



# MAHOVA

## February 2020

# News

Enjoy this Valentine's Day Trivia

1. What state produces a majority of America's roses?
2. What is the most popular way to say "Be Mine" - Flowers, Cards, or Candy?
3. What fruit is also known as the "love apple?"
4. What card company is the top seller of Valentine's cards in America?
5. What percentage of flowers bought on Valentine's Day are bought by men?
6. Between girlfriends, wives, mothers, and teachers-who receives the most cards?
7. If a woman sees a robin on Valentine's Day, what kind of a man will she marry?
8. Conversation hearts were first made by what company?
9. What state has a town called Valentine?
10. The name Valentine originated in what cultural language?
11. The giving of Valentines started during which century?
12. In what year did Valentine's Day be declared an official holiday?
13. Which country began the tradition?
14. What does the word Valentine stand for or mean?
15. An ancient Celtic tradition was giving what with carved hearts on them, as a Valentines gift?
16. How much does the average American spend on Valentine's Day?
17. The greeting card association estimates that 85% of all cards are bought by what sex?
18. Including children exchanging cards, how many Valentines are bought each year? 700 million, 800 million, 900 million, 1 billion, or 2 billion?
19. What percent of women send themselves flowers on Valentine's Day?
20. What percent of pet owners give their pets a gift on Valentine's Day?
21. How many different cards does Hallmark make for Valentine's Day? 1000, 1250, 1300, or 1330?
22. About how many roses are sold over a three-day period around Valentine's Day? 1 million, 100 million, or 200 million?
23. Cupid was the son of what Roman God?
24. In what Shakespeare play is St. Valentine's Day mentioned?

Answers on Page 11

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### **Resident Advisory Council**

**Paula Swansey**

President

**Peg Davis**

Vice President

**Steve Bollinger**

Secretary

**Alice Bond and Mildred Johnson**

-B Wing

**Tom Kaufman and Jerrell Morton**

—C and D Wing

**Jim Herring— Magnolia Court**

**Steve Bollinger and 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. Bernards 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

<b>Resident Council Meeting</b> All residents are welcome Monday, February 3 9:30 AM Dining Room	<b>Activities Committee Meeting</b> All residents are welcome Thursday, February 20 3:45 PM Library
<b>Advisory Council Meeting</b> Tuesday, February 18 10:00 AM Private Dining Room	<b>Food Committee Meeting</b> All residents are welcome Tuesday, February 18 1:00 PM Private Dining Room

## Program Highlights

Saturday, February 1	10:00 AM	Gallery	Hunt for the hidden groundhog. If you find him ,then you win a \$10 gift card.
Sunday, February 2	6:00 PM	TV Room	Join us for the annual Superbowl Party.
Tuesday, February 4	1:00– 2:30 PM	D Wing Suites	D Wing Open House
Tuesday, February 4	2:30 PM	TV Room	Piano Dedication
Tuesday, February 11	10:00AM—2:00 PM	Gallery	Jewelry Sale
Thursday, February 13	7:00 PM	Dining Room	Valentine’s Dance
Friday, February 14	1:30 PM	TV Room	Infection Control Presentation with Cindy Pleasants in Nursing
Friday, February 14	2:00 PM	TV Room	Try your luck at pokeno at the Card Social .
Tuesday, February 18	2:30 PM	TV Room	Presentation on Bee-keeping by Wayne
Thursday, February 20	10:00 AM	Gallery	Coffee and Donuts from Country Style Donuts
Thursday, February 20	2:00 PM	Multipurpose Room	Gospel Music documentary “Say Amen, Somebody”
Friday, February 21	3:00 PM	Gallery	Mardi Gras Happy Hour
Monday, February 24	2:30 PM	TV Room	Teaching Kitchen with Morrison’s Dining
Tuesday, February 25	3:00 PM	Library	Book Club with the Henrico Library
Wednesday, February 26	1:30 PM	Care Center Activity Room	Talent Show Rehearsal
Friday, February 28	2:30 PM	TV Room	SPCA Therapy Dogs visit.
Friday, February 28	5:00 PM	Multipurpose Room	Dinner and Movie

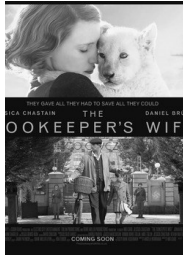
## Entertainment

<p>Tuesday, February 4 2:30 PM TV Room</p>	<p>Piano Dedication with various residents playing the new Baby Grand piano</p>
<p>Thursday, February 6 2:30 PM TV Room</p>	<p>Talented Matthew O'Donnell performs as he sings and plays a variety of instruments.</p>
<p>Saturday, February 8 2:30 PM TV Room</p>	<p>Lucky Bill is back to sing and play golden oldies on the guitar.</p>
<p>Monday, February 10 2:00 PM TV Room</p>	<p>Theatrical Group, The Richmond Bifocals, perform their always-entertaining skits.</p>
<p>Tuesday, February 11 2:30 PM TV Room</p>	<p>Bill Bottoms sings golden oldies.</p>
<p>Thursday, February 13 7:00 PM Dining Room</p>	<p>Dance the night away with Craig Anders as he sings and plays love songs on the keyboard for the Valentine's Dance.</p>
<p>Saturday, February 22 2:30 PM TV Room</p>	<p>Mina and David McAllister both will sing a variety of golden oldies songs.</p>
<p>Thursday, February 27 2:00 PM TV Room</p>	<p>Karen Smith is here to sing beautifully to familiar songs.</p>

## Movies



Channel 5.1  
6:00 PM



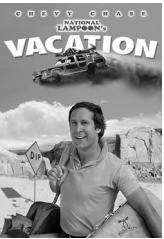
**Monday, February 3**  
**“The Zookeeper’s Wife”**

Historical movie about a zoo and its impact in working with the Resistance to save families



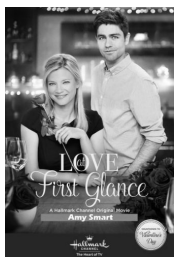
**Friday, February 7**  
**“Maid of Honour”**

Tom loves his life until he has to be the Maid of Honor for his best friend Hannah. He hilariously puts up with the duties of his role while having his own agenda.



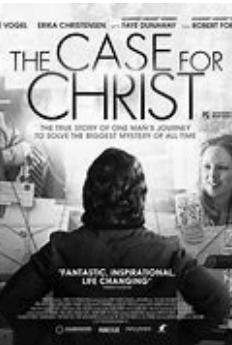
**Monday, February 10**  
**“National Lampoon’s Vacation”**

The Griswold’s are going on vacation and everything is about to go hysterically wrong.



**Friday, February 14**  
**“Love at First Glance”**

A recently- heartbroken woman finds a phone left behind on a train. As she tries to return the phone to its Owner, she embarks on a path towards finding herself.



**Friday, February 21**  
**“A Case for Christ”**

Based on a best-selling book. Lee Strobel, an atheist investigative journalist, researches the truth behind the Christian faith as his wife’s belief in the Lord grows. As their differences in faith begin to cause a rift in their marriage, Lee is confronted with unexpected results that challenge everything he believes to be true.

## Trips and Outings

### Shopping Schedule

February 5 White Oak Village  
 February 12 Walmart  
 February 19 Dollar Tree  
 February 26 White Oak Village



Monday, February 3 11:15 AM	Lunch at McDonald's
Wednesday, February 5 11:15 AM	Trip to Rosie's Gaming Emporium and lunch
Monday, February 10 11:15 AM	Lunch at Peking Chinese Restaurant
Friday, February 14 10:30 AM	VA Museum of Fine Arts and lunch
Tuesday, February 18 1:00 PM	Trip to your neighborhood bank
Monday, February 24 4:45 PM	Dinner at Calabash Seafood Restaurant
Tuesday, February 25 11:15 AM	Lunch at Capital Ale House

## **Book Ends**

### **By Richard Neiswander**

FEBRUARY!?!

If I were still in Geauga county OH, I would be awaiting or enjoying the “February Thaw” when all the snow melts off. Here in VA, I only get to enjoy[?] being one year older.

### **TRIPLE CROSS**

by Mark T. Sullivan

This story really captured my imagination. The main character is Mickey Hennessy, the Vice President of Security and Director of Privacy for the Jefferson Club. It is a club of immensely wealthy multimillionaires and has a hotel/clubhouse and individual cottages. It provides a secluded mountain vacation appropriate to their wealth.

As the story begins, the Club is about to be taken over by an attacking military force. It's Hennessy's job to protect the Club and its members. During the invasion, things became very confusing and Hennessy finds himself with FBI agents outside the Club compound trying to find the reason for the attack. When the attacking group unexpectedly allows the staff and family members to leave the building, Hennessy finds that his triplets have hidden in his apartment and are searching for him!

This took up about 25% of the book and the action is just getting started. As with most works of fiction, things work out well for the hero and his kids. The author sure did hold my attention all the way through! He even came up with a totally unexpected ending! I surely didn't expect that ending and hope it is also a surprise for you!

### **GHOST WALK**

by Heather Graham

The title of this book fascinated me. Even though my assessment of the title was totally wrong, I found it an excellent story and I recommend it - highly. Nikki DuMonde is half-owner and manager of a tour service in New Orleans which specializes in tours of the city's historical cemeteries together with ghost stories. She has a new and well-liked guide in Andy who appears at her bed at 4:00 AM! The next day she learns that Andy was murdered at the time she appeared!

This started incidents which keep occurring where people are seen even after they have been murdered. It was not only Andy, but an undercover FBI agent who was murdered to keep information he had uncovered from being communicated.

Nikki becomes acquainted with Brent Blackhawk, half-Lakota who talks with the dead and is a big help uncovering information that will lead to the killer. Of course, as the info comes to light, Nikki and Brent also become targets. It is interesting the way they receive information from the spirits and how the spirits disappear when no longer needed.

## In Memoriam

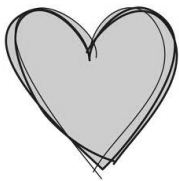
### Forever in Our Hearts



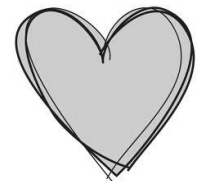
Judith Houchens



## Anniversaries



February 18, 1984 Richard and Helen Wadkins  
February 19, 1974 Carter and Oza Bell



## Notifications

### Save the Date

Add these dates to your 2020 Calendars

Talent Show– Thursday, March 19  
Ambassador’s Conference– Saturday, May 30  
Solstice Dinner– Tuesday, June 9  
Tree Lighting Ceremony– Monday, November 23 (Tentative)  
Candlelight Dinner– Tuesday, December 8



## Notifications



### **Wills for Seniors in April**

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 March 16 if interested.

### **Gourmet Dinner**

Wednesday, February 19

7:00 PM

Private Dining Room

Sign-up sheet will be posted at the Activity sign-up table on Monday, February 3, collected on Wednesday, February 12.

\$14.99 per resident.

### **New Item in the Gift Shop**

Come see the new long sleeve polos for sale in the gift shop. Both men's and women's styles available in multiple colors and sizes.

Hours

Wednesday 1:30-3:30

Saturday 1:30- 3:30

Located on A Wing

## Notifications

### **D Wing Open House and Piano Dedication**

Come and see the newly renovated suites on D wing and then enjoy a piano dedication in which various residents will play the new baby grand piano located in the TV Room. A plaque will be dedicated for various village residents who donated funds to purchase the new piano.

**Tuesday, February 4**

D Wing Open House  
1-2:30 PM  
D Wing Suites

Piano Dedication  
2:30 PM  
TV Room

Refreshments located in the Reading Room

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

Thursday, February 13  
7:00 PM  
Dining Room

### **Special Gospel Music film screening on February 20**

In honor of Black History Month we will be screening "Say Amen, Somebody", an exuberant documentary from 1982 spotlighting the special world of gospel music. Many great hand-clapping songs are featured within the film's joyous 100 minutes. Special emphasis is given the lives and careers of two giants in the business: Singers "Mother" Willie Mae Ford Smith and "Professor" Thomas A. Dorsey. Dorsey wrote the famous hymns "Take My Hand, Precious Lord" and "Peace in the Valley." Other artists are spotlighted at work and at leisure. Just try sitting still in your chair while experiencing "Say Amen, Somebody." Don't miss this moving tribute to the black men and women who first began combining the heart and soul of Negro spirituals with the infectious rhythms of jazz and blues.

"Say Amen, Somebody"  
Thursday, February 20  
2:00 PM  
Multipurpose Room

### Answers to Valentine's Day Trivia (from front page)

1. California
2. Candy
3. Tomato
4. Hallmark
5. 65%
6. Teachers
7. Sailor, Man at Sea
8. Necco
9. Nebraska
10. Latin
11. 17<sup>th</sup>
12. 1537
13. England
14. Valor
15. Wooden Spoons
16. \$75
17. Female
18. 1 Billion
19. 15%
20. 3%
21. 1330
22. 100 Million
23. Venus
24. Hamlet

## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

2/1	Joan Setliff
2/3	Norman Milligan
2/8	Richard Dudley
2/9	Robert Gadoury
2/13	Fay Gardner
2/14	Jean Jonson
2/14	Gypsy Rollings
2/15	McClellan Burgess
2/19	James Butts
2/23	Richard Neiswander
2/24	Marshall Messimer
2/25	Joyce Deputy

## Employee Birthdays

2/1	Irene Ishmael
2/1	Richelle Hines
2/2	Natasha Mitchell
2/5	Kathy Cooley
2/10	Michael Butler, Jr.
2/12	Delfina Sanchez
2/18	Vernelle Blue
2/20	April Green
2/22	Priscilla Ward
2/23	Corey Dalrymple
2/25	Angela Pisano
2/28	Dawnasia McKnight

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



## Welcome New Residents

**Margaret Nevins**  
Northside Lodge No. 292

**Jeffrey and Shirley Smith**  
Nansemond Lodge No. 77

## Masonic Home Census -- 196

### The MAHOVA News

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Senior Administrator

**Kathy Bryant, LALA**

Assisted Living Administrator

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