

Plot: Berry thought she had it figured out—juggling her vice-principal role while raising her sixteen-year-old autistic son, Brody. But when a promotion opportunity collides with her family's deepest needs, she must confront whether she's been fighting the wrong battles all along.

McKenna is drowning. Between caring for her grandmother with dementia, losing her swimming scholarship, and facing homelessness, the college student's carefully constructed world is crumbling. Her only lifeline? Teaching swim lessons to children with autism—including Brody.

As these two women's paths converge in the most unexpected way, they discover that sometimes the people who need saving the most are the ones who end up saving you.

Are They Dead Yet? by Sam Roberts

Genre: Non-Fiction

Release date: August 11, 2026

Plot: After nearly a decade behind the obituaries desk at the paper of record, Roberts knows obits aren't really about deaths. In fact, they usually only mention dying once. Over the course of the nearly 1,500 obituaries he has written throughout his career, he has instead come to understand that they're about distilling an entire life lived-for someone whose name he may have learned that morning.

In *Are They Dead Yet?*, Roberts explores the major questions that arise from the task of producing a succinct yet record-defining account of a life. Who deserves an obituary, and how do we decide who gets one? How does an obituarist choose what to include-and to omit? What happens when embarrassing information, like a crime, affair, or wonky cause of death, makes itself known? What makes a legacy, a claim to fame? And what happens when that claim to fame, so important in death, isn't what mattered in life at all?

Anniversaries

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



New Hires

Shamier Carrington, Certified Nursing Assistant
Andreau McCrae, Licensed Practical Nurse
Randi Tate, Memory Care Activities Coordinator



New Residents

Nancy Hardee
Varina Lodge No. 272

Jewel Mobley
Edwards Lodge No. 308





Have You Heard?

We are proud to congratulate MAHOVA CEO, Randy Smith on receiving his Proficiency Certificate for his memorization and demonstrated proficiency in the three Blue Lodge Catechisms. This remarkable accomplishment reflects countless hours of study, discipline, and dedication to the Craft. Congratulations on a wonderful achievement!

Volunteers

If anyone is interested in volunteer opportunities around MAHOVA please contact Susan Berryhill at 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 Joan Corcoran at 757-408-4949.



Recycling Bin

Every Bottle, Box, and Can Counts - Recycle Right!

Various items that may be recycled in the recycling dumpster located at the back of the kitchen.

RECYCLE THE RIGHT WAY.



Thank you for doing your part!



Our recycling dumpster helps **reduce waste**, **conserve resources**, and keep our community clean and green.



RECYCLING

THANK YOU!

WHEN IN DOUBT, THROW IT OUT.



YES!

Recycle these items:



PLASTIC BOTTLES & CONTAINERS

Empty, rinse, replace cap



ALUMINUM & STEEL CANS

Empty and rinse



PAPER & CARDBOARD

Flatten boxes, no food or liquid



GLASS BOTTLES & JARS

Empty and rinse, remove lids



KEEP IT CLEAN. KEEP IT GREEN.

Clean, dry, and loose—no bags.



NO!

Do NOT recycle these items:



PLASTIC BAGS

No bags of any kind (return to store)



STYROFOAM™

Includes foam cups, containers, and packing materials



FOOD & LIQUIDS

No food waste or liquids



OTHER ITEMS

No trash, clothing, hazardous waste, or electronics



**EVERY ITEM
COUNTS.
EVERY CHOICE
MATTERS.**



Let's work together
for a cleaner,
healthier community.

Trip Guidelines and Sign Up Binder

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. Individuals must take personal responsibility to show up for all trips that require sign up.

- All trips are advertised on the monthly calendar, Uniguest 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 of the fee, if applicable, deadline to cancel and time/date of the trip, 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.
- Trips are subject to cancellation if a minimum of five (5) people have not signed up.
- The sign-up binder is typically placed on the activity table a week to ten days before the start of the next month. A notification is sent out on Uniguest and is added to the daily schedule on the tv screen. **We ask that you only sign up for you and/or your spouse.**



Spirit Week



SPIRIT WEEK!

★ Come Together. Have Fun. Show Your Spirit! ★

Dress up, join in the fun, and let's make it an amazing week! ♥



AUGUST 17

Sock Hop & 50's Day



AUGUST 18

TROPICAL DAY



AUGUST 19

COMMUNITY SPIRIT DAY



AUGUST 20

RED, WHITE AND BLUE DAY



AUGUST 21

CRAZY HAT & COLOR DAY





Light snacks and/or refreshments
WILL BE PROVIDED EACH DAY!

Let's celebrate, connect, and create great memories together! ♥



Word Search

Name: _____



Wine & Spirits



Word list:

BOURBON	DAIQUIRI	MEZCAL	SCOTCH
BRANDY	GIN	MOJITO	SHERRY
BURGUNDY	LIQUOR	NEAT	TEQUILA
CABERNET	MANHATTAN	PINOT	VERMOUTH
CHAMPAGNE	MARGARITA	RUM	VODKA
CHARDONNAY	MARTINI	SANGRIA	WHISKEY
CIDER	MERLOT	SAUVIGNON	ZINFANDEL



Cranium Corner



Inspiration Word Search

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

LOVE	HARD WORK	RESPECT	ORGANIZATION	FAMILY
COMPASSION	EMPATHY	INSPIRE	ENCOURAGE	CREATIVE
MOTIVATION	SUCCESS	ACHIEVEMENT	PERSEVERANCE	HOPE
ENERGY	CONFIDENCE	IMAGINATION	CHALLENGE	DISCIPLINE
TEAMWORK	STRENGTH	EFFECTIVE	FAIRNESS	PRIDE
ENDURE	DEDICATION	KNOWLEDGE	KINDNESS	MINDSET
POSITIVE	INTEGRITY	COLLABORATION		

Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

08/01 Ken Schlegel	08/16 Oza Bell
08/02 Sandra Matthews	08/17 Wayne Flora
08/04 Joan Corcoran	08/17 Frank Perdue
08/04 MaryAnn Flora	08/17 Robert Perkins
08/05 Jessie Crews	08/18 Marjorie O'Hara
08/05 Sheri McGavic	08/24 Patricia Doctor
08/06 Julia Lloyd	08/27 Russell Talley, Sr.
08/06 Bob Mahone	08/28 Lillie Kieper
08/07 Fay Bowen	08/28 Ray Ridgeway
08/09 Jean Knapp	08/28 Elizabeth Seward
08/10 Jim Collins	08/29 Jerimae Canterbury
08/12 Ron Kieper	

Scan this QR image to go to the Masonic Home Website



Masonic Home Census: 186

Employee Birthdays

08/02 Randy Smith, Administration
 08/05 Percila Criss, Healthcare
 08/08 Jacqueline Morton, Healthcare
 08/11 Alicia Martin, Healthcare
 08/11 Kendra Wilson, Healthcare
 08/12 Brian Crigger, Maintenance
 08/12 Claudette Johnson-Arthur
 08/12 Claudette Rivers, Food Service
 08/14 Andreau Mccrae, Healthcare
 08/23 Mckayla Day, Food Service
 08/25 Ivy Hill, Maintenance
 08/25 Sylvia Howie, Food Service
 08/27 Robert Adkins, Administration
 08/27 Miya Cheatham, Healthcare
 08/28 Mary Crowder, Healthcare
 08/30 Brandie Frazier, Healthcare

MAHOVA - Your Masonic Community
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 Medical Director
Daniel Thomas
 Director of Nursing
Ann Meeks
 Chief Human Resources Officer
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 Director of Facilities
Holly Carson
 Community Sales Director
Angela Pisano
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