



# MAHOVA

## News

March 2019

### 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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#### 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 <b>Acca Temple</b> 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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### Kathy Bryant, LALA

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

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