



MAHOVA

News

June 2019

Summer Solstice

The term Solstice derives from a combination of the Latin words meaning “Sun” and “to stand still.” As the days lengthen, the sun rises higher and higher until it seems to stand still in the sky, a pivotal moment in the seasonal calendar. As a major celestial event, the Summer Solstice results in the longest day (this year June 21) and the shortest night of the year.

Because the Earth revolves around the sun tilted slightly, things heat up differently on the planet north to south. While the Northern Hemisphere celebrates in June, people in Australia, South America, and other populations in the Southern Hemisphere celebrate their longest day in December.

Awed by the great power of the sun, civilizations have for centuries celebrated the first day of summer otherwise known as the Summer Solstice, Midsummer (see Shakespeare) and St. John’s Day. The Celts and Slavs celebrated the first day of summer with dancing and bonfires to help increase the sun’s energy. The Chinese marked the day by honoring Li, the Chinese Goddess of Light.

Perhaps the most enduring modern ties with summer solstice is the present-day belief of a “lucky” wedding in June, which echoes back to ancient Druids “celebration of summer solstice as the wedding of heaven and Earth.”

Today, the day is still celebrated around the world, most notably in England at Stonehenge, where thousands gather to welcome the sunrise on the summer Solstice. Throughout Europe, other gatherings or festivals are still common in June, when groups assemble to light a sacred fire, and stay up all night to welcome the dawn. In Paris, the day is marked with free concerts during the annual Fete de la Musique. In the U.S., the city of Santa Barbara, California, holds the nations’ most talked-about summer solstice celebrations—featuring a parade, performance artists, and other entertainment during a festival that lasts a full three days. On the East Coast, New York City traditionally ushers in the solstice with a music concert at the Cathedral of St. John the Divine.

Here at The Masonic Home of Virginia, join us for our annual Solstice Dinner on Tuesday, June 11, to celebrate the day and our good tidings.

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Resident Advisory Council

Paula Swansey

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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!

The Importance of Good Posture

Your mother was right: you should stand up straight. Good posture protects the joints in your spine from excessive stress and gives your internal organs the room they need to function properly. Over the long term, poor posture can affect your bodily systems (digestion, elimination, breathing, muscles, joints and ligaments), and you may feel tired or unable to move properly. To assess your posture, try the mirror test offered by the International Chiropractors Association: Standing in front of a full-length mirror, check to see if shoulders are level, head is straight, the spaces between arms and sides seem equal, hips are level, kneecaps face straight ahead, and ankles are straight.

And check the following from the side using a photo or asking someone to help: head is erect, not slumping forward or backwards, chin is parallel to the floor, not tilting up or down, shoulders are in line with ears, not dropping forward or pulled back, stomach is flat, knees are straight, lower back has a slightly forward curve (neither too flat nor curved so far forward as to create a hollow back).

Have You Heard?

Perhaps the most frequently sung song in the world, "Happy Birthday to You," was composed by Mildred J. Hill, a school teacher born in Louisville, KY, on June 27, 1859. The lyrics were written by her younger sister, Patty Smith Hill, and the tune was first sung as "Good Morning To All." A stanza beginning "Happy Birthday To You" was added in 1924. Now it is sung somewhere in the world every minute of every day and earns its copyright owner about 1 million each year. Ms. Hill died in 1916, never knowing her melody would become the world's most popular song. The copyright for the song expired in 2010.

Program Highlights

Resident Council Meeting Monday, June 3 9:30 AM Dining Room	Activities Committee Meeting Thursday, June 20 3:45 PM Library
Advisory Council Meeting Tuesday, June 18 10:00 AM Private Dining Room	Food Committee Meeting Tuesday, June 18 1:00 PM Private Dining Room

Program Highlights

Sunday, June 2	3:00 PM to 5:00 PM	Chapel/ Reading Room	Master and Wardens Memorial Service and Reception
Thursday, June 6	2:30 PM	TV Room	Sip and Paint. Enjoy your drink of choice while you paint a wine glass.
Friday, June 7	1:30 PM	Library	Creative writing group meets.
Friday, June 7	3:00 PM	Gallery	Guess Who Happy Hour Social. Join us as we reveal who the baby photos belong to in the Gallery.
Tuesday, June 11	4:00 PM	TV Room and Reading Room	Hor-dourve Hour before Solstice Dinner
Tuesday, June 11	5:00 PM	Dining Room	Solstice Dinner
Thursday, June 13	10:00 AM	Gallery	Coffee and Donuts from Country Style Donuts
Thursday, June 13	2:30 PM	TV Room	Stages of Grief with Ascend Hospice
Friday, June 14	10:00 AM to 2:00 PM	Gallery	Shopping for Jewelry with Tierra
Friday, June 14	12:00 PM	TV Room	Father's Day Brunch
Monday, June 17	2:30 PM	TV Room	Card Social
Tuesday, June 18	2:00 PM	Multipurpose Room	Classic Movie Matinee
Thursday, June 20	2:30 PM	Dining Room	Employee of the Quarter and Birthday Social. Sponsored by Donovan Lodge No. 75
Friday, June 21	2:30 PM	Dining Room	Watermelon Social
Friday, June 21	5:00 PM	Multipurpose Room	Dinner and a Movie. Sponsored by Virginia Beach Lodge No. 274
Monday, June 24	1:30 PM	TV Room	Teaching Kitchen with Morrison's Dining
Tuesday, June 25	3:00 PM	Library	Book Club Meeting
Thursday, June 27	12:00 PM	Outside	Volunteer Luncheon (By Invitation Only)
Friday, June 28	5:00 PM to 6:00 PM	TV Room	Banana Splits

Entertainment

Tuesday, June 4 2:30 PM TV Room	Performance by Gene Wade
Saturday, June 8 2:30 PM TV Room	Golden oldies guitar and vocal performance by Lucky Bill
Monday, June 10 2:00 PM TV Room	Theatrical performance by the Richmond Bifocals Group
Saturday, June 15 2:30 PM TV Room	Guitar and vocal performance by Tommy Custalow
Saturday, June 22 1:30 PM TV Room	Performance by Davis and Kathy Bradley
Tuesday, June 25 2:30 PM TV Room	Classical music performance by the Fabulous Flutes
Friday, June 28 2:30 PM TV Room	Piano performance by Jan Kessler

Movies



Channel 5.1 and TV Room
6:00 PM



WILSON ANISTON
Marley & Me



Monday, June 3
“Marley and Me”

A rambunctious dog has his own newspaper article that turns into a best selling book.



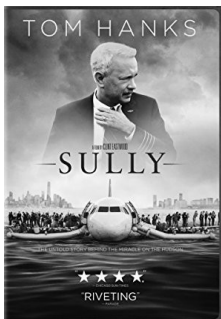
Friday, June 7
“Gravity”

What should have been a routine spacewalk turns into disaster when their shuttle is completely destroyed.



Monday, June 10
“Secret Life of Walter Mitty”

A day-dreaming man escapes his life by disappearing into a world of fantasies.



Friday, June 14
“Sully”

Based on the true story of captain Chesley Sullenberger and his copilot that land an airplane in the Hudson River with 155 passengers that all survived.

Trips and Outings

Shopping Schedule

June 5 White Oak Village
 June 10 Dollar Tree (Monday)
 June 19 Walmart
 June 26 White Oak Village



Monday, June 3 11:15 AM	Lunch at Peking Chinese Restaurant
Tuesday, June 4 11:15 AM	Lunch at McDonald's
Wednesday, June 5 5:00 PM	Dinner at Midlothian Lodge to celebrate Ersell Brinser's Birthday
Thursday, June 6 11:30 AM	Lunch at Conch Republic
Friday, June 7 10:00 AM	Day trip to Farmville to visit the VA Tasting Cellar
Wednesday, June 12 1:00 PM	Swift Creek Mill
Thursday, June 13 6:30 PM	Dorey Park Bluegrass Coffeehouse
Monday, June 17 7:00 PM	Trip to Henrico Theatre to see the Henrico Concert Band perform
Tuesday, June 18 9:00 AM	Trip to Rosie's Casino in New Kent
Thursday, June 20 10:30 AM	Explore Dorey park and enjoy a boxed lunch.
Friday, June 21 11:00 AM	Lunch at Seafarers Restaurant
Monday, June 24 4:45 PM	Dinner at Calabash Seafood Restaurant
Tuesday, June 25 11:00 AM	Lunch at the Bell Café in Mechanicsville
Wednesday, June 26 12:00 PM	Lunch at the Pickle Barrel in Goochland
Saturday, June 29 10:00 AM	Tour of Richmond

Book Ends

By Richard Neiswander

The Foxfire Book

edited by Brooks Eliot Wigginton

I thought this book fantastic. The editor is a high school teacher whose students publish a news magazine entitled “Foxfire.” Much of this book has already been published in the magazine. The area is in the mountains of north Georgia and the life of the people is chronicled. I found much of it like my early years in rural Ohio, so it brought back many memories, some good and some not so good. It tells one how to live in a rural area before many of the things we take for granted were available.

For instance, it tells one how to build a log cabin, especially the chimney. This was before central heating and if the chimney failed, of course, the whole cabin burned! Reading this, one learns that log cabins were built because logs were available and factory lumber was either not available or was far too expensive. No one in his right mind would work with logs instead of framing lumber.

These people grew much of their own food so the book tells one how to preserve food for the winter: fruits and vegetables, smoking and curing pork and others. It also goes into the process of churning one’s own butter and making one’s own [lye] soap. When curing and smoking pork, remember that one must first slaughter and cut up a hog. In addition, it tells one how to hunt for and to prepare wild game so that one’s diet does not become boring. It describes the preparing and cooking of rabbit, squirrel, deer, turkey, raccoon, possum and several other animals. Recipes are included, Brunswick stew, several breads and more. One of these is Cracklin’ Bread. How many of you have even heard of it? The recipe sounds good as does Dried Apple Cake and Fried Pumpkin Blossoms. I didn’t find most dishes fitted my cooking style of casserole only but I would like to try eating some.

Of course, people all over get sick so home remedies are included as an introduction to faith healing and faith healers. Do you know how to use an asafetida [their spelling not mine!] bag? Or even what it is for? One almost essential ingredient in many home remedies was MOONSHINE. The chapter, “moonshine as a fine art,” starts with the most essential knowledge, how to hide your still and continues for 45 pages. Those pages tell almost everything one need’s to know about making moonshine except what to do when [not if] caught by the revenuers.

This book brought back memories of my farm ‘raisin’ and I believe those of you who grew up on a farm will enjoy it too. Even some of the city people will come to appreciate farm life.

The President’s Shadow

by Brad Meltzer

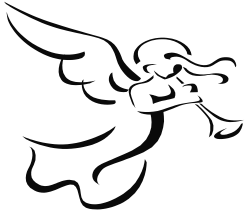
A severed arm was found buried in the White House rose garden. Next came a lethal message for the presidency. These and other things bring Beecher White out of his job at the National Archives and into action as a member of the Culper Ring. The Ring is a secret organization founded by George Washington and charged with protecting the presidency. Of course, the problems are caused by another organization, Knights of the Golden Circle. Even after reading the book, I’m not sure just how American the Knights are.

The book jumps around time-wise as it also covers a WW II army experiment which resulted in the death of Beecher’s father. Eventually you learn how and why Beecher’s father died and the result on all the other subjects.

As with all good mystery stories, Beecher finds out about his father, vanquishes the bad guy, saves the president and gets the girl! I enjoyed it! [Of course I enjoy nearly all books.]

In Memoriam

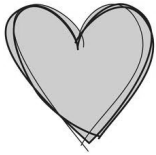
Forever in Our Hearts



Betty Burnette
Charlotte Martin
James McDonough
Stella Paxton
Richard Peroe
Roland 'Earl' Scott
Lillie Sykes



Anniversaries



June 1, 1947 Bernard and Ruth Blunt
June 2, 1973 Steven and Deborah Sanford
June 8, 1963 Richard and Linda Dudley
June 10, 1961 Ed and Paula Swansey
June 15, 1963 Donald and Emily Carver
June 20, 1959 Charles and Althea Hinson
June 22, 1963 CG and Sue Grizzard
June 26, 1948 McClellan and Betty Burgess
June 30, 1956 Blaine and Rebecca Lenhart



Notifications

Sponsored Events

Employee of the Quarter and Birthday Social
Thursday, June 20
Donovan Lodge No. 75

Dinner and a Movie
Friday, June 21
Virginia Beach Lodge No. 274

Notifications

Weight and Blood Pressure Checks

Please bring your pendants with you.

B– Wing
Monday, June 3
8:00 AM to 1:00 PM
D Wing Recreation Room

C and D – Wing
Wednesday, June 5
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!

American Red Cross Blood Drive

Wednesday, June 19
8:00 AM to 2:00 PM
Multipurpose Room
Contact Resident Steve Sanford to sign up

Morrison's Gourmet Dinner

Wednesday, June 19
7:00 PM

Private Dining Room

Sign-up sheet and menu will be posted at the Activity sign-up table on
Monday, June 3 and collected on Wednesday, June 12. \$14.99 per resident.

Teaching Kitchen

Monday, June 24

1:30 PM

Dining Room

Sign-up required to reserve a seat

Notifications

Master and Wardens Memorial Service and Reception

Sunday, June 2
3:00 PM to 5:00 PM
Chapel followed by a reception in the Reading Room

Guess Who Happy Hour

Join us as we label the baby photos that have been on display in the Gallery.

Friday, June 7
3:00 PM
Gallery

Solstice Dinner (Residents Only)

Tuesday, June 11

4:00 PM—Hor'dourve Hour
TV Room and Reading Room

5:00—Dinner
Dining Room

Father's Day Brunch

Celebrate Father's Day with a special meal.

Friday, June 14
12:00 PM
TV Room

Brain Fitness

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

BARBECUE
BRAVE
CHILDREN
DAD
FAMILY

FATHER
FISHING
GRILLING
HELPFUL
JUNE

KIND
LOVE
MOTIVATIONAL
PARENT
PICNIC

PROTECT
SPORTS
STRONG
SUMMER
TEACHER

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

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



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

Welcome New Residents

Wilma Thompson– Ocean View Lodge No. 335

Employee Birthdays

6/1	Jodi Kulp	6/14	Violeta Linn
6/2	Crystal Jones	6/18	Terry Hilton
6/2	Sharon Robertson	6/18	Dionna Judon
6/2	Michelle Wynn	6/19	Patricia Wilkins
6/3	Nasibatu Osumanu	6/22	Sheronda Baker
6/4	Rosemary Pleasants	6/26	Linda Strang
6/6	Patsy Clements	6/26	Kaye Whorley
6/7	Akea Jefferson	6/28	Denise Boice
6/7	Yolanda Lee	6/28	Lucinda Johnson
6/8	Kristie Deryder	6/30	Patience Mboe
6/10	Kimberly McGuire		

Welcome New Employees

Dana Cole

Nursing

PRN

Masonic Home Census -- 194

The MAHOVA News

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