



MAHOVA

March 2019

News

Spring Renewal

First a howling blizzard woke us,
Then the rain came down to soak us,
And now before the eye can focus –
Crocus.

~Lilja Rogers

March 20 is the first day of spring this year. With the coming of spring, there is the renewal of leaves on trees, grass beginning to grow, and birds chirping again. With the refreshing rain, flowers burst open canvassing a lush palette of color everywhere. The world regenerates from its long winter of rest and refueling. Energy escalates as the sun warms and the days lengthen.

The beginning of spring provides us the perfect time to think about renewal. Many people use the change of the seasons as a time to regroup, refresh, and revitalize.

Renew, by definition, means to make new and restore to freshness. In keeping our lives from becoming stale (or overcoming the staleness that has entered into our lives), it is important to look inward and bring out something new. Keep your life “fresh”, and you will have the abundance you desire. Find new ways to do things, step out of your comfort zone, do something new! Join an activity outing at a new restaurant. Try a new hobby like crochet, or try your hand in the woodshop. If you have missed Spiritual Renewal and have been meaning to go, try the next program. Read (or listen to) that book that you have always heard about. Start a daily walk with a fellow resident. Join in at the next social or dance. Visit your neighbors and share a coffee and a laugh. You’ll be surprised at what may initially feel uneasy to you really can spark some new found fun and sizzle.

Renew your spirit and reach for the stars!

“Spring is nature’s way of saying, “Let’s party!”
~Robin Williams

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Welcome New Employees

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

Jim Herring– Magnolia Court
Peg Davis– Village

Health

Here's To Your Good Health!

RED EYES

According to the National Institute of Health, bloodshot eyes are red because the blood vessels in the surface of the white portion of your eye become enlarged. Red eyes can be caused by irritation, dry air, too much sun, allergic reactions, infections, or other medical conditions. National Institute of Health advises seeing a doctor if your bloodshot eyes persist for more than one or two days, or if you experience eye pain or vision problems.

Have You Heard?

St. Patrick's Day celebrates the saint who brought Christianity to Ireland. He was born Maewyn Succat in Britain around 385 C. E. to British Roman parents. He was captured by pirates when he was 16 years old and sold into slavery in Ireland. After working as a shepherd for six years, he escaped and traveled to France where he became a priest and changed his name to Christian Patricius (Patrick). In 432 he was made a bishop. Patrick returned to Ireland to spread the Christian faith, traveling throughout the country for 30 years and converting thousands of pagans. He died on March 17, 461. He is the Patron Saint of Ireland. His feast day, March 17, is celebrated throughout the world. The flower for March is Daffodil and the birthstone is Aquamarine which symbolizes courage, faithfulness, and friendship.

Program Highlights

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

Program Highlights

Friday, March 1	2:30 PM	TV Room	Exercise with Sharon
Wednesday, March 6	1:30 PM to 4:00 PM	Care Center Activity Room	Talent Show Rehearsal
Monday, March 11	2:30 PM	TV Room	Card Social
Tuesday, March 12	3:00 PM	REB	Communion
Thursday, March 14	10:00 AM	Gallery	Coffee and Donuts from Country Style Donuts
Thursday, March 14	1:00 PM to 3:00 PM	Dining Room	Wills for Seniors
Friday, March 15	3:00 PM	Reading Room	St. Patrick's Day Happy Hour
Monday, March 18	1:30 PM	Dining Room	Morrison's Teaching Kitchen
Monday, March 18	2:30 PM	TV Room	Presentation by Deputy McLaughlin on fraud prevention
Wednesday, March 20	1:30 PM to 4:00 PM	Care Center Activity Room	Talent Show Rehearsal
Wednesday, March 20	2:00 PM	Dining Room	Welcome party for Jason and Ryan in Dining Services.
Friday, March 22	10:00 AM to 2:00 PM	Gallery	DMV 2 GO. Most items you would typically handle at the DMV can be handled with the DMV 2 Go team.
Friday, March 22	2:00 PM	Kent Conference Room	Classic Movie Matinee
Friday, March 22	5:00 PM	Multipurpose Room	Dinner and a Movie Meal Tickets Required
Saturday, March 23	10:00 AM	TV Room	Job's Daughters Talent Show
Tuesday, March 26	2:00 PM	Dining Room	Annual Talent Show
Thursday, March 28	2:30 PM	Dining Room	Birthday Social and Employee of the Quarter
Friday, March 29	2:30 PM	TV Room	Hot Apple Cider and Sharing Stories Social

Entertainment

Monday, March 4 7:00 PM Dining Room	Performance by the Acca Temple Million Dollar Band
Tuesday, March 5 2:30 PM TV Room	Vocal performance by Patsy Butler
Thursday, March 7 2:30 PM TV Room	Golden oldies vocal performance by Kevin Salyer
Friday, March 8 2:30 PM TV Room	Instrumental performance by the Fabulous Flutes
Friday, March 8 6:30 PM TV Room	Instrumental and vocal performance by Matthew O'Donnell
Saturday, March 9 2:30 PM TV Room	Performance by Me and Him Bluegrass Band
Tuesday, March 12 10:00 AM TV Room	Performance by the Hardy Central Ramblers Choir
Saturday, March 16 2:30 PM TV Room	Vocal and guitar golden oldies performance by Lucky Bill
Tuesday, March 19 2:30 PM TV Room	Juggling and magic show by Jonathon Austin
Thursday, March 21 2:30 PM TV Room	Performance by Barry Bless on the Accordion for Crazy Hat Day
Saturday, March 23 2:30 PM TV Room	Gospel performance by the Finney's
Monday, March 25 2:30 PM TV Room	Performance by Harold Link
Saturday, March 30 2:00 PM TV Room	Performance by Danny Willis

Movies

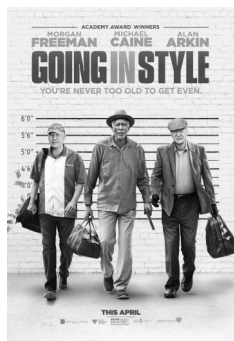


Channel 5.1 and TV Room
6:00 PM



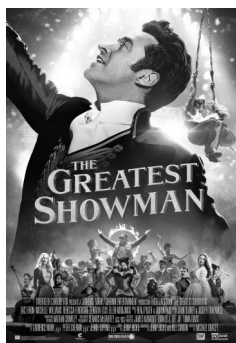
Monday, March 11 “God Bless the Broken Road”

A young mother is forced to raise a young child alone after her husband is killed in Afghanistan.



Friday, March 15 “Going in Style”

Three men in retirement risk it all and devise a plan to rob a bank in order to pay their bills.



Monday, March 25 “The Greatest Showman”

Inspired by the story of P.T. Barnum and his journey towards creating one of the most well-known shows



Friday, March 29 “Home Again”

A recently separated mother of two finds love and a new family when three young film makers move into her guesthouse, that is, until the ex-husband returns.

Trips and Outings

Shopping Schedule

March 6 White Oak Village
 March 13 Walmart
 March 20 Dollar Tree
 March 27 White Oak Village



Friday, March 1 6:00 PM	Cultural Arts Center “Ring of Fire– Johnny Cash Musical”
Tuesday, March 5 1:00 PM	Shopping at Goodwill
Thursday, March 7 6:15 PM	Dorey Park: Bluegrass Coffeehouse Jam Session
Friday, March 8 11:15 AM	Lunch at Peking Chinese Restaurant
Monday, March 11 11:15 AM	Lunch at McDonald’s
Tuesday, March 12 1:30 PM	Trip to your neighborhood bank
Monday, March 18 4:45 PM	Dinner at Calabash Seafood Restaurant
Tuesday, March 19 11:00 AM	Lunch at the John Marshall Hotel
Thursday, March 21 10:30 AM	Tour of Dabbs House Museum
Wednesday, March 27 11:15 AM	Lunch at Ruby Tuesdays
Thursday, March 28 10:30 AM	Lunch at River City Diner

Book Ends

By Richard Neiswander

More spring weather! A good time to sit in the sun with a good book and snooze! Learn to keep from dropping the book because that wakes you up.

THE CELESTINE SAMPLER

written by Celestine Sibley

edited by Sibley Fleming

I don't remember who recommended this book to me, but THANK YOU. It is quite different as it is a compilation of one author's writing and not one continuous story. It contains newspaper columns, recipes for foods, gardening tips, excerpts from novels and many more things. In essence it is a sampling of the works of Celestine Sibley, a news reporter for at least two Atlanta GA newspapers. She also wrote twenty-two books, both novels and non-fiction. After reading this book, I think she is a true wordsmith who can write anything.

I had some trouble in the beginning getting used to the short segments of the book. Each one is from one to five pages and while on the same general subject may have no relationship to the last or next segment. Even with this, I found Celestine's writing compelling enough that I plan to look for more of her works. I recommend you do the same.

Back Fire

by Catherine Coulter

I liked this murder mystery even though I do not understand the title of this book, because to me, it has no relevance to the story. The author leads you from the attempted assassination of a San Francisco judge to the apprehension of the shooter, up one alley and down the next. As with all of good mystery novels, of course, some of these alleys are dead ends. Ms. Coulter has penned a suspenseful tale and sprinkled it here and there with a splash of humor.

The story has about all anyone could ask for, especially some unusual lawmen. One pair of FBI agents are husband [Savich] and wife [Sherlock] while another agent starts dating one of the U S marshals who are unsuccessfully protecting the judge from a second attempt on his life. Savich and Sherlock leave D. C. for the west to apprehend the attempted assassin, the judge being a family friend. Of course they take their five-year-old son because he can visit Sherlock's parents during the investigation.

During the investigation, which covers nine days, even the judge's family needs protection including his eleven-year-old daughter who is to play a solo at the San Francisco Orchestra concert. Near the end, the judge is in attendance for this solo which is covered in the epilog. If you read the book - - DO NOT CHEAT! Read the complete story before the epilogue! It is a very fitting conclusion to the story. But then do not miss the P. S.

One final note [my personal question]: How important must a person be in order to be assassinated rather than murdered?

In Memoriam

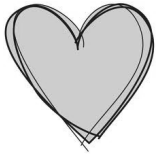
Forever in Our Hearts



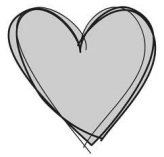
Gloria Hall
Mary Thompson



Anniversaries



March 18, 1964 John and Charlotte Martin



Notifications

Morrison's Gourmet Dinner

Wednesday, March 27

7:00 PM

Private Dining Room

Menu to follow. Sign up sheet will be posted at the Activity sign up table on Wednesday, March 6 and collected on Wednesday, March 20. \$14.99 per resident.

Guess Who?

Find your baby photos to display in the Gallery beginning in April for a Guess Who program.

Notifications

Weight and Blood Pressure Checks

Please bring your pendants with you.

B- Wing
Friday, March 1
8:00 AM to 1:00 PM
D Wing Recreation Room

C and D - Wing
Monday, March 4
8:00 AM to 1:00 PM
D Wing Recreation Room



Wills for Seniors

By Appointment Only

Thursday, March 14
1:00 PM to 3:00 PM
Dining 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!

Notifications

Morrison's Teaching Kitchen

Monday, March 18

2:00 PM

TV Room

Sign-up required to reserve a seat.

Presentation on Fraud Prevention

Join us for an informative session with Henrico County's finest, Deputy McLaughlin, on tips and ways to protect your identity and avoiding fraud.

Monday, March 18

2:30 PM

TV Room

Annual Masonic Home Talent Show

Rehearsals

Wednesday, March 6
1:30 PM to 4:00 PM
Care Center Activity Room

Wednesday, March 20
1:30 PM to 4:00 PM
Care Center Activity Room

Talent Show

Wednesday, March 26
2:00 PM
Dining Room

Birthday Social and Employee of the Quarter

Thursday, March 28

2:30 PM

Dining Room

Brain Fitness

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

Find these March theme words

LEPRECHAUN

GREEN

MARCH

LUCKY

CLOVER

RAINBOW

SPRING

SHAMROCK

PARADE

GOLD

BASKETBALL

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

3/2	Chester Wright	3/18	Patricia Graves
3/2	James Fox	3/22	Betty Burgess
3/5	Mildred Colgin	3/24	Lillian Yearwood
3/6	Georgeen Carden	3/26	John Pierce
3/7	Althea Hinson	3/28	Jean Taylor
3/12	Steven Sanford		



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

Welcome New Residents

Peggy Roberts– Westhampton No. 302
Daisy White– Piedmont No. 152

Employee Birthdays

3/1	Ayse Karakayali	3/14	Daryl Goode
3/2	Barbara Ramirez	3/15	Cathy Bancherdpaibool
3/2	Sarone Salaam	3/15	Jade Cotman
3/3	James Cole	3/16	Annette Hyman
3/3	Felicia Harrison	3/21	Robyn Nakamoto
3/5	Vickie Martin	3/21	Gladys Osei-Tutu
3/6	Alethea Harris	3/22	Tanya Anderson
3/8	Kevin Rippy	3/22	Karen Berkeley
3/8	Alexandria Street	3/22	Victoria Edmonds
3/12	Anita Mims	3/26	Gwendolyn Brown
3/13	Derricka Hicks	3/28	Martha Richardson
3/13	LaTanya Hill	3/30	Michael West

Masonic Home Census -- 204

The MAHOVA News

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James D. Cole, CPA
Chief Executive Officer
Anne Hagen, CPA
Vice President, Chief Financial Officer
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Assisted Living Administrator
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Director of Finance
Terry Hilton
Development Officer
Regina Pettaway, RN
Director of Nursing
Barbara Ramirez
Human Resources Director
Mike Butler, Jr.
Director of Facilities

Welcome New Employees

Dionna Judon	Food Services	PRN
Scotty Gray	Maintenance	FT
Kevin Hagerman	Nursing	FT
Eleno Guadarrama	Environmental Services	PT
Esther Baah	Environmental Services	PRN

MAHOVA Editor
Robyn Massie
804-222-1694
Extension 77268

MAHOVA Copy Editor
Mildred Ammons