



# MAHOVA

## January 2022

# News

## New Years Traditions Around the World

1. **Spain:** Eating Grapes for good luck. The locals will eat exactly 12 grapes at the stroke of midnight in hopes of bringing good fortune and prosperity in the new year.
2. **Scotland:** First Footing. According to Scottish beliefs, the first person to enter your home after the stroke of midnight should be a man with dark hair to bring you good luck in the coming year. These men also carry gifts which contribute to the good fortune.
3. **Netherlands:** Oliebollen. These donut-like balls are consumed during the Yule on New Year's Eve to ward off visits from the Germanic goddess Perchta.
4. **Brazil:** Throwing white flowers in the ocean. The white flowers are offerings to Yemoja, a water deity that controls the seas and gives her blessing for the next year.
5. **Italy:** Wearing red underwear. In Italy, the color red is associated with fertility. Many men and women will wear red in the hopes it will help them conceive a child in the next year.
6. **Greece:** Hanging Onions. Greeks believe onions are a symbol of rebirth. They hang the onions on their doors to encourage growth throughout the year.
7. **Japan:** Eating soba noodles. Its long and thin shape is meant to signify a long and healthy life.
8. **Denmark:** Smashing dishes. It is a Danish tradition to throw china at your friends' and neighbors' front doors. The bigger your pile of dishes, the more luck you will have.
9. **Russia:** Drinking ashes. Russians will write their wishes on a piece of paper, burn the paper with a candle, and drink the ashes in a glass of champagne.
10. **Czech Republic:** Cutting apples. New Year's Eve, the fruit is cut in half and the shape of the core determines the fate of everyone surrounding it.
11. **Turkey:** Sprinkling Salt. It is considered good luck to sprinkle salt on your door step at midnight to promote peace and prosperity throughout the next year.

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**Resident Advisory  
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**Morton— C and D Wings**

**Steve Bollinger and Peg**

**Davis— Village**

# Health

Here's To Your Good Health!

## New Year's Resolution Ideas to Start 2022 Right:

- Start a journal.
- Give a compliment every day.
- Send a greeting card, once a month.
- Make a movie bucket list to finish.
- Try a spending freeze.
- Try a new hobby or activity.
- Read more, set yourself a goal of a certain number of books to read in 2022.
- Drink more water.
- Clean out a different area of your home, once a month.
- Eat healthier.
- Take more walks.
- Check items off your bucket list.
- Talk to a different person every day.
- Quit smoking.
- Exercise your brain daily.
- Become a plant owner.
- Develop a work out plan.
- Try new foods.

It can be difficult to stick to a resolution for the whole year, but attaching goals may give you that extra motivation to stick to your resolution. For example, start a journal by writing in it weekly, do something on your bucket list once a month, take a walk two times a day, etc.

## Notifications

<b>Resident Council Meeting</b> Monday, January 3 9:30 AM Dining Room	<b>Activities Committee Meeting</b> Thursday, January 20 3:45 PM Library
<b>Advisory Council Meeting</b> Tuesday, January 18 10:00 AM Private Dining Room	<b>Food Committee Meeting</b> Tuesday, January 18 1:00 PM Private Dining Room

## Book Ends

### By Georgeen Carden

James Patterson . . . . .

Sixty-nine-year-old James Patterson grew up in Newburg, New York. He was valedictorian of his senior class. He worked his way through college in a nursing home and was so bored by his job that he started writing stories. Patterson likes to describe himself as a story teller.

As a young man he spent six years in a relationship with a young woman who developed brain cancer and died. He was working at the time as a copywriter in an ad agency. The young woman's death had the effect of turning him serious about his job and in a short time he was CEO.

He got bored again and decided to write a novel. He was 26 years old. His first novel was turned down by 31 publishers before it was finally accepted for publication. Since then Patterson has had 73 number one best sellers and sold over 150 million books.

Patterson works every day at his home overlooking the Atlantic Ocean in Palm Beach, Florida. He doesn't use a computer but writes with a pencil on a legal pad. He often works on as many as thirty books at a time. He always starts with an outline which he sometimes changes as he goes along. He also co-writes with other authors (Bill Clinton is one). He has recently started writing short novels which he calls "Book Shots." They are fast paced, around 150 pages, and sell for \$5, for people on the go who don't have time to read. His advice to young writers is to practice, practice, practice.

I chose to read *Merry Christmas Alex Cross* one of a series whose main character is an African American Washington, D C Metro police detective. The story begins the day before Christmas when Alex is sneaking in the back door of Saint Anthony's Church where he watches until a guy comes out of the confessional and tries to rob the poor box. Alex grabs him.

Alex is home decorating a Christmas tree with his family when he gets a call to negotiate with a man who is holding his ex-wife, their children, her new husband and a neighbor at gunpoint in the home where he had once lived with his family. Alex solves that one and goes home to get a little sleep when he is summoned again.

This time a teen ager has been poisoned at the train station. Alex figures out that this is a distraction by a Saudi Arabian woman he has tangled with before, and he figures out what she's up to and keeps her from spraying nerve gas all over Washington. Alex misses most of Christmas, but he keeps his date for New Year's Eve.

James Patterson has won many awards. He offers seminars on line. He has given millions to fund scholarships and given millions of books to schools. He is a staunch advocate for literacy and writes for kids as well as adults.

## In Memoriam

### Forever in Our Hearts



Harold Jennings



## Have you Heard

Did you know? 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.

If you're looking to save a few dollars, after Christmas sales begin in January to make room for the new stock in stores. Some of the best items to buy in January are workout equipment, linens and bedding, carpets and flooring, suits, big appliances, furniture, Christmas decorations, calendars and planners, jewelry, bikes and TV's. Some items that are not good to purchase in January: mattresses as they typically go on sale in February for Presidents Day. Spring clothing should be purchased in April or May since it is cheaper then. The best time to buy luggage is in March.

What produce is in season in January?

Fruit-Apples, grapefruit, clementine, kiwi, lemon, oranges, passion fruit, pears, and tangerines.

Vegetables-Brussel sprouts, cauliflower, carrots, celery, kale, parsnips, spinach and turnips.

The birthstone for January is Garnet which symbolizes purity, truth, faithfulness, and friendship. The flower is a Carnation or Snowdrop.

## Notification

### **Afternoon Pool**

Join us on Tuesday and Thursday for Afternoon Pool at 1:00 PM in the Gallery. This gives residents an opportunity to get together and play a game of pool at a regularly scheduled time. Any resident can play and no sign up is required.

### **12 Weeks of Winter Passport Meals**

Beginning Wednesday, January 5 we will start our 12 Weeks of Passport Dinners. Each week dining will serve a meal at dinner with food that is popular from that region.

The first region we will celebrate is Mexico.

Additional independent activities will be posted at an informational table in the Reading Room that will have facts about the region we are highlighting.

No sign up is required. If you are not on a meal plan then a meal ticket is required. Menu items will be posted on the weekly menu.

### **Employee of the Year and Service Awards**

Be sure to cast your vote for the 2021 Employee of the Year. Information about the candidates will be posted in the Gallery.

Stay tuned for information about voting for our next Masonic Home King and Queen this month.

# Brain Teaser



# WINTER



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



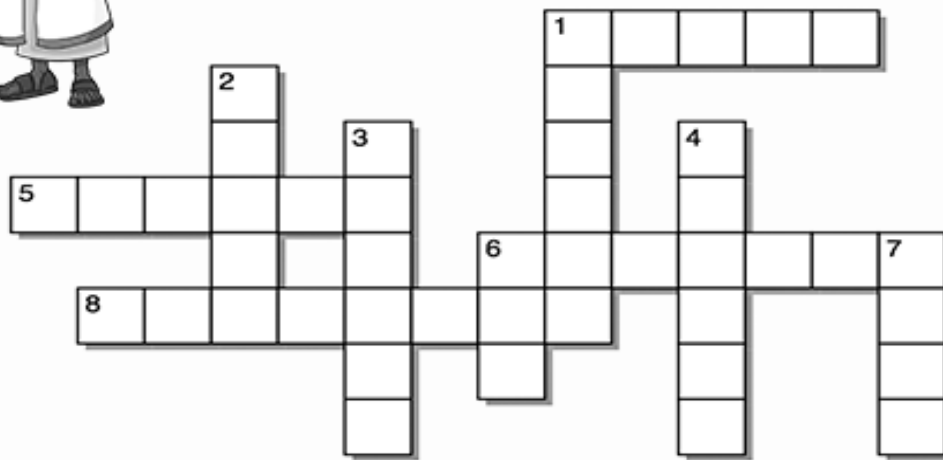
boots	hot chocolate	shovel	snowboard
flurries	icicle	skates	snowman
frozen	igloo	skiing	snowsuit
gloves	mittens	sledding	sweater
hockey	penguin	snow angels	toboggan
holidays	scarf	snowball	winter

Tree Valley Academy

## Bible Pathway Adventures

CROSSWORD

# JOSEPH



### ACROSS

- 1) "You are \_\_\_\_; you have come to see the nakedness of the land."  
(Genesis 42:9 ESV)
- 5) Joseph's brothers sold him for twenty pieces of \_\_\_\_\_. (Genesis 37:28 ESV)
- 6) Who bought Joseph from the Ishmaelites? (Genesis 39:1 ESV)
- 8) To which brother did Joseph serve more food? (Genesis 43:34 ESV)

### DOWN

- 1) Which brother did Joseph keep as his prisoner in Egypt? (Genesis 42:24 ESV)
- 2) The famine lasted for \_\_\_\_\_ years. (Genesis 41:54 ESV)
- 3) Joseph helped Pharaoh understand his strange \_\_\_\_\_. (Genesis 41:25 ESV)
- 4) Joseph was \_\_\_\_\_ years old when he began working for Pharaoh.  
(Genesis 41:46 ESV)
- 6) Joseph's brothers threw him into a \_\_\_\_\_. (Genesis 37:24 ESV)
- 7) Israel gave Joseph a special \_\_\_\_\_. (Genesis 37:3 ESV)

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## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

1/4	Barbara Borkey	1/25	Betty Long
1/5	Judith Shook	1/26	Don Carver
1/6	John Edelin	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
1/19	Richard Carden	1/31	Frances Walton
1/23	Mildred Johnson		

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



## Masonic Home Census: 165

## 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
1/14	Tiffany Acree
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

### The MAHOVA News

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#### **Warren Swanson, CPA, MBA**

Chief Financial Officer

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Senior Administrator

#### **Kathy Bryant, ALFA**

Assisted Living Administrator

#### **Dr. Danny Felty**

Medical Director

#### **Terry Hilton**

Director of Development

#### **Regina Pettaway, RN**

Director of Nursing

#### **Barbara Ramirez**

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