



MAHOVA

News

July 2021

America's Soaring Emblem

The bald eagle became an American emblem in 1798. With its distinctive brown body and white head and tail, it is easy to identify as it glides high in the sky. When flying it rarely flaps its wings, instead holding them almost completely flat as it soars. A wingspan of eight feet makes it one of North America's largest raptors.

It is the only eagle unique to North America. They live near bodies of water in Canada and Alaska, and in scattered locations all throughout the lower 48 states and northern Mexico. Its hooked bill, legs and feet are yellow. Eagles primarily eat fish, carrion, smaller birds and rodents, and are also known to prey on large birds and large fish. They catch fish by swooping down and grabbing those that are near the surface of the lake or stream.

Bald eagles make a high-pitched squeaking sound. Other interesting behaviors include "talon clasp" or "cartwheel display," where two eagles clasp each other's talons in mid-air and spin down, letting go only when they've almost reached the ground. This may be a courtship ritual as well as a territorial battle. The life span of a bald eagle averages around 25 years. During breeding season, the male and female work together to build a nest of sticks, usually located at the top of a tree. The nests can weigh hundreds of pounds and measure up to 8 feet across. Females produce one to three eggs per year. The young stay in the nest for 10 to 11 weeks. The white plumage on their head and tail doesn't develop until they are four or five years old. Once paired, bald eagles remain with each other for life. When one dies, the surviving bird will find another mate.

Bald eagle numbers in the U.S. were estimated to be between 300,000 and 500,000 in the 1700s. In later years numbers were as low as 500 nesting pairs in the lower 48 states, and they were once on the endangered species list. Their more recent rebounding in numbers is one of the great success stories for wildlife conservation, due in part to the banning of the pesticide DDT. Now there are a total of approximately 150,000 in the whole of North America. It is now a welcome -and not that uncommon- sight to see these proud symbols of the United States soaring over the James River, right here in our home town of Richmond, and over other bodies of water in our beautiful state of Virginia.

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**Steve Bollinger and Peg Davis—
Village**

July is Healthy Vision Month

Follow these six tips from the CDC on how to keep your eyes healthy.

1. Add more movement to your day.

Physical activity can lower your risk for health conditions that can affect vision. Type 2 diabetes and high blood pressure can impact your eye health.

2. Learn about your eye health history.

Some diseases can run in the family, like glaucoma and age-related macular degeneration. It is important to know your family history, not only for yourself, but also for your children.

3. Eat healthy.

Eating healthy foods helps prevent numerous health conditions. Eat dark, leafy greens like spinach, kale and collard greens that are high in antioxidants. These antioxidants help prevent macular degeneration and cataracts. Fish that is high in omega-3 fatty acids like halibut, salmon and tuna are good to add to your diet.

4. Stay on top of long-term health conditions.

Diseases such as high blood pressure and diabetes can increase your risk for developing some diseases, such as glaucoma. Ask your doctor about steps to manage your condition and lower your risk of vision loss.

5. If you smoke, quit.

Quitting smoking is good for your overall health. Kicking the habit can reduce your risk of developing eye diseases like macular degeneration and cataracts.

6. Give your eyes a rest.

Looking at a computer or phone can tire your eyes out. Follow the 20-20-20 rule. Give your eyes a rest by taking a break every 20 minutes to look at something else 20 feet away for at least 20 seconds.

Notifications

In Memoriam



Norman Milligan
Julius 'Cullen' Rosen



Anniversaries

ANNIVERSARIES



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



Have You Heard?

- The first rabies vaccine was successfully given to a patient on July 16, 1885.
- On July 5, 1946, the world's first bikini was unveiled at a pool in Paris.
- July 25, 1909, Louis Bleriot became the first man to fly an aircraft from one country to another successfully. He flew from France and landed in England.
- July 20, 1969, Neil Armstrong made history by taking the first step on the moon.
- On July 16, 1945, in Alamogordo, New Mexico, the first atomic bomb was detonated. The bomb was called "Fat Boy" and its explosion cloud was 41,000 feet high.
- The birthstone for July is the Ruby and symbolizes good health, wealth, wisdom, protection, and success in love. The flower for July is the water lily and larkspur.

June Highlights

WANTED

Monthly book review writer for the MAHOVA Newsletter.

Please contact Robyn in Activities at extension 77268
if you have questions or are interested.

Shopping Trips

Rotating shopping trips to Walmart, White Oak Village and Dollar Tree
will begin Wednesday, July 14. Sign-up sheets
will be in the foyer approximately one week before the trip.

4th of July Celebrations

Friday, July 2

History Presentation by
Jim Callear
10:00 AM
TV Room

Happy Hour
2:00 PM
Gallery

Craft Classes

Crafts with Nancy Lee
and Betty
Monday, July 12
1:30 PM
D Recreation Room

Crafts with Priscilla
Wednesday, July 14 and
Wednesday, July 28
1:30 PM
A Wing– Room 7

Coloring Page



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July Fourth Word Search



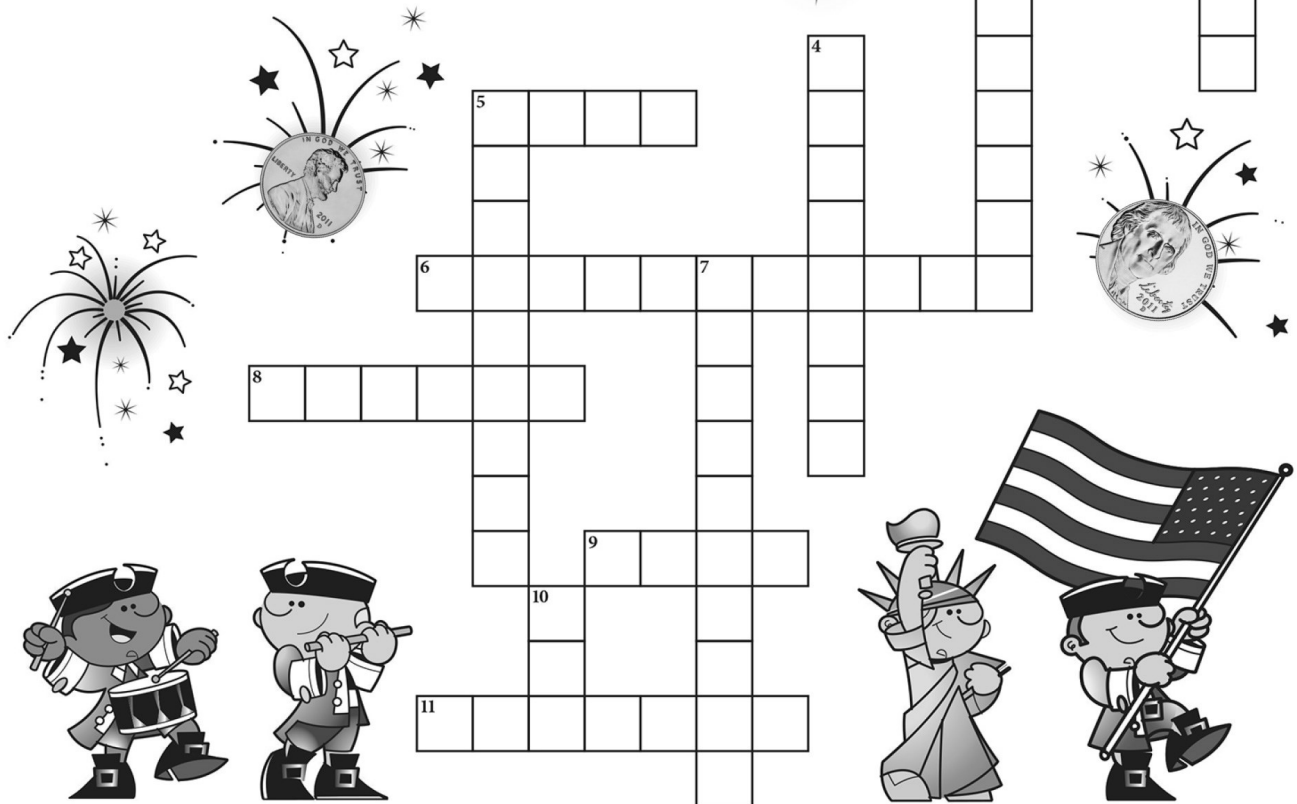
ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY

NATION
PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED

Fourth of July

CROSSWORD



ACROSS

3. Fill in this famous quote common among Patriots: "No _____ without representation!"
5. The Star-Spangled Banner was written about the American _____.
6. The _____ of Independence begins with "We the people."
8. British tea was dumped into the harbor during the _____ Tea Party.
9. The colors of the United States are red, white and _____.
11. _____ is the power or right to act, speak, or think how you want.

DOWN

1. This general went on to become our first president.
2. The National _____ is sung before many sports events.
4. There were _____ states in 1776.
5. These things light up the sky on the Fourth of July.
7. During the American _____, the colonies wanted to separate from Great Britain.
10. A _____ dollar bill has George Washington on it.

ANSWERS: 1. Washington 2. Anthem 3. taxation 4. thirteen 5. flag 6. Declaration 7. Revolution 8. Boston 9. blue 10. one 11. freedom

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

7/1 Margaret Hardin
7/1 Marian Wright
7/2 Linda Dudley
7/4 William Reinhold
7/6 Sharon Floyd
7/7 Wanda Lucey
7/10 Mary Duncan
7/11 Becky Bollinger
7/19 Sandra Young
7/24 Eleanor Curtis
7/24 Priscilla Sensabaugh
7/26 Wilma Thompson
7/29 Nancy Harver
7/30 John Deputy
7/31 Helen Lape

Employee Birthdays

7/2 Nestelynn Staten
7/2 Antonio Johnson
7/3 Victoria Brown
7/10 Juanita Brown
7/12 NaQuisha Dillard
7/17 Leonard Smith
7/19 Maria Slate
7/19 Alicia Richardson
7/26 Lelah Gary
7/31 Betty Goode– White

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



Welcome New Residents

Forrest Garrett
Varina Lodge No. 272

Eddie Matney
Norview Lodge No. 113

Masonic Home Census -- 165

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