



MAHOVA

News

June 2018

June is National Rose Month

Roses have a long and colorful history. They have been symbols of love, beauty, war, and politics. The rose is, according to fossil evidence, 35 million years old. In nature, the genus *Rosa* has some 150 species spread throughout the Northern Hemisphere, from Alaska to Mexico and including northern Africa. Garden cultivation of roses began some 5,000 years ago, probably in China. During the Roman period, roses were grown extensively in the Middle East. They were used as confetti at celebrations, for medicinal purposes, and as a source of perfume. Roman nobility established large public rose gardens in the south of Rome. After the fall of the Roman Empire, the popularity of roses seemed to rise and fall depending on gardening trends of the time.

During the fifteenth century, the rose was used as a symbol for the factions fighting to control England. The white rose symbolized York, and the red rose symbolized Lancaster; as a result, the conflict became known as the "War of the Roses."

Roses were in such high demand during the seventeenth century that royalty considered roses or rose water as legal tender, and they were often used as barter and for payments. Napoleon's wife Josephine established an extensive collection of roses at Chateau de Malmaison, an estate seven miles west of Paris in the 1800s. This garden became the setting for Pierre Joseph Redoute's work as a botanical illustrator. In 1824, he completed his watercolor collection "Les Rose," which is still considered one of the finest records of botanical illustration.

It wasn't until the late eighteenth century that cultivated roses were introduced into Europe from China. Most modern-day roses can be traced back to this ancestry. These introductions were repeat bloomers, making them unusual and of great interest to hybridizers, setting the stage for breeding work with native roses to select for hardiness and a long bloom season. Many of these early efforts by plant breeders are of great interest to today's gardeners.

Roses are once again enjoying a resurgence in popularity, specifically, shrub roses and old garden roses. Gardeners realize that these roses fit the lifestyle of today's gardeners who want roses that are not as demanding with regard to disease control, offer excellent floral quality, have excellent winter hardiness, and fit into shrub borders and perennial gardens without seeming out of place.

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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 and

Leon Headley- C and D Wings

Art Gregory- Magnolia Court

Health

Here's To Your Good Health!

Meditate for Relaxation

Want to relax and unwind in a hurry? Try these simple steps for effective meditation from Herbert Benson, President of the Mind/Body Medical Institute:

1. Sit down and get comfortable.
 2. Close your eyes.
 3. Consciously relax your muscles.
 4. Breathe in slowly and deeply.
 5. As you exhale, say a calming word or phrase, such as "love, peace or vacation."
 6. Continue this for three to four minutes and then open your eyes and resume your day.
- If stressful thoughts try to crowd into your mind while meditating, let them pass without addressing them.

Have You Heard?

Natural vanilla is the second most expensive spice in the world, after saffron. It comes from the seed pod of vanilla planifolia, a vine orchid that can grow as high as 300 feet. It is native to Mexico, southern Florida and Hawaii and is grown commercially in many tropical areas, including Madagascar and Uganda. After the plant's greenish-yellow flowers bloom, the seed pods take about eight months to mature and grow to a length of nine inches. Then they are harvested, cured, and fermented. Pure vanilla extract is made by steeping the pods in alcohol. The flower for June is the Rose, and the birthstone is the Pearl which symbolizes loyalty, faithfulness, and friendship.

Program Highlights

Resident Council Meeting Monday, June 4 9:30 AM Dining Room	Food Committee Meeting Tuesday, June 19 1:00 PM Private Dining Room
Advisory Council Meeting Tuesday, June 19 10:00 AM Private Dining Room	Activities Committee Meeting Thursday, June 21 3:45 PM Library

Program Highlights

Tuesday, June 5	2:30 PM	TV Room	2018 Talent Show viewing
Friday, June 8	5:30 PM	TV Room	Banana Splits
Tuesday, June 12	5:00 PM	Dining Room	Solstice Dinner
Thursday, June 14	10:00 AM	Gallery	Coffee and Donuts from Country Style Donuts
Friday, June 15	12:00 PM	TV Room	Father's Day Brunch Sponsored by 2018 MAHOVA Ambassadors Conference
Friday, June 15	12:30 PM	Gallery	Shopping for Jewelry with Bonita
Thursday, June 21	2:30 PM	Dining Room	Birthday Social and Employee of the Quarter
Friday, June 22	2:30 PM	TV Room	Balloon Volleyball
Friday, June 22	5:00 PM	Multipurpose Room	Dinner and Movie Sponsored by Dewitt Clinton Lodge No. 141
Monday, June 25	2:30 PM	TV Room	Popcorn Social
Tuesday, June 26	1:30 PM	Dining Room	Cooking Class
Thursday, June 28	12:00 PM	Outside Weather Permitting	Volunteer Luncheon
Friday, June 29	2:30 PM	Multipurpose Room	Classic Movie Matinee

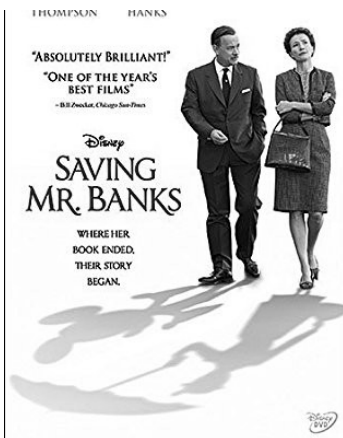
Entertainment

Monday, June 4 2:00 PM TV Room	Performance by the Bifocals
Thursday, June 7 2:30 PM TV Room	Vocal and guitar performance by Susan Greenbaum
Friday, June 8 2:30 PM TV Room	Vocal performance by John-Anthony DeMaio
Saturday, June 16 2:30 PM TV Room	History presentation by Jim Callear
Tuesday, June 19 2:30 PM TV Room	Performance by Fabulous Flutes
Saturday, June 23 2:30 PM TV Room	Performance by Lucky Bill
Monday, June 25 6:30 PM TV Room	Golden oldies vocal performance by Billy Mitchell
Friday, June 29 6:30 PM TV Room	Karaoke with Leon and Nancy Lee Martin
Saturday, June 30 2:30 PM TV Room	Vocal performance by Patsy Butler

Movies



Channel 2 and TV Room
6:00 PM



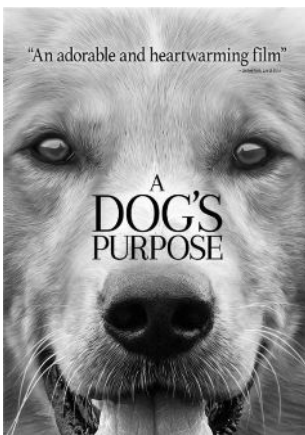
Friday, June 1 "Saving Mr. Banks"

The story behind the making of the classic film, Mary Poppins



Monday, June 4 "Me before You"

A young girl unexpectedly falls in love with a man that she is hired to care for.



Friday, June 15 "A Dog's Purpose"

Based on a bestselling novel about one devoted dog who finds the meaning of his own existence

Trips and Outings

Shopping Schedule

June 6 Dollar Tree

June 13 Walmart

June 20 White Oak Village

June 27 Dollar Tree



Tuesday, June 5 11:00 AM	Lunch at McDonald's
Wednesday, June 6 5:00 PM	Dinner at Midlothian Lodge No. 211
Saturday, June 9 1:30 PM	Tour of Richmond with Richmond Discoveries
Monday, June 11 4:45 PM	Dinner at Calabash Seafood Restaurant
Tuesday, June 12 10:30 AM	Trip to your neighborhood bank
Tuesday, June 14 6:15 PM	Music jam session at Dorey Park Bluegrass Coffeehouse
Monday, June 18 6:30 PM	Henrico Theatre– Henrico Concert Band
Tuesday, June 19 11:15 AM	Lunch at Longhorn Steakhouse
Wednesday, June 20 1:00 PM	Swift Creek Mill “Always a Bridesmaid”
Tuesday, June 26 9:30 AM	Shopping at Peebles and lunch in Ashland

Book Ends

By Richard Neiswander

Historic Photos of RICHMOND in the 50's, 60's, and 70's

Text and Captions by Emily J. and John S. Salmon

Looking around the library, I stumbled onto this coffee table book. It appeared to be a way to look back on my adopted city so I took it home. I really enjoyed looking through it and learning a bit about the way Richmond was during my high school days. Biggest problem was that I'm a country boy and don't care to live in a city, just have easy access to it.

However, I found this a great way to learn about Richmond without having to have lived here. How much more should this be a joy to those who were here at the time. You will probably be able to again view buildings that have been gone for decades. My learning about the city was excellent but even better was the nostalgia of seeing the cars of those times!

The Scarpetta Factor

by Patricia Cornwell

I hadn't read about Kay Scarpetta for some time so I picked up this volume. In this story, Kay is now doing her autopsies in New York City. Also, she is now married to Benton Wesley who is also caught in the story - and also in some of the facts known only to him professionally - and thus something he could not talk about.

It starts when Kay appears on TV and the interviewer make things of her responses which are far from Kay's meaning. Returning home, she finds an unusual package had been delivered - perhaps a bomb? The police in destroying the bomb [Yes, it was!] trace it to a plot which includes an actor [Wesley's patient] accused of a sex crime. As Kay helps with this, the cold case of a missing beautiful young millionaire debutante is solved.

Another enjoyable murder mystery to read! I have begun to wonder why this type of story fascinates us? Why do we like reading about death?

All or Nothing At All A Life of Frank Sinatra

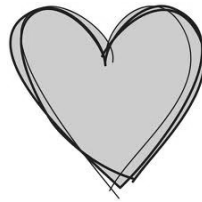
by Donald Clarke

The author has done a good job writing about Old Blue Eyes. He covered Frank's career with all of its ups and downs. He begins with Frank's childhood where his personality was developed. If the synopsis of the growing years is correct, it's a wonder Frank only had the personality problems he exhibited.

There is no question that Frank was an extremely popular singer. Clarke even covered some of the things about Frank's song style that was unique or almost so. That style fit into the Big Band/Jazz era and when Frank experienced the down at the end of that era, he was able to adapt his style to the next era and become a hit then too. And each era after that!

I always liked Frank even though I wasn't a big fan. After reading this, I now have an increased respect for him and especially his music.

Anniversaries



June 2, 1951 Richard and Mary Lee Peroe

June 10, 1961 Ed and Paula Swansey

June 15, 1963 Donald and Emily Carver

June 20, 1959 Charlie and Althea Hinson

June 21, 1952 James and Luvirda Mitchell

June 22, 1963 C.G. and Sue Grizzard

June 26, 1948 McClellan and Betty Burgess

June 29, 1956 Blaine and Rebecca Lenhart

Sponsored Events

Father's Day Brunch

Sponsored by 2018 MAHOVA Ambassadors Conference

Dinner and a Movie

Sponsored by Dewitt Clinton Lodge No. 141

Notifications

Weight and Blood Pressure Checks

Please bring your pendants with you.

B– Wing
Friday, June 1
8:00 AM to 1:00 PM
D Wing Recreation Room

C and D – Wings
Monday, June 4
8:00 AM to 1:00 PM
D Wing Recreation Room

Village Model Key

Should you wish to enter the Village Model home after hours or on the weekend, the key is located at the Care Center Nurses' Station.

Dementia Support Group for Families

For information, please contact John Zacharias at extension 77309.
The group meets 1st and 3rd Tuesdays of each month at 10:30 AM.

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!

Notifications



Solstice Dinner

Tuesday, June 12

Hor'dourves at 4:15 PM
TV and Reading Rooms

Dinner at 5:00 PM
Main Dining Room



Father's Day Brunch

Sponsored by 2018 MAHOVA Ambassadors Conference

Friday, June 15
12:00 PM
TV Room



Summer

WORD SEARCH

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

BEACH
BASEBALL
ICE CREAM
SWIMMING

PICNIC
VACATION
SUNFLOWER
WATERMELON

SANDCASTLE
HEAT
BOATING
POOL

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

6/1	Ersell Brinser	6/16	Richard Peroe
6/2	Shirley Armistead	6/19	Susan Sprigg
6/3	Penny Cowne	6/21	Virginia Lancaster
6/4	Mildred Ammons	6/23	Catherine Murray
6/8	June McDonough	6/23	Dolores Reinhold
6/8	Mary Perdue	6/25	Charles Goens
6/9	Albert Knapp	6/27	Anna Sherrod
6/11	Gordon Kirby	6/28	Becky Lenhart
6/12	Bernard Blunt	6/30	Deborah Sanford
6/16	Ernest Kersey		

Employee Birthdays

6/1	Jodi Kulp	6/11	Lakeisha Wyche
6/2	Crystal Jones	6/14	Violeta Linn
6/2	Sharon Robertson	6/18	Terry Hilton
6/3	Nasibatu Osumanu	6/19	Patricia Wilkins
6/4	Rosemary Pleasants	6/22	Jaemon Corbin
6/5	Ramona Harris	6/26	Linda Strang
6/6	Patsy Clements	6/26	Deborah Whorley
6/7	Akea Jefferson	6/27	Allan Tissari
6/7	Yolanda Lee	6/28	Denise Boice
6/8	Kristie Deryder	6/28	Lucinda Johnson
6/9	Shaquanda Carter	6/30	Patience Mboe
6/10	Kimberly McGuire		

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MAHOVA Copy Editor
Mildred Ammons



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

Welcome New Employees

Charntraseta Jones	Nursing	FT
Shakita Henderson	Nursing	PRN
Daimesha Bradshaw	Nursing	PRN
Dawnasia McKnight	Nursing	PRN
Phyllis Taylor	Nursing	PRN
Inell Smith	Nursing	FT
Ashley Hamiel	Nursing	PRN
Regina Gilliam	Nursing	PRN
Trenita Harper	Nursing	PRN
Reuben Sergeant	Nursing	FT

Masonic Home Census -- 206

The MAHOVA News

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

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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

Eric Flynn

Director of Dining Services

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