

February 2024

CEO ANNOUNCEMENT - PRESS RELEASE

MAHOVA - Your Masonic Community announced that Randy P. Smith will be its Chief Executive Officer, effective January 8, 2024.

An experienced business leader, Randy P. Smith will succeed Anne B. Hagen, who has served at the Home since August 2009.

Randy holds his MBA from Loyola University and comes to us with over fifteen years of experience in all aspects of senior living communities. Most recently, he was Regional VP of Operations for Brightview Senior Living.

He has an appreciation for the importance of caring for our residents and families, overseeing day to day operations, mentoring future leaders, and helping chart the strategic course for our organization.

Randy looks forward to serving the wonderful residents of MAHOVA and continuing in the footsteps of Anne.



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

Health Rx

Here's To Your Good Health!

February is.... Heart Health Month!

Ways You Can Reduce Your Risk of Heart Disease:



- ♥ Maintain a healthy body weight
- ♥ Stop smoking (Ask about our Smoking Cessation program)
- ♥ Make physical activity a regular part of your daily routine – Aim for 30 minutes most days of the week, walking can be a great way to start.
- ♥ Manage stress levels
- ♥ Avoid excessive alcohol consumption
- ♥ Make healthy food choices:
 - Choose low fat dairy products, lean meats such as fish or poultry.
 - Have lots of fruits and vegetables each day (Aim for at least 5 servings)
 - Reduce your sodium intake – try using onions, garlic and spices such as cumin, curry, basil when you cook instead of table salt.

Book Ends

February's Most Anticipated Books

The Women by Kristin Hannah Genre: Historical Fiction Release Date: February 6, 2024
Plot: *Women can be heroes.* When twenty-year-old nursing student Frances “Frankie” McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path.

As green and inexperienced as the men sent to Vietnam to fight, Frankie is over-whelmed by the chaos and destruction of war. Each day is a gamble of life and death, hope and betrayal; friendships run deep and can be shattered in an instant. In war, she meets—and becomes one of—the lucky, the brave, the broken, and the lost.

My Side of the River by Elizabeth Camarillo Gutierrez Genre: Memoir
Release Date: February 13, 2024

Plot: Gripping memoir of Elizabeth and her experience living in the U.S. When her parents are forced back to Mexico, Elizabeth at age 15 became responsible for both her and her brother.

Life After Power: Seven Presidents and Their Search for Power Beyond the White House by Jared Cohen Genre: Non-Fiction Release Date: February 13, 2024

Plot: Former presidents have an unusual place in American life. King George III believed that George Washington's departure after two terms made him "the greatest character of the age." But Alexander Hamilton worried former presidents might "[wander] among the people like ghosts." They were both right.

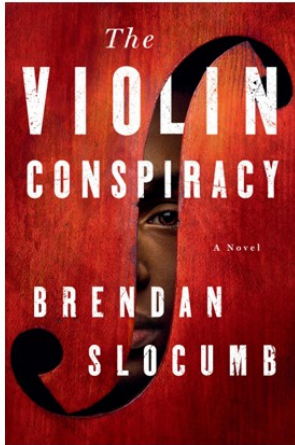
Life After Power tells the stories of seven former presidents, from the Founding to today. Each changed history. Each offered lessons about how to decide what to do in the next chapter of life.

The Guest by B.A. Paris Genre: Thriller Release Date: February 20, 2024

Plot: When Iris and Gabriel come home from a holiday to find Laure, one of their best friends in their house, they want to be supportive. After all, her husband had an affair and a secret child. But when her behavior starts to unravel, sleeping in their bed and rearranging furniture, they realize that things may be worse than they thought, and some secrets are more dangerous than others.

Upcoming Mahova Book Club Titles

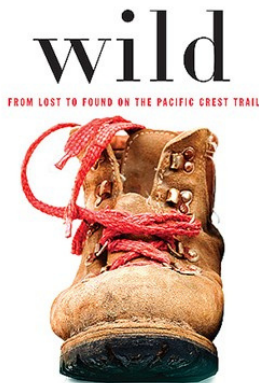
2024 Masonic Book Club Titles (February-April)



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 the A-Wing Conference Room

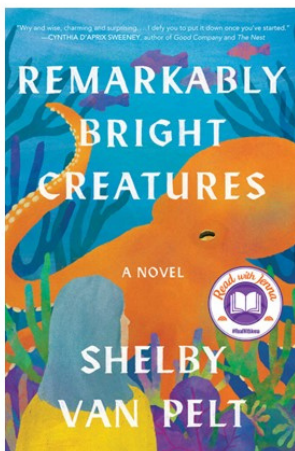


Cheryl Strayed

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.

Meets Monday, March 11 @ 3pm in the A-Wing Conference Room



Remarkably Bright Creatures by Shelby Van Pelt

After her husband dies, widow Tova Sullivan starts working at the Sowell Bay Aquarium, where she forms a special bond with a giant Pacific octopus who holds the key to solving the mysterious disappearance of her 18-year-old son, Erik, over thirty years ago.

Meets Monday, April 8 @ 3pm in the A-Wing Conference Room

Anniversaries



February 11, 1978 Thomas and Alice Lasher
February 18, 1984 Richard and Helen Wadkins
February 19, 1974 Carter and Oza Bell

New Residents



William and Judy West
Washington and Henry Lodge No. 344
Oscar Sherrod
Northside Lodge No. 292
Elbert Eaton
Suffolk Lodge No. 30

In Memoriam



Fay Gardner
Evelyn Holliday

Have You Heard?

Touchtown Community App will be live starting February 1, 2024. You'll be able to download the app to your smartphone or tablet and find out what's happening around campus. Browse upcoming activities and dining menus, receive messages, tap to call or text phone numbers and much more. Information with how to download the app along with your user name and password will be in your mailbox soon.

February Movies

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

Love in the Afternoon- Friday, February 2

A private investigator reveals to his client that his wife is having an affair with a notorious womanizer, the wealthy Frank Flannagan. His client decides to shoot Flannagan at his hotel. Overhearing this, the investigator's daughter rushes to Flannagan to prevent his murder, and the two eventually become attracted to each other. Released: 1957. 2 hours 10 minutes. Not Rated. Starring: Gary Cooper, Audrey Hepburn, and Maurice Chevalier

Love, Weddings & Other Disasters - Monday, February 5

A multi-story romantic comedy about the people who work on weddings to create the perfect day for a loving couple - while their own relationships are outlandish, odd, crazy and far from perfect. Released: 2020. 1 hour 36 minutes. Rated PG-13. Starring: Diane Keaton, Jeremy Irons, Maggie Grace and Andrew Bachelor

The Holdovers- Friday, February 9 (Dinner and a Movie)

Nobody likes teacher Paul Hunham -- not his students, not his fellow faculty, not the headmaster, all who find his pomposity and rigidity exasperating. With no family and nowhere to go over Christmas holiday in 1970, Paul remains at school to supervise students unable to journey home. After a few days, only one student holdover remains, a trouble-making 18-year-old named Angus, a good student whose bad behavior always threatens to get him expelled. Joining Paul and Angus is head cook Mary, an African American woman who caters to sons of privilege and whose own son was recently lost in Vietnam. These three very different shipwrecked people form an unlikely Christmas family sharing comic misadventures during two very snowy weeks in New England. The real journey is how they help one another understand that they are not beholden to their past; they can choose their own futures.

Released 2023. 2 hours 13 minutes. Rated R. Starring: Paul Giamatti, Da'Vine Joy Randolph, and Dominic Sessa

February Movies

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

The Lost Valentine - Monday, February 12

When war separates lovers on their wedding anniversary Feb. 14, 1944 at LA Union Train Station, Navy pilot Neil Thomas makes a promise he isn't sure he can keep - to return to the train station safe by their next anniversary. For sixty years Caroline Thomas keeps her promise by waiting at the train station until her missing in action husband can finally keep his with the "lost valentine."

Released 2011. 1 hour 27 minutes. Rated PG. Starring: Jennifer Love Hewitt and Betty White

Love the Coopers - Friday, February 16

When four generations of the Cooper clan come together for their annual Christmas Eve celebration, a series of unexpected visitors and unlikely events turn the night upside down, leading them all toward a surprising rediscovery of family bonds and the spirit of the holiday. Released 2015. 1 hour 47 minutes.

Rated PG-13. Starring: Spencer Tracy and Katharine Hepburn

The Longest Ride - Friday, February 23

Based on the bestselling novel by master storyteller Nicholas Sparks, The Longest Ride centers on the star-crossed love affair between Luke, a former champion bull rider looking to make a comeback, and Sophia, a college student who is about to embark upon her dream job in New York City's art world. As conflicting paths and ideals test their relationship, Sophia and Luke make an unexpected and fateful connection with Ira, whose memories of his own decades-long romance with his beloved wife deeply inspire the young couple.

Released 2015. 2 hours 3 minutes. Rated: PG-13. Starring: Britt Robertson and Scott Eastwood

A Love Song for Bobby Long - Monday, February 26

A young woman learns that her estranged mother has died in New Orleans. She returns to her mother's house to discover that it is inhabited by two men, one an aging alcoholic, Bobby Long. Released 2004. 2 hours Rated R. Starring: John Travolta and Scarlett Johansson

Upcoming Events Not To Miss

Passport Dinners

We will be celebrating a different country for the next 12 weeks (or so) of winter. These 12 weeks will be filled with culturally appropriate activities, information and puzzles pertaining to the highlighted region.

We will be starting our adventure in China and celebrating the Chinese New Year/Year of the Dragon.

A meal ticket is required if you are not on the meal plan. Menus for the themed dinner will be released in advance so you can determine if you wish to participate.

Chili Cook-Off

We will be hosting the first ever MAHOVA chili cookoff and tailgate on February 10, 2024. If you wish to participate, you may contact Scott Davis to register. Entry fees are waived for MAHOVA residents.

Valentine's Dance and 2024 King and Queen Coronation

The smooth and heartfelt crooner, James Curry, will be performing at our Valentine's Dance on Thursday, February 15. Put on your dancing shoes and grab that special someone. The 2024 King and Queen will also be announced during a special ceremony.

National Red Day Fashion Show

February marks the start of heart month, so get "red-y" by rocking down the runway in your best red outfit! Sign up in the activity gallery or just come and support the models!

Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

02/01 Thomas Lasher	02/23 Faye Moore
02/01 Joan Setliff	02/23 Richard Neiswander
02/06 Carol Schlegel	02/24 Marshall Messimer
02/12 Alice Lasher	02/24 William West
02/12 Ramona Ridgeway	02/25 Joyce Deputy
02/14 Gypsy Rollings	02/26 Zaida Lorente

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Employee Birthdays

Masonic Home Census: 170

02/02 Natasha Mitchell
02/05 Kathy Cooley
02/05 Cassandra Gray
02/08 Kim Bradby
02/09 Mishael Hardy
02/10 Michael Butler, Jr
02/16 Fatmata Koroma
02/18 Vernelle Blue
02/25 Angela Pisano
02/25 Naomi Bey
02/27 Kevin Cupitt
02/28 Akwasi Koranteng

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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

Aleisha Coles, RN Supervisor
Maryann Hardesty, RN Supervisor
Tikisha Johnson, CNA
Leilani Ross, LPN
Randy P. Smith, CEO

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