



MAHOVA

News

July 2019

Celebrating Freedom

“Freedom has its life in the hearts, the actions, the spirit of men, and so it must be daily earned and refreshed – else like a flower cut from its life-giving roots, it will wither and die.”

–Dwight D. Eisenhower

It was a historic moment when Thomas Jefferson, along with other members of the Continental Congress, drafted the Declaration of Independence. The Continental Congress declared the people of America independent from the British colonies. It was the moment of truth all Americans had waited for. If the effort of severing ties from the British succeeded, the leaders of the movement would be hailed as true American heroes. However, if the effort failed, the leaders would be guilty of treason and face death.

It was the clever wording of the Declaration of Independence, followed by some smart strategies employed by the leaders that sparked the Independence movement. What followed was a relentless power struggle to gain absolute independence from the British monarchy.

July 4, 1776, was the historic day when the Continental Congress approved the Declaration of Independence. Every year, Americans rejoice and celebrate Independence Day, or the 4th of July, with great fanfare. Amidst colorful parades, flag-hoisting ceremonies, and barbecue parties, Americans remember the suffering their forefathers endured to win them precious freedom.

The 4th of July is a celebration of our freedom and our liberties, and a time to honor the men and women that fight for us to continue to have these rights. Each and every one of us owes a debt of gratitude to these brave people.

And as for the fun aspects of the holiday?

“You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.” –Erma Bombeck

In This Issue:

Health Rx

Program Highlights

July Calendar

Book Ends

Behind the Scenes

In Memoriam

Birthdays

Welcome New Residents

Welcome New Employees

Resident Advisory Council

Paula Swansey

President - D Wing

James Palmer

Vice President– B Wing

Steve Bollinger

Secretary - Village

Mildred Johnson and James

Palmer-B Wing

Paula Swansey—C and D Wing

Jim Herring— Magnolia Court

Peg Davis— Village

Health

Here's To Your Good Health!

Overweight Means Less Exercise

Recent studies show that approximately half of all overweight people don't eat any more than their leaner neighbors. However, they do get much less exercise.

Get The Fat Out.

Excess fat is dead weight that must be moved around by the muscles and fed by the heart. Extra fat makes all activity more difficult and reduces the body's working efficiency.

Spot Reducing Won't Work.

There is no such thing as "spot reducing" exercises that eliminate fat from selected parts of the body. Exercise of sufficient frequency, intensity and duration will reduce fat deposits throughout the body, and you'll lose the most from areas where you've gained the most. Speak with your physician on the right amount for you.

Have You Heard?

President Harry S. Truman determined the line of succession should the President be temporarily incapacitated or die in office in July. His Executive Order declared that after the Vice President, the country should turn to the Speaker of the House, and then to the President pro tempore of the Senate for top leadership. This line of succession became the 25th Amendment to the U.S. Constitution in 1967.

The flower for July is the Larkspur or Water Lily. The birthstone is the Ruby and symbolizes devotion, integrity, courage, and happiness.

Program Highlights

Resident Council Meeting

Monday, July 1
9:30 AM
Dining Room

Activities Committee Meeting

Thursday, July 18
3:45 PM
Library

Advisory Council Meeting

Tuesday, July 16
10:00 AM
Private Dining Room

Food Committee Meeting

Tuesday, July 16
1:00 PM
Private Dining Room

Program Highlights

Monday, July 8	2:30 PM	TV Room	Exercise with Sharon from Ageless Grace
Tuesday, July 9	3:00 PM	REB	Communion with Pastor Constance Lynn
Tuesday, July 9	7:00 PM	MPR	Monthly Stated Meeting with Williamsburg Lodge No. 6. All Master Masons Invited
Thursday, July 11	10:00 AM	Gallery	Coffee and Donuts from Country Style Donuts
Friday, July 12	5:00 PM	TV Room	Ice Cream Cones. Choose your own cone, flavor and toppings.
Monday, July 15	3:00 PM	Gallery	Try a variety of different wines at the Wine Tasting.
Wednesday, July 17	10:00 AM	Reading Room	MAHOVA Yard Sale
Friday, July 19	2:30 PM	Dining Room	Meet and greet our new residents at the Newcomers Social.
Friday, July 19	5:00 PM	Multipurpose Room	Dinner and a Movie Sponsored by Virginia Beach Lodge No. 274
Saturday, July 20	2:00 PM	Dining Room	Ice Cream Social hosted by Varina Lodge
Monday, July 22	2:30 PM	TV Room	Card Social
Tuesday, July 23	2:00 PM	Multipurpose Room	Apollo 11 Anniversary Film and Discussion
Friday, July 26	2:30 PM	TV Room	Lemonade Social
Monday, July 29	1:30 PM	TV Room	Teaching Kitchen with Morrisons Dining (By Sign up Only)
Tuesday, July 30	7:00 PM	Dining Room	Sock Hop Dance with Entertainment by James Curry

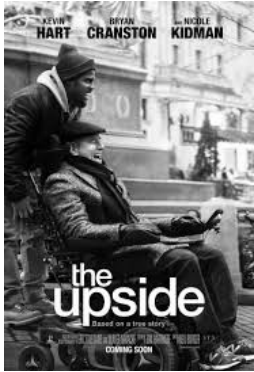
Entertainment

Monday, July 1 7:00 PM Dining Room	Performance by the ACCA Temple Million Dollar Band
Tuesday, July 2 6:30 PM TV Room	Fourth of July sing along program with Resident, Dolores Reinhold
Friday, July 5 2:30 PM TV Room	Music performance by Tommy Custalow
Saturday, July 6 2:30 PM TV Room	Fourth of July history program with Jim Callear
Monday, July 8 6:30 PM TV Room	Golden oldies vocal performance by Billy Mitchell
Thursday, July 11 2:30 PM TV Room	Instrumental and vocal performance by Matthew O'Donnell
Friday, July 12 1:30 PM TV Room	Vocal gospel and country performance by Nikki Headley
Saturday, July 13 2:30 PM TV Room	Gospel performance by the Finney's
Thursay, July 18 2:30 PM TV Room	Golden oldies vocal performance by Kevin Salyer
Saturday, July 27 2:30 PM TV Room	Gospel performance by the Gilfield Men's Chorus
Tuesday, July 30 7:00 PM Dining Room	Vocal performance by James Curry for the Sock Hop Dance

Movies



Channel 5.1 and TV Room
6:00 PM



Friday, July 5 “The Upside”

Based on a true story of two men from very different backgrounds who find themselves working together and forming an unlikely friendship



Monday, July 15 “Hidden Figures”

Based on the true story of three women who transcended gender and race lines while working for NASA as the brains behind John Glenn’s first orbit into space



Monday, July 29 “Florence Foster Jenkins”

Based on the true story of a socialite who dreams of becoming an opera singer with a hilariously subpar voice. Her husband, and biggest fan, does everything to protect his beloved from the truth of her voice until she decides to stage a huge concert at Carnegie Hall, posing a major challenge for her husband to make sure that it is a success.

Trips and Outings

Shopping Schedule

July 3 Dollar Tree
 July 10 Walmart
 July 17 White Oak Village
 July 24 Dollar Tree
 July 31 Walmart



Tuesday, July 2 11:15 AM	Lunch at Peking Chinese Restaurant
Monday, July 8 11:15 AM	Lunch at McDonald's
Tuesday, July 9 2:00 PM	Trip to your neighborhood bank
Thursday, July 11 10:30 AM	Lunch at Hanover Tavern
Friday, July 12 10:30 AM	Trip to the Science Museum to see the Pompeii exhibit and have lunch
Tuesday, July 16 11:15 AM	Enjoy the slots at Rosie's Casino in New Kent
Thursday, July 18 1:00 PM	Shopping at Goodwill
Monday, July 22 4:45 PM	Dinner at Calabash Seafood Restaurant
Tuesday, July 23 9:30 AM	Shopping at the antique stores and lunch in Lakeside
Thursday, July 25 11:15 AM	Lunch in Tappahannock
Friday, July 26 11:15 AM	Lunch at Olive Garden Restaurant
Friday, July 26 5:30 PM	Grand Master's Official Visit at the ACCA Temple
Monday, July 29 11:00 AM	Lunch at the John Marshall

Book Ends

By Richard Neiswander

MAY THE 4th BE WITH YOU!

No, it's not Star Wars! However, I like the take of the saying from that movie which tells you I want you each to enjoy the birthday of our country - THE BEST ONE IN THE WORLD!

LOST EMPIRE

by Clive Cussler

with Grant Blackwood

I wondered about the two authors. I had liked Cussler's works but knew nothing about Blackwood. I found this story not quite up to Cussler's best but still VERY good.

This story begins in London in 1864. It moves to current times when Sam & Remi Fargo are diving for artifacts off the coast of Tanzania. They discovered a ship's bell which turned out to belong to a Confederate ship. Of course, they follow up on the discovery and as evidence is discovered, the mystery becomes deeper. During the hunt for information, they run into Mexican operatives who are hunting the same information.

They follow the trail learning that the ship was the Shenandoah, which had never surrendered and continued sinking Federal vessels. Eventually, they learn that the ship was lost to the eruption of Krakatoa, the largest known volcanic eruption known, and even find the ship itself. An extremely fascinating search, especially when they are trying to beat the agents of the Mexican government.

HISSY FIT

by Mary Kay Andrews

The title fascinated me! I have heard of women throwing one but never experienced one. So - - - I picked it up and found out all about a 'hissy fit'!

The story follows Keeley Murdock starting from the rehearsal party for her wedding. There she discovers her maid of honor having sex with the groom. Thus she throws the hissy fit, which the author describes in detail. Of course, the wedding is now off and the groom's banking family puts financial pressure on Keeley's home decorating business. Enter Will Mahoney driving his old yellow Cadillac convertible. He has purchased the town's failing bra plant and an antebellum mansion which he wants rebuilt and redecorated. This not only saves Keeley's business but provides her with a new love interest.

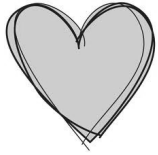
MYSTERIOUS WAYS

MORE THAN COINCIDENCE

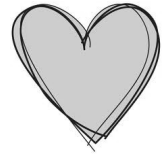
compiled by the Editors of Guideposts

If you like the Guideposts Magazine, you will really enjoy this book. It contains over "100 true stories" that prove miracles do happen. I took my time reading one per day and really had a magnificent time. I am looking for another like it. Good thing that Guideposts have published a large number of books with stories of how God has helped people out of their problems.

Anniversaries



July 14, 1984 Steve and Becky Bollinger
July 28, 1978 Tom and Valerie Hall



Notifications

Sponsored Events

Dinner and a Movie

Sponsored by Virginia Beach Lodge No. 274
Friday, July 19

Special Program for 50th Anniversary of Apollo 11

July 21, 1969, marks the day, 50 years ago, that man first walked on the moon. Please join us on Tuesday, July 23, for a special screening of the 2019 documentary “Apollo 11”. This acclaimed film is a cinematic event 50 years in the making. Crafted from a newly discovered trove of film footage and audio recordings, “Apollo 11” takes us straight to the heart of NASA’s most celebrated mission—the one that first put men on the moon, and forever made Neil Armstrong and Buzz Aldrin into household names. Immersed in the perspectives of the astronauts, the team in Mission Control, and the millions of spectators on the ground, we vividly experience those momentous days and hours in 1969 when humankind took a giant leap into the future. Don’t miss this spectacle on our big screen in the Multipurpose Room, starting at 2:00pm. The film runs 93 minutes. Please stay around for a group discussion afterwards, where we will reminisce about this momentous event, and our memories of the moon landing, during this 50th Anniversary month.

Tuesday, July 23rd, 2:00pm in the Multipurpose Room
Group discussion to follow film screening

Notifications

Weight and Blood Pressure Checks

Please bring your pendants with you.

B– Wing
Monday, July 1
8:00 AM to 1:00 PM
D Wing Recreation Room

C and D – Wing
Wednesday, July 3
8:00 AM to 1:00 PM
D Wing Recreation Room

Monthly Meeting with Meridian Lodge No. 284

Meridian Lodge No. 284 Monthly Meeting will be held on the
4th Monday in the Multipurpose Room at 12:00 PM.

Meeting is open to ALL Master Masons.

Please come and join us!

Teaching Kitchen

Monday, July 29

1:30 PM

TV Room

Sign-up required to reserve a seat

Gourmet Dinner

Wednesday, July 31

7:00 PM

Private Dining Room

Sign-up sheet and menu will be posted at the Activity sign-up table on
Wednesday, July 10, and collected on Wednesday, July 24. \$14.99 per resident.

Notifications

Fourth of July Program With Dolores Reinhold

Sing along to patriotic songs as Dolores plays the piano.

Tuesday, July 2

6:30 PM

TV Room



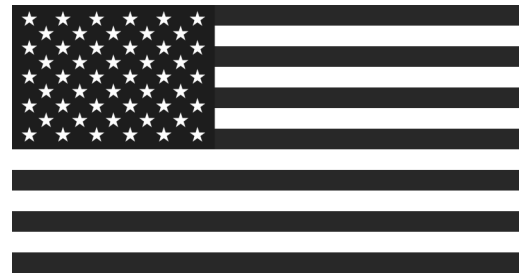
Fourth of July History Program With Jim Callear

Learn about the history of Fourth of July

Saturday, July 6

2:30 PM

TV Room

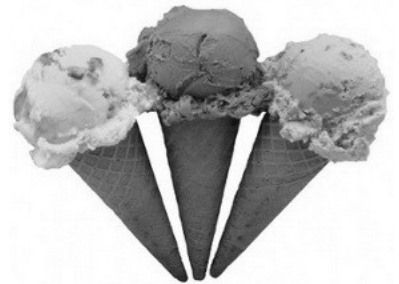


Ice Cream Social with Varina Lodge

Saturday, July 20

2:00 PM

Dining Room



Sock Hop Dance With entertainment by James Curry Pull out your poodle skirt for the dance!

Tuesday, July 30

7:00 PM

Dining Room



Brain Fitness

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

Find these summer words:

SUMMER
SUNLIGHT
BEACH
CAMPING
AIRCONDITIONER
HUMIDITY
WAVES
ICECREAM
SALTWATER
VACATION

WATERMELON
BOATING
HEAT
GARDENING
OUTDOORS
SANDALS
SUN
SHORTS
HAT
TRAVEL

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

7/1	Margaret Hardin	7/13	John Long
7/1	Marian Wright	7/19	Sandra Young
7/2	Linda Dudley	7/22	James "Tom" Wadkins III
7/4	William Reinhold	7/24	Eleanor Curtis
7/5	Shirley Godwin	7/24	Priscilla Sensabaugh
7/6	Sharon Floyd	7/26	Horace Dowdy
7/6	Barbara Hogge	7/26	Wilma Thompson
7/7	Wanda Lucey	7/29	Nancy Harver
7/8	Doris Grotz	7/30	John Deputy
7/10	Mary Duncan	7/31	Helen Lape
7/11	Becky Bollinger		

Employee Birthdays

7/2	Nestelynn Staten	7/19	Alicia Richardson
7/3	Victoria Brown	7/19	Maria Slate
7/3	Nicole Jackson	7/20	Pamela Pollard-Reed
7/3	Amber Valentine	7/26	Lelah Gary
7/7	Suzan Geissler	7/26	Katrina Smith
7/7	Barbara Johnson	7/26	Regina Smith
7/10	Juanita Brown	7/27	Linda Archie
7/11	Juakedra Bowens	7/27	Judith Arcuri
7/13	Joyce Orange	7/30	Apollonia Lassiter
7/17	Norma Rivera	7/31	Betty Goode-White

Welcome New Residents

Russell Talley– Babcock Lodge No. 322

Masonic Home Census -- 195

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



Welcome New Employees

Angelica Donaldson	Food Services
Laurie Ohmen	Nursing
Altha Battle	Nursing
Cherry Lewis	Nursing
Logan Fox-Gray	Maintenance
Sarai Amos	Nursing
Dasha Harris	Nursing
Katie Kitchen	Resident Services
Apollonia Lassiter	Nursing
Sheronda Baker	Nursing

The MAHOVA News

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

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

James D. Cole, CPA
Chief Executive Officer
Anne Hagen, CPA
Vice President, Chief Financial Officer
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

MAHOVA Editor
Robyn Massie
804-222-1694
Extension 77268

MAHOVA Copy Editor
Mildred Ammons