

March 2026

March, March by Annette Wynne

March, March, all the day,
Winds of March, please march away;
March away with noisy drum
For the flowers want to come;
March away through every street,
Noisy tramp of noisy feet,
Noisy music all the way in
March, March, March away!
March, March, never still,
March away from lane and hill,
March away from nook and glen,
April wants to come again;
March away with tramp and roar,
April waits outside the door;
Flowers and children want to play in
March, March, March away!

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Sandra Young

President

Ray Taylor

Vice President

Peg Davis

Secretary

Elizabeth Jones and Ray Taylor

B Wing

Tom Breeden and Elmar Louder

C and D Wings

Steve Sanford and Joyce Deputy

Village

Wayne Flora

Magnolia Court



Healthy Rx

Here's To Your Good Health!



National Nutrition Month® 2026 is celebrated in March with the theme ***"Discover the Power of Nutrition."***

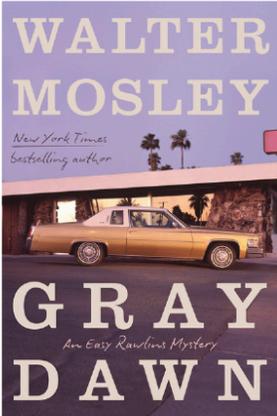
National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics to promote healthful eating and physical activity habits and encourage individuals and communities to make informed food choices, develop balanced eating patterns, and incorporate regular physical activity into daily life.

Key Focus Areas:

- **Harness the Power of Whole Foods:** Prioritize minimally processed ingredients to maximize nutrient density and support optimal bodily functions.
- **Activate Rainbow and Color Power:** Strategically incorporate a diverse array of colorful fruits and vegetables (eating the rainbow) to benefit from a broad spectrum of health-promoting compounds.
- **Optimize Your Protein Profile:** Evaluate and vary your protein sources, emphasizing high-fiber, plant-based options.
- **Elevate Cognitive Function Through Hydration:** Maintain consistent fluid intake (primarily water) to support mental clarity, focus, and energy balance. Replace sugar-sweetened beverages with water.
- **Maximize Gut Power with Fiber:** Increase dietary fiber intake to nourish the gut microbiome, promote satiety, and stabilize blood glucose levels.
- **Empower Yourself with Label Literacy:** Develop proficiency in interpreting the Nutrition Facts label and ingredient lists to make informed, health-conscious food decisions.
- **Intelligent Snacking for Sustained Energy:** Select whole-food, nutrient-dense snacks (e.g., Greek yogurt, nuts, fruit, hummus) to bridge meals and maintain consistent energy levels.
- **Mitigate Inflammation Through Diet:** Integrate foods rich in omega-3 fatty acids and antioxidants (e.g., salmon, walnuts, berries, leafy greens) to support the body's anti-inflammatory processes.
- **Nutrition for Neuro-Power:** A foundation of whole, balanced foods supports sharper cognition, improved sleep quality, and stabilized emotional well-being.
- **The Longevity Power of Plant-Forward Eating:** Systematically increase the proportion of plant-based foods in your diet to support long-term health, vitality, and chronic disease prevention.
- **Optimizing Performance Nutrition:** Structure your meals with a balance of high-fiber carbohydrates for sustained energy and quality protein for muscle repair and recovery.

Upcoming MAHOVA Book Club Titles

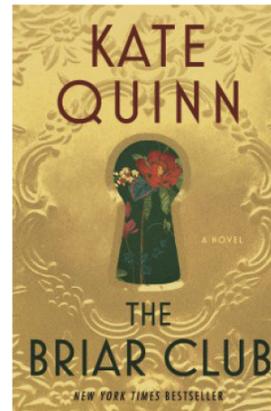
Masonic Book Club March 2026 - May 2026 Titles



Gray Dawn

by Walter Mosley
Running a successful detective agency in 1970s L.A., Easy Rawlins is hired to find a dangerous woman whose secrets threaten to upend the city's fragile balance, in the latest addition to the long-running series following Farewell, Amethystine.

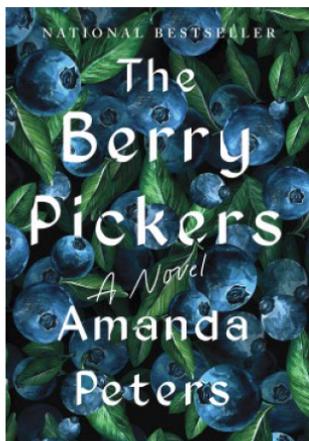
Meets on Monday, March 9th @ 3:00 pm in
A-Wing Conference Room



The Briar Club

by Kate Quinn
In 1950 Washington, DC, at an all-female boardinghouse called Briarwood, mysterious widow Grace March moves into the attic room, drawing her oddball collection of neighbors into unlikely friendship, but when a shocking act of violence tears the house apart, the women must expose the true enemy in their midst.

Meets on Monday, April 13th @ 3:00 pm in
A-Wing Conference Room



The Berry Pickers

by Amanda Peters
Growing up as the only child of affluent and overprotective parents, Norma, troubled by recurring dreams and visions that seem more like memories than imagination, searches for the truth, leading her to the blueberry fields of Maine, where a family secret is finally revealed.

Meets on Monday, May 11th @ 3:00 pm in
A-Wing Conference Room



March's Most Anticipated Books

Lost: Amelia Earhart's Three Mysterious Deaths and One Extraordinary Life by Rachel Hartigan

Genre: Nonfiction Release date: March 3, 2026

Plot: Hartigan explores the life and disappearance of Amelia Earhart. There are so many conspiracy theories about what really happened to Earhart, and this book explores them and dissects them.

Judy Blume: A Life by Mark Oppenheimer

Genre: Nonfiction Release date: March 10, 2026

Plot: For more than 55 years, Blume has been changing the world of books for young adults. *Are you there God? It's Me, Margaret* was a pivotal book for so many young women. This is the biography of the Blume's life- from her childhood until now.

Life: A Love Story by Elizabeth Berg

Genre: Nonfiction Release date: March 17, 2026

Plot: Florence is 92 years old and knows she's nearing the end of her life. She writes a letter to Ruthie, the woman who grew up next door to her, describing all the things she is leaving to Ruthie in her will. Each part of the letter describes one seemingly meaningless object and its significance in Flo's life. Flo knows she has cancer with only weeks left, and is determined to use that time to share her last bits of wisdom. But, she also uses that time to make new friends and change their lives as well.

Daughters of Egypt by Marie Benedict

Genre: Historical Fiction Release date: March 24, 2026

Plot: I cannot wait to read this pick from the March 2026 book releases. It is the story of two women living 3,000 years apart. Hatshepsut was a pharaoh whose reign was nearly erased from history. Lady Evelyn Carter becomes obsessed with finding her tomb and determined to keep the artifacts in Egypt. When political tensions rise, Evelyn must make a choice between protecting her father's legacy (for the discovery of King Tut's tomb) or creating a legacy of her own.

Sons of Nobody by Yann Martel

Genre: Fiction Release date: March 31, 2026

Plot: I cannot wait to read this retelling of the Trojan War from the March 2026 book releases. This book is from the perspective of an ancient soldier and a modern scholar who become connected through the ancient story. The book includes illustrations and maps.

Ruins by Lily Brooks Dalton

Genre: Historical Fiction Release date: March 31, 2026

Plot: Ember Agni is seeking proof of a lost empire. She has spent years trying to fund an expedition, when she finally finds an artifact that hints that she has been right all along. Her journey takes her into the wilderness, where she must choose who she wants to be.

Anniversaries

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



New Residents

Ron and Diana Molnar
Sandston Lodge No. 216



Elizabeth Seward
Metropolitan Lodge No. 11

Donald and Patsy Shinn
Varina Lodge No. 272

In Memoriam



Dorothy Barrey
Frances Walton



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.

Volunteers

If anyone is interested in volunteer opportunities around MAHOVA please contact Susan Berryhill at sberryhill@mahova.com or 804-226-6688. Opportunities include, but are not limited to, Activities, Chapel, Boutique, 1:1 Visits.

Sewing and Mending Services Now Available

We are pleased to offer a convenient sewing and mending service for small projects such as sewing on buttons, repairing minor tears, hemming pants, or making simple clothing adjustments.

For a small fee, residents can have everyday items repaired and refreshed without needing to leave the community. Whether it's a favorite sweater, slacks, or additional items in need of a quick fix, our sewing and mending service is here to help. Contact Cathy Hinkle at 703-606-5367.





Welcome Buddy Initiative for MAHOVA

A Welcome Buddy System is a simple yet powerful way to help new residents feel comfortable, connected, and confident as they transition into life in our community. Moving into a new environment can bring a mix of emotions—excitement, uncertainty, and even loneliness. Pairing each new resident with a friendly, experienced resident volunteer helps ease this transition through personal connection and guidance.

A welcome buddy serves as a peer ambassador who introduces the newcomer to community routines, amenities, social opportunities, and fellow residents. Unlike formal orientations, buddy interactions feel natural and conversational, allowing new residents to ask questions they might hesitate to raise with staff. This relationship can greatly reduce anxiety, increase participation in activities, and foster a stronger sense of belonging from the very beginning.

The program also benefits existing residents who volunteer as buddies. Serving in this role provides purpose, strengthens social engagement, and encourages leadership within the community. Many buddies find fulfillment in sharing their knowledge and helping others adjust, which enhances overall resident morale and community culture.

A successful Welcome Buddy System includes thoughtful matching based on personality, interests, background, or lifestyle preferences. Staff oversight ensures consistency, while flexibility allows each buddy pair to develop a relationship at their own pace. **Structured check-ins during the first few weeks help confirm that the new resident(s) feel comfortable and supported.**

Ultimately, a Welcome Buddy System builds a culture of hospitality, connection, and neighborly care. It transforms the move-in experience from a stressful transition into a warm welcome, setting the tone for a positive and engaged community life.

If you are interested in joining the Welcome Buddy Initiative, please contact Susan Berryhill at 804-226-6688 or sberryhill@mahova.com





Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

9		4						
						8		
2			1			3		
	5	7		2				6
		2			8		1	9
			6				5	
					1			
	8				2		4	
			9					1



Wine & Spirits



Word list:

- | | | | |
|------------|-----------|-----------|-----------|
| BOURBON | DAIQUIRI | MEZCAL | SCOTCH |
| BRANDY | GIN | MOJITO | SHERRY |
| BURGUNDY | LIQUOR | NEAT | TEQUILA |
| CABERNET | MANHATTAN | PINOT | VERMOUTH |
| CHAMPAGNE | MARGARITA | RUM | VODKA |
| CHARDONNAY | MARTINI | SANGRIA | WHISKEY |
| CIDER | MERLOT | SAUVIGNON | ZINFANDEL |



Resident Birthdays

Scan this QR image to go to
the Masonic Home Website



Happy Birthday to the following
residents who celebrate their birthdays:

3/01 Thomas Breeden	3/14 Patricia Mahone
3/02 Chester Wright	3/16 Judy West
3/04 Anne Grubbs	3/18 Patricia Graves
3/06 Georgeen Carden	3/20 Ronald Mahone
3/07 Althea Hinson	3/20 Dorris New
3/09 Richard Bradley	3/21 Nancy Lee
3/09 Joyce Payne	3/24 Jeffrey Smith
3/10 David Livingston	3/26 John Pierce
3/12 Steven Sanford	3/28 Jean Taylor

Employee Birthdays

Masonic Home Census: 179

3/02 Donna Smith
3/07 Daniel Thomas
3/08 Alexandria Street
3/13 Tracy Coogle
3/14 Daryl Goode
3/16 Annette Hyman
3/17 Nialynn Lee
3/21 Gladys Osei-Tutu
3/22 Tanya Anderson
3/22 Victoria Edmonds
3/30 Michael West

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Tracy Coogle, CPA
Chief Financial Officer
Robert Adkins, LNHA
Vice President of Operations
Dr. Danny Felty
Medical Director
Daniel Thomas
Director of Nursing
Ann Meeks
Chief Human Resources Officer
Mike Butler, Jr.
Director of Facilities
Holly Carson
Community Sales Director
Angela Pisano
Director of Communication
Allen Watts
Director of Development



New Hires

Reuben Sergeant, RN Supervisor