



# MAHOVA

February 2022

# News

## Valentine Cards and Gifts

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated every year on February 14. Valentine's Day has long been associated with giving cards along with a gift.

In the United States, the first mass-produced valentine with embossed paper lace was produced and sold in 1847, from a book and stationary store in Massachusetts. The store got the idea of mass producing valentines after receiving an English Valentine from a business associate. They imported paper lace and decorations from England for the cards.

In 1868, British Chocolate company Cadbury created fancy boxes of chocolate in the shape of a heart. Boxes of chocolate quickly became associated with the holiday.

According to the US Greeting Card Association, approximately 190 million valentines are sent each year. When you include the exchange of cards between children in school, the figure changes to 1 billion. Teachers typically receive the most valentines.

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# Health

Here's To Your Good Health!

**February is American Heart Month. Below are tips for a healthier heart:**

- Stop smoking.
- Maintain a healthy weight.
- Try low stress activities. Such as knitting, woodworking or cooking.
- Dancing and stretching.
- Eat more fish.
- Laugh more.
- Drink red wine.
- Reduce your salt intake.
- Exercise.
- Visit your doctor regularly so you know your normal blood pressure, blood sugar, cholesterol and triglyceride numbers.
- Eat Dark Chocolate.
- Eat more tree nuts.
- Pet Therapy.
- Take the scenic route home.
- Eat a good breakfast.
- Take the stairs.
- Drink tea.
- Brush your teeth regularly.

## Have You Heard?

Presidents' Day was originally established to celebrate George Washington on his actual birthday. In 1971, the holiday was moved as part of the Uniform Monday Holiday Act to give workers a three-day weekend. Presidents' Day is now popularly viewed as a holiday to celebrate all presidents, both past and present.

The birthstone for February is the Amethyst, and symbolizes wisdom, purification, balance and tranquility. The flower is the Iris and Violet.

## Book Ends

### By Georgeen Carden

Haywood Smith . . . . .

Haywood Smith was born Anne Haywood Pritchett north of Atlanta, Georgia, and grew up to become a New York Times best selling author. She didn't start out as an author, though. She had a successful career as a real estate broker and appraiser.

She actually didn't start writing until after the age of forty. Always an enthusiastic reader, she became increasingly unhappy with the kind of fiction being written and wanted to read books with less violence and anger; books that left one feeling content at the conclusion. So, she decided to write stories that addressed the day-to-day problems of maturing women.

Smith's first published novel was a well-researched story of historical romance. But, this review is about the second novel of her "Red Hat" series *The Red Hat Club Rides Again*. Probably every woman at the Masonic Home has either been a "Red Hatter" or has been invited to join a group of "Red Hatters." For any uninformed guys in the readership, let me explain. "Red Hatters" is a very loosely knit club for women that has no goals, no by-laws and only two requirements of its membership. They go to lunch together once a month and they must wear red hats and purple outfits.

This story is about six friends who were in the Mademoiselle Social Club in high school. They continued to get together in college and on into adulthood. They phoned each other every few weeks, attended each other's weddings and christenings and celebrated Hanukkah with the Jewish member of the group. When they were coming into their forties, they decided to become a "Red Hatters" club.

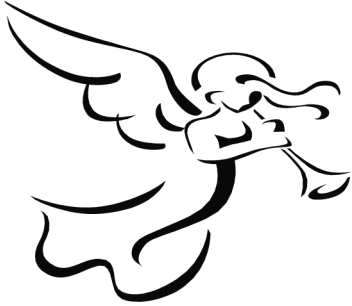
The story is told in the first person by Georgia, who becomes the Queen Bee of the group. The Queen Bee chooses the restaurant and notifies the members. They decide to meet at the same exclusive tearoom every month.

The millionaire in the group, Teeny (Tina) calls them all and tells them to pack for a week and meet her at the airport for a trip to Las Vegas. So, they do. After getting air-borne, Teeny tells them that they are going to kidnap Pru, a member of the group who has fallen off the wagon and is using drugs again. One of the group, Susu (Susan), has not been included because she has gone back to law school and has exams. This eventually comes back to bite them.

They each have special problems that the group tries to solve and they are solved in somewhat curious ways. For me, the book began to be tedious around page 400, but there are some humorous bits. There is no murder and the mayhem is fairly tranquil. Those of you who are "Red Hatters" would surely enjoy this book.

## In Memoriam

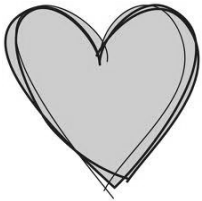
### Forever in Our Hearts



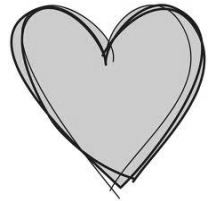
Catherine Busbee  
Elizabeth Payne



## Anniversaries



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



## Welcome New Residents

**Joan Corcoran**  
Naomi Lodge No. 87

**Thomas and Christine Johnson**  
Sandston Lodge No. 216

# Presidential Word Search

Find each word in the puzzle. Look horizontally, vertically, and diagonally for the words and circle them in the puzzle.

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

DEMOCRACY  
WASHINGTON DC  
FLAG  
BILL OF RIGHTS  
PRESIDENT  
NATION  
WASHINGTON  
LINCOLN  
LEADER



COMMANDER IN CHIEF  
CHERRY TREE  
AMERICA  
BIRTHDAY  
WHITE HOUSE  
ELECT  
COUNTRY  
CONSTITUTION  
CELEBRATE  
HISTORY

SCHOLASTIC

Find more printables for children at [scholastic.com/parents/activities-and-printables](https://www.scholastic.com/parents/activities-and-printables)

Name: \_\_\_\_\_

# February Word Search



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

VALENTINE

HEART MONTH

BLACK HISTORY

BIRD FEEDING MONTH

SUPER BOWL

CHINESE NEW YEAR

AMETHYST

AQUARIUS

LEAP YEAR

SWEETHEART

CHOCOLATE

GROUNDHOG DAY

FLOWERS

FOOTBALL

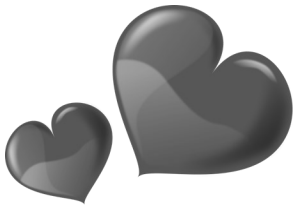
LINCOLN



© Monsterwordsearch.com



# Brain Teaser



## Valentine's Day Word Scramble

LOAHCCETO  
LWRSEFO  
OELV  
YNACD  
URFYREAB  
TVIAELENN  
TSHAER  
DCIPU  
DRFEIN  
ELDUCD  
SISK  
SREOS  
EWESRTSEHA  
GHU  
WROAR  
WLYEYJRE

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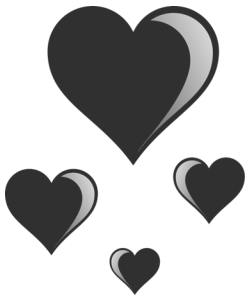
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CHOCOLATE. FLOWERS. LOVE. CANDY. FEBRUARY. VALENTINE. HEARTS.  
CUPID. FRIEND. CUDDLE. KISS. ROSES. SWEETHEARTS. HUG. ARROW. JEWELRY.

ANSWERS

## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

2/1	Joan Setliff
2/8	Richard Dudley
2/12	Ramona Ridgeway
2/13	Fay Gardner
2/14	Gypsy Rollings
2/19	James Butts
2/23	Richard Neiswander
2/24	Marshall Messimer
2/25	Joyce Deputy

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



## Employee Birthdays

2/1	Irene Ishmael
2/2	Natasha Mitchell
2/5	Kathy Cooley
2/5	Sylvia Robertson Baker
2/8	Kim Bradby
2/10	Michael Butler, Jr.
2/14	Aimee Stevens
2/18	Vernelle Blue
2/20	April Green
2/22	Priscilla Ward
2/25	Angela Pisano
2/28	Myra Conway
2/28	Dawnasia McKnight

## Masonic Home Census -- 166

### The MAHOVA News

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#### **Warren Swanson, CPA, MBA**

Chief Financial Officer

#### **Robert Adkins, LNHA**

Senior Administrator

#### **Kathy Bryant, ALFA**

Assisted Living Administrator

#### **Dr. Danny Felty**

Medical Director

#### **Terry Hilton**

Director of Development

#### **Regina Pettaway, RN**

Director of Nursing

#### **Barbara Ramirez**

Human Resources Director

#### **Mike Butler, Jr.**

Director of Facilities

#### **Lucas Tuthill**

Director of Dining

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