



# MAHOVA

## February 2018

# News

## Ansel Adams

Ansel Adams was a famous American photographer and environmentalist. He was born near the Golden Gate Bridge in San Francisco, California, on February 20, 1902. When he was four years old, his nose was broken when he was knocked to the ground by an aftershock of the great earthquake of 1906. His nose was crooked for the rest of his life. One of his earliest memories was seeing smoke from the great fire that followed the earthquake.

Ansel was an only child who performed poorly at school, so his parents had him tutored at home. Although he was hyperactive and possibly dyslexic, he was thought to possess an eidetic memory, which is a form of memory that includes memories of smells, sounds, and other senses. Ansel enjoyed music and taught himself to play the piano when he was twelve. He also enjoyed nature and loved walking in the sand dunes near his home. His father gave him a telescope, and they shared a great interest in astronomy.

When he was fourteen, Ansel read *In The Heart Of The Sierras* by James Mason Hutchings, and he convinced his parents to take a vacation to Yosemite National Park. His parents gave him a Kodak Brownie camera for the trip, and Ansel's interest in photography was born as he tramped through the park's mountains. When he talked about the trip, Ansel said, "The splendor of Yosemite burst upon us and it was glorious...One wonder after another descended upon us...There was light everywhere...A new era began for me." Some of his most famous photographs were of Yosemite. His work helped raise awareness of, and interest in America's national parks. In 1927, Ansel took one of his best-known photos, "Monolith, the Face of Half Dome" at Yosemite.

When he was seventeen, Ansel joined the Sierra Club. The club works to preserve the earth's natural wonders and resources. He spent four summers as the caretaker of the Sierra Club visitor center in Yosemite Valley and was an active member of the club for the rest of his life. Ansel was interested in environmental issues related to national parks, especially Yosemite, and the preservation of wilderness.

Ansel learned basic darkroom techniques working part-time for a photo finisher in San Francisco. In 1927, Albert Bender, a businessman and patron of the arts, helped publish Ansel's first portfolio, *Parmelian Prints of the High Sierras*. Ansel soon got paid for photos, and he began to think about a career as a photographer instead of a pianist. In 1933, he opened his own art and photography gallery in San Francisco. He often worked for eighteen or more hours a day, for days and weeks on end. He learned from, and exhibited with other famous photographers of the time including Alfred Stieglitz, Imogen Cunningham, Paul Strand, and Edward Weston. They developed photography as a form of art. Ansel helped to establish the first department of photography in a museum at the Museum of Modern Art in New York.

Ansel Adams' photographs recorded what many of the national parks were like before tourism. His photograph of the Grand Tetons and the Snake River was one of 115 images chosen to grace the Voyager spacecraft in an effort to share information about life on Earth if there was a possible encounter with an alien civilization. He died on April 22, 1984, in Monterey, California.

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### Resident Advisory Council

**Richard Carden**

President - Village

**Paula Swansey**

Vice President - D Wing

**Steve Bollinger**

Secretary - Village

**Priscilla Sensabaugh and**

**James Palmer-B Wing**

**Paula Swansey and**

**Ann Spain- C and D Wings**

**Art Gregory- Magnolia Court**

# Health

Here's To Your Good Health!

## Healthy Weight Myths

Here are some weight myths– and the actual realities– from the National Center for Nutrition and Dietetics:

**Myth:** You can never be too thin.

**Fact:** Being too thin or too heavy increases your chance of developing health problems. A healthy weight depends as much on not having too much of your weight in fat as where the body fat is located.

**Myth:** A low– calorie diet is the best way to achieve a healthy weight.

**Fact:** Chronic dieting, under-eating or skipping meals can contribute to a sluggish metabolism, which means your body will not burn as much fat, making it harder to lose weight.

**Myth:** The scale is the best way to determine if you're fat.

**Fact:** Your weight does not tell much about your body composition which can be more important than the actual number of pounds. The reading that the scale gives you does not discriminate between fluid or fat weight. Sudden weight changes are usually from fluid shifts in the body; two cups of water weigh one pound.

## Have You Heard?

The tradition of sending kisses by writing X's on a note dates back to the Middle Ages when illiterate peasants would sign documents with an X to emphasize their commitment to what they signed, and a kiss on the mark. In time, the X and the kiss became interrelated, and today even literate people use the X to "X" press affection. The birthstone for February is the Amethyst and symbolizes stability, peace, and sincerity. The flower is the Violet.

## Program Highlights

### Resident Council Meeting

Monday, February 5  
9:30 AM  
Dining Room

### Activities Committee Meeting

Thursday, February 15  
3:45 PM  
Library

### Advisory Council Meeting

Tuesday, February 20  
10:00 AM  
Private Dining Room

### Food Committee Meeting

Tuesday, February 20  
1:00 PM  
Private Dining Room

## Program Highlights

Thursday, February 1	2:30 PM	TV Room	Card Social
Friday, February 2	1:30 PM	TV Room	Find the Groundhog.
Sunday, February 4	6:00 PM	TV Room	Super Bowl Party
Tuesday, February 6	2:30 PM	TV Room	Hot Chocolate Social
Thursday, February 8	10:00 AM	Gallery	Coffee and Donuts from Country Style
Friday, February 9	5:00 PM	Multipurpose Room	Dinner and Movie
Tuesday, February 13	3:00 PM	REB	Communion
Thursday, February 15	7:00 PM	Dining Room	Valentine's Dance
Tuesday, February 20	2:00 PM	TV Room	Presentation on Infection Control by Cindy
Thursday, February 22	2:30 PM	TV Room	Hot Apple Cider
Friday, February 23	3:00 PM	Reading Room	Mardi Gras Happy Hour
Monday, February 26	2:30 PM	TV Room	Travelogue with John Carpenter
Tuesday, February 27	1:30 PM	Dining Room	Cooking Class

## Entertainment

Friday, February 2 2:30 PM TV Room	Vocal performance by Mina and David McAllister
Saturday, February 3 2:30 PM TV Room	History program with Jim Callear
Monday, February 5 7:00 PM Dining Room	Performance by the Million Dollar Band
Friday, February 9 2:30 PM TV Room	Musical Jeopardy with Megan Martin
Saturday, February 10 2:00 PM TV Room	Golden oldies performance by Denim-n-Lace
Monday, February 12 3:00 PM TV Room	Performance by James Curry
Thursday, February 15 7:00 PM Dining Room	Performance by Craig Anders for the Valentine's Dance
Saturday, February 17 2:30 PM TV Room	Guitar and vocal performance by Tommy Custalow
Saturday, February 24 2:30 PM TV Room	Karaoke with Leon and Nancy Lee

## Movies



Channel 2 and TV Room  
6:00 PM



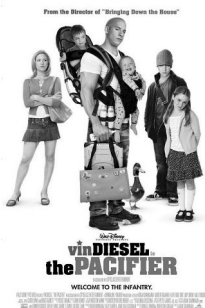
### Friday, February 2 “Before I Fall”

A young girl is trapped reliving the same day over and over and starts to question how perfect her life really is.



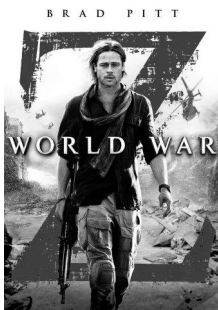
### Monday, February 12 “Forrest Gump”

The story involving trials and tribulations of a man in Alabama with an IQ of 75



### Friday, February 16 “The Pacifier”

A tough Navy S.E.A.L. is on assignment to protect a home with five out-of-control kids.



### Friday, February 23 “World War Z”

A former United Nations investigator is struggling to save both his family and the world from a pandemic that is threatening both the government and the human race.

## Trips and Outings

### Shopping Schedule

February 7    White Oak Village  
 February 14    Walmart  
 February 21    Dollar Store  
 February 28    White Oak Village



Thursday, February 1 11:15 AM	Lunch at Carini's Restaurant
Monday, February 5 11:15 AM	Lunch at Peking Restaurant
Tuesday, February 13 10:30 AM	Trip to your neighborhood bank
Thursday, February 15 11:15 AM	Lunch at John Marshall Hotel
Thursday, February 22 11:15 AM	Lunch at Legend's Brewery
Monday, February 26 4:45 PM	Dinner at Calabash Seafood Restaurant
Tuesday, February 27 11:30 AM	Lunch at McDonald's or Wendy's

**Book Ends**  
**By Richard Neiswander**

**OUTHOUSES**

**Flushing Our America's Hidden Treasures**

Photography by Londie Garcia Padelsky

I received this book in my mail box from Becky. Her note informed me that she wanted it reviewed in Bookends. This gives me an opportunity to do something I have not been able to figure out. I would like to get more of the residents using the library, but how to do it when an individual doesn't like to read? We have a fair number of picture books [also called coffee table books] that they might enjoy leafing through, looking at pictures and doing a minimum of reading. Some of the titles are: "Marilyn Monroe", "Harry Truman in His Own Words", "The Story of Rock & Roll", "Thanksgiving", "Newspaper Comics", "The Best of Life—the magazine".

Now to "Outhouses." People like myself who first learned to use an outhouse may appreciate this book more than those who have always had flush toilets. I was 10 in 1946 when my Dad remodeled our house and added a bathroom. No more wash tub baths and no more Ohio winter trips to the outhouse. I was fairly young when I learned that not all outhouses were the same. There were 1, 2 & 3 holers! Some were painted and well maintained and some were nearly falling down. This book pictures them all! There are all types except the modern porta-potti. I think you will enjoy leafing through the pictures, even if you don't remember them.

**The Templar Legacy**

by Steve Berry

Being a Modern Templar, I picked this book to see what he had to say about our Ancient Brethren. However, Mr. Berry sets this story in modern times. Cotton Malone has retired as an operative of the U.S. Justice Department and is running a book store in Copenhagen. He reconnects with his former boss, Stephanie Nelle and decides to look after her following a series of unfortunate events. He learns that she is trying to purchase one of her ex-husband's highly sought after books. It seems that there are others after the book, some of whom are willing to kill to get it.

The author follows both Cotton and Stephanie and the group trying to get the book. The scene shifts from Copenhagen to the south of France and includes Stephanie's son who has joined the group searching for the book. As with most novels, everything gets straightened out in the end. This includes those on both sides of the action plus a large stash of Templar treasure. The Templars had secured it away when the group went underground during King Phillip's suppression of the Order of the Temple.

## In Memoriam

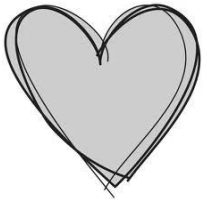
### Forever in Our Hearts



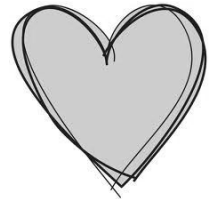
Lucy Lamp  
Martha Sugg



## Anniversaries



February 11, 1961 William and Evelyn Holliday  
February 20, 1971 Pat and Darlene Wilson



## Notifications



### Jewelry Repair with Wayne Jefferson

Monday, February 5  
11:30 AM to 1:00 PM  
Gallery



## Notifications

### **Weight and Blood Pressure Checks**

Please bring your pendants with you.

B– Wing  
Thursday, February 1  
8:00 AM to 1:00 PM  
D Wing Recreation Room

C and D – Wing  
Friday, February 2  
8:00 AM to 1:00 PM  
D Wing Recreation Room

### **Village Model Key**

Should you wish to enter the Village Model home after hours or on the weekend, the key is located at the Care Center Nurses' Station.

### **Wanted**

Front Desk Reception Volunteers  
Please contact Robyn in Activities at extension 77268.

### **Monthly Meeting with Meridian Lodge No. 284**

Meridian Lodge No. 284 Monthly Meeting will be held on the 4th Monday each month in the Multipurpose Room at 12:00 PM.  
Meeting is open to ALL Master Masons.

Please come and join us!

## Notifications



### **Superbowl Party**

Sunday, February 4  
6:00 PM  
TV Room



### **Dinner and a Movie**

Friday, February 9  
5:00 PM  
Multipurpose Room



### **Valentine's Dance with entertainment by Craig Anders**

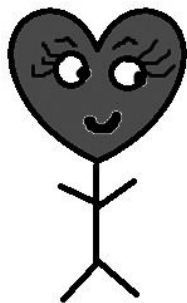
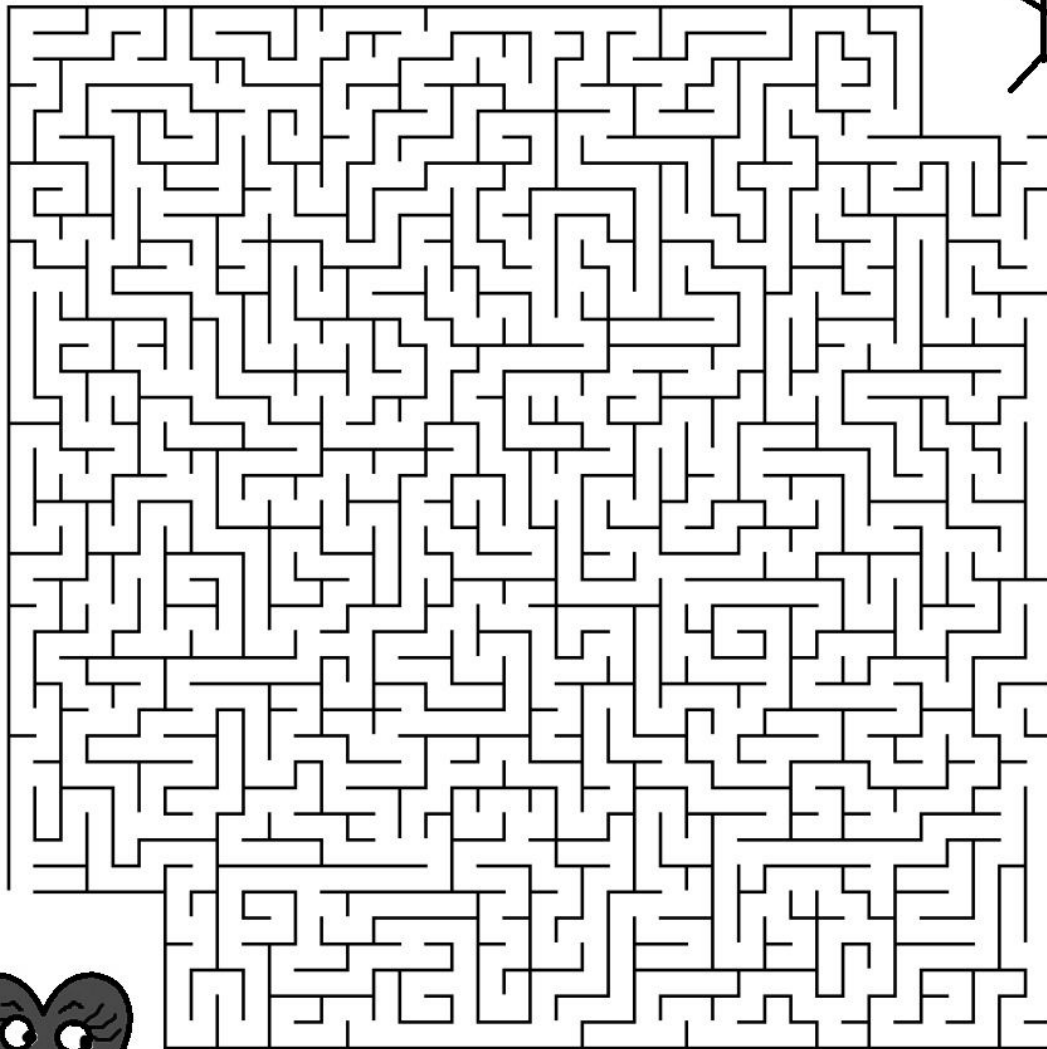
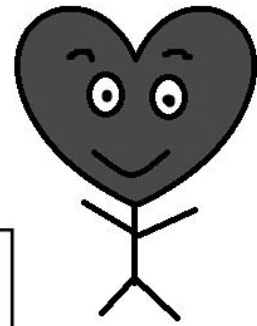
Thursday, February 15  
7:00 PM  
Dining Room



### **Mardi Gras Happy Hour**

Friday, February 23  
3:00 PM  
Reading Room

# Happy Valentine's Day



**Help Mr. Heart get to his sweetheart.**

## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

2/1	Joan Setliff
2/9	Robert Gadoury
2/11	Dorothy Davies
2/13	Fay Gardner
2/14	Jean Johnson
2/14	Gypsy Rollings
2/15	McClellan Burgess
2/19	Betty Burnette
2/23	Richard Neiswander
2/25	Joyce Deputy

## Employee Birthdays

2/1	Richelle Hines	2/12	Delfina Sanches
2/1	Irene Ishmael	2/15	Nyoka Heil
2/2	Latoya Billups	2/18	Vernelle Blue
2/2	Letitia Cline	2/20	April Green
2/2	Natasha Mitchell	2/21	Judith Duff
2/4	Vickie Brown	2/22	Nakeita Jones
2/4	Cheryl McGolden	2/22	Priscilla Ward
2/5	Kathy Cooley	2/25	Angela Pisano
2/9	Sharonda Bullock-Dubose	2/27	Kevin Cupitt
2/9	Sharonda Bullock-Dubose	2/28	Diane Brown
2/10	Michael Butler, Jr.	2/28	Violeta Valdes
2/12	Misterelle Branch		

## Welcome New Employees

Rishawn Copeland	Environmental Services	FT
Ramona Harris	Nursing	PRN
Jamie Stewart	Dining Services	FT
Jane Woodson	Dining Services	PRN
Shykera Lee	Dining Services	PRN



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

## Welcome New Residents

Roy "Hank" Lythgoe  
William and Delores Reinhold

## Masonic Home Census -- 204

### The MAHOVA News

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#### Anne Hagen, CPA

Vice President, Chief Financial Officer

#### Robert Adkins, LNHA

Senior Administrator

#### Kathy Bryant, LALA

Assisted Living Administrator

#### Dr. Danny Felty

Medical Director

#### Eric Flynn

Director of Dining Services

#### Gail Henshaw, CPA

Director of Finance

#### Terry Hilton

Development Officer

#### Regina Pettaway, RN

Director of Nursing

#### Barbara Ramirez

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#### Mike Butler, Jr.

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