

July 2025

MAHOVA MONTHLY

OUR FLAG

She waves for my attention,
So free upon the breeze.
The sun reflects her stars and stripes,
As proud as she can be.

She tells a tale of people lost,
Who came to find their way
And carried on through every loss,
To bring us here today.

She reminds me of the brave who fought
To keep our country strong
And shouts at me of victories
To right egregious wrongs.

She whispers to our children
Of all this country has to give
And begs that they stand up for her
And give thanks for how they live.

She cries to me of apathy,
Of prejudice and hate,
Of disrespect for what she stands,
And a Constitution we forsake.

She demands that I acknowledge her
And what she means to me
And dares me to imagine life
If she should cease to be.

And still in Glory she unfurls
And gives me hope again
For a people reunited,
And a country on the mend.

So each time I see her wave at me,
I'll stop and gaze above
And take a moment to respect
This country that I love

Patricia A. Fleming

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FUN FACTS ABOUT JULY 4TH

The foundation of 4th of July celebrations lies in one of history's most important documents. The Declaration of Independence didn't just announce America's break from Britain—it established principles that would influence democratic movements worldwide.

- 1. The Declaration of Independence was actually approved on July 2nd, 1776. The Continental Congress voted for independence two days before the famous date, leading John Adams to predict that July 2nd would be celebrated with parades and festivities.**
- 2. Only two people signed the Declaration on July 4th, 1776. Despite popular belief, most delegates didn't sign until August 2nd, 1776, when the official parchment copy was ready.**
- 3. The Liberty Bell didn't ring on July 4th, 1776. The famous story of the Liberty Bell ringing to announce independence is a myth—the bell was actually cracked and couldn't ring at that time.**

Revolutionary History and Early Celebrations

The early years of Independence Day celebrations reveal how Americans began shaping their national identity through commemoration and tradition.

- 1. The first 4th of July celebration happened in 1777 in Philadelphia. The city marked the first anniversary with a thirteen-gun salute, festivities, and fireworks, establishing traditions that continue today.**
- 2. Thomas Jefferson and John Adams both died on July 4th, 1826. Remarkably, both founding fathers passed away on the exact 50th anniversary of the Declaration's adoption, just hours apart.**
- 3. Calvin Coolidge was born on July 4th, 1872. The 30th President of the United States shares his birthday with the nation, making him the only president born on Independence Day.**
- 4. The first public reading of the Declaration happened in Philadelphia. Colonel John Nixon read the document aloud in Independence Square on July 8th, 1776, to a crowd of colonists.**

Patriotic Traditions

- 1. "The Star-Spangled Banner" was written during the War of 1812, not the Revolution. Francis Scott Key penned the national anthem in 1814 after witnessing the British bombardment of Fort McHenry.**
- 2. The Pledge of Allegiance wasn't written until 1892. Francis Bellamy created the pledge for the 400th anniversary of Columbus's arrival in America, and it became associated with patriotic holidays like Independence Day.**

According to the Centers for Disease Control and Prevention, seniors are more susceptible to heat-related illnesses and injury. When we age, our bodies become less efficient at regulating temperature because older adults do not sweat as much as younger adults, and sweat is the body's most important heat-regulating mechanism. Older adults also store fat differently, which can further complicate heat regulation in the body.

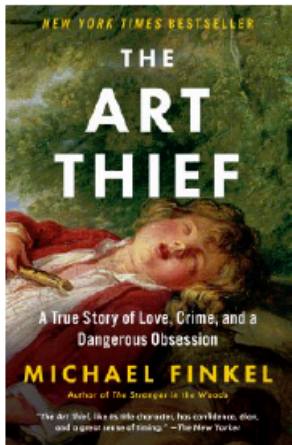
Therefore, seniors have health risks that need to be monitored, especially in the heat of summer. Below are tips to keep safe and healthy in the rising temperatures of the summer month:

- Stay hydrated
- Stay indoors during extreme heat
- Stay in an air-conditioned place
- Know the weather forecast and dress appropriately
- Protect your skin and eyes
- Know the side effects of your prescriptions. Some medications can cause increased sensitivity to the sun. Look over your medications and talk with your doctor about any concerns or questions you have.
- Know the early signs of heat-related illnesses such as dehydration, heat stroke, heat exhaustion, hyperthermia, etc. Signs to look for may include disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness and confusion.

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Upcoming MAHOVA Book Club Titles

Masonic Book Club July 2025 - August 2025 Title



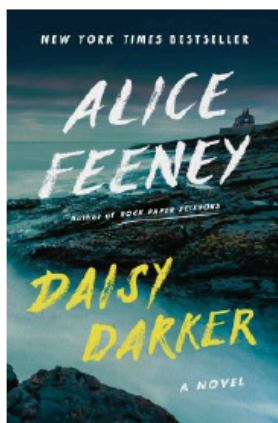
The Art Thief

by Michael Finkel

This riveting true story of art, crime, love and an insatiable hunger to possess beauty at any cost draws us into the strange and fascinating world of prolific art thief, Stéphane Breitwieser, who stole and kept more than 300 objects until one final act of

hubris brought everything crashing down.

Meets on Monday, July 14th @ 3:00 pm in
A-Wing Conference Room



Daisy Darker

by Alice Feeney

A family gathering for their matriarch's 80th birthday in her crumbling, gothic house on a tiny island begin disappearing one by one, in the new novel from the New York Times best-selling author of Rock Paper Scissors.

Meets on Monday, August 11th @ 3:00 pm in
A-Wing Conference Room



July's Most Anticipated Books

The CIA Book Club by Charlie English

Genre: Non-Fiction

Release date: July 1, 2025

Plot: This is the amazing true story of the CIA's program to smuggle books through the Iron Curtain to help win the Cold War. This is a book that is truly about the importance of literature and the written word.

Etiquette for Lovers and Killers by Anna Healy

Genre: Historical Mystery

Release date: July 1, 2025

Plot: Set in the 60's, a mystery and romance all tied up into one book! When Gertrude is found dead and Billie McCadie is one of the last to see her alive, her boring life of yachts and cocktails becomes much more interesting. Everyone is hiding secrets and bodies are piling up quicker than the Jello salad can set.

These Summer Storms by Sarah Maclean

Genre: Fiction

Release date: July 8, 2025

Plot: Alice Storm has not come home to her family's private island since she wanted a life outside of the Storm family. But when her father dies unexpectedly, she returns home to find that he had other plans. He had created an inheritance game-complete tasks to win the inheritance-and it will require a week on the island. Secrets will be revealed and the family will either come together or split for good.

Rush Week: A Scandalous Novel by Michelle Brandon

Genre: Fiction

Release date: July 22, 2025

Plot: Four sorority sisters find themselves back at the University of Alabama five years after they have graduated. The "spill book," where they wrote confessions that were supposed to be buried forever in a time capsule, has been stolen and someone is threatening to expose everything.

Under the Stars by Beatriz Williams

Genre: Fiction

Release date: July 29, 2025

Plot: Meredith Fisher was once a famous movie star who needed to return to her home in New England to sober up. Her daughter, Audrey Fisher, has made a life for herself as a chef but agrees to go to the family home with her mom. When Audrey discovers an old trunk filled with paintings from a great American artist, they wonder how these ended up in their cellar.

In 1846, Providence Dare fled Boston on the steamship Atlantic. When the ship hits a storm and is rendered helpless, Providence must find a way to escape the boat, especially since a detective is onboard and he is investigating the suspicious death of her employer, the painter Henry Irving.

Savvy Summers and the Sweet Potato Crimes by Sandra Jackson-Opoku

Genre: Mystery

Release date: July 29, 2025

Plot: When Savvy Summers opened her restaurant, Essie's, she hoped it would be a south-side Chicago favorite. When Grady Jaspers dies while eating her sweet potato pie, she is now in the news for all the wrong reasons. Can she solve the murder and find out who killed Grady before her business is ruined?

Anniversaries

July 1, 1989 Raymond and Ramona Ridgeway
July 14, 1990 David and Julia Lloyd
July 28, 1978 Tom and Valerie Hall



In Memoriam

Evelyn Harding





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.

New Hires



Hailey Butler, Activities Facilitator
Sheniyha Cardwell, Food Service Aide
Philycia Morris, CNA
Regina Turner, CNA

Resident Handbooks

2025 Resident Handbooks are available to pick up by contacting Susan Berryhill
email: sberryhill@mahova.com or phone: 804-226-6688

Save the Date

Tuesday, July 1

10:30 a.m. Main Home Brunch

11:00 a.m. Village Brunch



Thursday, July 3

2:30 p.m. Golf Cart Parade - Campus

3:00 p.m. July 4th Cookout

6:00 p.m. Tuckahoe Lodge No. 347 + Presentation on Francis Gary Powers

(see page 9 in July Newsletter)

OPEN TO ALL RESIDENTS

Tuesday, July 15

10:30 a.m. SAI Women's Group with Mary Breeden

Wednesday, July 16

6:00 p.m. 50th Anniversary Jaws (movie) + Dinner ordered in from Olive Garden

Thursday, July 17

4:00 p.m. - 6:00 p.m. Passport Dinner: Cruising Round the Country

Next stop - Maine

Thursday, July 24

2:00 p.m. Grinchmas Luau (Christmas in July)

Saturday, July 26

2:00 p.m. ACCA Shriners Ice Cream Social

OPEN TO ALL RESIDENTS

Wednesday, July 30

9:00 a.m. Estate Sale

"To most of us, Francis Gary Powers was an abstraction, a name in a history book. The same as Charlemagne, Martin Luther, or Gandhi. After *Spy Pilot*, we can never say that again. Powers is now a son, a husband, a father. Like all of us, he had dreams, fears, passions, courage, rage, and an overwhelming desire to make a difference. *Spy Pilot* is our chance to finally meet the *man* behind the legend."

—VINCE HOUGHTON, PhD, historian/curator, International Spy Museum

"Biography, autobiography, the unraveling of a Cold War mystery, and a son's mission to see his father honored. This book has it all."

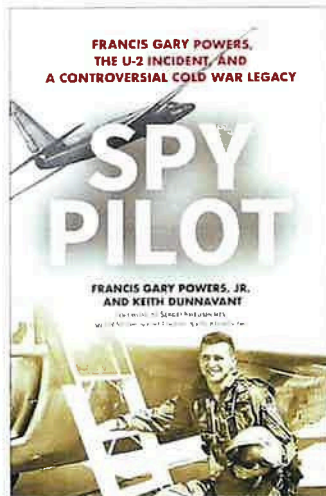
—VIN ARTHEY, author of *Abel: The True Story of the Spy They Traded for Gary Powers*

SPY PILOT

FRANCIS GARY POWERS, THE U-2 INCIDENT, AND A CONTROVERSIAL COLD WAR LEGACY

FRANCIS GARY POWERS JR. AND KEITH DUNNAVANT

Based on newly available information, the son of famed U-2 pilot Francis Gary Powers presents the facts and dispels misinformation about the Cold War espionage program that his father was part of, and was featured in Steven Spielberg's Bridge of Spies.



One of the most talked-about events of the Cold War was the downing of the American U-2 spy plane piloted by Francis Gary Powers over the Soviet Union on May 1, 1960. The event was recently depicted in the Steven Spielberg movie *Bridge of Spies*. Powers was captured by the KGB, subjected to a televised show trial, and imprisoned, all of which created an international incident. Soviet authorities eventually released him in exchange for captured Soviet spy Rudolf Abel. On his return to the United States, Powers was exonerated of any wrongdoing while imprisoned in Russia, yet a cloud of controversy lingered until his untimely death in 1977.

Now his son, Francis Gary Powers Jr., has written this new account of his father's life based on personal files that have never been previously available. Delving into old audio tapes, the transcript of his father's debriefing by the CIA, other recently declassified documents about the U-2 program, and interviews with his contemporaries, Powers sets the record straight. The result is a fascinating piece of Cold War history.

Almost sixty years after the event, this will be the definitive account of a famous Cold War incident, one proving that Francis Gary Powers acted honorably through a trying ordeal in service to his country.

Francis Gary Powers Jr. is the founder and chairman emeritus of The Cold War Museum, a 501(c) (3) charity in Vint Hill, Virginia, near Washington, DC. As chairman of the Presidential Advisory Committee for the Cold War Theme Study, he works with the National Park Service and leading Cold War experts to identify historic Cold War sites for commemorating, interpreting, and preservation. He served as a consultant to Steven Spielberg's Cold War thriller, *Bridge of Spies*. He lectures internationally and appears regularly on the History, Discovery, and A&E Channels.

Keith Dunnivant is the author of seven books, including definitive biographies of Joe Montana, Bart Starr, and Paul "Bear" Bryant. The founder of Solovox Publishing and a former editor of *Adweek* magazine's *Special Report*, Dunnivant has led award-winning editorial teams covering media, sports, lifestyle, and politics, directed the civil rights documentary *Three Days at Foster*, and covered college football for *The National*. He has been a featured historian on ESPN, CBS, HBO, and Showtime.

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Your 50 Words

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

active	artistic	beautiful	brilliant	caring	cheerful	chef
clever	colorful	comedic	compassionate	creative	curious	energetic
enthusiastic	family	fashionable	foxy	fun	generous	graceful
gracious	groovy	happy	healthy	hilarious	industrious	inspiring
intelligent	loud	loyal	motivating	organized	passionate	pilates
playful	sexy	sharp	smart	smiles	spicy	spirited
sporty	stirring	strong	stylish	thankful	thoughtful	vogue
young						

Rafting Rivers



ALSEK

ANIMAS

CARSON

CHEAT

CHEOAH

COQUILLE

DEAD

FEATHER

GAULEY

KINGS

KLAMATH

LEHIGH

LOCHSA

MERCED

NENANA

NEW RIVER

NIZINA

OWYHEE

POTOMAC

ROGUE

RUSSIAN

SANTIAM

SELWAY

SILETZ

SKAGIT

SNAKE

TOCCOA

TRUCKEE

TUOLUMNE

WIND

Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

07/01 Margaret Hardin	07/16 Armistead Ransone
07/01 Marian Wright	07/19 Sandra Young
07/02 Linda Dudley	07/20 Julia Malliarakis
07/04 William Reinhold	07/22 Jay Gardner
07/06 Sharon Floyd	07/24 Priscilla Sensabaugh
07/07 Wanda Lucey	07/26 Wilma Thompson
07/09 Catherine George	07/26 Nancy Waldrop
07/11 Rebecca Bollinger	07/29 Nancy Harver
	07/30 John Deputy



Scan this QR image to go to the Masonic Home Website

Masonic Home Census: 178

Employee Birthdays

07/02 Nestelynn Staten
07/02 Rokrishia Coleman
07/03 Victoria Brown
07/03 Tikisha Johnson
07/04 Sharonda West
07/08 Lekisha Walker
07/08 Heaven Barton
07/10 Juanita Brown
07/17 Tamara Witbeck
07/17 Holly Walker
07/19 Laura Poole
07/19 Alicia Richardson
07/26 Mary Hardesty
07/26 Lelah Gary
07/28 Vivian Gutierrez
07/31 Betty Goode-White

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