



MAHOVA

February 2019

News

Freemasonry's Presidential Lineage

Until 1971, both February 12 and February 22 were observed as federal holidays to honor the birthdays of Abraham Lincoln (February 12) and George Washington (February 22). In 1971 President Richard Nixon proclaimed one single federal holiday, Presidents' Day, honoring all past presidents of the United States of America to be observed on the third Monday of February. This year the date is February 18.

While many Masons know about the Masonic affiliation of Brother George Washington, thirteen other Presidents have also been Masons. These fourteen Masonic Presidents span the history of the United States from George Washington to Gerald Ford. February and Presidents' Day offer the opportunity for Masons to recognize the contributions of these Brothers to their country.

The fourteen Masonic Presidents are George Washington, James Monroe, Andrew Jackson, James K. Polk, James A. Buchanan, Andrew Johnson, James A. Garfield, William McKinley, Theodore Roosevelt, William H. Taft, Warren G. Harding, Franklin D. Roosevelt, Harry S. Truman, and Gerald R. Ford.

As Freemasonry has played a significant role in the history of the United States, it has influenced most or all of our Presidents.

Franklin D. Roosevelt said, "The more I come into contact with the work of the Masonic Fraternity, the more I am impressed by the great charitable work and the great practical good which we are carrying out."

George Washington described Masonry as being "founded in justice and benevolence" and wrote "the grand object of Masonry is to promote the happiness of the human race."

Many presidents have spoken of Freemasonry's good work on behalf of charity and helping others.

As you remember our many great leaders in the month of February, be sure to take a bit of pride in the influence and affiliation Freemasonry has had in the history of our great nation.

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Resident Advisory Council

Paula Swansey

President - D Wing

James Palmer

Vice President- B Wing

Steve Bollinger

Secretary - Village

Mildred Johnson and James

Palmer-B Wing

Paula Swansey and

Leon Headley- C and D Wings

Jim Herring- Magnolia Court

Peg Davis- Village

Health

Here's To Your Good Health!

Take Weight Off Slowly

The most effective weight loss is gradual, say experts - no more than one or two pounds a week. Why? The slow rate allows you to eat enough healthy food for nourishment and satisfaction, says nutritionist Joan Salge Blake. In addition, spreading weight loss over a longer period helps create healthy eating habits that will enable you to keep the weight off over time. When it comes to dieting, slow and steady wins the race.

Have You Heard?

St. Bernards get their name from the Holy Saint Bernard of Montjoux, the patron saint of the Alps, who founded a monastery between Italy and Switzerland. An alpine route, known as the Great St. Bernard's Pass, was particularly treacherous because of the high incidence of snowstorms and avalanches. Monks frequently patrolled the area to rescue stranded travelers. Their dogs, cross-bred from Mastiffs, Great Danes, and Newfoundlands, were helpful because their broad chests cleared snow and their sense of direction was useful in heavy fog and snowstorms. It has been reported that the dogs have rescued 2,000 people over 200 years. There's no solid evidence to show that the dogs carried cognac to revive lost travelers, though historians cite a letter written by a Swiss citizen in 1816, which stated, "often the dogs carry a little barrel around their necks with alcoholic beverages." 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 4 9:30 AM Dining Room	Activities Committee Meeting Thursday, February 21 3:45 PM Library
Advisory Council Meeting Tuesday, February 19 10:00 AM Private Dining Room	Food Committee Meeting Tuesday, February 19 1:00 PM Private Dining Room

Program Highlights

Friday, February 1	2:30 PM	TV Room	Exercise with Sharon
Saturday, February 2	9:45 AM	Gallery	Find the Groundhog to win a gift card.
Sunday, February 3	6:00 PM	TV Room	Super Bowl Party
Thursday, February 7	2:30 PM	TV Room	Popcorn and a Movie
Friday, February 8	2:30 PM	TV Room	Hot Apple Cider Social
Tuesday, February 12	3:00 PM	REB	Communion
Thursday, February 14	10:00 AM	Gallery	Coffee and Donuts from Country Style Donuts
Thursday, February 14	7:00 PM	Dining Room	Valentine's Dance
Friday, February 15	5:00 PM	Multipurpose Room	Dinner and Movie Meal tickets required if not on the meal plan
Tuesday, February 19	2:00 PM	TV Room	Presentation on Infection Control with Cindy Pleasants
Wednesday, February 20	8:00 AM to 4:00 PM	TV Room	MAHOVA Yard Sale. Bidding begins at 10:00 AM.
Wednesday, February 20	7:00 PM	Private Dining Room	Gourmet Dinner with Morrison's Dining Services. By Reservation Only
Friday, February 22	2:00 PM	TV Room	Teaching Kitchen with Morrison's Dining Services
Friday, February 22	3:00 PM	Reading Room	Mardi Gras Happy Hour
Monday, February 25	2:30 PM	TV Room	Card Social
Thursday, February 28	2:00 PM	Multipurpose Room	Classic Movie Matinee

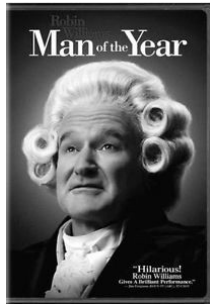
Entertainment

Monday, February 4 2:00 PM TV Room	Theatrical performance by the Bifocals Group
Tuesday, February 5 2:30 PM TV Room	Love Songs performance by Daneyelle from Healing Sounds Music Therapy
Saturday, February 9 2:00 PM TV Room	Vocal performance by Denim-N-Lace
Thursday, February 14 7:00 PM Dining Room	Craig Anders performs on vocals and the keyboard for the Valentine's Dance
Saturday, February 16 1:30 PM TV Room	Country and gospel vocal performance by Nikki Headley
Thursday, February 21 2:30 PM TV Room	Vocal golden oldies performance by Frank and Barbara Smith
Friday, February 22 6:30 PM Reading Room	Karaoke with Nancy Lee Martin
Tuesday, February 26 2:00 PM TV Room	Country and bluegrass performance by Davis and Bradley

Movies

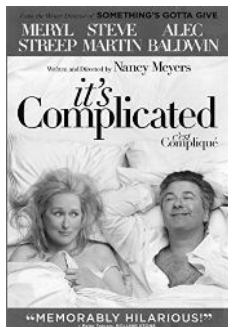


Channel 2 and TV Room
6:00 PM



Friday February 1 "Man of the Year"

A comedian whose claim to fame is telling it like it is, runs for president and wins in this all-star cast where you are sure to get a few laughs.



Monday, February 4 "It's Complicated"

Almost a decade after their divorce, an ex-husband and wife discover that maybe the second time around could be sweeter.



Friday, February 8 "The Lost Valentine"

A young reporter finds love while she helps an elderly woman find her husband who was declared missing in action 65 years ago during WWII.



Monday, February 25 "Batman Begins"

A masked crusader uses his strength, intellect and array of high-tech toys to fight the sinister forces that threaten the city.

Trips and Outings

Shopping Schedule

February 6 Dollar Tree

February 13 Walmart

February 20 White Oak Village

February 26 Dollar Tree (Tuesday)



Friday, February 1 10:30 AM	Trip to the VA Historical Society Museum and lunch
Monday, February 4 11:15 AM	Lunch at Peking Restaurant
Thursday, February 7 9:30 AM	Shopping and lunch at Short Pump Mall
Friday, February 8 10:30 AM	Lunch at Capital Ale House
Monday, February 11 11:15 AM	Lunch at McDonald's
Monday, February 11 4:45 PM	Dinner at Calabash Seafood Restaurant
Friday, February 15 1:00 PM	Shopping at Goodwill
Tuesday, February 19 11:00 AM	Lunch at Captain D's
Thursday, February 21 11:00 AM	Lunch at O'Charlie's Restaurant
Wednesday, February 27 10:15 AM	Riverside Dinner Theater in Fredericksburg, VA
Thursday, February 28 11:15 AM	Lunch at Legends Brewery and Restaurant

Book Ends

By Richard Neiswander

The LAKE HOUSE

by James Patterson

I chose this book because I like Patterson and I wanted to compare it to its movie of the same name. **WRONG!** Only the name is the same. Stories are totally different! While the movie was a love story, this is a scientific thriller.

The main characters in this story are six ‘children.’ The marks are because they have been genetically engineered and each has a pair of wings. Max, the oldest and a girl, has a wing span of nine feet! As usual the courts have fouled up and granted custody to the kids nominal parents. Of course, the kids would rather be with Frannie and Kit, a couple with whom they feel safe, especially at the Lake House. Evil rears itself and the six are in danger from which only five of them will survive.

Patterson has written his usual captivating novel. Reading this I got quite a feeling that this was a second novel. After finishing it and a long search, I found that it is a sequel to his “When the Wind Blows.” I have picked it up and will report on it next month. Even though I have not read it yet, I highly recommend you get it first! I have *never* liked reading a sequel first.

DAUGHTER of DECEIT

by Victoria Holt

Noelle Tremaston is in her late teens and is living with her mother in London about 1890's. The story is quite involved but is easy to follow. Her mother is Daisy Ray, a top singer/actress who performs under the French name ‘Deesiree.’ Noelle meets the love of her life and then things happen. Her mother dies due to a fall; she is told her lover is her half brother. Many other things happen including meeting her real father and finding a ‘profession’ she really enjoys.

With so many things happening to Noelle, it is easy to believe that reading this story would be difficult. I found the opposite, it is easy and very enjoyable.

RESTLESS HEART

by Winonna Judd

This novel covers the life of a small town teen to becoming a Country Music Star. Knowing Winonna who starred with her mother as ‘The Judds’, I must believe that while the story is fiction, it is accurate to the life of a singer trying to break into the business. Of course, part of the reason I enjoyed the story is that I am a fan of Country Music and the Nashville sound.

While in high school, Destiny Heart is entered in a talent contest by a friend as a joke. She performs and wins thus causing her to look into a career in the music business. Her father is less than happy with her and won’t speak to her for several years thus Destiny lives in Nashville on the edge of poverty waiting tables. After about four years, the bar/restaurant, she works needs an entertainer and finds out they should have hired her earlier. She is a hit there which leads to her ‘discovery.’

Of course, this is the start of her rise to stardom. Of course, her singing career and stardom is complicated by her father, her friends in her home town *and* her significant other back home. Hope you enjoy it as much as I did!

In Memoriam

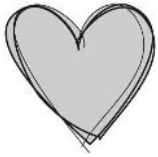
Forever in Our Hearts



Mary Clements
Kenneth Morton



Anniversaries



February 18, 1984 Richard and Helen Wadkins
February 20, 1971 Pat and Darlene Wilson



Notifications

Culinary Corner

Gourmet Dinner by Morrison's Dining
Wednesday, February 20
7:00 PM

Private Dining Room
\$14.99 per person

By Sign-up Only

(Sign-up sheet will be posted on February 4 and removed on February 13)

Menu

Starter: Cupid Salad- Spinach and strawberries with goat cheese, toasted sunflower seeds and red onions with a honey and Dijon vinaigrette

Entrée: Rack of Lamb Provencal- Tender rack of lamb coated with mustard, provincial herbs and breadcrumbs with a blood orange demi, savory cornbread pudding and rainbow baby carrots

Dessert: Crème Brulee Cheesecake- Rich vanilla custard cheesecake with caramelized sugar topping and sweet ginger whipped cream

Notifications

Weight and Blood Pressure Checks

Please bring your pendants with you.

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

C and D – Wing
Monday, February 4
8:00 AM to 1:00 PM
D Wing Recreation Room



Wills for Seniors in March

Free service for Cornerstone Residents
with volunteer attorneys.

You will be able to execute three life-planning
documents: Last Will and Testament, Durable Power
of Attorney and Advance Medical Directive.

Please Contact Susan Berryhill at extension 77295
by February 19 if interested.

Monthly Meeting with Meridian Lodge No. 284

Meridian Lodge No. 284 Monthly Meeting will be held on the
4th Monday in the Multipurpose Room at 12:00 PM.

Meeting is open to ALL Master Masons.

Please come and join us!

Notifications

Super Bowl Party

Sunday, February 3

6:00 PM

TV Room

Football. Pool. Pizza. Drinks.

Valentine's Dance

Entertainment by Craig Anders

Thursday, February 14

7:00 PM

Dining Room

Refreshments Served

Dinner and a Movie

Friday, February 15

5:00 PM

Multipurpose Room

Meal tickets required for any residents not on a meal plan

Morrison's Teaching Kitchen

Friday, February 22

2:00 PM

TV Room

Sign-up required to reserve a seat.

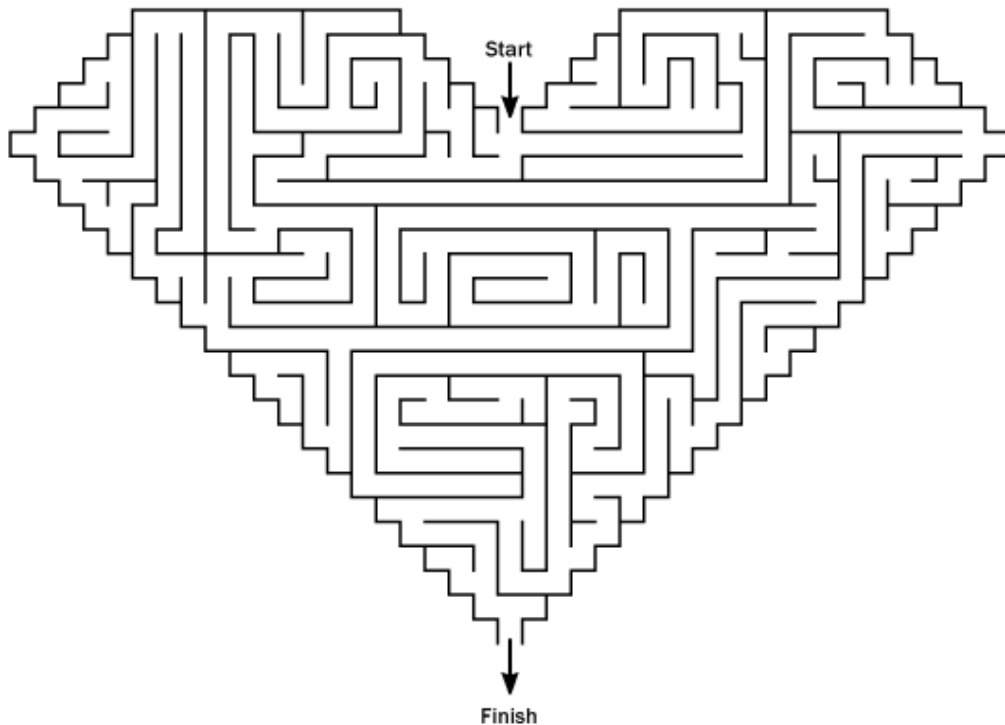
Mardi Gras Happy Hour

Friday, February 22

3:00 PM

Reading Room

FEBRUARY



Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

2/1	Joan Setliff	2/14	Jean Johnson
2/5	Richard Dudley	2/15	McClellan Burgess
2/9	Robert Gadoury	2/19	Betty Burnette
2/11	Dorothy Davies	2/23	Richard Neiswander
2/13	Fay Gardner	2/24	Marshall Messimer
2/14	Gypsy Rollings	2/25	Joyce Deputy

Employee Birthdays

2/1	Richelle Hines
2/1	Irene Ishamel
2/2	Natasha Mitchell
2/5	Kathy Cooley
2/9	Sharonda Bullock-Dubose
2/10	Michael Butler, Jr.
2/12	Delfina Sanchez
2/18	Vernelle Blue
2/20	April Green
2/22	Priscilla Ward
2/25	Angela Pisano
2/27	Kevin Cuppitt
2/28	Diane Brown
2/28	Dawnasia McKnight

Welcome New Employees

Mercedes Buck	Activities (REB)	PRN
Jocelyn Daniels	Nursing	PRN
Tonia Jackson	Nursing	PRN
Lauren Wilkerson	Nursing	PRN



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

Welcome New Residents

Carter and Oza Bell—Arlington Lodge No. 102
Sandra Young—Sandston Lodge No. 216

Masonic Home Census -- 204

The MAHOVA News

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