

June 2025

MAHOVA MONTHLY

Father's Day Traditions Around the World

The history of Father's Day is different in many countries; each has their own unique traditions to celebrate dads. From beer-filled carts to cakes and special prayers, Father's Day traditions are fun to learn about. You might even decide to adopt one or two of these traditions or realize they're not so different from how you celebrate.

Germany

Germany celebrates *Männertag* (Men's Day) on Ascension Day, a public holiday that falls 40 days after Easter. Young and old men may go for a hike before dragging a wagon full of beer through the town for an afternoon of drinking together. This tradition harks back to the Middle Ages when men were pulled in carts to the center of the village and celebrated. The man with the most children would receive a prize—usually a ham. Nowadays, many German men take the next day off from work to nurse their hangovers as this day rivals the amount of drinking that happens during Oktoberfest.

Costa Rica

Like many countries, Costa Rica celebrates Father's day on the third Sunday of June to adopt the U.S. custom of celebrating fathers. Children often make handmade gifts for their fathers. But the big event is a large family gathering with plenty of food. They may eat *gallo pinto* (rice and beans dish) or *casado* (meat, vegetables, and plantains) while children perform a skit or song and dance.

Italy

In Italy, *Festa del Papà* is celebrated on St. Joseph's feast day, which is March 19. In some areas, school-age children compose original poetry for their dad and create homemade cards or drawings. True to the Italian culture of gathering over meals, families celebrate with a big Italian meal, which might be meatless since it's Lent season.

Sweden

Most Swedes celebrate *Fars Dag* on the second Sunday in November. The tradition seems to have started at the turn of the 20th century. Fathers often receive cakes and presents, such as books or ties on this day, and the joke goes that older dads tend to have a lot of ties.

Fathers are honored in all sorts of ways on Father's Day in nearly every country of the world. On this special day, we honor our biological fathers and anyone who acted as a father figure in our lives. For some, an uncle, grandfather, or close family friend takes the place of a father. For others, a neighbor may be their father figure.

Happy Father's Day

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FLAG DAY - JULY 14

Facts About the U.S. Flag

1. Bernard Cigrand, a small-town Wisconsin teacher, originated the idea for an annual flag day, to be celebrated across the country every June 14, in 1885. That year, he led his school in the first formal observance of the holiday. Cigrand, who later changed careers and practiced dentistry in Illinois, continued to promote his concept and advocate respect for the flag throughout his life.
2. It is widely believed that Betsy Ross, who assisted the Revolutionary War effort by repairing uniforms and sewing tents, made the first American flag. However, there is no historical evidence that she contributed to Old Glory's creation. It was not until her grandson William Canby held an 1870 press conference to recount the story that the American public learned of her possible role. It has since been confirmed that Francis Hopkinson, a delegate from New Jersey who signed the Declaration of Independence, designed the American flag.
3. The lyrics of "The Star-Spangled Banner," America's national anthem since 1931, are taken from a patriotic poem written by Francis Scott Key after he witnessed the Battle of Fort McHenry during the War of 1812. His words were set to the tune of "To Anacreon in Heaven," a popular British drinking song.
4. In the 1950s, when it seemed certain that Alaska would be admitted to the Union, designers began retooling the American flag to add a 49th star to the existing 48. Meanwhile, a 17-year-old Ohio student named Bob Heft borrowed his mother's sewing machine, disassembled his family's 48-star flag and stitched on 50 stars in a proportional pattern. He handed in his creation to his history teacher for a class project, explaining that he expected Hawaii would soon achieve statehood as well. Heft also sent the flag to his congressman, Walter Moeller, who presented it to President Eisenhower after both new states joined the Union. Eisenhower selected Heft's design, and on July 4, 1960, the president and the high school student stood together as the 50-star flag was raised for the first time. Heft's teacher promptly changed his grade from a B- to an A.
5. The Flag Code stipulates that the Stars and Stripes should not be used as apparel, bedding or drapery.
6. The practice of draping coffins in the American flag is not reserved for military veterans and government officials. On the contrary, any burial may incorporate this tradition.
7. Ever wondered how to correctly fold an American flag? First, enlist a partner and stand facing each other, each holding both corners of one of the rectangle's shorter sides. Working together, lift the half of the flag that usually hangs on the bottom over the half that contains the blue field of stars. Next, fold the flag lengthwise a second time so that the stars are visible on the outside. Make a triangular fold at the striped end, bringing one corner up to meet the top edge. Continue to fold the flag in this manner until only a triangle of star-studded blue can be seen.

Health Rx

Here's To Your Good Health!



National Safety Month

Each June the National Safety Council spreads the word about keeping everyone safe from the workplace to anywhere. They choose different topics to highlight each year, **falls** being one topic this year.

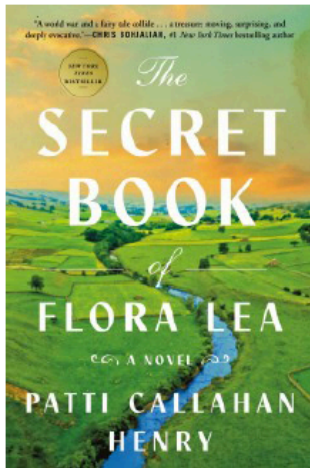
You can make small changes to help prevent falls. More than 1 in 4 older adults fall each year. Falling can lead to broken bones, difficulty getting around and other problems, especially for those over the age of 65.

Here are some steps to take to lower your risk of falling:

- Talk to your doctor about falls and how to prevent them.
- Exercise to improve your balance and strength
- Review all medicines with your doctor or pharmacist– some can make you dizzy or sleepy, causing you to fall.
- Get your vision check by an eye doctor ever 1 to 2 years . Be sure to update your glasses or contact lenses when your vision changes.
- Make your home safer. Install grab bars in and outside your bathtub or shower and put railings on both sides of your stairs.
- Get enough sleep. Feeling restless can lead to falls.
- Limit your alcohol intake
- Standup slowly
- Use assistive devices if you feel unsteady when walking.
- Be careful when walking on wet or icy surfaces
- Wear appropriate shoes.
- Always tell your doctor if you have had a recent fall, regardless of whether or not you are currently in pain.

Upcoming MAHOVA Book Club Titles

Masonic Book Club June 2025 - July 2025 Title



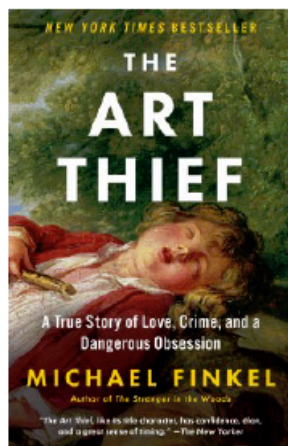
The Secret Book of Flora Lea

by Patti Callahan Henry

When she receives a rare book linked to the disappearance of her sister, Flora, in 1939, Hazel, believing this is a sign Flora is still alive after all these years, embarks on a feverish quest, revisiting long-dormant relationships and bravely reopening wounds from the past to find

the truth.

Meets on Monday, June 9th @ 3:00 pm in
A-Wing Conference Room



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



June's Most Anticipated Books

The Summer We Ran by Audrey Ingram

Genre: Fiction

Release date: June 3, 2025

Plot: In the summer of 1996, Tess Murphy and Grant Alexander fell in love despite coming from different worlds, but a tragedy tore them apart. Now, 20 years later, they are both running for Governor of Virginia, and secrets from their past threaten their futures. As the campaign unfolds, they must confront what really happened that summer and whether their past will define their future.

With a Vengeance by Riley Sager

Genre: Thriller

Release date: June 10, 2025

Plot: In 1954, Anna Matheson boards a luxury train with six people responsible for her family's ruin. She plans to expose their crimes and see them arrested when the train arrives in Chicago the next day. But when one of them is murdered, it becomes clear someone else is out for revenge. Now, Anna must find the killer and stop them before the train reaches its destination. She must risk her life to protect the very people she set out to destroy.

A Most Puzzling Murder by Bianca Marais

Genre: Not So Cozy Mystery

Release date: June 10, 2025

Plot: How do you solve a murder that hasn't happened yet? Destiny Whip is a former child prodigy, world-renowned enigmatologist and very, very alone. A life filled with loss has made her a recluse, an existence she's content to endure until a letter arrives inviting her to interview for the position of Scruffmore family historian. Not only does an internet search for the name yield almost nothing, it is also a role she never applied to in the first place!

After she decodes the invitation's hidden message with ease, the promise of her family secrets being revealed is too powerful a draw for the orphaned Destiny, who soon finds herself on Eerie Island. It's a place whose inhabitants are almost as inhospitable as the tempestuous weather. The Scruffmores themselves turn out to be not much better, a snarled mess of secrets and motives connected by their mistrust for one another.

The Stolen Life of Colette Marceau by Kristen Harmel

Genre: Historical Fiction

Release date: June 17, 2025

Plot: Colette Marceau learned to take from the cruel and give to those in need. This family motto helped the jewel thieves fund the French resistance in the Second World War. In 1942, at the height of the war, Colette's mother was arrested and her little sister went missing along with a diamond bracelet sewn into the hem of her dress.

Now, seventy years later, the bracelet has turned up in a Boston museum and Colette finally has the chance to learn what happened to her sister and bring the murderer to justice. She will be forced to face her past and old wounds.

Anniversaries

June 2, 1973 Steve and Deborah Sanford
June 3, 1960 William and Janet Naumann
June 20, 1959 Charles and Althea Hinson
June 23, 1962 Michael and Joyce Payne
June 30, 1956 Blaine and Rebecca Lenhart



New Residents



David and Stacey Bennett
Wilbur and Sandra Matthews

In Memoriam

David Armistead
Maurice Beachum
John "Roger" Ward





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



Dioni, Aull, CNA
Chernika Berry, CNA
Rashida Griffin, Food Service Aide
Vivian Gutierrez, LPN
Michael Healey, LPN
Nialynn Lee, LPN
Telicia Lee, CNA
Emma Potter, Memory Care Activities Specialist
Nicole Richburg, Food Service Aide
Siedel Small, LPN
Rosetta Tarry, Food Service Aide
Sharonda West, Food Service Aide
Aaron Wilson, Cook

We'd Love Your Opinion On...



We are requesting your feedback on what additional activities you would like to see on the calendar. For example, with warmer weather coming up, do you want more outdoor activities, socials, walking club, etc.

Please call or email Susan Berryhill to discuss.

We welcome your feedback.

***Solstice Dinner
June 17, 2025***

Main Dining Room

**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**

Summer Solstice Menu

Hors d'oeuvre Hour 4:00 pm to 5:00 pm
Gallery and TV Room

Smoked Salmon and Rye Canapes
contains: wheat, dairy, and fish

Classic Beef Wellington Bites
contains: wheat and dairy

Assorted Cheese Display with Artisan Bread and Fruit
contains: dairy and tree nuts

Petite Greek Spanakopita (vegetarian)
contains: wheat and dairy

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

Dinner 5:00 PM

House Baked Rolls
contains: wheat and dairy

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

Carved Beef Tenderloin with Sauce Madeira
contains: wheat and dairy

Potatoes Au Gratin
contains: wheat and dairy

Lemon Roasted Asparagus and Honey Glazed Carrots
contains: dairy

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

Flag Day

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

flag pole	Air Force	represent	old glory	celebrate	patriotic
military	flutter	victory	uniform	tribute	Marines
soldiers	picnics	stripes	America	states	pledge
salute	wisdom	picnic	pride	unite	white
stars	Navy	Army	blue	fly	red

1970'S TV WORD SEARCH PUZZLE



ALL IN THE FAMILY
BARNEY MILLER
BIONIC WOMAN
BONANZA
BRADY BUNCH

CHARLIES ANGELS
EMERGENCY
FANTASY ISLAND
GOOD TIMES
GUNSMOKE

HAPPY DAYS
HOGANS HEROES
LAND OF THE LOST
NIGHT GALLERY
POLICE WOMAN

ROCKFORD FILES
THE JEFFERSONS
THE ODD COUPLE
THE WALTONS
THREES COMPANY

www.WordSearchAddict.com

Resident Birthdays

Scan this QR image to go to
the Masonic Home Website

Happy Birthday to the following
residents who celebrate their birthdays:

06/02 Kathy Matthews
06/02 Sue Willis
06/03 Penny Cowne
06/04 Mildred Ammons
06/06 June Thorpe
06/08 Molly Perdue
06/09 Albert Knapp
06/21 Virginia Lancaster

06/23 Catherine Murray
06/23 Dolores Reinhold
06/25 Thomas Johnson
06/27 Marcella Campbell
06/27 Anna Sherrod
06/28 Rebecca Lenhart
06/30 Dolly Roberts
06/30 Deborah Sanford



Masonic Home Census: 174

Employee Birthdays

06/02 Sharon Robertson
06/03 Darlene Wilson
06/03 Nasibatu Osumanu
06/07 Yolanda Lee
06/07 Deja Holmes
06/08 Tina Kellum-Watson
06/08 Kristie DeRyder
06/14 Yvonne Taylor
06/14 Christine Clopton
06/19 Patricia Wilkins
06/28 Lucinda Johnson

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