

December 2023

**A Christmas Poem  
by Harrison Yocum**

I have a list of folks I know, all written in a book,  
And every year when Christmas comes, I go and take a look.  
And that is when I realize that these names are a part  
Not of the book they are written in, but really of my heart.

For each name stands for someone who has crossed my path sometime,  
And in the meeting they've become the rhythm in each rhyme.  
And while it sounds fantastic for me to make this claim,  
I really feel that I'm composed of each remembered name.

And while you may not be aware of my special kink  
Just meeting you has changed my life a lot more than you think.  
For once I've met somebody, the years cannot erase  
The memory of a pleasant word or a friendly face.

So never think my Christmas cards are just a mere routine  
Of names upon a Christmas list, forgotten in between,  
For when I send a Christmas card that is addressed to you,  
It is because you're on the list that I'm indebted to.

For I am but a total of the many folks I've met,  
And you happen to be one of those I prefer not to forget.  
And whether I've known you for many years or few,  
In some ways you have a part in shaping things I do.

And every year when Christmas comes, I realize anew,  
The best gifts life can offer is meeting folks like you.  
And may the spirit of Christmas that forever endures  
Leave its richest blessings in the heart of you and yours.



## In This Issue:

Health Rx

Notifications

Book Ends

Anniversaries

New Residents

Brain Fitness

Movies

Birthdays

## Resident Advisory Council

**Peg Davis**

President

**Ray Taylor**

Vice President

**Sandra Young**

Secretary

**Nancy Lee Martin and Ray**

**Taylor**- B Wing

**Butch Carver and Jerri Morton**

C and D Wings

**Steve Bollinger and Peg Davis**

Village

**Gordon Sprigg**

Magnolia Court

# CHRISTMAS INFORMATION

## CHRISTMAS Numbers, Figures and Amounts



Americans send

**1.6 BILLION**  
Christmas cards annually

If you laid out the cards in a line, they would stretch for 167,000 miles!

That could circle the Earth more than 6 times!

That's A LOT of Christmas Cards!

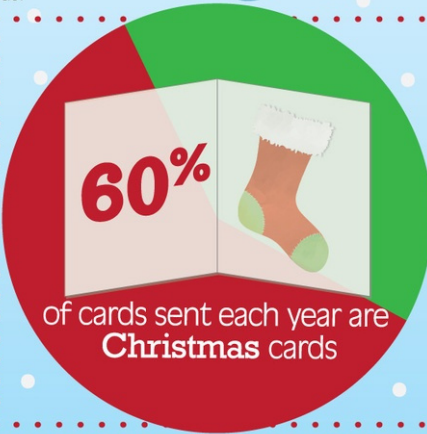


1.2 billion  
**candy canes**  
are sold each year



**60%**

of cards sent each year are  
**Christmas cards**



Santa receives over  
**2 BILLION**  
cards annually.

That's a lot of envelopes to open!



The world's tallest  
**SNOWMAN**  
ever built was over

**113** feet  
tall!

**130 million**  
pounds of eggnog  
are sold each year



<http://www.candycanefacts.com/>  
<http://newsroom.hallmark.com/Product/Christmas-Cards>  
<http://www.mirror.co.uk/news/uk-news/50-things-yule-never-know-653613>  
[http://future.as.wisc.edu/data/annual\\_values/oy\\_area/2148/tab=sales&period=complete](http://future.as.wisc.edu/data/annual_values/oy_area/2148/tab=sales&period=complete)  
<http://rubberstamping.about.com/od/opportunities/a/GreetingCardfactsandfigures.htm>  
<http://www.history.com/interactives/christmas-facts>

CCA and B, LLC ©  
Copyright © 2012, all rights reserved



Be sure to make your Christmas lunch reservations no later than December 15, 2023. Holiday meal ticket cost \$16.00 for adults and \$11.00 for children 12 and under.  
[www.mahova.org/schedule-a-visit](http://www.mahova.org/schedule-a-visit)

### Christmas Menu 2023

Prime Rib au Jus

Fried Shrimp\* (contains gluten and shellfish)

Mashed Potatoes\* (contains dairy)

Roasted Butternut Squash

Corn Pudding\* (contains dairy, egg and gluten)

Collard Greens

Yeast Rolls\* (contains dairy, egg and gluten)

Assorted Cakes\* (contains gluten, egg and dairy)

Sugar Free Dessert\* (contains dairy, egg and gluten)

\* Allergens of gluten and dairy



# 7 Healthy Holiday-Eating Tips

Make your first plate small

Select a 1/2 cup of either:  
- white or sweet potatoes  
- candy yams  
- mac & cheese  
- pasta

Make half your plate green vegetables

Add a meatless option (i.e. beans, lentils, peas, veggie kabobs, tofu or tempeh)

Add a green or fruit salad to your menu

Enjoy a healthy serving of dessert. Don't deprive yourself!



Enjoy sparkling water and a lime twist (It's Calorie-Free)



**Recommended Alcoholic Beverages:**  
- 5 ounces of dry wine  
- 1.5 ounces of liquor  
12 ounces of lite beer



# Book Ends

## *December's Most Anticipated Books*

[The Frozen River](#) by Ariel Lawhon Genre: Historical Fiction Release Date: December 5, 2023

Plot: Maine, 1789: When the Kennebec River freezes, entombing a man in the ice, Martha Ballard is summoned to examine the body and determine cause of death. As a midwife and healer, she is privy to much of what goes on behind closed doors in Hallowell. Her diary is a record of every birth and death, crime and debacle that unfolds in the close-knit community. Months earlier, Martha documented the details of an alleged rape committed by two of the town's most respected gentlemen—one of whom has now been found dead in the ice. But when a local physician undermines her conclusion, declaring the death to be an accident, Martha is forced to investigate the shocking murder on her own.

[The Paris Housekeeper](#) by Renee Ryan Genre: Historical Fiction Release Date: December 26, 2023

Plot: Camille Lacroix is a chambermaid at the famous hotel Ritz in Paris, and, despite German tanks occupying the city, she cannot leave in order to support her family. Vivian Miller appears to be a Nazi sympathizer, but is in fact, using her connections to obtain travel papers for Jewish refugees.

[The Curse of Penryth Hall](#) by Jess Armstrong Genre: Gothic Mystery Release Date: December 5, 2023

Plot: Ruby Vaughn is an American heiress who finds herself entwined in the eerie tale of Penryth Hall. When a box of books leads her back to the Cornish Countryside with a curse-shrouded past, Ruby teams up with Pellar, a curse-breaker and Ruan Kivell to unravel the secrets of the curse and break it before it can claim its next victim.

[The Weekend Retreat](#) by Tara Laskowski Genre: Thriller Release Date: December 26, 2023

Plot: The Van Ness siblings are heirs to a copper fortune and are gathering for a birthday celebration. Three couples, three days, one storm and the results are deadly.

[The Vacation](#) by John Marrs Genre: Thriller Release Date: December 19, 2023

Plot: Venice Beach, Los Angeles. A paradise on earth. Tourists flock to the golden coast and the promise of Hollywood. But for eight strangers at a beach-front hostel, there is far more on their minds than an extended vacation. All of them are running from something. And they all have secrets they'd kill to keep...

[The Second Chance Year](#) by Melissa Weisner Genre: Romance Release Date: December 5, 2023

Plot: After Sadie has lost her job, her payment, and her boyfriend, she jumps at the chance to make a wish with a fortuneteller. She wants to do-over. She wakes up the next morning and the date is January 1st of last year. She has her second chance, but is it everything she thought it would be?

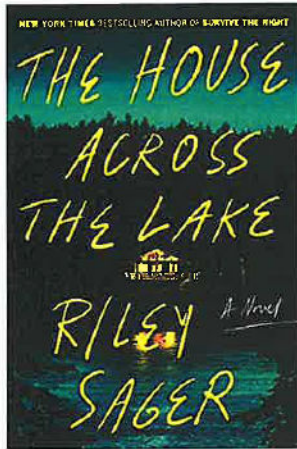
[God Save Benedict Arnold: The True Story of America's Most Hated Man](#) by Jack Kelly

Genre: Nonfiction Release Date: December 5, 2023

Plot: This is the story of Benedict Arnold and his achievements in the years before the Revolutionary War before he became the most notorious traitor The United States of America has ever seen.

## Upcoming Mahova Book Club Titles

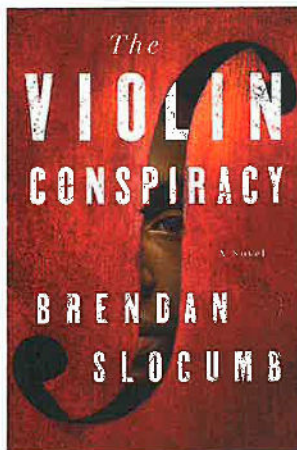
### 2024 Masonic Book Club Titles (January - March)



#### **The House Across the Lake** by Riley Sager

Recently widowed actress Casey Fletcher retreats to her family's lake house in Vermont where she passes the time watching the glamorous couple across the lake until the wife disappears and she discovers that the most shocking of secrets can lurk beneath the most placid of surfaces.

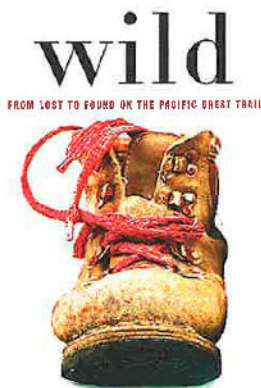
**Meets Monday, January 8 @ 3pm in Masonic library**



#### **The Violin Conspiracy** by Brendan Slocumb

When, right before the cutthroat Tchaikovsky Competition—the Olympics of classical music; his priceless Stradivarius is stolen, with a ransom note for five million dollars in its place, Ray McMillan must piece together the clues to reclaim the violin before it's too late.

**Meets Monday, February 12 @ 3pm in Masonic library**



#### **Wild** by Cheryl Strayed

Traces the personal crisis the author endured after the death of her mother and a painful divorce, which prompted her ambition to undertake a dangerous thousand-mile solo hike that both drove her to rock bottom and helped her to heal.

Cheryl Strayed

**Meets Monday, March 11 @ 3pm in Masonic library**



## Anniversaries



December 1, 1962 Wayne and Mary Ann Flora  
December 21, 2005 Bill and Dolores Reinhold  
December 21, 1984 Gardner and Gypsy Rollings  
December 22, 1956 Bob and Jane Harrison  
December 22, 1956 Chester and Marian Wright

## New Residents



Ken and Carol Schlegel Meridian Lodge No. 284

## Notifications



### Christmas Wish

Is there something you have been wanting but can't seem to make it happen for whatever reason? Perhaps it is a letter you would like to send to a friend or loved one, but could use help writing it. Is there someone you'd like to speak to by phone, but haven't been able to find the number or connect for some reason? Do you need a pair of socks, a sweater, undergarments or pajamas that Mahova can help you purchase? While the Home can't manage every wish, we will do our best. Please feel free to share your wish by completing a form left by the Christmas Wish box in the Activity Foyer Area. The box will be placed following Resident Council on Monday, December 4 and picked up at 4:00 p.m. on Tuesday, December 12. Please know that someone may be getting back with you to obtain more details to better assist with your special wish so be sure to include your name and contact information.



# CHRISTMAS WORD SEARCH



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

BELLS	RUDOLPH	ELVES	JOY
CANDLES	SANTA	FROSTY	MERRY
CANDY CANE	SEASON	GIFT	MISTLETOE
CARDS	SLEIGH	GIVING	NOEL
CELEBRATE	STOCKING	GREETINGS	NORTH POLE
CHIMNEY	TREE	HOLIDAY	REINDEER
CHRISTMAS	WREATH	JOLLY	

## December Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

### **The Sound of Music - Friday, December 1**

In 1930s Austria, a young woman named Maria is failing miserably in her attempts to become a nun. When Navy Captain Georg Von Trapp writes to the abbey asking for a governess that can handle his seven mischievous children, Maria is given the job. The children are unhappy and resentful of the governesses that he keeps hiring and have managed to run each of them off one by one. When Maria arrives, she is initially met with the same hostility, but her kindness, understanding, and sense of fun soon draws the children to her and brings some much-needed joy into all their lives, including the Captain's. Eventually he and Maria find themselves falling in love, even though he is already engaged to a Baroness named Elsa and Maria is still a postulant. The romance makes them both start questioning the decisions they have made. Their personal conflicts soon become overshadowed, however, by world events. Austria is about to come under Germany's control, and the Captain may soon find himself drafted into the German Navy and forced to fight against his own country. Released: 1965. 2 hours 52 minutes. Rated: G. Starring: Julie Andrews and Christopher Plummer

### **Pearl Harbor - Monday, December 4**

Pearl Harbor is a classic tale of romance set during a war that complicates everything. It all starts when childhood friends Rafe and Danny become Army Air Corps pilots and meet Evelyn, a Navy nurse. Rafe falls head over heels and he and Evelyn and Rafe hook up. Then Rafe volunteers to go fight in Britain, and Evelyn and Danny get transferred to Pearl Harbor. While Rafe is off fighting, suddenly one morning comes the air raid we now know as "Pearl Harbor." Released: 2001. 3 hours 3 minutes. Rated: PG-13. Starring: Ben Affleck and Kate Beckinsale



## December Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

### **Queen Bees - Friday, December 8 (Dessert and a Movie)**

Helen is an independent widow who moves into the Pine Grove Senior Community and discovers it's just like high school: full of cliques and flirtatious suitors. What she initially avoids leads her to exactly what she has been missing: new friendships and a chance at love again with newcomer Dan. Released 2021. 1 hour 40 minutes. Rated PG-13. Starring: Ellen Burstyn, James Caan, Ann-Margret, and Christopher Lloyd

### **The Christmas Box - Monday, December 11**

A ski shop owner reluctantly moves himself, his wife, and their daughter into an estate as live-in help for an elderly widow. While struggling to balance his career and family life, he has recurring dreams about an angel. Released 1995. 1 hour 40 minutes. Rated: G. Starring: Richard Thomas, Maureen O'Hara and Annette O'Toole

### **Elf - Friday, December 15**

Buddy was a baby in an orphanage who stowed away in Santa's sack and ended up at the North Pole. Later, as an adult who happened to be raised by elves, Santa allows him to go to New York City to find his birth father, Walter Hobbs. Walter is on Santa's naughty list for being a heartless jerk, and had no idea that Buddy was even born. Buddy, meanwhile, experiences the delights of New York City (and human culture) as only an elf can. When Walter's relationship with him interferes with his job, he is forced to reevaluate his priorities. Released 2003. 1 hour 37 minutes. Rated: PG. Starring: Will Ferrell and James Caan

## December Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

### **Almost Christmas - Monday, December 18**

Walter Meyer is a retired mechanic who lost the love of his life almost a year ago. For the holidays, he invites his now grown children and their families to his house (where they all grew up) for a traditional celebration. Walter soon realizes that if his bickering children and the rest of the family can spend five days together under the same roof, it will truly be a Christmas miracle. Released 2016. 1 hour 51 minutes. Rated PG-13. Starring: Kimberly Elise, Danny Glover, and Gabrielle Union

### **National Lampoon's Christmas Vacation - Friday, December 22**

A ski shop owner reluctantly moves himself, his wife, and their daughter into an estate as live-in help for an elderly widow. While struggling to balance his career and family life, he has recurring dreams about an angel. Released 1989. 1 hour 37 minutes. Rated: PG-13. Starring: Chevy Chase, Randy Quaid, and Beverly D'Angelo

### **"Christmas Collection" - Monday, December 25**

**Beyond Tomorrow** - Love conquers greed in this charming holiday film. When three wealthy, selfish bachelors have a change of heart one Christmas Eve and decide to try their hand at match-making, they soon realize they have their work cut out for them. Released 1940. 1 hour 24 minutes. Not Rated.

**Scrooge** - Scrooge learns the true meaning of Christmas, when three ghosts pay him a visit on Christmas Eve. Scrooge changes his miserly ways forever and wakes up a new man, just in time to celebrate the holidays. Released 1935. 1 hour 27 minutes. Not Rated.

## December Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

### **“Christmas Collection” - Monday, December 25 (continued)**

**A Christmas Without Snow** - Building her hopes and dreams again from scratch, a divorced woman moves to San Francisco for a fresh start with her son. As Christmas approaches, her church choir and its upcoming concert become the center of both frustration and joy. Released 1981. 1 hour 35 minutes. Not Rated.

**Miracle on 34th Street** - A man claiming to be Santa Claus is at first shunned by the community, but eventually, with the help of a little girl, even the most skeptical come to see that miracles really can happen. Believing in magic and learning how to see the world through the eyes of a child again are central in this delightful feature that captures the meaning of the holidays. Released 1957. 46 minutes. Not Rated.

### **White Christmas - Friday, December 29**

Having left the Army following W.W.II, Bob Wallace and Phil Davis team up to become a top song-and-dance act. Davis plays matchmaker and introduces Wallace to a pair of beautiful sisters (Betty and Judy) who also have a song-and-dance act. When Betty and Judy travel to a Vermont lodge to perform a Christmas show, Wallace and Davis follow, only to find their former commander, General Waverly, as the lodge owner. A series of romantic mix-ups ensue as the performers try to help the General. Released 1954. 2 hours. Not Rated. Starring: Bing Crosby, Danny Kaye, Rosemary Clooney, and Vera-Allen



## Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

12/04 Betty Klotz	12/24 Woody Davis
12/06 Helen Wadkins	12/25 Christine Johnson
12/07 Jacquelin Bandy	12/27 Eleanor Shipley
12/08 Hank Lythgoe	12/27 Wayne Shipley
12/16 Maxine Watson	12/28 Beatrice Holm
12/21 Gene Watson	

Scan this QR image to go to the Masonic Home Website



## Employee Birthdays

12/03 Dusuba Fofanah  
12/05 Charles Vaught  
12/07 Bonnie White  
12/09 Lashay Austin  
12/10 Johnetta Bell  
12/12 Shyvonne Bagby  
12/15 Cheryl Smith  
12/17 Guerline Beale  
12/18 Dianne Winston  
12/18 Rashida Traywick  
12/19 Ciera Rawlings  
12/20 Rodnika Lewis  
12/21 Sheba Bowman  
12/25 Marlena Jennings  
12/26 Brian Wisecarver  
12/27 Mark Mumford  
12/27 Janet Jamison  
12/28 Carol Whyte  
12/28 Wanda Woody-Cupitt

Masonic Home Census: 170

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

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

**Anne Hagen, CPA, MBA**  
Chief Executive Officer

**Tracy Coogle, CPA**  
Chief Financial Officer

**Robert Adkins, LNHA**  
Senior Administrator

**Kathy Bryant, ALFA**  
Assisted Living Administrator

**Dr. Danny Felty**  
Medical Director

**Daniel Thomas**  
Director of Nursing

**Terry Hilton**  
Director of Development

**Ann Meeks**  
Human Resources Director

**Mike Butler, Jr.**  
Director of Facilities

## New Hires

Lina Cress, CNA PRN

MAHOVA Editor  
Susan Berryhill  
804-222-1694 Extension 177295

MAHOVA Copy Editor  
Joyce Deputy