



MAHOVA

January 2021

News

Inspiring Affirmations for the New Year

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do.” –Eleanor Roosevelt

“Write it on your heart that every day is the best day in the year.” –Ralph Waldo Emerson

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”-Helen Keller

“Follow your passions, believe in karma, and you won’t have to chase your dreams; they will come to you.”-Randy Pausch

“Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, “I will try again tomorrow.” –Mary Anne Radmacher

Consult not your fears but your hopes and your dreams. Think not about your frustrations but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.” –Pope John XXIII

“The Journey is the reward.” –Steve Jobs

“Whatever you can do or dream you can, begin it. Boldness has genius, magic, and power in it.” –Johann Wolfgang von Goethe

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” –Mark Twain

“Tomorrow is the first blank page of a 365 page book. Write a good one.” –Brad Paisley

“I trust that everything comes at the perfect time and in the perfect way. The Lord works everyday miracles. He always serves my higher good.” -Anonymous

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Resident Advisory Council

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Peg Davis

Vice President

Steve Bollinger

Secretary

Alice Bond and Mildred Johnson

-B Wing

Tom Kaufman and Jerrell Morton

—C and D Wing

Jim Herring– Magnolia Court

Steve Bollinger and Peg Davis–

Village

7 Simple but healthy habits to start in January

1. Cut out soda

This small diet change can make one of the biggest impacts, reducing both calorie intake and sugar consumption. A high intake of sugary drinks has been linked with a variety of health problems including diabetes and kidney disease.

2. Dedicate time to mental health

Having a healthy mental state will help you stay on track with your other goals and allow you to balance life with ease.

3. Walk more

A 35 minute walk every day may reduce the severity of a stroke and can lower your risk of cardiovascular disease.

4. Get some daylight

Natural daylight has been linked with a lower risk of depression and can improve your eye health. If the weather does not permit you to go outside, open the curtains and sit by the window.

5. Visit blue and green spaces

Being in or near natural spaces can help to curb respiratory problems, improve your mental health and lower your risk of depression.

6. Wash your hands often

Washing your hands often and avoiding touching your face can decrease your chance of getting sick.

7. Eat breakfast to fuel your day

Studies show that eating breakfast helps to improve focus and energy levels throughout the day.

Book Ends

HAP-P-P-P-P-PY NEW YEAR!!!!

Parker Bros. print \$50,000,000,000 of Monopoly money each year!!

WHERE ANGELS WALK

by Joan Webster Anderson

Do you believe that Angels [God's messengers] interfere with humans? I definitely do. Even though I haven't seen anything like these stories, I know that a higher being helps us poor humans. It even happened with this book! When I looked for a non-fiction book to read, this one sort of jumped out at me. I thought it would make good reading so I took it home. When I opened it, I found an address of the original owner - - - - - ME! When I was preparing to move to MAHOVA, I donated a number of my wife's books that I never expected to read to MAHOVA. This had to be one of them. She had purchased it and either didn't get to read it or had not recommended it to me. I would have enjoyed it then, but for some reason it was saved for me to read now.

This volume contains over 40 stories documenting someone who was saved by an angel's intervention. They are about much more serious occasions than I have experienced. I really enjoyed reading about how my God takes care of us. I believe he does and I hope you do too!

DEATH WALKED IN

by Carolyn Hart

If you pick this story to read, be aware the first segment did not seem to fit together. It took almost the complete first chapter to fit the segment together. After that it not only fit but was enjoyable reading. Ms. Hart tells the story from the viewpoint of Annie Darling and her husband Max. The only problem I had was that she often refers to earlier events which happened in previous novels. It was mildly irritating but didn't keep me from enjoying the story.

The original murder victim witnesses a late night burial of a package in a cemetery. She digs up the package and discovers it contains stolen gold coins. She is murdered to keep her quiet and this starts the story. Ms. Hart masks the killer well through the story, including another murder and even some interference from the police. Needless to say the couple not only unmask the killer, but find the missing coins.

HELP LORD, I'M HAVING A SENIOR MOMENT!

By Karen O'Connor

I picked this book because it seemed to be light reading *and* to see what other people experience in their 'senior moments'. I enjoyed reading it! I also enjoyed learning that I am not alone in these occurrences. One of the prevalent things is the ability to forget a name. Problem there is that I have always had that ability; to forget a name. My wife who would say, "Don't you ever forget anything?" was very good at remembering names, so for 47 years I could remember names by asking Ann. Now I'm back to my old problem - and learning that now names are not the only thing I forget!

This book contains over 99 [if I counted right] incidents where the senior admits to the 'senior moment'. [Do you admit them???] If you read it you will find most are humorous at least to the reader if not to the one who forgets. Most of all, I enjoyed finding that *I am not alone!*

Highlights

Welcome New Residents

Caroll and Elizabeth Jones
Washington and Henry Lodge No. 344

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.

Brain Teasers

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

Find these January Words in the puzzle

NEW YEAR
TOAST Y
CELEBRATION
WINTER
RESOLUTION
COLD
SNOWFLAKE
FIREPLACE
BLIZZARD
WET
ICY

SNOWMAN
ICICLE
SNOW
THERMOMETER
HOT CHOCOLATE
SKIING
ICE SKATING
IGLOO
FROZEN
MELTING
CLOUDY

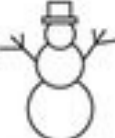

EAR MUFFS
MITTENS
SCARF
HAT
SWEATER
SOCKS
BOOTS
JACKET
ICE FISHING
SHOVEL
FOGGY

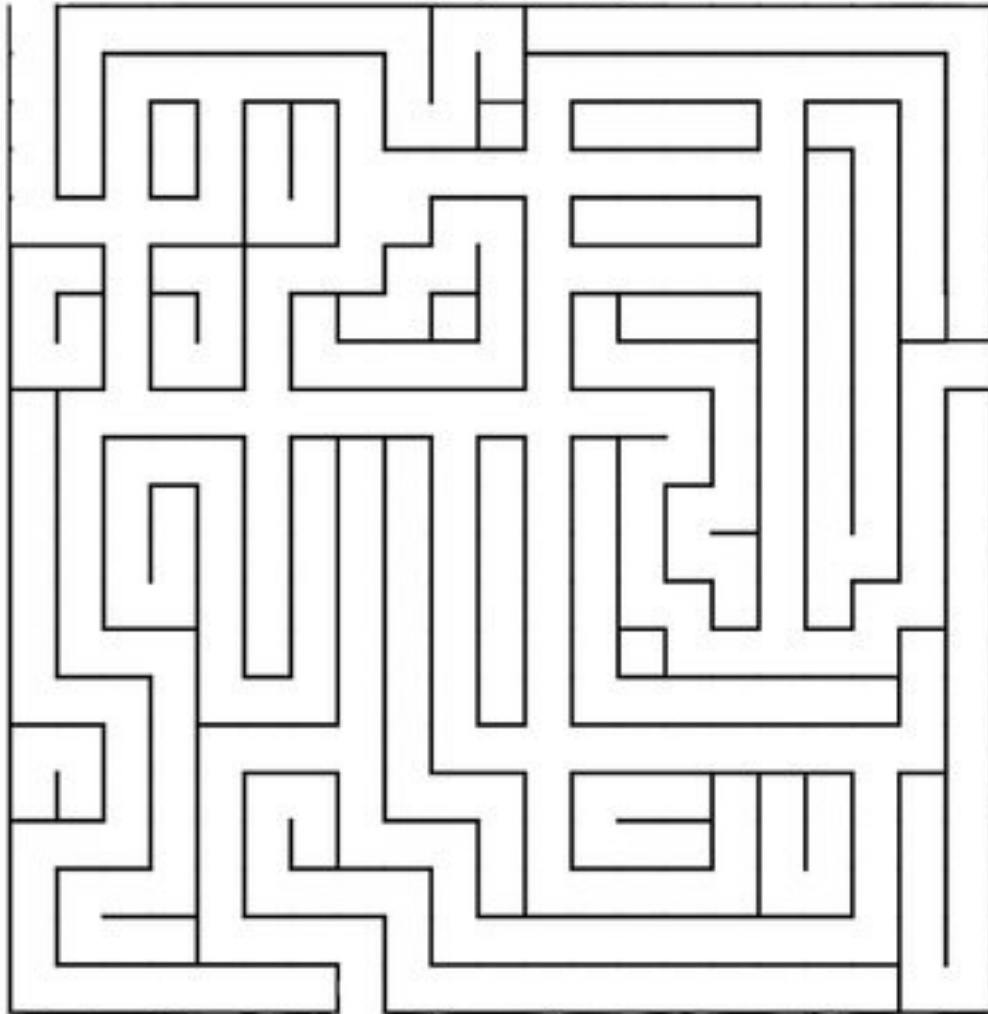
Brain Teasers

Unscramble these New Years words.
Answer key on page 8

LEEBTOCNRIA
PHGAMECNA
ODUTNOCWN
RDEAPA
LKCOC
NDHTIMIG
VNEGIEN
URJANAY
SKIS
YATRP
LSTEORUION
OSTTA
SREDS
DRITTAION
ERAY
WFRKOEIR
MSTESRAER
ERSHCE

January Maze

↓ January   



Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

1/4	Barbara Borkey	1/23	Mildred Johnson
1/6	John Edelin	1/25	Betty Long
1/8	Dolores Ridings	1/26	Donald Carver
1/11	Elizabeth Anton	1/26	Virginia Phipps
1/15	Les Kahn	1/27	Blaine Lenhart
1/15	Richard Wadkins	1/27	Gordon Paschall
1/17	Howard Floyd	1/30	Doris Larson
1/18	Robin Wadkins	1/31	Frances Walton
1/19	Richard Carden		

Employee Birthdays

1/2	Josephine Johnson
1/3	Faye Turner
1/8	Felicia Davis
1/10	Tammy Cross
1/11	Victoria Halstead
1/13	Pandora Bayard
1/21	Regina Murray
1/24	Teoshi Morris
1/26	Stanley Heil
1/26	Mallie Young
1/26	Sandra Crawley– Street
1/29	Rosa Snead
1/29	Randall Wood
1/29	Wanda Kargbo
1/30	Porsha Jones

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



Word Scramble Answers

CELEBRATION
CHAMPAGNE
COUNTDOWN
PARADE
CLOCK
MIDNIGHT
EVENING
JANUARY
KISS
PARTY
RESOLUTION
TOAST
DRESS
TRADITION
YEAR
FIREWORK
STREAMERS
CHEERS

Masonic Home Census -- 170

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