

New Year, New You

You deserve to live a fulfilling, joyous, healthy and balanced life. Set yourself a goal to try and be the best version of yourself. Having the right mindset can make or break achieving your goals. Your environment controls your thoughts, when you put your thoughts first, you begin to truly create a new future for yourself.

Recite these affirmations to yourself. Any one or all can set you up with a positive mindset.

- This is the year I get everything I want.
- My mindset is positive and focused on my goals.
- I am successful and powerful.
- I am committed and unwavering.
- I break through all my limiting beliefs to find true success and fulfillment.
- I deserve to reach all my goals.
- I am living a life of success.
- All my dreams will come true this year.
- My life is abundant and fulfilling.
- I am capable of achieving miracles in my life.
- This is the best year of my life.

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Resident Advisory Council

Peg Davis

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Ray Taylor

Vice President

Sandra Young

Secretary

Nancy Lee Martin and Ray

Taylor- B Wing

Butch Carver and Gerri Morton

C and D Wings

Steve Bollinger and Peg Davis

Village

Gordon Sprigg

Magnolia Court

Health Rx

Here's To Your Good Health!

January is Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the US.

Glaucoma has no early symptoms, which is why half of the people with glaucoma are not aware they have it. The only way to find out if you have it is to get a comprehensive dilated eye exam. There is currently no cure, but early treatment can often stop further damage and protect your vision. Anyone over the age of 60 and those with a family history are at a higher risk of developing glaucoma. Make sure to schedule your eye exam for your eye health.

Notifications

Masonic Home of Virginia 2023 King and Queen Voting

Friday, January 20

2:30 PM

Private Dining Room

Tuesday, January 31

2:30 PM

Private Dining Room

Book Ends

By Georgeen Carden

Jan Karon

Jan Karon was born Janice Meredith Wilson in 1937. She was raised on a farm in the foothills of the mountains of North Carolina.

She wrote her first novel at age ten. At the age of eighteen Jan began working as a receptionist for an advertising agency. She rose through the ranks and had a successful career in advertising. She began leaving samples of her writing on her boss' desk.

At the age of fifty, she left advertising to write novels full time. Karon struggled for a while to find her voice. One night she dreamed about an Episcopal priest named Tim Kavanaugh (Father Tim), who became the main character in an installment series for the local newspaper in the town where she was living. The installments were so popular that the circulation of the newspaper doubled.

Father Tim ultimately became the central character in Karon's Mitford novels: Mitford being an imaginary town, also in the foothills of the mountains in North Carolina. Father Tim adopts a kid named Dooley who he meets when Dooley comes to his workplace, Lord's Chapel, and asks to use his bathroom to take a "dump." In subsequent novels Father Tim marries, persuades an old lady to send Dooley to college, meets a poor girl named Lace and retires.

Come Rain or Come Shine

In this novel Dooley and Lace, who had gotten engaged in the previous novel, have set a date and are about to get married. The story is told by Lace, but it includes every thought that enters the brain of each of the major Mitford characters.

It begins ten days prior to the big event. Dooley has just finished veterinary school and has bought out the local vet, who is retiring. Along with buying the vet practice, he and Lace are buying the farm where the practice is located. Additionally, Dooley gets a great financial deal on a bull to improve his herd's gene pool. Does the bull attend the wedding? You'll have to read the book.

Dooley and Lace have no money and want to have a "simple" wedding. They decide to hand write the invitations, have a "pot-luck" reception and clean out the barn to use as their venue.

Everybody takes a turn wondering if the wedding will actually happen.

I've read most of the Mitford books. They are gentle, comforting stories, very readable and it's easy to find folks you've known in her characters.

In Memoriam



Helen Melton
Kenneth Shook

New Residents

Welcome

John Ward
Monitor Lodge No. 197

JANUARY WORD SEARCH

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

WORD BANK

ARTIC	JACKET	RESOLUTION
BOOTS	JACK FROST	SHOVEL
COLD	JANUARY	SLED
FIREPLACE	KING	SNOW
HAT	LIBERTY	SNOWFLAKE
HEAT	MELT	SNOWMAN
HERO	MITTENS	SWEATER
HOT CHOCOLATE	NEW YEAR	WHITE
ICE	PENGUIN	WINTER
ICICLE	POLAR BEAR	WOOL SOCKS

January Movies

Movies start approximately at 6 PM. Channel 5.1 and TV Room

Some Like it Hot - Friday, January 6 - When two Chicago musicians accidentally witness the St. Valentine's Day Massacre, they trade in their union suits for flapper frocks and hightail it down to Florida as the newest members of an all-girl jazz band. 2 hours 2 minutes. Released: 1959 Not Rated. Starring: Marilyn Monroe, Tony Curtis and Jack Lemmon,

Dog- Monday, January 9 Army Ranger Briggs and Lulu buckle up for a road trip down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they'll drive each other crazy, break a handful of laws, narrowly escape death and learn to let down their guards in order to have a fighting chance of finding happiness. 1 hour 11 minutes. Released: 2022. Rating: PG-13 for language, thematic elements, drug content and some suggestive material. Starring: Channing Tatum, Ethan Suplee, and Kevin Nash.

Where the Crawdads Sing- Friday, January 13 - From the best-selling novel comes a captivating mystery. *Where the Crawdads Sing* tells the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lie within the marsh. 2 hours 5 minutes. Released: 2022. Rated: PG-13 for sexual content and some violence including a sexual assault. Starring: Daisy Edgar-Jones, Taylor John Smith, Harris Dickinson, Michael Hyatt, Sterling Macer, Jr. and David Strathairn.

January Movies

Movies start approximately at 6 PM. Channel 5.1 and TV Room

Ticket to Paradise - Friday, January 20 (Dessert and Movie- MPR- Movie begins at 5:30 PM) and Monday, January 30 (Channel 5.1 and TV Room) A divorced couple, who can't stand each other, teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago. 1 hour 44 minutes. Released: 2022. Rated: PG-13 for some strong language and brief suggestive material. Starring: George Clooney, Sean Lynch, Julia Roberts, Arielle Carver-O'Neill and Ling Cooper Tang

Little Women- Monday, January 23 Writer-director Greta Gerwig has crafted a *Little Women* that draws on both the classic novel and the writings of Louisa May Alcott. The story unfolds as the author's alter ego, Jo March, reflects back and forth on her fictional life. In Gerwig's take, the beloved story of the March sisters- four young women each determined to live life on their own terms- is both timeless and timely. 2 hours 15 minutes. Released: 2019. Rating: PG for thematic elements and brief smoking. Starring: Saoirse Ronan, Emma Watson, Florence Pugh, Eliza Scanlen, Timothee Chalamet, Laura Dern and Meryl Streep.

The Kentuckian- Friday, January 27 Big Eli Wakefield and his young son, Little Eli, are rugged Kentucky adventurers who long for an exciting life on the Texas frontier. They soon learn, however, that the greatest challenge to their progress lies not in the uncharted wilderness, but in the people they meet along the way. Thrust into the midst of a bitter family feud, Eli confronts both the deadly rage of a madman and the love of a beautiful woman. But when he's lured into a brutal final showdown, Eli discovers that the only way to escape with his life is to stay true to his convictions, his honor and his dream. 1 hour 44 minutes. Released: 1955. Not Rated. Starring: Burt Lancaster, Donald MacDonald, Walter Matthau and Diana Lynn.

Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

1/4 Barbara Borkey
1/5 Judith Shook
1/6 John Edelin
1/15 Les Kahn
1/15 Richard Wadkins
1/17 Howard Floyd
1/19 Richard Carden
1/23 Mildred Johnson
1/25 Betty Long
1/26 Donald Carver
1/26 Virginia Phipps
1/27 Blaine Lenhart
1/27 Gordon Paschall
1/30 Doris Larson
1/31 Frances Walton

Employee Birthdays

1/1 Tyshanique Pryor
1/2 Josephine Johnson
1/3 Faye Turner
1/7 Samantha Mizelle
1/8 Felicia Davis
1/10 Tammy Cross
1/11 Victoria Halstead
1/13 Pandora Bayard
1/14 Tiffany Acree
1/21 Ann Meeks
1/21 Regina Murray
1/24 Teoshi Morris
1/26 Stanley Heil
1/26 Mallie Young
1/26 Sandra Crawley- Street
1/29 Randall Wood
1/29 Wanda Kargbo
1/31 Charmagne Alexander

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Masonic Home Census: 160

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