

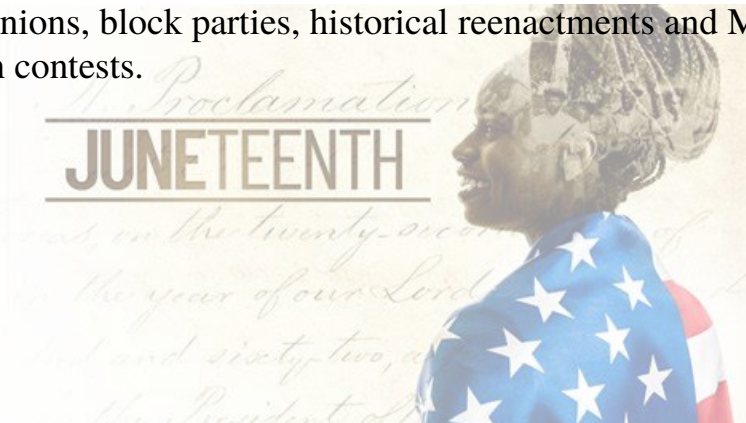
June 2024

MAHOVA MONTHLY

Juneteenth - June 19

Juneteenth, officially Juneteenth National Independence Day also known as Freedom Day, America's Second Independence Day, Emancipation Day, Jubilee Day and Black Independence Day. This federal holiday in the US commemorates the emancipation of enslaved African– Americans. On June 19, 1865, Union General Gordon Granger read the Emancipation Proclamation in Galveston, Texas, liberating slaves in the state. Although the Emancipation Proclamation stated an end to slavery in the Confederate States, it did not end slavery in states that remained in the Union. For a little while after the collapse of the Confederacy, slavery remained legal in two of the Union border states – Delaware and Kentucky. Those enslaved people were freed with the ratification of the Thirteenth Amendment to the Constitution, which abolished slavery nationwide on December 6, 1865. When Juneteenth became a federal holiday in 2021, it was the first new federal holiday since Martin Luther King, Jr. Day was adopted in 1983.

Celebrations date back to 1866, at first in church– centered gatherings in Texas, until they spread across the South. Celebratory traditions including public readings of the Emancipation Proclamation, singing traditional songs such as “Swing Low, Sweet Chariot” and “Lift Every Voice and Sing,” and readings of works by noted African– American writers. Some Juneteenth celebrations include rodeos, street fairs, cookouts, family reunions, block parties, historical reenactments and Miss Juneteenth contests.



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Resident Advisory Council

Sandra Young

President

Ray Taylor

Vice President

Peg Davis

Secretary

Elizabeth Jones and Ray

Taylor- B Wing

Butch Carver and Wayne Flora

C and D Wings

Steve Bollinger and Steve

Sanford

Village

Gordon Sprigg

Magnolia Court



Health Rx

Here's To Your Good Health!

Alzheimer's and Brain Awareness Month

Alzheimer's and Brain Awareness Month is observed in June as an opportunity to spread the word about and discuss Alzheimer's disease and other dementias. Throughout the month, the Alzheimer's Association encourages people around the globe to support the movement by wearing purple and training their brains to fight the disease.

The occurrence of dementia goes way back to before it was named. Ancient Egyptians, in 2000 B.C., were aware of the fact that memory declines as people grow old.

The fall of the Roman Empire in the fifth century led to the domination of theocracy during the Middle Ages. Dementia was thus regarded as a punishment from God for sins committed and the patients were considered to be possessed by demons and subject to hatred. During the 14th and 15th centuries, such patients were also victims of witch hunts.

Saint Isidore, archbishop of Seville, first used the word 'dementia' in his book "Etymologies" in around 600 A.D. The word is of Latin origin: 'de' meaning loss or deprivation, 'ment' meaning mind, and 'ia' indicating a state. So, 'dementia' means 'loss of the state of the mind.'

In 1906, German physician Alois Alzheimer described the case of Auguste Deter, a 50-year-old woman with profound memory loss. This was the first recorded case of Alzheimer's disease, although it was not called so then.

President Ronald Reagan initiated the observance of Alzheimer's and Brain Awareness Month in 1983 to raise awareness about Alzheimer's and get people involved in the recognition of the disease as well as the types of care required by someone suffering from it.

5 FACTS ABOUT ALZHEIMER'S THAT YOU DIDN'T KNOW

1. An estimated 47 million people around the world are living with Alzheimer's and other dementias, and if a change doesn't come by 2030, this number will grow to 76 million.
2. A person develops Alzheimer's disease in the United States every 65 seconds.
3. More than 16 million people take care of family or friends with Alzheimer's or dementia, and that, too, without pay.
4. In the U.S., Alzheimer's is the sixth leading cause of death; 6.2 million of those living with Alzheimer's disease are over 65.
5. Alzheimer's or other dementia kills one in three seniors; deaths due to this disease are more than prostate cancer and breast cancer combined.



Book Ends

June's Most Anticipated Books

When Women Ran Fifth Avenue: Glamour and Power at the Dawn of American Fashion

by Julie Satow

Genre: Non-Fiction

Release date: June 4, 2024

Plot: A true story of three women who changed the world of fashion. This nonfiction piece tells the story of Hortense Odlum, Geraldine Stutz, and Dorothy Shaver....these women were revolutionary.

How to Age Disgracefully by Clare Pooley

Genre: Fiction

Release date: June 11, 2024

Plot: Lydia has taken a job running the Senior Citizen's Social Club and the members are unlike anything she expected. Age has made them invisible, and they have learned they can get away with a lot. When the city council tries to sell the community center building, the Social Club members join forces with the daycare, a teenager, and a dog to save the building.

The Impostor Heiress: Cassie Chadwick, The Greatest Grifter of the Gilded Age

by Annie Reed

Genre: Non-Fiction

Release date: June 11, 2024

Plot: Cassie Chadwick was one of the most successful con artists of the last century. She convinced people that she was the illegitimate daughter of Andrew Carnegie and swindled hundreds of thousands of dollars from unsuspecting men.

Lula Dean's Little Library of Banned Books by Kirsten Miller

Genre: Fiction

Release date: June 18, 2024

Plot: Beverly Underwood and her arch enemy, Lula Dean, live in the tiny town of Troy, Georgia, where they were born and raised. Now Beverly is on the school board, and Lula has become a local celebrity by embarking on a mission to rid the public libraries of all inappropriate books—none of which she's actually read. To replace the "pornographic" books she's challenged at the local public library, Lula starts her own lending library in front of her home: a cute wooden hutch with glass doors and neat rows of the worthy literature that she's sure the town's readers need.

What Lula doesn't know is that a local troublemaker has stolen her wholesome books, removed their dust jackets, and restocked Lula's library with banned books: literary classics, gay romances, Black history, witchy spell books, Judy Blume novels, and more. One by one, neighbors who borrow books from Lula Dean's library find their lives changed in unexpected ways. Finally, one of Lula Dean's enemies discovers the library and decides to turn the tables on her, just as Lula and Beverly are running against each other to replace the town's disgraced mayor.

Middle of the Night by Riley Sager

Genre: Thriller

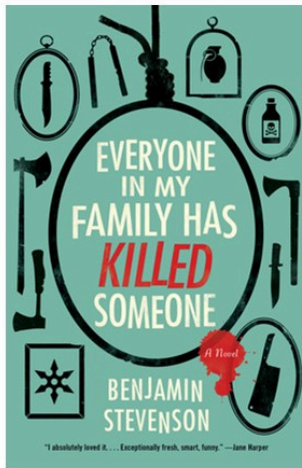
Release date: June 18, 2024

Plot: Ethan Marsh's best friend, Billy disappeared 13 years ago and now Ethan is still plagued with memories from that night. Even worse, he is seeing signs of Billy everywhere. Who could be playing such a terrible prank?



Upcoming MAHOVA Book Club Title

2024 Masonic Book Club Titles (June)



Everyone In My Family Has Killed Someone

by Benjamin Stevenson

A self-published author of crime novel writing guides attends a reunion with his family of expert killers and investigates when a body is found outside in the snow as another storm approaches.

Meets Monday, June 10 @ 3pm in the Private Dining Room

Everyone in my family has killed someone. Some of us, the high achievers, have killed more than once. I'm not trying to be dramatic, but it is the truth. Some of us are good, others are bad, and some just unfortunate.

I'm Ernest Cunningham. Call me Ern or Ernie. I wish *I'd killed whoever decided our family reunion should be at a ski resort, but it's a little more complicated than that.*

Have I killed someone? Yes. I have.

Who was it?

Let's get started.

EVERYONE IN MY FAMILY HAS KILLED SOMEONE

My brother

My stepsister

My wife

My father

My mother

My sister-in-law

My uncle

My stepfather

My aunt

Me

Anniversaries

June 2, 1973 Steven and Deborah Sanford

June 20, 1959 Charlie and Althea Hinson

June 22, 1963 C.G. and Sue Grizzard

June 30, 1956 Blaine and Becky Lenhart



New Residents



Elmar Louder
Warwick Lodge No. 336

In Memoriam

In Memory of



Paula Swansey
Robert Harrison

Announcements



The MAHOVA gift shop has short sleeve MAHOVA shirts for sale.

All new colors and performance wicking material for summer!

\$25.00/per men's or women's shirt

Shirts with the old Masonic Home logo are still available for \$5.00/each.

Gift shop is open Wednesday and Friday from 1:00 to 2:30 p.m.

Meridian Lodge Dedication



The Most Worshipful Grand Lodge

OF ANCIENT, FREE AND ACCEPTED MASONS OF
THE COMMONWEALTH OF VIRGINIA

DOUGLAS V. JONES, P.G.M.
Grand Secretary
4115 NINE MILE ROAD
RICHMOND, VIRGINIA 23223-4926

TO: The Officers of the Grand Lodge, A.F. & A.M., of Virginia
The Past Grand Masters
The District Deputy Grand Masters
The Masters and Wardens of all Lodges holden under this Grand Lodge

GREETINGS:

In accordance with the provisions of Section 1.05 of the Methodical Digest, a special communication of the Most Worshipful Grand Lodge of Ancient, Free and Accepted Masons in the Commonwealth of Virginia, will convene. The communication will take place on Tuesday, June 18, 2024, at 12:00 o'clock P.M., at Meridian Lodge No. 284, located at 500 Masonic Lane, Richmond, Virginia. Grand Lodge Officers are to assemble at 11:00 A.M. for practice.

This special communication is called for the purpose of conducting a Lodge dedication with Masonic ceremony.

Dress for elected Grand Lodge Officers will be "uniform" suit. The appointed Grand Lodge Officers are to wear dark business suits.

All District Deputy Grand Masters as well as Masters and Wardens of subordinate Lodges holden under this Grand Lodge are requested to wear the apron and jewel of their respective offices.

Elected and appointed Grand Lodge Officers will notify the Grand Lodge office if they cannot be present.

Given under my hand as Grand Master of Masons in Virginia, this 5th day of April, 2024, and to which I have caused to be affixed the Seal of the Grand Lodge of Virginia by the Grand Secretary.



Jack K. Lewis

Jack K. Lewis
Grand Master

Attest:

Douglas V. Jones

Douglas V. Jones
Grand Secretary

Solstice Dinner 2024

June 18, 2024

RESIDENTS ONLY
NO MEAL TICKETS NEEDED
NO SIGN-UP REQUIRED

DRESS: BUSINESS CASUAL

- Slacks or Dress pants
- Knee-length skirts or maxi dresses
- Button-down shirts, blouses or polo shirts
- Blazers or sport coats

MENU

Hors d'oeuvres 4 pm - 5 pm

Gallery and Outside Gallery Courtyard

Smoked Salmon & Rye Canapes (contains: wheat, dairy, and fish)

Pistachio and Cheese stuffed Dates (contains: dairy and tree nuts)

Cheese Platter with Artisan Bread and Fruit (contains: dairy and wheat)

Thai Chicken Satay with Peanut Dipping Sauce (contains: peanuts and soy)

Mini Crab Cakes with Remoulade (contains: shellfish, egg, and wheat)

Dinner 5 pm

Dining Room

Dinner Rolls (contains: dairy and wheat)

Wedge Salad: Cucumber, Bacon, Tomato, with Blue Cheese Dressing
(contains: dairy and egg)

Grilled Beef Tenderloin with Sauce Madeira

Potatoes Au Gratin (contains: dairy)

Sugar Snap Peas with Roasted Carrot

Molten Chocolate Cake with Strawberry Sauce (contains: dairy, egg, and wheat)

Upcoming Activities in July

Blood Drive
Grinchmas Gala
Volunteer Luncheon

What You Missed in May



Strange Words

WORD FIND



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

TINTINNABULATION

DEFENESTRATE

TERMAGANT

DISCOMBOBULATED

PANGLOSSIAN

SUSURRUS

OMPHALOSKEPSIS

ERYTHRISMAL

ESTIVATE

PROPRIOCEPTION

PALINDROME

SPANGHEW

TATTERDEMALION

ENERVATING

FRIPPET

PUSILLANIMOUS

PALIMPSEST

SYZYGY

CRYPTOMNESIA

SPELUNKING

TMESIS



June Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

D-Day: The Sixth of June - Monday, June 3

'Twas the night before D-Day. One ship, carrying Special Force Six, leaves ahead of the main invasion on a dangerous mission. On board are British Colonel Wynter and American Captain Parker, who each, in flashback, reminisce about their separate involvements with beautiful Valerie Russell. Will the coming battle determine which one comes home to her? Released: 1956. 1 hours 46 minutes. Not Rated. Starring: Robert Taylor, Richard Todd and Edmond O'Brien

The Age of Adaline - Friday, May 7 (Dinner and a Movie)

After miraculously remaining 29 years old for almost eight decades, Adaline Bowman has lived a solitary existence, never allowing herself to get close to anyone who might reveal her secret. But a chance encounter with charismatic philanthropist Ellis Jones reignites her passion for life and romance. When a weekend with his parents threatens to uncover the truth, Adaline makes a decision that will change her life forever. Released: 2015. 1 hours 52 minutes. Rated PG-13. Starring: Blake Lively, Kathy Baker, and Harrison Ford

Butterflies are Free - Monday, May 10

All Don Baker wants is a place of his own away from his over-protective mother. Don's been blind since birth, but that doesn't stop him from setting up in a San Francisco apartment and making the acquaintance of his off-the-wall, liberated, actress neighbor Jill. Don learns the kind of things from Jill that his mother would never have taught him! And Jill learns from Don what growing up and being free is really all about. Released: 1972. 1 hour 49 minutes. Rated PG. Starring: Goldie Hawn and Edward Albert



June Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

Battle of the Bulge - Monday, June 17

In the winter of 1944, the Allied Armies stand ready to invade Germany at the coming of a New Year. To prevent this occurrence, Hitler orders an all out offensive to re-take French territory and capture the major port city of Antwerp. "The Battle of the Bulge" shows this conflict from the perspective of an American intelligence officer as well as from a German Panzer Commander. Released 1965. 2 hours 47 minutes. Not Rated. Starring: Henry Fonda, Robert Shaw, Robert Ryan, and Dana Andrews

Judy - Friday, June 21

Thirty years after starring in The Wizard of Oz, beloved actress and singer, Judy Garland arrives in London, England to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband. Released 2019. 1 hour 58 minutes. Rated PG-13. Starring: Renee Zellweger, Jessie Buckley, and Finn Wittrock

The Butler - Monday, June 24

Cecil Gaines was a sharecropper's son who grew up in the 1920's as a domestic servant for the white family who casually destroyed his. Eventually striking out on his own, Cecil becomes a hotel valet of such efficiency and discreteness in the 1950's that he becomes a butler in the White House itself. There, Cecil would serve numerous US Presidents over the decades as a passive witness of history with the American Civil Rights Movement gaining momentum even as his family has troubles of its own. As his wife, Gloria, struggles with her addictions and his defiant eldest son, Louis, strives for a just world, Cecil must decide whether he should take action in his own way. Released 2013. 2 hours 12 minutes. Rated PG-13. Starring: Forest Whitaker, Cuba Gooding, Jr., and Terrence Howard



June Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

Till - Friday, June 28

Till is a profoundly emotional and cinematic film about the true story of Mamie Till Mobley's relentless pursuit of justice for her 14-year old son, Emmett Till, who, in 1955, was lynched while visiting his cousins in Mississippi. In Mamie's poignant journey of grief turned to action, we see the universal power of a mother's ability to change the world. Released 2022. 2 hours 10 minutes. Rated PG-13. Starring: Danielle Deadwyler, Jalyn Hall, and Frankie Faison



We are looking for movie suggestions for 2024. If you have movies that you would like shown, please contact Susan Berryhill at 804-237-6795 or sberryhill@mahova.com

Passport Dinner

We will be celebrating a different country for the next 12 weeks (or so) of winter. These 12 weeks will be filled with culturally appropriate activities, information and puzzles pertaining to the highlighted region.

Next stop on our travels will be **The Caribbean**.



A meal ticket is required if you are not on the meal plan. Menus for the themed dinner will be released in advance so you can determine if you wish to participate.



Some facts about the Caribbean are:

- The Caribbean is a sea region located between the mainland territories of North and South America.
- The Caribbean contains more than 7,000 islands, 13 independent states, and 12 dependencies.
- The Caribbean covers roughly one million square miles.
- The Caribbean is generally considered to be part of North America.
- The Caribbean islands are divided into two regions: the Greater Antilles and the Lesser Antilles.
- The Caribbean has a rich and diverse culture, influenced by African, European, Asian, and indigenous peoples.
- The Caribbean is known for its tropical climate, biodiversity, beaches, music, and cuisine.



Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

06/02 Kathy Matthews
06/02 Sue Willis
06/03 Penelope Cowne
06/04 Mildred Ammons
06/04 Joseph Westfall
06/08 Molly Perdue
06/09 Albert Knapp
06/21 Virginia Lancaster

06/23 Catherine Murray
06/23 Dolores Reinhold
06/25 Tom Johnson
06/27 Anna Sherrod
06/28 Becky Lenhart
06/30 Dolly Roberts
06/30 Deborah Sanford

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Employee Birthdays

06/02 Sharon Robertson
06/03 Nasibatu Osumanu
06/07 Yolanda Lee
06/07 Deja Holmes
06/08 Kristie Deryder
06/10 Alivia Lewis
06/11 Lakeisha Wyche
06/18 Terry Hilton
06/19 Patricia Wilkins
06/21 Hyson Mency
06/28 Lucinda Johnson

Masonic Home Census: 166

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804-222-1694

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

Randy P. Smith
Chief Executive Officer
Tracy Coogle, CPA
Chief Financial Officer
Robert Adkins, LNHA
Vice President of Operations
Kathy Bryant, ALFA
Assisted Living Administrator
Dr. Danny Felty
Medical Director
Daniel Thomas
Director of Nursing
Terry Hilton
Director of Development
Ann Meeks
Chief Human Resources Officer
Mike Butler, Jr.
Director of Facilities

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Hyson Mency, Cook
Javione Allen, Cook
Tarikia Minter, CNA

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