



In October, we celebrated MAHOVA's oldest resident, Annie Davis, as she achieved her 105th year. Annie is a resident in the Memory Support Unit along with Lois McCarn. Lois is our second oldest resident and will be celebrating her 104th birthday this month (January 2019). Lois is one of our Social Butterflies. She loves to visit and talk with family and staff in her room as her preferred activity! She is a gracious hostess, always asking you to come in and sit down for a while and wishing she could offer a cup of tea or coffee.

Lois loves to talk about growing up in the Highland Park neighborhood of Richmond. She remembers walking or taking the street car to "town" to go to the bank or run other errands for her mother. She also reminisces about her childhood friends, dating, and how she loved to go dancing. She has fond memories of Miller & Rhoads and the "Tea Room." Lois married her husband, "Mac," who was a member of the Northside Masonic Lodge No. 292. They were married for 42 years. After his death, she lived on her own until the age of 96. She still has a valid driver's license! Although, her family handles all the driving for her.

Lois has a very supportive family. Her daughters, Carolyn and Susan, and her son-in-law, Edlow, visit often. She also has four grandchildren and three great-grandchildren who also visit when able. Their visits are very comforting and encouraging to her. Lois enjoys having our music therapist visit her in her room and perhaps even do a little music between their conversations. Visits from various pet therapists are always welcome, especially Kern Loughran and her dogs, Luka and Sandy. Lois also enjoys meals in our dining room with her table mates and neighbors. When not socializing or entertaining visitors, Lois can be quite content in her room reading the newspaper, her favorite books about dogs, watching the birds outside her window, or simply dozing. Lois says, "Life is good! Come visit me!"

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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**
Art Gregory- Magnolia Court
Peg Davis- Village

Health

Here's To Your Good Health!

The High Price of Excess Weight

Being overweight can be costly, both in dollars and health risks. According to the National Institutes of Health, obesity in the United States costs nearly \$100 billion a year, including weight loss solutions and treatment of associated diseases. The National Center for Policy Analysis found that health-care costs increased for overweight individuals (those who need to lose 25 to 30 pounds) by \$125 a year, and by \$395 for the obese (those who need to lose more than 30 pounds). Plus, overweight people are at serious risk for such health problems as :

Heart disease
Stroke
Diabetes
Gallbladder disease
Osteoarthritis

Certain types of cancer
Gout
Respiratory problems
Sleep apnea

Have You Heard?

More than 350 million cans of chicken noodle soup are sold each year, with January being the top selling month. Food historians say that its acclaimed healing powers date back to 12th-century Egypt when a rabbi who was also a doctor prescribed a soup made from a fat hen to relieve a cold. The birthstone for January is Garnet which symbolizes purity, truth, faithfulness, and friendship. The flower is a Carnation or Snowdrop.

Program Highlights

Resident Council Meeting

Monday, January 7
9:30 AM
Dining Room

Activities Committee Meeting

Thursday, January 17
3:45 PM
Library

Advisory Council Meeting

Tuesday, January 15
10:00 AM
Private Dining Room

Food Committee Meeting

Tuesday, January 15
1:00 PM
Private Dining Room

Program Highlights

Thursday, January 3	2:30 PM	TV Room	Card Social
Tuesday, January 8	3:00 PM	REB	Communion with Constance
Thursday, January 10	10: 00 AM	Gallery	Coffee and Donuts from Country Style Donuts
Thursday, January 10	7:00 PM	Dining Room	New Year's Dance
Friday, January 11	10:00 AM and 2:00 PM	TV Room	Teaching Kitchen with Morrison's Dining Services
Monday, January 14	2:30 PM	TV Room	Hot Apple Cider Social
Thursday, January 17	2:00 PM	Dining Room	Employee of the Year and Service Awards
Friday, January 18	2:30 PM	Dining Room	Meet and Greet Newcomers Social
Friday, January 18	5:00 PM	Multipurpose Room	Dessert, Coffee, and a Movie Movie begins at 5:30 PM.
Monday, January 21	2:30 PM	TV Room	Hot Tea and Cookies
Friday, January 25	2:00 PM	Multipurpose Room	Classic Movie Matinee

Entertainment

Saturday, January 12 2:00 PM TV Room	Piano and Vocal performance by Jan Kessler
Monday, January 14 6:30 PM TV room	Vocal golden oldies performance by Billy Mitchell
Saturday, January 19 2:30 PM TV Room	Guitar and vocal performance by Tommy Custalow
Thursday, January 24 2:30 PM TV Room	Instrumental and vocal performance by Matthew O'Donnell
Friday, January 25 6:30 PM TV Room	Karaoke with Nancy Lee Martin and Leon
Saturday, January 26 2:30 PM TV Room	Vocal performance by 4 the Lord
Monday, January 28 6:30 PM TV Room	Performance by the Caravan Family Band

Movies



Channel 2 and TV Room
6:00 PM



BRIE LARSON WOODY HARRELSON NAOMI WATTS



Friday, January 4 “The Glass Castle”

Based on a #1 best selling memoir, about a girl that is forced to find her own way after her eccentric parents' behavior changes

get
small...
LIVE
LARGE



MATT DAMON
Downsizing

Friday, January 11 “Downsizing”

An imaginative, futuristic film about downsizing yourself into a miniature world

Trips and Outings

Shopping Schedule

January 2 Dollar Tree

January 9 Walmart

January 16 White Oak Village

January 23 Dollar Tree

January 30 Walmart



Friday, January 4 10:30 AM	Virginia Museum of Fine Arts and lunch
Monday, January 7 5:00 PM	Dominion Gardenfest of Lights at Lewis Ginter Botanical Garden
Tuesday, January 8 11:15 AM	Lunch at McDonald's
Friday, January 11 11:00 AM	Shopping at JoAnn's Craft Store and lunch
Monday, January 14 11:00 AM	Lunch at Peking Restaurant
Thursday, January 17 11:00 AM	Lunch at The Cheesecake Factory
Monday, January 21 4:45 PM	Dinner at Calabash Seafood Restaurant
Friday, January 25 11:00 AM	Cultural Dining Group: Thai Restaurant
Tuesday, January 29 11:15 AM	Lunch at Popeye's Chicken

Book Ends

By Richard Neiswander

The FIX

by David Baldacci

Another riveting murder mystery from an author that I have liked each and every time I started one of his novels. This one is unusual in that the main character is FBI agent Amos Decker, ex-NFL player whose career-ending football injury afflicted him with total recall. In the opening, he is approaching the FBI headquarters when he views a murder/suicide. The suicide is a family man who owns a firm consulting with the government on very high secrets. Thus enters a Defense Intelligence investigator.

Amos and Harper Brown from the DIA have a time solving the mystery. Amos is not cleared for most of the information and each time they find the answer to a question, another question appears. Of course Amos's total recall is critical to solving the case. The author [I just didn't want to have to type his name.] leads the reader through the investigation in a manner that makes you want to keep reading - - - all night!

KILLING JESUS

by Bill O'Reilly & Martin Dugard

This is a very difficult report to write because it's about a portion of the Bible, a book of faith. The Bible is excellent as a story of man's relationship with His creator. It is also woefully short on historical and physical descriptions, many of which I would like to know, such as, only the high priest was permitted in the Holy of Holys of the Tabernacle and he only on the day of Atonement. How, then, did they move the Tabernacle with these restrictions?

The authors follow the story of the crucifixion as told in the Bible. They also add a fair amount of Roman and Jewish history from sources outside the Bible. Their account, after merging the two, is truly informative. I think the Jewish leaders were protecting the power that Rome allowed them and also attempting to keep Rome from destroying Jerusalem and its temple. I also enjoyed asking myself, 'If I was there knowing only what they knew, would I do any different?' I believe every Christian should read this volume. The added history aided my understanding of what happened.

DREAM WHEN YOU'RE FEELING BLUE

by Elizabeth Berg

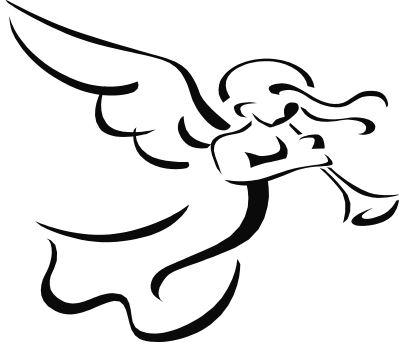
This novel was a surprise to me. I selected it because the author's name is similar to a portion of my oldest daughter's married name. When I started reading it I found it set in WW II and the period immediately afterward; 1946. Only the last chapter is different because it is set in 2006. From the beginning it was a love story. However, I very much enjoyed being reminded of things that occurred during those years. Such as Glenn Miller, USO dances, scrap metal drives and other things supporting those going overseas to fight, such as rationing.

Kitty, Louise and Tish Heaney are of an age to be looking for husbands. Because of the war, they are left behind in Chicago as their men go overseas. Each one handles love and wartime-life differently. The lesser cast are the rest of the Heaney family; Mom, Dad and three brothers who are all three younger than any of the girls. Then the men either return or are reported KIA.

I enjoyed the story more having grown up during the war. While I was only 10 when the war ended, I certainly remember my life on the home front. This brought back and intensified many memories. I also enjoyed the love stories that were a part of and influenced by the war.

In Memoriam

Forever in Our Hearts



Archer 'Harold' Garland
Irene King



Notifications

Employee of the Year and Service Awards

Thursday, January 17
2:00PM
Dining Room

Be sure to cast your vote for the 2018 Employee of the Year

Nominees:

1st Quarter- Mary Corbett– Nursing
2nd Quarter- Tammy Cross– Nursing
3rd Quarter- Daryl Goode– Maintenance
4th Quarter- Cynthia Cox– Nursing

Refreshments Served

Notifications

Weight and Blood Pressure Checks

Please bring your pendants with you.

B– Wing
Wednesday, January 2
8:00 AM to 1:00 PM
D Wing Recreation Room

C and D – Wing
Thursday, January 3
8:00 AM to 1:00 PM
D Wing Recreation Room

Village Model Key

Should you wish to enter the Village Model home after hours or on the weekend, the key is located at the Care Center Nurses' Station.

Dementia Support Group for Families

For information, please contact Barbara Jehu at extension 77316.
The group meets 1st and 3rd Tuesdays of each month at 10:30 AM.

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



New Year's Dance

Thursday, January 10
7:00 PM
Dining Room



Morrison's Teaching Kitchen

Friday, January 11
10 AM and 2 PM
TV Room

Please join Executive Chef Al Carson and our Registered Dietitian Kelsey Stone for a fun interactive cooking demonstration . The first 15 to sign up for each time slot will get interactive seating around the chef's table. We will have additional seating close by for all who would like to attend. Sign up sheet in the foyer. Any residents who wish to attend should sign up so the kitchen can prepare the appropriate amount of cuisine.

Brain Fitness

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

Find These Winter Words:

January
 Winter
 Snowflake
 Snowman
 Skiing
 Cold
 Jacket
 Blanket
 Blizzard

Sled
 Flannel
 Frozen
 Hot Chocolate
 Ice
 Mittens
 Socks
 Hat
 Shovel

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

1/4	Barbara Borkey	1/22	James McDonough
1/6	Sam Anaya	1/23	Emily Carver
1/6	John Edelin	1/23	Millie Johnson
1/8	Dolores Ridings	1/25	Donald Godfrey
1/11	Elizabeth Anton	1/25	Betty Long
1/12	Roland Scott	1/26	Lois McCarn
1/15	Richard Wadkins	1/26	Donald Carver
1/15	Jimmie Lucas	1/26	Virginia Phipps
1/18	Robin Wadkins	1/27	Gordon Paschall
1/19	Richard Carden	1/27	Blain Lenhart
1/21	Joyce Burgess	1/31	Frances Walton



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

Welcome New Residents

Charles and Kathy Hinkle
Margaret Barton

Employee Birthdays

1/2	Josephine Johnson	1/24	Teoshi Rogers
1/3	Faye Turner	1/26	Sandra Crawley-Street
1/5	Crystal Wilson-Cross	1/26	Stanley Heil
1/8	Felicia Davis	1/26	Tina Jones
1/10	Tammy Cross	1/26	Mallie Young
1/11	Victoria Halstead	1/27	Ashley Graham
1/13	Pandora Bayard	1/29	Wanda Kargbo
1/14	Tiffany Acree	1/29	Rosa Snead
1/17	Nashelle Goodnight	1/29	Randall Wood

Welcome New Employees

Dorothy Welch– Thomas	Food Services	PRN
Renee Kaufelt	Nursing	FT
Victoria Edmonds	Food Services	FT
Latonya Greene	Nursing	PRN
Latoya Brown	Nursing	PRN

Masonic Home Census -- 204

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Assisted Living Administrator

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