

**February 2026**



Maggie Lena Walker (née Draper Mitchell; July 15, 1864 – December 15, 1934) was an American businessperson and teacher. In 1903, Walker became both the first African-American woman to charter a bank and the first African-American woman to serve as a bank president.<sup>[2]</sup> As a leader, Walker achieved successes with the vision to make tangible improvements in the way of life for African Americans. Disabled by paralysis and a wheelchair user later in life, Walker also paved the way for people with disabilities.

Walker's restored and furnished home in the historic **Jackson Ward** neighborhood of Richmond, Virginia has been designated a National Historic Site, operated by the National Park Service.



Charles Thaddeus Russell (June 19, 1875 – August 24, 1952) was an American architect who was one of the first two licensed African American architects in Virginia. He was the first to be licensed in Richmond, Virginia and he designed buildings on what became known as the *"Black Wall Street of America."*

In 1910, he designed his first building for Virginia businesswoman Maggie Walker. The building was constructed as a bank but is now known as the St. Luke Building with 12 apartments on the upper levels. It was renovated to create loft apartments. The building was listed on the National Register of Historic Places in 1982. In 1915 he designed a home for a doctor named William Henry Hughes. He was also hired to remodel the 1873 Ebenezer Baptist Church in Jackson Ward. He altered the design of the church from Victorian Gothic to Neoclassical and added four unique spires to the top of the church in place of a steeple. He designed the Rialto Theatre in Petersburg, Virginia which was completed in 1923 and in 1925, the historic Sixth Mount Zion Baptist Church was remodeled and extended by Russell.

# MAHOVA MONTHLY

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# Healthy Rx

## Here's To Your Good Health!



While there's no magic pill to slow down the biological clock, much of how well we age is within our control. Simple lifestyle choices, like what we eat and how much exercise we get, play a major role in determining how long (and how well) we live.

### Daily Habits That Improve Longevity

#### **1. Eat More Plants**

Plant-based diets are rich in antioxidants and other compounds that fight free radicals (unstable molecules that cause oxidative stress, or cellular damage) and reduce inflammation in the body, thereby decreasing chronic disease risk. Plus, high-fiber, plant-based foods like fruits, vegetables, seeds, nuts and legumes contribute to a healthy microbiome, which is key to a robust immune system as we age.

#### **Put It Into Practice:**

The 2020-2025 Dietary Guidelines for Americans recommends focusing on a variety of the following foods:

- All types of vegetables, including dark leafy greens, lettuce, broccoli, carrots, bell peppers, sweet potatoes, spinach and tomatoes
- Fruits, such as apples, bananas, berries, dates, mangoes, peaches and pineapple
- Whole grains like oats, barley, quinoa and whole-wheat bread
- Fat-free or low-fat milk products, including cheese, yogurt and kefir
- Lean protein sources, including lean beef, poultry, seafood and eggs
- Beans and legumes, such as peas, lentils and black beans
- Nuts, seeds and soy products like almonds, flaxseeds and tempeh
- Limit added sugars, saturated fat, sodium and alcoholic beverages



It's also important to stay within your recommended daily calorie intake to maintain a healthy weight. A health care provider can provide specific caloric and dietary guidance.

#### **2. Focus on Fitness**

Regular physical activity helps our mobility and stability. This helps prevent joint deterioration that causes falls and injuries, which can occur with age. It also strengthens the heart to reduce cardiovascular disease risk, improves lung function, and protects against cognitive decline and depression.

As we age, we lose strength and muscle mass, but strength training can help prevent the decline—and potentially increase health span. A study found that adults over 65 who completed a three-month at home strength exercise improved frailty and self-perceived health.

#### **Put It Into Practice:**

The current Physical Activity Guidelines for Americans from the U.S. Department of Health and Human Services outline weekly exercise guidelines for adults for improved health and disease prevention:

- 150 to 300 minutes of moderate-intensity or 75 to 150 minutes of vigorous-intensity cardiovascular activity, or a combination.
- Strength training exercises that hit all muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) at least twice weekly.



### 3. Prioritize Mental Wellness

Stress and mental health directly impacts physical health and overall longevity.

Chronic stress leads to long-term elevation of stress hormones like cortisol, which increases inflammation, weakens our immune function, and accelerates the onset of age-related diseases including heart disease, high blood pressure, type 2 diabetes and cognitive decline.

According to the National Alliance on Mental Illness (NAMI), chronic stress can also worsen mental health conditions like schizophrenia and bipolar disorder, triggering symptoms like hallucinations or depression and anxiety.

## Put It Into Practice:

To keep stress at bay, NAMI recommends these strategies:

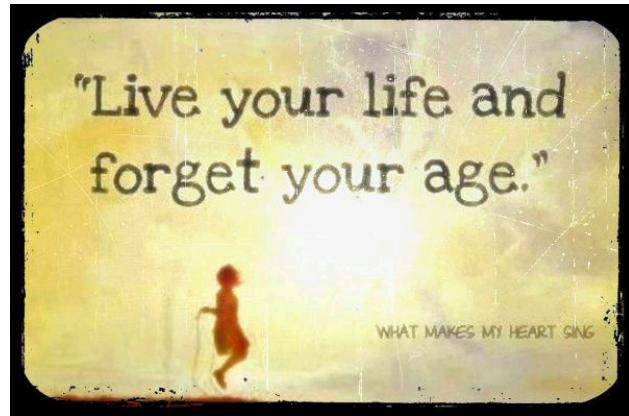
- Recognize your stress triggers —so that you can avoid situations that make you feel anxious or agitated—or practice coping mechanisms when you can't.
- Practice time management and stick to a schedule each day to avoid getting overwhelmed.
- Engage in deep breathing, meditation and progressive muscle relaxation to center and calm yourself.
- Get daily exercise in whatever format you enjoy, from a dance class to a walk in nature.
- Take time for yourself to engage in relaxing activities and self-care, such as playing with a pet, getting a massage or reading a book.
- Consume a healthy diet and get enough sleep.
- Avoid alcohol and drugs, which increase stress and can worsen mental health conditions like anxiety and depression.
- Talk to a friend, family member or professional counselor for additional support.

## 4. Strengthen Social Bonds

Social isolation and loneliness can increase chronic disease risk, depression and mortality. Just like we might take daily medications or vitamins, we need to schedule regular doses of social connection (a phone call, a shared meal or community involvement) to enhance our longevity.

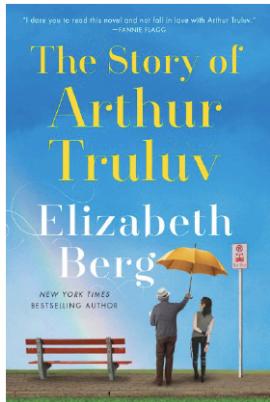
## Put It Into Practice:

Regular social engagement, such as shared meals, group activities, celebrations, and rituals, creates a sense of purpose and belonging. If you're feeling isolated, volunteering, getting to know your neighbors and finding ways to get involved with the community (like joining a community garden) can forge new social connections.



## Upcoming MAHOVA Book Club Titles

### Masonic Book Club February 2026 - April 2026 Titles

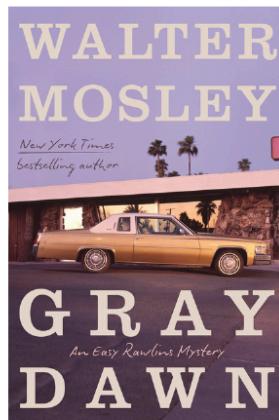


#### The Story of Arthur Truluv

by Elizabeth Berg

Making daily visits to the grave of his beloved late wife, Arthur forges unexpected relationships with a nosy neighbor and a troubled teen who dubs him "Truluv" before the trio discovers healing and family together.

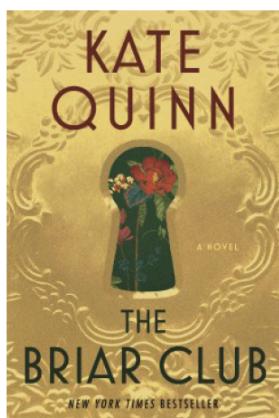
Meets on Monday, February 9th @ 3:00 pm in  
A-Wing Conference Room



#### Gray Dawn

by Walter Mosley

Running a successful detective agency in 1970s L.A., Easy Rawlins is hired to find a dangerous woman whose secrets threaten to upset the city's fragile balance, in the latest addition to the long-running series following Farewell, Amethystine.

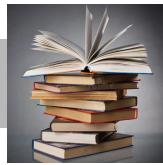


#### The Briar Club

by Kate Quinn

In 1950 Washington, DC, at an all-female boardinghouse called Briarwood, mysterious widow Grace March moves into the attic room, drawing her oddball collection of neighbors into unlikely friendship, but when a shocking act of violence tears the house apart, the women must expose the true enemy in their midst.

Meets on Monday, April 13th @ 3:00 pm in  
A-Wing Conference Room



## ***February's Most Anticipated Books***

## [It's Not Her](#) by Mary Kubica

Genre: Thriller      Release date: February 3, 2026

Plot: A scream shatters the silence...

Courtney Gray's peaceful vacation turns into a nightmare when she discovers her brother and sister-in-law dead in their lakeside cottage. Her niece Reese is missing. Her nephew Wyatt is asleep upstairs—unharmed.

A town full of secrets...

As police swarm the quiet resort, dark truths about Courtney's family—and the town itself—begin to surface. Is Reese a victim... or the killer?

A truth no one saw coming...

With everyone hiding something, Courtney races to uncover the terrible mystery. But the closer she gets, the harder it is to know who—or what—to trust.

## **Keeper of Lost Children** by Sadega Johnson

Genre: Fiction Release date: February 10, 2026

Genre: Fiction | Release date: February 16, 2023  
Plot: Living in Occupied Germany in the 1950s, Ethel Gathers sets out to find homes for abandoned mixed-race orphans, children of German women and Black American soldiers. In 1948, Ozzie Phillips is stationed in Germany where he meets a local woman who changes his life forever. In 1965, Sophia Clark attends an all-white school in Maryland and learns a secret that will upend everything she knew about herself.

American Struggle: Democracy, Dissent, and the Pursuit of a More Perfect Union by Jon

Mearns et al.

Genre: Anthology

Release date: February 17, 2026

Plot: In a polarized era, history can become a subject of political contention. Many see America as perfect; many others argue that the national experiment is fundamentally flawed. The truth, Meacham shows, likely lies between these extremes. America has had shining hours, and also dark ones.

In *American Struggle*, Jon Meacham illuminates the nation's complicated past. This rich and diverse collection covers a wide spectrum of history, from 1619 to the twenty-first century, with primary-source documents that take us back to critical moments in which Americans fought over the meaning and the direction of the national experiment. From the founders to Lincoln to Obama, from Andrew Jackson to Theodore Roosevelt to Ronald Reagan, from Seneca Falls to the March on Washington, this chorus—sometimes discordant and always fascinating—tells the story of the country and of its people. As clashes over liberty and slavery, inclusion and exclusion, play out, these voices, brilliantly framed by Meacham's singular commentary, remind us that contentious citizenship and fair-minded observations are essential to bringing about the more perfect union envisioned in the Preamble to the Constitution, which Frederick Douglass called a “glorious liberty document.”

## Anniversaries

February 11, 1978 Tom and Alice Lasher  
February 18, 1961 Ron and Lillie Kieper  
February 18, 1984 Richard and Helen Wadkins  
February 19, 1974 Carter and Oza Bell



## New Residents



**John Barry**  
Powhatan Lodge No. 295

**Robert and Patricia Mahone**  
Westhampton Lodge No. 302

## In Memoriam



Russell Hobson  
Tom Kaufman



## Have You Heard?

Touchtown Community App is now **Uniguest Community App**.

If you haven't downloaded the app to your smartphone or tablet and need help doing so, please let Susan Berryhill know. You'll be able to browse upcoming activities and dining menus, receive messages, tap to call or text phone numbers and much more.

## Volunteers

If anyone is interested in volunteer opportunities around MAHOVA please contact Susan Berryhill at [sberryhill@mahova.com](mailto:sberryhill@mahova.com) or 804-226-6688. Opportunities include, but are not limited to, Activities, Chapel, Boutique, 1:1 Visits.

## Sewing and Mending Services Now Available

We are pleased to offer a convenient sewing and mending service for small projects such as sewing on buttons, repairing minor tears, hemming pants, or making simple clothing adjustments.

For a small fee, residents can have everyday items repaired and refreshed without needing to leave the community. Whether it's a favorite sweater, slacks, or additional items in need of a quick fix, our sewing and mending service is here to help. Contact Cathy Hinkle at 703-606-5367.



## Trip Guidelines

This serves as a reminder regarding all of our trip policies.

There has been an increase in cancellations and no-shows for trips, so we encourage you to reach out to Susan Berryhill at 804-226-6688 as soon as possible if you are unable to make a trip. Individuals must take personal responsibility to show up for all trips that require sign up.

- All trips are advertised on the monthly calendar, Uniguest app/tv screen and in the sign-up binder. If the trip has a fee, please look for the information on the sign-up sheet. You will also receive a reminder of the fee, if applicable, deadline to cancel and time/date of the trip, and when the vehicle will leave.
- If you cancel after the deadline for a non-medical reason or are a no-show for a trip, you will be charged the trip cost for tickets/reservations.
- We encourage you to cancel **at least 48 hours in advance** so residents on the waitlist can be called.
- Trips are subject to cancellation if a minimum of five (5) people have not signed up.

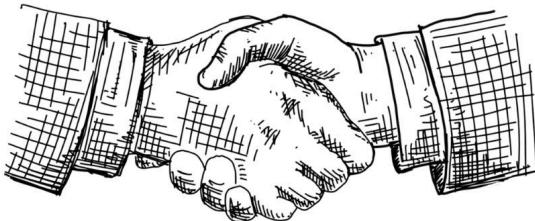


**Write a  
handwritten  
letter and  
mail it.♥**

**Be kind to  
people in  
the service  
industry.♥**

"WE DON'T HAVE TO AGREE ON ANYTHING  
TO BE KIND TO ONE ANOTHER."

- AUTHOR UNKNOWN



**RANDOM ACTS OF KINDNESS  
FOUNDATION™**

[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

"IN A WORLD WHERE YOU CAN BE  
ANYTHING, BE KIND."

- UNKNOWN



RANDOM ACTS OF KINDNESS  
FOUNDATION™  
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

**Write positive  
messages on  
sticky notes  
and leave for  
others to find.♥**

**Be an active  
listener  
when in the  
company of  
others.♥**

## Cranium Corner



Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

6					9			4
	8	9	5			1	6	
5				6	3		9	
8	3	1			7		5	
	2					6		
9		7			8	4	2	
2		6		1			8	
3	7				6	9	2	
1			3				7	





# Twelve Disciples

## Themed Word Search

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

BARTHOLOMEW

TEACH

PRAYER

PREACHING

JAMES

ANDREW

FISHERMEN

PETER

PHILIP

DISCIPLES

JOHN

THOMAS

GALILEE

BOAT

SIMON

MATTHEW

JUDAS

## Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

2/01 Tom Lasher  
2/01 Joan Setliff  
2/07 Ralph George  
2/08 Jerry Swartz  
2/12 Alice Lasher  
2/12 Ramona Ridgeway

2/14 Gypsy Rollings  
2/17 Clinas Sweeney  
2/23 Richard Neiswander  
2/24 Marshall Messimer  
2/24 Bill West  
2/25 Joyce Deputy

Scan this QR image to go to the Masonic Home Website



## Employee Birthdays

2/02 Natasha Mitchell  
2/02 Daysha Robertson  
2/05 Kathy Cooley  
2/05 Cassandra Gray  
2/08 Kim Bradby  
2/10 Mike Butler, Jr.  
2/18 Vernelle Blue  
2/23 Monica Martin  
2/25 Angela Pisano  
2/26 Vishika Walker  
2/27 Kevin Cupitt  
2/28 Akwasi Koranteng

Masonic Home Census: 176

**MAHOVA - Your Masonic Community**  
**500 Masonic Lane**  
**Henrico, VA 23223**  
**804-222-1694**

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**Tracy Coogle, CPA**  
Chief Financial Officer  
**Robert Adkins, LNHA**  
Vice President of Operations  
**Dr. Danny Felty**  
Medical Director  
**Daniel Thomas**  
Director of Nursing  
**Ann Meeks**  
Chief Human Resources Officer  
**Mike Butler, Jr.**  
Director of Facilities  
**Holly Carson**  
Community Sales Director  
**Angela Pisano**  
Director of Communication  
**Allen Watts**  
Director of Development



## New Hires

Sylvia Howie, Food Service Aide  
Lavon Smith, RN Clinical and Quality Manager

MAHOVA Editor  
Susan Berryhill  
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MAHOVA Copy Editor  
Joyce Deputy