



MAHOVA

January 2020

News

A Fulfilling New Year Ahead!

After the hustle and bustle of the holiday season we take time to reflect on some ideas for New Year's Resolutions. These simple suggestions will help enable a fulfilling and fun 2020:

Consider the value of walking, as a regular form of exercise that can improve your health, your appetite, your night's sleep and your mood. Everyone knows the importance of exercise for your overall good health. Walking is exercise that is inexpensive, portable, and can be done alone or with friends. Take a walk today and then make it a daily event. Also, on the fitness front: Cheryl has regular exercise groups and has room for more happy participants.

One of the best ways to feel involved and informed is to read. It doesn't really matter what you read as long as it is thought provoking and makes you think. Reading is a way of having a conversation even when no one else is in the room. You can get to know not only interesting facts but interesting places and people in books. Take a visit to our library where new characters and stories await your perusal.

Reduce television time and try new hobbies. You might try jigsaw puzzles, listening to music, cooking, knitting, journaling, or making scrapbooks of family photos. You can definitely feel better about how you use your time if you trade the inactivity of watching television for the activity of a new hobby.

Set aside a little time to reconnect with friends or relatives that you may have lost touch with in recent times, perhaps through a birthday card, holiday greeting, or informal note.

Try some new activities. Here at The Masonic Home of Virginia there are a wide variety of fun things to keep you busy each month. Maybe you'll go to a concert or performance, a luncheon, a shopping trip, a game, visit the gym or gift shop with a friend. Trying something new will get you out of your daily routine, and you may make some interesting new friends.

As always, remember to enjoy the fellowship in our Masonic Home of Virginia community, and 2020 will be a wonderful year.

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Resident Advisory Council

Paula Swansey
President

Peg Davis
Vice President
Steve Bollinger
Secretary

**Mildred Johnson and Alice
Bond-B Wing**

**Tom Kaufman and Jerrell
Morton —C and D Wing**

**Jim Herring— 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

Certain types of Cancer
Gout
Respiratory problems
Sleep Apnea

Don't forget we have an excellent fitness center available to you! Please consult your doctor before beginning a new exercise program.

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 6
9:30 AM
Dining Room

Activities Committee Meeting

Thursday, January 16
3:45 PM
Library

Advisory Council Meeting

Tuesday, January 21
10:00 AM
Private Dining Room

Food Committee Meeting

Tuesday, January 23
1:00 PM
Private Dining Room

Program Highlights

| | | | |
|-----------------------|-----------------------|----------------------|---|
| Friday, January 3 | 2:30 PM | TV Room | Hot Chocolate Social |
| Thursday, January 9 | 1:00 PM | TV Room | Tai Chi with Cheryl |
| Thursday, January 9 | 7:00 PM | Dining Room | New Year's Dance with James Curry |
| Friday, January 10 | 2:30 PM | TV Room | Exercise with Sharon from Ageless Grace |
| Monday, January 13 | 2:30 PM | TV Room | Hot Apple Cider Social |
| Tuesday, January 14 | 2:30 PM | TV Room | Presentation on Fraud Prevention by Hanover County Sheriff, Jim McLaughlin |
| Wednesday, January 15 | 9:00 AM to 2:00 PM | Outside | Blood Drive |
| Thursday, January 16 | 10:00 AM | Gallery | Coffee and Donuts from Country Style |
| Thursday, January 16 | 2:30 PM | TV Room | Tai Chi with Cheryl |
| Friday, January 17 | 2:30 PM | TV Room | Does your walker have your name on it? Activities will be labeling walkers, canes and wheelchairs so they are easily identifiable for all residents and staff. |
| Friday, January 17 | 6:00 PM | Multipurpose Room | Dessert and a Movie "Poms" |
| Monday, January 20 | 2:30 PM | TV Room | Try your luck at Pokeno at the Card Social . |
| Thursday, January 23 | 2:00 PM | Multipurpose Room | Classic Movie Matinee |
| Friday, January 24 | 2:30 PM | Dining Room | Meet and Greet New Residents. |
| Monday, January 27 | 2:30 PM | TV Room | Teaching Kitchen |
| Tuesday, January 28 | 3:00 PM | Library | Book Club with the Henrico Library |
| Wednesday, January 29 | 10:00 AM | Reading Room | Yard Sale |
| Thursday, January 30 | 2:00 PM | Dining Room | Employee Service Awards |
| Friday, January 31 | 2:30 PM | TV Room | Resident Volunteer Fair |

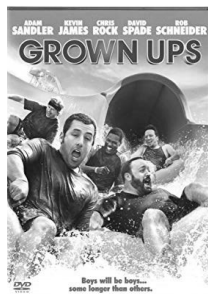
Entertainment

| | |
|---|---|
| Monday, January 6 2:00 PM TV Room | Golden oldies vocal performance by Billy Mitchell |
| Thursday, January 9 7:00 PM Dining Room | James Curry performs for the 2020 New Year's Dance. |
| Saturday, January 11 2:30 PM TV Room | Just Us Gospel Group performs. |
| Saturday, January 18 2:30 PM TV Room | Jan Kessler plays on the Piano. |
| Tuesday, January 21 6:30 PM TV Room | Sing Along with Dolores Reinhold. |
| Saturday, January 25 2:00 PM TV Room | Denim-n-Lace performs. |
| Monday, January 27 6:30 PM TV Room | Caravan Family Traveling Band performs bluegrass and country music. |

Movies



Channel 5.1
6:00 PM



Friday, January 3
"Grown Ups"

Comedy about five men that return home to pay respects to a childhood mentor and relive old memories with their families



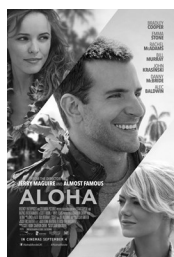
Friday, January 10
"The Greatest Showman"

Inspired by the story of P.T. Barnum and his journey towards creating one of the most well-known shows



Monday, January 13
"Home Again"

A recently separated mother of two finds love and a new family when three young film makers move into her guesthouse.



Friday, January 24
"Aloha"

A military contractor returns to Hawaii and reconnects with a long lost love while also falling for a woman in the Air Force.



Friday, January 31
"Gravity"

What should have been a routine spacewalk turns into disaster when their shuttle is completely destroyed.

Trips and Outings

Shopping Schedule

January 8 Dollar Tree
 January 16 White Oak Village (Thursday)
 January 22 Dollar Tree
 January 29 Walmart



| | |
|-----------------------------------|--|
| Thursday, January 2 10:30 AM | Lunch at the Trojan Grill in New Kent, VA |
| Monday, January 6 11:15 AM | Lunch at McDonald's |
| Monday, January 6 4:30 PM | Gardenfest of Lights at Lewis Ginter Botanical Garden |
| Tuesday, January 7 2:00 PM | Self -guided tour of the new Henrico County Library |
| Wednesday, January 8 11:15 AM | Lunch and gambling at Rosie's Casino |
| Wednesday, January 15 10:15 AM | Day trip to Fredericksburg, VA, to Riverside Theater to see the production "Grease" |
| Monday, January 20 4:45 PM | Dinner at Calabash Seafood Restaurant |
| Tuesday, January 21 1:00 PM | Trip to your neighborhood bank |
| Wednesday, January 22 11:00 AM | Lunch at a Mexican Restaurant |
| Thursday, January 23 11:15 AM | Lunch at Portobello's Restaurant |
| Tuesday, January 28 10:30 AM | Lunch at Crafted Restaurant |

Book Ends

By Richard Neiswander

**HAPP---PPY NEW YEARRRRR
2020**

Well, it is near! I remember that in the 6th grade we discussed the change of the century, coming in 54 years! Our teacher had seen the 19th and 20th centuries and I wondered if I would see the 21st. I guess I have made it!

AIRFRAME

by Michael Crichton

I started liking airplanes during WWII. I tried to become a pilot several different ways including Air Force ROTC in college and even private lessons. None of them worked. But I never lost my love of airplanes. The title of this novel shouted to me. So here it is. Because I like airplanes, you are afflicted with “AIRFRAME.”

The story starts on a flight from Hong Kong to Denver when the plane does some wild gyrations. The passengers were tossed around the cabin and the pilot requested emergency landing at LAX [Los Angeles]. Since over 40 people are injured, the publicity is intense. The story follows the manufacturer’s [Norton Aircraft] investigation of the occurrence. Their investigation is hampered from the start by several ‘experts’ who ‘know’ the cause and publicize that fact.

Norton has problems from several areas which may cause their customers to no longer use any of their airliners. I really enjoyed following Norton’s efforts to determine the cause, never expecting to learn that the actual cause could happen, but in the end, they eventually find it.

UNDER ORDERS

by Dick Francis

Looking for a novel I stumbled across this author. I have read several of his works in the past and decided to see if he could still hold my interest. HE SURELY DID.

Dick [not me] was a jockey, riding steeplechase horses in England. When he began writing, he set all of his novels in the racing industry. Even with this one the main character is a retired jockey who is now a private investigator.

Race day and there are three deaths. The first two are horses, but the third is a jockey with three 38 cal. bullets in his chest. The police conclude that the fourth, a trainer, did the deed because he ‘committed suicide’ by shooting himself in the head with the same weapon that killed the jockey.

Sid Halley, a P.I. that is a retired jockey who lost his left arm, doesn’t believe this and eventually finds evidence that traps the real killer. Of course, part of the story concerns the artificial arm and hand. Also, in the end, Sid gets married to one of the other prime characters.

Another empty wine bottle without a genie in the bottom.

Guess I’ll just have to keep looking!

In Memoriam

Forever in Our Hearts



Minerva 'Lillian' Yearwood



Notifications

Transportation

Here are some helpful tips when scheduling appointments with the Transportation Department:

All appointment requests should go through nursing. This ensures that nursing is aware of any issues you may be having and it provides transportation with a timestamp for when the appointment was initially requested.

Transportation is juggling multiple appointments during the day so your patience is greatly appreciated while waiting for your pick-up once your appointment is finished.

The transportation department has appointments already scheduled up to one year from today's date. This means that last minute requests are difficult to fit in to the already-packed daily schedule. The sooner you can let nursing know that you have an appointment scheduled, the better your chances are of keeping that scheduled appointment.

If a doctor calls you to change your appointment, you do not need or want to the appointment or your appointment needs to be changed. Please let nursing know so that transportation can change the appointment and the Home does not incur any unnecessary charges.

For those residents in Village or B Wing Apartments looking for transportation to a medical appointment, please refer to your resident handbook for specific guidelines.

Notifications

130 Anniversary

2020 marks the 130th Anniversary of The Masonic Home of Virginia! We have exciting plans in the works beginning with cake on the true anniversary date of January 7. Please join us during lunch between 11:00 AM to 1:00 PM to celebrate in the main dining room.



Gourmet Dinner

Wednesday, January 22

7:00 PM

Private Dining Room

Sign-up sheet will be posted at the Activity sign-up table on Friday, January 1 and collected on Wednesday, January 15.



Blood Drive

Wednesday, January 15

9:00 AM to 2:00 PM

Outside– Service Entrance

Please contact Steve Sanford for an appointment if you are interested in donating blood.

Notifications

New Year's Dance with entertainment by James Curry

Thursday, January 9
7:00 PM
Dining Room



MAHOVA Yard Sale

Wednesday, January 29
Bidding begins at 10:00 AM
Reading Room



Employee Service Awards and Employee of the Year Award

Thursday, January 30
2:00 PM
Dining Room

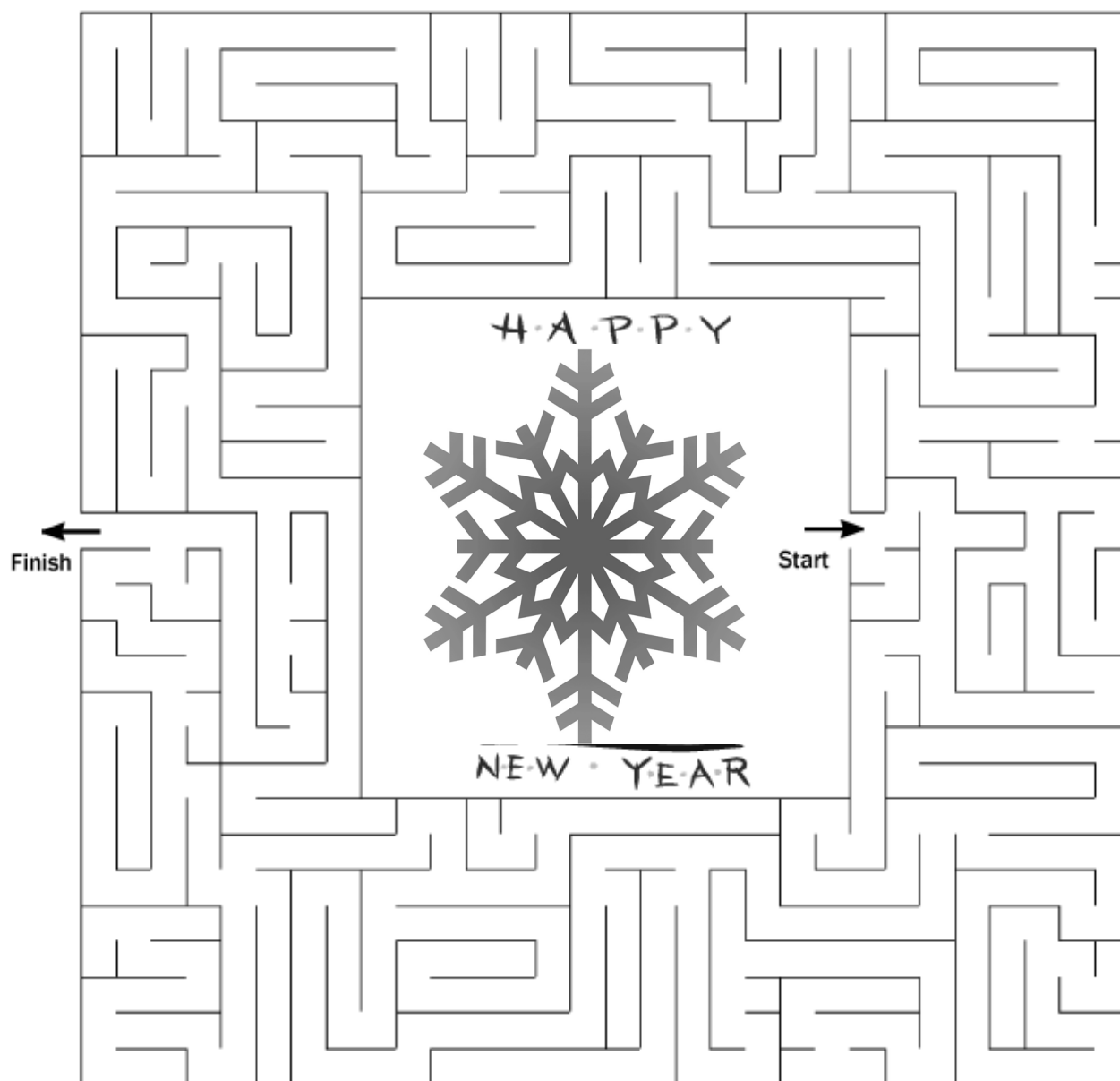


Resident Volunteer Fair

Learn more about the various volunteer opportunities at the Masonic Home
and speak to a volunteer representative with any questions.

Friday, January 31
2:30 PM
TV Room

JANUARY



Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

| | |
|------|------------------|
| 1/3 | Voncile Baughman |
| 1/4 | Barbara Borkey |
| 1/6 | John Edelin |
| 1/8 | Dolores Ridings |
| 1/11 | Elizabeth Anton |
| 1/15 | Jimmie Lucas |
| 1/15 | Richard Wadkins |
| 1/17 | Howard Floyd |
| 1/18 | Robin Wadkins |
| 1/19 | Richard Carden |
| 1/21 | Joyce Burgess |
| 1/23 | Emily Carver |
| 1/23 | Mildred Johnson |
| 1/25 | Donald Godfrey |
| 1/25 | Betty Long |
| 1/25 | Frank McAllister |
| 1/26 | Donald Carver |
| 1/26 | Lois McCarn |
| 1/26 | Virginia Phipps |
| 1/27 | Blaine Lenhart |
| 1/27 | Gordon Paschall |
| 1/30 | Doris Larson |
| 1/31 | Frances Walton |

Employee Birthdays

| | | | |
|------|-------------------|------|----------------|
| 1/2 | Josephine Johnson | 1/24 | Teoshi Rogers |
| 1/3 | Faye Turner | 1/26 | Stanley Heil |
| 1/8 | Felicia Davis | 1/26 | Mallie Young |
| 1/8 | Dasha Harris | 1/26 | Sandra Street |
| 1/10 | Tammy Cross | 1/29 | Rosa Snead |
| 1/11 | Victoria Halstead | 1/29 | Randall Wood |
| 1/13 | Pandora Bayard | 1/29 | Wanda Kargbo |
| 1/14 | Tiffany Acree | 1/30 | Ethelmae Jones |

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



Welcome New Residents

Harold Jennings
Concord Lodge No. 307

Julius and Sarah Rosen
Buckingham Lodge No. 242

Masonic Home Census -- 196

The MAHOVA News

A monthly publication of the Masonic Home of Virginia
500 Masonic Lane
Henrico, VA 23223
804-222-1694
800-262-4644

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Robert Adkins, LNHA

Senior Administrator

Kathy Bryant, LALA

Assisted Living Administrator

Dr. Danny Felty

Medical Director

Gail Henshaw, CPA

Director of Finance

Terry Hilton

Development Officer

Regina Pettaway, RN

Director of Nursing

Barbara Ramirez

Human Resources Director

Mike Butler, Jr.

Director of Facilities