

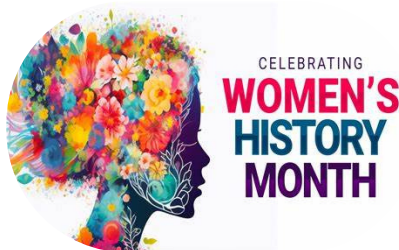
**March 2025**

# MAHOVA MONTHLY

**March is Women's History Month**, an annual celebration in the United States that recognizes and celebrates the contributions of women all throughout the nation's history.

1. Women's History Month can trace its roots back to 1857.  
During this time, women from various New York City factories protested poor working conditions.
2. The first Women's Day celebration in the U.S. was in 1909.  
However, the catalyst for Women's History Month began as a local weeklong celebration in Santa Rosa, California. In 1978, the Education Task Force of the Sonoma County Commission on the Status of Women planned a celebration that corresponded with International Women's Day, and the movement took off across the country.
3. Women's groups and historians lobbied for national recognition in 1980. In February of that year, President Jimmy Carter issued the first Presidential Proclamation declaring the week of March 8th as National Women's History Week.
4. Congress designated the entire month of March Women's History Month in 1987.
5. Dr. Gerda Lerner, who was a key figure in the fight for this national observance, said: "Women's history is women's right."

Part of the importance of awareness holidays and history months like Women's History Month is the preservation of milestones of women's history that might otherwise be erased or forgotten. Some examples are Amelia Bloomer, a suffragist and editor who revolutionized women's clothing to prioritize comfort; or Rosalind Franklin, who discovered the structure of DNA (and has been forgotten in history books, while her male peers get all the credit).



## In This Issue:

**Health Rx**

**Book Club**

**Book Ends**

**Anniversaries**

**In Memoriam**

**Getting to Know You**

**Cranium Corner**

**2025 King and Queen**

**Birthdays and New  
Hires**

## Resident Advisory Council

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**Elizabeth Jones and Ray Taylor**

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**Butch Carver**

C and D Wings

**Steve Sanford and Joyce Deputy**

Village

**Gordon Sprigg**

Magnolia Court

# Health Rx

Here's To Your Good Health!



What's in season?

## March

[www.YellowTurtleFitness.com](http://www.YellowTurtleFitness.com)



High concentration of Cynarin benefits digestive health, and plays a positive role in reducing cholesterol.

Silymarin content helps maintain optimal liver function.

**Artichoke**



**Asparagus**

Low calorie and low GI. Asparagus is an excellent source of Vitamin K and Folate, playing a helpful role in blood clotting - making it beneficial to those prone to Anemia.

Also supports healthy cell production.

Dense nutritional profile helps prevent and reduce oxidative stress + chronic inflammation. Studies have shown numerous cancer preventative benefits due to unique combo of carotenoids + flavanoids.

**Scotch Kale**



**Chervil**

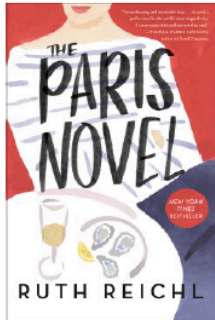
Related to Parsley, with an anise-like flavour, Chervil is an anti-inflammatory herb with strong diuretic properties.

Very beneficial to those suffering from kidney disorders.



## Upcoming MAHOVA Book Club Titles

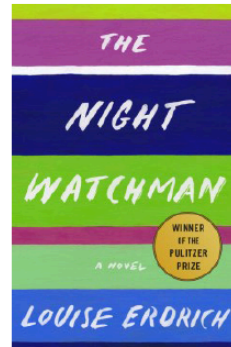
### Masonic Book Club March 2025 - June 2025 Titles



#### **The Paris Novel** by Ruth Reichl

Resigning herself to honor her mother's last wishes, Stella travels to Paris where she meets an octogenarian art collector who introduces her to the who's who of the 1980's Paris literary, art and culinary worlds, helping her understand what it might mean to live a larger life.

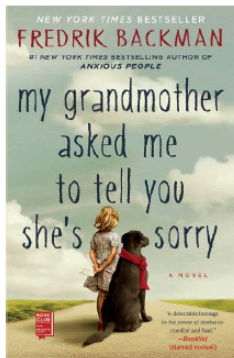
Meets on Monday, March 10th @ 3:00 pm in  
A-Wing Conference Room



#### **The Night Watchman** by Louise Erdrich

A historical novel based on the life of the National Book Award-winning author's grandfather traces the experiences of a Chippewa Council night watchman in mid-20th-century rural North Dakota who fights Congress to enforce Native American treaty rights.

Meets on Monday, May 12th @ 3:00 pm in  
A-Wing Conference Room



#### **My Grandmother Asked Me to Tell You She's Sorry** by Fredrik Backman

Seven-year-old Elsa's grandmother dies and leaves behind a series of letters, sending the girl on a journey that brings to life the world of her grandmother's fairy tales.

Meets on Monday, April 14th @ 3:00 pm in  
A-Wing Conference Room



#### **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



### *March's Most Anticipated Books*

#### **The Girl From Greenwich Street** by Lauren Willig

Genre: Historical Fiction

Release date: March 4, 2025

Plot: Based on the true story of a famous trial, this novel is set in New York City in 1800, as Alexander Hamilton and Aaron Burr investigate the shocking murder of a young woman who everyone—and no one—seemed to know. At the start of a new century, a shocking murder transfixes Manhattan, forcing bitter rivals Alexander Hamilton and Aaron Burr to work together to save a man from the gallows. Just before Christmas 1799, Elma Sands slips out of her Quaker cousin's boarding house—and doesn't come home. Has she eloped? Run away? No one knows—until her body appears in the Manhattan Well. Her family insists they know who killed her. Part murder mystery, part thriller, part true crime, with a surprising twist ending that reveals the true story of the woman at the center of the tale.

#### **The Strawberry Patch Pancake House** by Laurie Gilmore

Genre: Cozy Mystery

Release date: March 13, 2025

Plot: Fall in love with the brand-new spring romance set in Dream Harbor, from the bestselling author of *The Pumpkin Spice Café*.

As a renowned chef, single-dad Archer never planned on moving to a small town, let alone running a pancake restaurant. But Dream Harbor needs a new chef, and Archer needs a community to help raise his daughter, Olive. Iris has never managed to hold down a job for more than a few months so when Mayor Kelly suggests Archer is looking for a nanny, and Iris might be available, she shudders at the thought. As Archer and Iris get used to their new roles, is it possible that they might have more in common than they first thought, or is Olive just determined to play match-maker.

#### **Elphie: A Wicked Childhood** by Gregory Maguire

Genre: Fantasy

Release date: March 25, 2025

Plot: What happened to young Elphaba before her witchy powers took hold in *Wicked*? Almost 30 years after the publication of the original novel, for the first time Gregory Maguire reveals the story of prickly young Elphie, the future Wicked Witch of the West—setting the stage for the blockbuster international phenomenon that is *The Musical*.

Elphaba, the Wicked Witch of the West, will grow to have a feisty and somewhat uncompromising character in adult life. But she is always a one-off, from her infancy; Elphie is the riveting coming-of-age story of a very peculiar and relatable young girl.

#### **There Is No Place For Us** by Brian Goldstone

Genre: Nonfiction

Release date: March 25, 2025

Plot: Through the unforgettable stories of five Atlanta families, this landmark work of journalism exposes a new and troubling trend—the dramatic rise of the “working homeless” in cities across America. In a country where hard work and determination are supposed to lead to success, there is something scandalous about this phrase. These families are being forced into homelessness not by a failing economy but a thriving one.

In this gripping and deeply reported book, Brian Goldstone plunges readers into the lives of five Atlanta families struggling to remain housed in a gentrifying, increasingly unequal city.

## Anniversaries

March 5, 1966 Les and Zada Lea Kahn  
March 8, 1963 Tom and Mary Breeden  
March 24, 1989 Jeff and Shirley Smith  
March 30, 1968 Jimmy and Lynn Wagner



## In Memoriam

In Memory of



Peggy Roberts  
Daisy White

## 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.

## 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.

## Getting to Know You



Our first *Getting to Know You* participant is...  
**Tracy Coogle, Chief Financial Officer**

Tracy is a graduate of University of Richmond, CPA and a graduate of the Leadership Metro Richmond, among other notable distinctions. Tracy has a long history in Richmond working with various nonprofit organizations as well as serving as a volunteer for others.

Her first day as Chief Financial Officer of MAHOVA was  
September 30, 2022.

Which book would you read over and over again?

*To Kill a Mockingbird by Harper Lee*

What types of hobbies and/or collections do you have?

*I love birding, camping, crocheting, photography, reading and kayaking!*

I have been a Girl Scout leader and outdoor trainer for nearly 25 years, and I'm one of a small handful of Council Kayak/Canoe/Stand-Up Paddle Board trainers for the entire Central Virginia council!

What is your favorite spot to vacation and why?

*Key West, Florida. My husband and I honeymooned there. He's a musician, and I love the arts! It's a perfect blend! (Plus margaritas!) Fun fact, we rescued a tiny abandoned kitten on the roadside in Key West on a trip in 2017 and brought her home!*

What is your dream vacation?

*EVERYWHERE! Jeff and I are looking forward to traveling more, now that our three beautiful daughters are grown! Next up, we are planning a trip to Greece!*





## THE ELEMENTS

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

Actinium	Aluminum	Americium	Antimony	Argon	Arsenic	Astatine
Barium	Berkelium	Beryllium	Bismuth	Bohrium	Boron	Bromine
Cadmium	Calcium	Californium	Carbon	Cerium	Cesium	Chlorine
Chromium	Cobalt	Copernicium	Copper	Curium	Darmstadtium	Dubnium
Dysprosium	Einsteinium	Erbium	Europium	Fermium	Flerovium	Fluorine
Francium	Gadolinium	Gallium	Germanium	Gold	Hafnium	Hassium
Helium	Holmium	Hydrogen	Indium	Iodine	Iridium	Iron
Krypton	Lanthanum	Lawrencium	Lead	Lithium	Livermorium	Lutetium
Magnesium	Manganese	Meitnerium	Mendelevium	Mercury	Molybdenum	Neodymium
Neon	Neptunium	Nickel	Niobium	Nitrogen	Nobelium	Osmium
Oxygen	Palladium	Phosphorus	Platinum	Plutonium	Polonium	Potassium
Praseodymium	Promethium	Protactinium	Radium	Radon	Rhenium	Rhodium
Roentgenium	Rubidium	Ruthenium	Rutherfordium	Samarium	Scandium	Seaborgium
Selenium	Silicon	Silver	Sodium	Strontium	Sulfur	Tantalum
Technetium	Tellurium	Terbium	Thallium	Thorium	Thulium	Tin
Titanium	Tungsten	Ununoctium	Ununpentium	Ununseptium	Ununtrium	Uranium
Vanadium	Xenon	Ytterbium	Yttrium	Zinc	Zirconium	

# Cranium Corner

## JUNK FOOD WORD SEARCH

### 100 HIDDEN WORDS TO FIND

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

BACON	HASHBROWNS	CHEW	BAGEL	DIET	CALORIE	PATTY	MAYO	CHEESE	BURRITOS
MUSTARD	COOKED	WIENERS	HIGH FAT	SOFT DRINKS	INSTANT	PIES	CRAVE	PRETZEL	ROOTBEER
HUNGER	ROLLS	HARMFUL	COLA	FRITTERS	JERKY	BEEF	BUTERS	SPRING ROLLS	ONION RINGS
FUNNEL	NACHOS	CORN	CARAMEL	STARBUCKS	WINGSTOP	BELL	NUGGETS	SMORES	TACO
COTTON CANDY	HERSHEYS	CHOLESTEROL	RAMEN	BREAD	SPRINKLES	WHIP CREAM	POP MAC	SMOOTHIE	BAGUETTE
CINNAMON	BURGER	SANDWICH	BEARS	GUMMY	CEREALS	SUGARY	SNACKS	FRENCH FRIES	FRIED CHICKEN
SALTY	UNHEALTHY	BROWNIES	MARSHMALLOW	CALORIES	HIGH	TRIPLE	CHIPS	SAUSAGE	POTATO
TORTILLA	SUNDAES	DESSERTS	FAT	KEBAB	NOODLES	PASTA	COOKIES	COLESLAW	CHICKEN WINGS
CHURRO	PANCAKES	LOLLIPOP	GUM	PIZZA	ROLL	SHAKE	SODA	MUFFIN	HOT DOG
WAFFLE	PASTRY	DOUGHNUT	ICE CREAM	CRACKERS	CAKE	POPCORN	PUFFS	MILKSHAKE	HAMBURGER



## MAHOVA King and Queen 2025

**The people have spoken, we present MAHOVA's 2025 King and Queen:**

**Tom Breeden and Cathy Hinkle**



## Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

03/01 Thomas Breeden	03/12 Steve Sanford
03/02 Chester Wright	03/16 Judy West
03/04 Anne Grubbs	03/18 Patricia Graves
03/06 Georgeen Carden	03/20 Dorris New
03/07 Althea Hinson	03/24 Jeffry Smith
03/09 Richard Bradley	03/26 John Pierce
03/10 David Livingston	03/28 Jean Taylor

Scan this QR image to go to the Masonic Home Website



Masonic Home Census: 174

## Employee Birthdays

03/02 Donna Smith  
03/07 Daniel Thomas  
03/08 Alexandria Street  
03/12 Anita Mims  
03/13 Tracy Coogle  
03/14 Daryl Goode  
03/16 Annette Hyman  
03/21 Gladys Osei-Tutu  
03/22 Victoria Edmonds  
03/22 Tanya Anderson  
03/26 Melanie Tarnaski  
03/30 Michael West

**MAHOVA - Your Masonic Community**  
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**Henrico, VA 23223**  
**804-222-1694**

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**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  
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