



# MAHOVA

## March 2020

# News

### Myths of the Blarney Stone

For more than two centuries, the Blarney Stone has wooed visitors from around the world to travel to County Cork, Ireland, with the objective of hanging upside down and planting a kiss on a slab of limestone. According to this mystical legend, the payoff for this pilgrimage is a powerful gift of the gab.

Throughout its long history, the Blarney Stone has been the subject of countless myths that over time have been retold and accepted as fact. It is located at Blarney Castle which originated in the 10<sup>th</sup> century. According to one story, the Blarney Stone was actually Jacob's Pillow brought by the prophet Jeremiah to Ireland, where it became the Stone of Destiny used in the inauguration ceremony of kings and queens. Another tale claims that it was St. Columba's deathbed pillow on the island of Iona before it was moved for a time to mainland Scotland. Still others attribute Biblical significance to the stone, saying it had been brought to Ireland from the Crusades. David hid behind it while running from King Saul, and Moses struck it with his staff to release the life-sustaining water supply to Israelites fleeing slavery in Egypt.

The McCarthy clan has the strongest connection to the Blarney Stone. According to lore, kissing the stone would bless the smoocher with the gift of eloquence. (One version mentions a drowning witch, and the other involves praying to Cliodhna, the Queen of the Banshees.) When Cormac McCarthy won an important court case, he made sure the stone was installed in Blarney Castle's wall. The blessing of sweet talking would come in handy when Queen Elizabeth I (daughter of Henry VIII) tried repeatedly to get McCarthy to turn over the titles of his land to the crown. He honored the Queen of England and Ireland with praise and flattery, offering her his total allegiance while at the same time ignoring her acquisition wishes. Exasperated, Queen Elizabeth I called out his patronizing yet uncooperative speech as "blarney."

In 2014, geologists from the University of Glasgow provided some much-needed clarification of the stone's heritage. By studying a razor-thin, microscopic slide of the stone, they were able to determine that it dated back more than 300 million years. Both the limestone and the fossil fragments embedded in it are native to southern Ireland. This finding went against the conventional wisdom that the stone had come from Scotland. Although most of the myths surrounding the Blarney Stone are either complete fabrications or extreme exaggerations, they do not deter the hundreds of thousands of visitors each year. In fact, the Blarney Stone is one of the top tourist destinations in all of Europe and one that appears on many bucket lists the world over.

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### Resident Advisory Council

**Paula Swansey**

President

**Peg Davis**

Vice President

**Steve Bollinger**

Secretary

**Alice Bond and Mildred Johnson**

-B Wing

**Tom Kaufman and Jerrell Morton**

—C and D Wing

**Jim Herring**— Magnolia Court

**Steve Bollinger and Peg Davis**—  
Village

# Health

Here's To Your Good Health!

## Medium– Firm Mattresses Can Ease Back Pain

A recent study by the Kovacs Foundation in Spain found that medium-firm mattresses are the most effective at reducing lower back pain. Specifically, participants who slept on that type of mattress reported lessened back pain while lying in or getting out of bed, as well as a decreased need for pain killers. The study takes issue with most doctors' recommendations of firm mattresses for patients with back pain.

## Have You Heard?

March Madness, the affliction that grips millions of college basketball fans each spring, is the championship tournament of the National Collegiate Athletic Association. Sixty-four teams compete to narrow the field down to the "Sweet Sixteen," then "Elite 8" and then to the "Final Four" and ultimately to the championship. The term and tradition began in Illinois in 1908 with an annual tournament of high school boys' basketball teams. By the late 1930's, more than 900 schools were competing throughout the season; by the time it was down to the final 16, they were competing to sold-out crowds in the gymnasium at the University of Illinois. Henry Porter, the assistant executive secretary of the Illinois High School Association, wrote an essay about the phenomenon in 1939 for the association's magazine and titled it "March Madness."

The birthstone for March is aquamarine and symbolizes faithfulness, courage, and friendship. The flower is the Jonquil also known as the Daffodil.

## Program Highlights

<p><b>Resident Council Meeting</b> All residents are welcome. Monday, March 2 9:30 AM Dining Room</p>	<p><b>Activities Committee Meeting</b> All residents are welcome. Thursday, March 26 3:45 PM Library</p>
<p><b>Advisory Council Meeting</b> Tuesday, March 17 10:00 AM Private Dining Room</p>	<p><b>Food Committee Meeting</b> All residents are welcome. Tuesday, March 17 1:00 PM Private Dining Room</p>

## Program Highlights

Tuesday, March 3	2:30 PM	TV Room	Try your luck for a variety of prizes at the Switch-A-Roo Game
Monday, March 9	2:30 PM	D Recreation Room	Sewing Interest Group Meetup. Informational meeting in which any resident who enjoys sewing as a hobby can join.
Tuesday, March 10	3:00 PM	REB	Communion with Pastor Lynn
Wednesday, March 11	1:30 PM to 4:00 PM	Care Center Activity Room	Talent Show Rehearsal
Thursday, March 12	10:00 AM	Gallery	Coffee and Donuts from Country Style Donuts
Friday, March 13	2:00 PM	Multipurpose Room	MAHOVA Residents Military Gathering led by Steve Sanford. All residents with military background are invited.
Monday, March 16	2:00 PM	TV Room	Card Social. Pokeno card game
Tuesday, March 17	3:00 PM	Reading Room	St. Patrick's Day Happy Hour
Thursday, March 19	2:00 PM	Dining Room	Annual Masonic Home resident and staff Talent Show
Friday, March 20	10:00 AM to 2:00 PM	Gallery	Mobile DMV. Handle any of your traditional DMV needs with the mobile DMV.
Friday, March 20	5:00 PM	Multipurpose Room	Dinner and a Movie
Saturday, March 21	10:00 AM	TV Room	Job's Daughters Annual Talent Show
Tuesday, March 24	2:30 PM	TV Room	Presentation by Kate Tweedy on the history of Secretariat
Friday, March 27	2:30 PM	TV Room	Sip and Paint. Join us for an afternoon of wine and painting.
Saturday, March 28	11:00 AM to 1:00 PM	Private Dining Room	Hiram Club of Tidewater visits and serves authentic Filipino dishes for lunch
Monday, March 30	2:30 PM	TV Room	Morrison's Teaching Kitchen
Tuesday, March 31	2:00 PM	TV Room	World Day of Prayer program with Daneyelle Elder
Tuesday, March 31	3:00 PM	Library	Monthly Book Club meeting with the Henrico County Library

## Entertainment

Monday, March 9 6:00 PM TV Room	Saxophone and vocal performance by David Hall
Tuesday, March 10 10:00 AM TV Room	Vocal performance by the Hardy Central Ramblers Choir
Saturday, March 14 2:30 PM TV Room	Performance by the all-male Gilfield Choir
Monday, March 23 2:30 PM TV Room	Vocal golden oldies performance by Kevin Salyer
Saturday, March 28 2:30 PM TV Room	Bluegrass and country performance by Kathy and Davis Bradley

# Movies



**Channel 5.1**  
**6:00 PM**



## **Monday, March 2** **“Million Dollar Arm”**

In a final attempt to save his career, a sports agent travels to India to find the next Major League Baseball player.



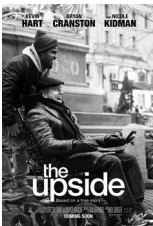
## **Friday, March 6** **“I Can Only Imagine”**

An uplifting, music– filled movie that portrays the power of God’s love and forgiveness



## **Friday, March 13** **“Grumpier Old Men”**

Two fisherman hilariously try to take down the new owner of their old bait shop.



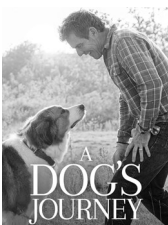
## **Monday, March 16** **“The Upside”**

Two men from very opposite backgrounds learn about life through their differences.



## **Friday, March 27** **“After the Wedding”**

The past meets present-day when a woman travels from India to New York seeking a donation for her orphanage.



## **Monday, March 30** **“A Dog’s Journey”**

A dog is set to protect his beloved first owners’ granddaughter

## Trips and Outings

### Shopping Schedule

March 4 Walmart  
 March 11 Dollar Tree  
 March 19 White Oak Village  
 March 26 Dollar Tree



Monday, March 2 11:15 AM	Lunch at McDonald's
Tuesday, March 3 9:00 AM	Democratic primary voting at Montrose Elementary School
Friday, March 6 11:15 AM	Lunch at Portobello's Restaurant
Monday, March 9 11:15 AM	Lunch at Peking Chinese Restaurant
Wednesday, March 11 11:15 AM	Trip to Rosie's for games and lunch
Monday, March 16 11:15 AM	Lunch at Legend's Brewery and Restaurant
Tuesday, March 17 1:00 PM	Trip to your neighborhood bank of choice
Wednesday, March 18 12:00 PM	Bowling and lunch in Mechanicsville
Monday, March 23 4:45 PM	Dinner at Calabash Seafood Restaurant

# Book Ends

## By Richard Neiswander

### THE STATLER BROS

Random Memories

by Don Reid and Harold Reid

I believe I read a book on the Statler Brothers earlier. I did not find it in the library and I really found this one different! Instead of simply following the singing group from start to retirement, this one adds a lot of things including, their thoughts and a lot of behind-the-scene things that occurred.

They described life on the road while doing concerts. I had not thought of some of the necessities associated with the travel, especially before they were able to afford their own bus to travel in. The life of concerts is very glamorous, but the necessary life and travel *between* concerts is . . . . ! While the things they tell are not bad, when I contemplate it, I would *not* want to do it. Possibly when younger but definitely not now!

I admire the things done to maintain a quartet and also the fact that they kept their families and residences in Staunton. Also the reason they took just over a year to retire. They wrote many of their own hit songs and also include lyrics from some of them. I include those from "Do You Remember These?" There are 67 items and looking at them I decided to include them along with the question, "*How many do YOU remember?*" I remember all of them but 4! As old as some of them are, it makes me wonder about me - - - - !

If you are not familiar with the song, I have it on CD and can play it for you.

### DO YOU REMEMBER THESE?

Saturday morning serials chapters 1 - 15	James Dean, he was keen.	Little Moron jokes
Fly paper	Sunday movies were taboo.	Cooties in her hair
Penny loafers	The senior prom	Captain Midnight
Lucky Strike green	Judy's mom	Ovaltine
Flat tops	Rock and Roll was new.	The whip at the county fair
Sock hops	Cracker Jack prize	Charles Atlas' Course
Studebaker	Stars in your eyes	Roy Rogers' horse
Pepsi please	Ask daddy for the keys.	Only the Shadow knows.
	The boogie man	Gable's charm
Cigar bands on your hands	lemonade stand	Froggin' your arm
Your daddy's socks rolled down	Takin' your tonsils out	Loud mufflers
Sticks-no plugs	Indian burn	Pitchin' Woo
Aviator caps with flaps that button down	Wait your turn	Going steady
Movie stars on Dixie Cup tops	Four foul balls - you're out.	Veronica and Betty
Knickers to your knees	Cigarette loads	White bucks
	Secret codes	Blue suede shoes
	Savin' Lucky Stars	Knock jokes
The Hit Parade	To boat neck shirts	Knock Knock.
Grape Tru-Ade	Fender skirts	Who's there?
The Sadie Hawkins Dance	Crinoline petticoats	Dewey!
Pedal pushers	Mums the word	Dewey Who?
Ducktail hair	Dirty bird	Do we remember these?
Peggin' your pants	Double root beer float	
Howdy Doody	Moon hub caps	
Tutti-Fruiti	Loud heel taps	
The seam up the back of her hose	He's a real gone cat.	

## In Memoriam

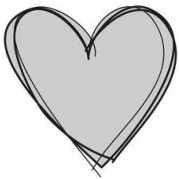
### Forever in Our Hearts



Doris Grotz

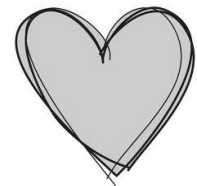


## Anniversaries



3/8/1963  
3/9/1963  
3/24/1989

Thomas & Mary Breeden  
Garland & Marcella Campbell  
Jeffry & Shirley Smith



## Notifications

### MAHOVA Gardens

Anyone interested in having a garden space for this year is invited to sign up this month with Peg Davis at 804- 222-7950. We have two gardens available for residents to use: one, the raised-bed planters outside the corridor that leads from B Wing to the Chapel and the larger garden behind the Grand Lodge.

While both sites have water available for the gardeners' use, each person is responsible for his own tools and purchasing those items needed for his space. In the large garden, each gardener who wishes to have his area tilled and who wishes to use the rototiller in the garden shed is asked to contribute \$25 for the cost of tilling and for gas, etc. for the tiller.

Lots of wonderful-tasting vegetables have been grown in these spaces in addition to the satisfaction of "playing in the dirt."



## Notifications



### **Wills for Seniors in April**

Free service for Cornerstone Residents with volunteer attorneys. You will be able to execute three life-planning documents: Last Will and Testament, Durable Power of Attorney and Advance Medical Directive.

Please Contact Susan Berryhill at extension 77295 by March 16 if interested.

### **Gourmet Dinner**

Wednesday, March 25

7:00 PM

Private Dining Room

Sign-up sheet will be posted at the Activity sign-up table on Wednesday, March 4, collected on Wednesday, March 18  
\$14.99 per resident.

### **Cell Phone Etiquette**

- Speak softly.
- Be courteous to those you are with; turn off your phone if it will be interrupting a conversation or activity.
- Watch your language, especially when others can overhear your conversation
- If it must be on and it could bother others, use the 'silent' mode and move away to talk.
  - Do not make or take calls in libraries, theaters, churches, during activity programs, from your table at a restaurant or in our dining room.
  - Never drive and use your phone at the same time.

## Notifications



### **MAHOVA Veterans Military Gathering. Friday, March 13 2:00 PM Multipurpose Room**

An opportunity for all residents with military experience to come together.  
Event led by resident Steve Sanford



### **St. Patrick's Day Happy Hour Tuesday, March 17 3:00 PM Reading Room**

Be sure to wear your green!  
Refreshments Served



### **Annual MAHOVA Talent Show Thursday, March 19 2:00 PM Dining Room**

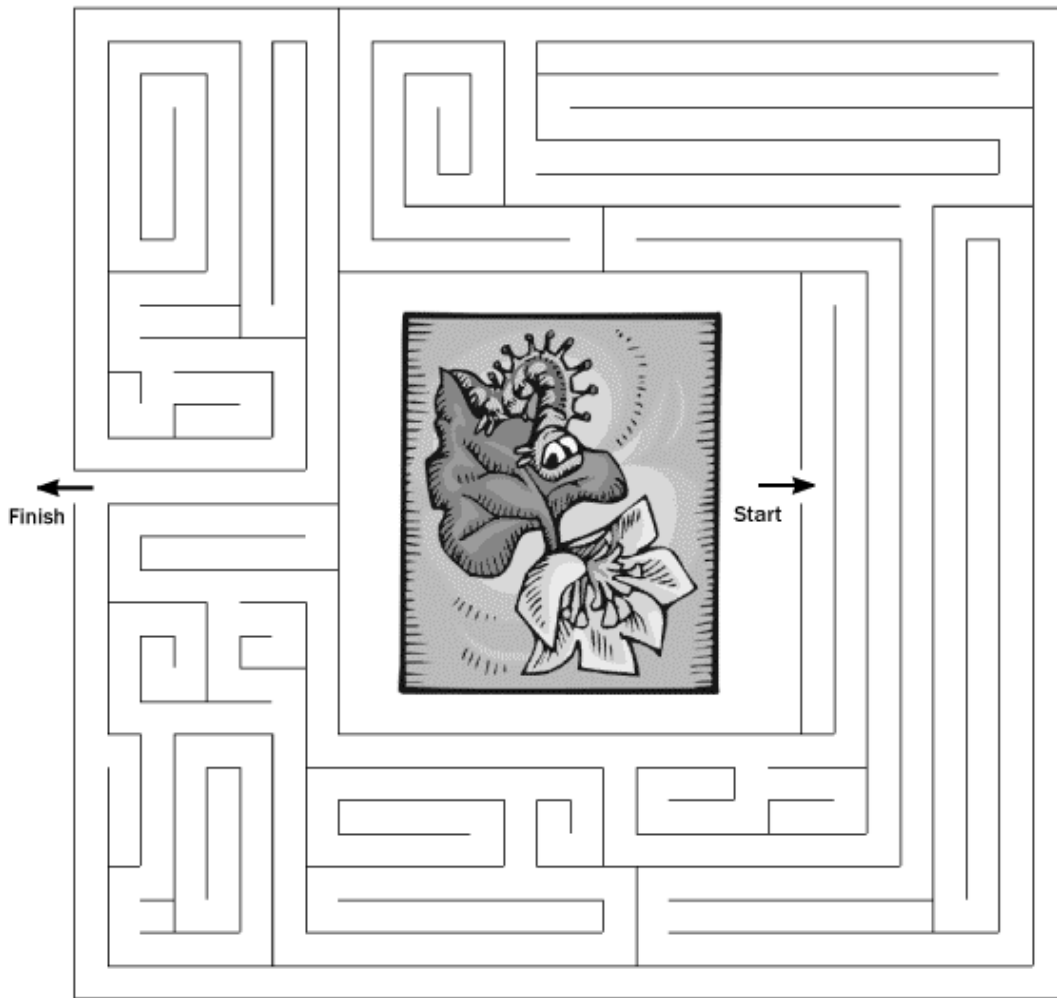
Come out and enjoy the many talents of our residents and staff.



### **History Presentation on Secretariat By Kate Tweedy Tuesday, March 24 2:30 PM TV Room**

Learn more about the beloved and award winning thoroughbred racehorse.

# MARCH



## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

3/1	Thomas Breeden
3/2	Chester Wright
3/4	Julius "Cullen" Rosen
3/5	Mildred Colgin
3/6	Georgeen Carden
3/7	Althea Hinson
3/9	Richard Bradley
3/12	Steve Sanford
3/13	Carol Vickers
3/18	Patricia Graves
3/22	Betty Burgess
3/24	Jeffry Smith
3/26	John Pierce
3/28	Jean Taylor
3/30	Lois Motley

## Employee Birthdays

3/1	Ayse Karakayali	3/16	Annette Hyman
3/2	Barbara Ramirez	3/21	Gladys Osei- Tutu
3/2	Donna Smith	3/21	Robyn Massie
3/2	Sarone Salaam	3/22	Karen Berkeley
3/3	Felicia Harrison	3/22	Victoria Edmonds
3/5	Vickie Martin	3/22	Tanya Anderson
3/8	Kevin Rippy	3/23	Johlie Humphey
3/8	Alexandria Street	3/26	Gwendolyn Brown
3/12	Anita Mims	3/28	Martha Richardson
3/13	La Tanya Hill	3/29	Tracie Johnson
3/14	Tonya Fountain	3/30	Michael West
3/14	Daryl Goode		
3/15	Cathy Bancherdpaibool		

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



## Welcome New Residents

**Anne Dechent**  
Urbanna Lodge No. 83

## Masonic Home Census -- 196

### The MAHOVA News

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### **Warren Swanson, CPA, MBA**

Chief Financial Officer

### **Robert Adkins, LNHA**

Senior Administrator

### **Kathy Bryant, LALA**

Assisted Living Administrator

### **Dr. Danny Felty**

Medical Director

### **Gail Henshaw, CPA**

Director of Finance

### **Terry Hilton**

Director of Development

### **Regina Pettaway, RN**

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