

January 2026

# MAHOVA MONTHLY



## fresh new year

Another fresh new year is here...

Another year to live!

To banish worry, doubt, and fear,

To love and laugh and give!

This bright new year is given me

To live each day with zest...

To daily grow and try to be

My highest and my best!

I have the opportunity

Once more to right some wrongs,

To pray for peace, to plant a tree,

And sing more joyful songs!

William Arthur Ward, 1921-1994

### In This Issue:

Health Rx

Book Club

Book Ends

Anniversaries/  
In Memoriam

In Remembrance

Have You Heard?

Trip Guidelines

CECA Awards

Year in Review

Bucket List Ideas

Cranium Corner

Birthdays

### Resident Advisory Council

Sandra Young

President

Ray Taylor

Vice President

Peg Davis

Secretary

Elizabeth Jones and Ray Taylor

B Wing

Tom Breeden and Elmar Louder

C and D Wings

Steve Sanford and Joyce Deputy

Village

Wayne Flora

Magnolia Court

# Healthy Rx

## Here's To Your Good Health!



### GROW

- Plant your Own Food...
- Start a garden...
- \*window garden...
- \*Chia Pet Garden!



### EXPLORE

- Meet a New ...
- City/State/Museum/Boutique...
- Take a mini-trip!
- Just go!



### JOT IT

- Write Something.
  - ◆ a poem
  - ◆ a story
  - ◆ an article...
- Get it published. Or don't.



### BEGIN

- Start Something .... & FINISH it.
  - ◆ a Pinned DIY project
  - ◆ Facetime with a friend
  - ◆ "Meatless Monday"
  - ◆ 5K Training/Race



### CREATE

- Doodle, Design, Draw...
- Use colorful pens, stamps, tape, jewels or anything to boost your creativity!

### DONATE

- time: for friends
- support: a coworker
- money: pick a charity
- pet supplies: at a no-kill shelter
- books: schools in need



### DROP

- soda.... drink water
- close parking spots...walk more
- judgment... show understanding
- self-hate... love yourself



### LEARN

- ◆ a new skill
- ◆ a different language
- ◆ a smart organization strategy
- ◆ a yummy family recipe



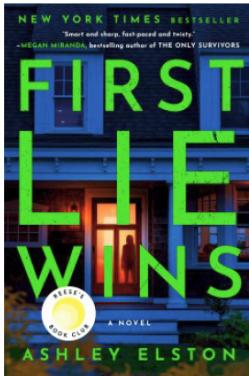
### REMEMBER

- Write down 1 happy memory/day.
- Put it: in a jar/journal/notebook.
- Read: Next week/month/year ...
- Embrace YOUR bright sparks!



## Upcoming MAHOVA Book Club Titles

### Masonic Book Club January 2026 - March 2026 Titles

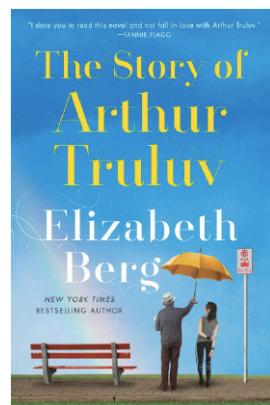


#### First Lie Wins

by Ashley Elston

A woman with many faces and identities, Evie Porter, covertly moves from job to job for her unknown employer until her latest mark, Ryan Summer gets under her skin and makes her envision a different sort of life.

Meets on Monday, January 12th @ 3:00 pm in  
A-Wing Conference Room

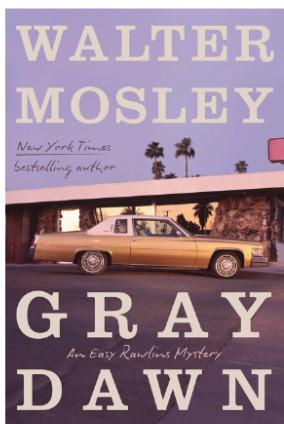


#### The Story of Arthur Truluv

by Elizabeth Berg

Making daily visits to the grave of his beloved late wife, Arthur forges unexpected relationships with a nosy neighbor and a troubled teen who dubs him "Truluv" before the trio discovers healing and family together.

Meets on Monday, February 9th @ 3:00 pm in  
A-Wing Conference Room

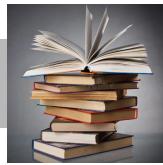


#### Gray Dawn

by Walter Mosley

Running a successful detective agency in 1970s L.A., Easy Rawlins is hired to find a dangerous woman whose secrets threaten to upset the city's fragile balance, in the latest addition to the long-running series following Farewell, Amethystine.

Meets on Monday, March 9th @ 3:00 pm in  
A-Wing Conference Room



## ***January's Most Anticipated Books***

## [The Jilted Countess](#) by Loretta Ellsworth

Genre: Fiction Release date: January 13, 2026

Plot: In the aftermath of World War II, a young Hungarian emigre jilted by a G.I. persuades a Midwestern newspaper editor to help her find an American husband. Based on a true story from the author of *The French Winemaker's Daughter*.

## **The Fair Weather Friend** by Jessie Garcia

Plot: It's always sunny in Detroit for Faith Richards. The popular TV meteorologist, endearingly referred to as "The Fair Weather Friend" by her viewers, has the world by the tail. But one night, Faith leaves work on a dinner break and never returns. Her body is found the next morning.

The town is reeling, suspects emerge, and long-buried secrets are uncovered. While her allies rally, her list of adversaries also grows. Little does anyone know that only the deepest secrets will expose the truth.

## Where We Keep The Light by Josh Shapiro

Plot: *Where We Keep the Light* is the story of public service and personal faith. From an early age, Josh Shapiro learned and practiced the power of showing up, listening, and executing, to make people's lives a little better. In the pages of this account of his life, Shapiro relates powerful stories about his family, his faith, and what matters to Americans tired of all the divisiveness and distrust in our leaders.

Reflecting on what he's learned by knocking on doors, serving his community, and tackling the tough problems that no one wanted to touch in new and different ways, Shapiro reminds us that government can be a force for good, that conventional wisdom is rarely wise, and there's more that unites Americans than divides us.

Shapiro is answering a call to service at a time when we need leaders like him to step up. *Where We Keep the Light* is a must-read account of his life and what lies ahead.

## Anniversaries

January 25, 1969 Ron and Sheri McGavic  
January 31, 1970 Wayne and Eleanor Shipley



## New Residents

**Dennis Tatum**  
Manchester Lodge No. 14



## In Memoriam

Zaida Lorente  
J. Armistead Ransone  
Carol Schlegel



## In Remembrance



**David Armistead  
Maurice Beachum**

**Robert Hall  
Margaret Hardin**

**Evelyn Harding**

**Jane Harrison**

**John Jamieson**

**David Jenkins**

**Carroll Jones**

**Albert Knapp**

**Doris Larson**

**Zaida Lorente**

**John Martin**

**Faye Moore**

**William Naumann**

**J. Armistead Ransone**

**Peggy Roberts**

**Carol Schlegel**

**Anna Sherrod**

**Oscar Sherrod**

**Nancy Smith**

**John Ward**

**Daisy White**

**Sue Willis**



## Have You Heard?

Touchtown Community App is now **Uniguest Community App**.

If you haven't downloaded the app to your smartphone or tablet and need help doing so, please let Susan Berryhill know. You'll be able to browse upcoming activities and dining menus, receive messages, tap to call or text phone numbers and much more.

## Welcoming Committee

Please contact Susan Berryhill at [sberryhill@mahova.com](mailto:sberryhill@mahova.com) or 804-226-6688 if you are interested in volunteering for the Welcoming Committee.

The purpose of this committee is to provide support to new residents moving into MAHOVA and be the point person to assist new residents with a smooth transition into our community.

## Volunteers

If anyone is interested in volunteer opportunities around MAHOVA please contact Susan Berryhill at [sberryhill@mahova.com](mailto:sberryhill@mahova.com) or 804-226-6688. Opportunities include, but are not limited to, Activities, Chapel, Boutique, 1:1 Visits.

## Card Players Wanted

If you are interested in playing Cribbage, Gin Rummy or Hearts please contact Ernie Irby 804-222-2980 or fast dial 122980

## Trip Guidelines

This serves as a reminder regarding all of our trip policies.

There has been an increase in cancellations and no-shows for trips, so we encourage you to reach out to Susan Berryhill at 804-226-6688 as soon as possible if you are unable to make a trip. Individuals must take personal responsibility to show up for all trips that require sign up.

- All trips are advertised on the monthly calendar, Uniguest app/tv screen and in the sign-up binder. If the trip has a fee, please look for the information on the sign-up sheet. You will also receive a reminder of the fee, if applicable, deadline to cancel and time/date of the trip, and when the vehicle will leave.
- If you cancel after the deadline for a non-medical reason or are a no-show for a trip, you will be charged the trip cost for tickets/reservations.
- We encourage you to cancel **at least 48 hours in advance** so residents on the waitlist can be called.
- Trips are subject to cancellation if a minimum of five (5) people have not signed up.



## CECA Awards - Employee Recognition

**We've partnered with Ceca Foundation to help celebrate the exceptional acts of care, achievements, and successes of our team members in serving you. If anyone on our staff makes your day a little brighter or has a lasting impact on you or your family, we'd like to hear about it.**

The following MAHOVA Employees were recognized in the month of November on the CECA Award platform.

Sheniyha Cardwell, Dining  
Cynthia Cox, Nursing  
McKayla Day, Dining  
Brayden Harris, Dining  
Deja Holmes, Human Resources  
Ann Meeks, Human Resources  
Sherica Miller, Dining  
Angela Pisano, Director of Communication  
Tyshanique Pryor, Dining  
Genie Smith, Dining  
Rashida Traywick, Dining  
Betty Goode-White, Dining  
Erika Williams, Dining  
Aaron Wilson, Dining

All of our team members are eligible for the Ceca Award (which provides public recognition and a \$250 award), including staff that are clinical (nurses, physical therapists, etc.) and non-clinical (dining services, housekeeping, maintenance, security, etc.). Thank a team member by telling us who and what they did that made a difference in your experience with us.

Tell us about your experience one of these ways:

- Visit [CecaAward.org/Guest](http://CecaAward.org/Guest) OR
- Scan the QR code with your mobile device



# Year in Review

A look back at (just) some of the fun we had in 2025.



January

## Bucket List Ideas



Ordinary &amp; Happy

Make a vision board for the year.	Do a 30-day challenge.	Try a winter evening routine (e.g., tea, bubble bath, reading).	Plan your summer vacation.	Start a year-long project.
Have a board game night with friends.	Try a new winter recipe (e.g., stew, bread, comfort food).	Declutter your closet to make room for new outfits.	Make s'mores by a campfire.	Start a new photo album for the year.
Stargaze in the evening.	Go for a scenic walk or hike.		Take at least one happy photo this month.	Have a weekend getaway at a cozy cabin.
Go to the sauna.	Go bowling with friends.	Make a reading list for the year.	Try journaling (e.g., morning, evening, gratitude).	Swim in a heated outdoor pool.
Try a new winter sport.	Have a gingerbread latte or hot cocoa in your pajamas.	Try a new indoor hobby.	Visit hot springs.	Try roasted chestnuts.
Make a playlist to inspire you this year.	Get cozy winter socks.	Try watercoloring or doodling.	Visit a museum or art gallery.	Have an indoor picnic.

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

		6		5			7	
	4		7		8			
	7		3				2	
	8		1	6				5
						4		
5	3		8		9			
7	1							
			5	6	2			

## Physical Training Puzzle

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

---

APPLY	ESTEEM	PRINCIPLES
AWARENESS	FOCUS	REWARDS
BALANCE	FOUNDATION	SPIRIT
BODY	JUNGSUWON	STRENGTH
COMMITMENT	MIND	STUDENTS
CONFIDENCE	OVERCOME	TRAINING
DEFEND	PHYSICAL	VISUALIZATION
DEFENSE	PRINCIPLE	WARRIOR

## Resident Birthdays

Scan this QR image to go to the Masonic Home Website

Happy Birthday to the following residents who celebrate their birthdays:



1/04 Barbara Borkey  
1/06 John Edelin  
1/10 Richard West  
1/15 Les Kahn  
1/15 Richard Wadkins  
1/17 Howard Floyd  
1/22 Imogene Duncan  
1/23 Mildred Johnson  
1/24 Dave Bennett

1/25 Betty Long  
1/26 Donald Carver  
1/26 Virginia Phipps  
1/26 Weba "Allan" Vanderploeg  
1/27 Blaine Lenhart  
1/27 Gordon Paschall  
1/27 Lynn Wagner  
1/31 Fran Walton

## Employee Birthdays

1/01 Tyshanique Pryor  
1/01 Seidel Small  
1/02 Rachael Ayeni  
1/08 Felicia Davis  
1/10 Tammy Cross  
1/11 Victoria Halstead  
1/13 Pandora Bayard  
1/13 Tamikia Epps  
1/21 Ann Meeks  
1/26 Sandra Crawley-Street  
1/26 Stanley Heil  
1/29 Wanda McLaurin

Masonic Home Census: 175

**MAHOVA - Your Masonic Community**  
**500 Masonic Lane**  
**Henrico, VA 23223**  
**804-222-1694**

The MAHOVA News is published monthly for the residents of MAHOVA. Articles in this publication may not be reproduced without permission.

**Randy P. Smith**  
Chief Executive Officer  
**Tracy Coogle, CPA**  
Chief Financial Officer  
**Robert Adkins, LNHA**  
Vice President of Operations  
**Dr. Danny Felty**  
Medical Director  
**Daniel Thomas**  
Director of Nursing  
**Ann Meeks**  
Chief Human Resources Officer  
**Mike Butler, Jr.**  
Director of Facilities  
**Holly Carson**  
Community Sales Director  
**Angela Pisano**  
Director of Communication  
**Allen Watts**  
Director of Development



## New Hires

Rachel Ayeni, RN Supervisor  
Wakeelah Logan, LPN