



# MAHOVA

## News

May 2018

### A Day of Tribute

“All that I am, or hope to be, I owe to my angel mother.”

– President Abraham Lincoln

Mother's Day falls on Sunday, May 13, and is a wonderful time for each of us to take a moment to honor motherhood. Motherhood is not merely defined by the bearing and raising of children but is rather a statement regarding the divine nature of women. All women, whether or not they bear children, can fulfill the role of mothers. The work they do should also be remembered as we celebrate Mother's Day.

The U.S. version of the holiday was created by Anna Marie Jarvis as a day to honor mothers and motherhood. She held a memorial service for her mother on May 12, 1907, and started a campaign to have Mother's Day a nationally recognized holiday. In 1914, her dream was realized. By the 1920s, she became disillusioned with the commercialism of the holiday. The fact that many people sent greeting cards or gave their moms a box of candy (that they ate most of themselves) embittered her against her own holiday. She felt that sending a card meant you were just too lazy to write and that candy was a petty sentiment.

Celebration of mothers can be traced back to Ancient Greece and Rome. In the US, Mother's Day is the second Sunday in May. Other countries of the world have their celebrations of mothers throughout the calendar.

Carnations have come to represent Mother's Day. Anna Jarvis delivered white carnations at one of the first Mother's Day celebrations. Anna chose the carnation because it was her mother's favorite flower, and the white color represented the purity of a mother's love. This started the tradition of wearing a white carnation on Mother's Day.

Please join us for a special Mother's Day Dance on Tuesday May 8, in the Dining room with music by The Rhythmasters.

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#### Resident Advisory Council

**Richard Carden**

President - Village

**Paula Swansey**

Vice President - D Wing

**Steve Bollinger**

Secretary - Village

**Priscilla Sensabaugh and**

**James Palmer-B Wing**

**Paula Swansey and**

**Ann Spain– C and D Wings**

**Art Gregory– Magnolia Court**

# Health

**Here's To Your Good Health!**

## **Music is Good for your Health**

Shakespeare once wrote, “Music soothes the savage beast.” According to experts, music can also focus the distracted mind, energize the tired body, and even reduce pain following surgery. Sound researcher Joshua Leeds notes that different kinds of music have different effects: higher frequencies—such as violins, flutes, and trumpets—tend to energize the nervous system; fast rhythms speed up body pulses; and slow rhythms slow down the heart, brain waves, and breath. Researchers at the State University of New York at Buffalo found that listening to music, particularly when patients chose it themselves, helped minimize the rise in blood pressure associated with surgery. Another study at five Cleveland hospitals indicated that music significantly reduced patients’ post-surgical pain. The National Academy for Child Development found that listening to classical music can mask distracting environmental noise, helping people improve their concentration when working or studying.

## **Have You Heard?**

Vidalia onions were first discovered by a farmer in Tombs County, Ga. The onions he harvested in the late spring of 1931 were not hot, as he expected, but sweet. At first, the mild onions were hard to sell, but eventually people developed a taste for them and flocked to the area for “Vidalia onions.” A combination of the soil and climate conditions of a 20-county area gives the onions their unique flavor. In 1990, the state of GA voted the Vidalia onion its official state vegetable.

The birthstone for May is the Emerald and symbolizes loyalty, faithfulness, and friendship. The flower is the Lily of the Valley.

## **Program Highlights**

### **Resident Council Meeting**

Monday, May 7  
9:30 AM  
Dining Room

### **Food Committee Meeting**

Tuesday, May 15  
1:00 PM  
Private Dining Room

### **Advisory Council Meeting**

Tuesday, May 15  
10:00 AM  
Private Dining Room

### **Activities Committee Meeting**

Thursday, May 17  
3:45 PM  
Library

## Program Highlights

Tuesday, May 1	2:30 PM	TV Room	Bring any items you wish to have labeled with your name.
Friday, May 4	3:00 PM	Reading Room	Cinco de Mayo Happy Hour
Monday, May 7	10:00 AM	Gallery	Bring any items that need repair by a jeweler, Wayne.
Monday, May 7	5:30 PM	TV Room	Enjoy a refreshing Root Beer Float.
Tuesday, May 8	3:00 PM	REB	Communion with Constance
Tuesday, May 8	7:00 PM	Dining Room	Mother's Day Dance with the Rhythmasters
Thursday, May 10	Multipurpose Room		AARP Driving Class
Thursday, May 10	10:00 AM	Gallery	Coffee and Donuts from Country Style Donuts
Thursday, May 10	2:30 PM	TV Room	Get a good laugh and exercise at balloon volleyball.
Friday, May 11	2:00 PM	Multipurpose Room	Classic Movie Matinee
Monday, May 14	2:30 PM	TV room	Eating Healthy Superfoods presentation and delicious smoothies with the Dietician, Kelsey, and Morrison Dining.
Monday, May 14	7:00 PM	Multipurpose Room	Order of Eastern Star Meeting
Thursday, May 17	1:00 PM	Reading Room	Sip on a drink of your choice and paint a pretty picture at Sip and Paint.
Thursday, May 17	2:30 PM	TV Room	Activities Bingo with gift card prizes!
Friday, May 18	2:30 PM	TV Room	Try your luck at a game with hidden presents that you pass from one another.
Friday, May 18	5:00 PM	Multipurpose Room	Dinner and Movie. The movie will be "Jackie."
Monday, May 21	2:30 PM	TV Room	Presentation by Bo Bohannon on his travels to England and Normandy with Masonic sites.
Thursday, May 24	11:00 AM to 1:00 PM	Outside— Weather permitting	Annual Masonic Home Carnival
Tuesday, May 29	2:30 PM	TV Room	Card Social

## Entertainment

Thursday, May 3 2:30 PM TV Room	Jonathon, the Juggler, performs
Friday, May 4 7:00 PM Dining Room	Performance by the Henrico Pops Chorus
Tuesday, May 8 7:00 PM Dining Room	The Rhythmasters will be performing for the Mother's Day Dance.
Friday, May 11 7:00 PM Dining Room	Vocal and keyboard performance by Craig Anders
Saturday, May 12 7:00 PM Dining Room	Temple Lodge Ladies Night Entertainment
Tuesday, May 15 2:30 PM TV Room	Vocal golden oldies performance by Kevin Salyer
Saturday, May 19 2:30 PM TV Room	Performance by the Finney's
Tuesday, May 22 9:30 AM TV Room	Performance by the Forever Young Choir from Fairmount Christian Church
Saturday, May 26 1:30 PM TV Room	Country gospel performance by Nikki Headley
Thursday, May 31 2:30 PM TV Room	Performance by the Saints Alive Group

## Movies



Channel 2 and TV Room  
6:00 PM



### Monday, May 14 “The Case for Christ”



Based on a best selling book.  
Lee Strobel, an atheist investigative journalist, researches the truth behind the Christian faith as his wife's belief in the Lord grows. As their differences in faith begin to cause a rift in their marriage, Lee is confronted with unexpected results that challenge everything he believes to be true.



### Friday, May 25 “Jackie”

An intimate portrait of Jacqueline Bouvier Kennedy's iconic life following her husband's assassination.

## Trips and Outings

### Shopping Schedule

May 2    Walmart

May 9    White Oak Village

May 17    Dollar Tree (Thursday)

May 23    Walmart

May 30    White Oak Village



Thursday, May 3 11:00 AM	Cultural Dining: Mexican
Monday, May 7 11:00 AM	Lunch at Peking Restaurant
Tuesday, May 8 1:30 PM	Trip to your neighborhood bank
Tuesday, May 15 9:30 AM	Explore the James River Tyler Potterfield Bridge and have lunch at Legend Brewery.
Wednesday, May 16 10:00 AM	Day trip to Fredericksburg to see “The Hunchback of Notre Dame” at Riverside Dinner Theater
Thursday, May 22 8:00 AM	Daytrip to historic Tangier Island

## **Book Ends**

### **By Richard Neiswander**

#### **Origin**

by Dan Brown

Just after my report on 'The Gospel According to Dan Brown' appeared, Becky handed me the above novel. Having enjoyed his previous works, I had to read this one. After I finished it, I decided that the authors of 'The Gospel---' will really have a field day with this one!

This novel is set in Spain in the time of the post WW II kingdom. Robert Langdon is again the main character and, as before, has as a partner a beautiful woman. Only this time it is the fiancée of Spain's Crown Prince. The Church again is prominent in the person of Bishop Valdispano. The story begins with Edmond Kirsch, one of Langdon's former students, presenting a program, "Tonight We Move Forward." Many fear he will show that Science is again at odds with the Church and that all religion will be killed. Not so for in the middle of the program, he is murdered! [On page 101]

With this as a start, Dan Brown takes the next 355 pages to tell of the next two days! Needless to say, the mix includes the Spanish King, the Crown Prince, their equivalent of our Secret Service, the finish of Kirsch's presentation and the plot and people behind the killer! And Brown mixes well!

Again, I read it as I would any novel. To me it was a fast moving fictional story that I thoroughly enjoyed. However, if you ascribe an ulterior anti-Christian bias to the author - - - ! Well. Take it where you will.

#### **Stay Close**

by Harlan Coben

This novel features a 40-year-old photographer who is barely scraping by, a suburban housewife with a husband and two children, and a detective who can't let go of a 15- year-old disappearance. The author then takes you back fifteen years to a time when their lives intersected the first time and then brings you forward. The three main characters are each living a life they didn't expect and now, they intersect again. A fifteen-year-old disappearance/murder is solved and a number of other victims of a serial killer are found. In all, the story is rather sad although the three main characters all have relatively happy lives at the conclusion, just not what they had been expecting when they first met.

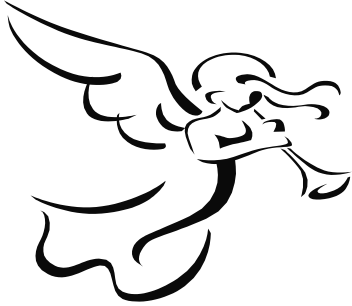
#### **His Mysterious Ways**

A Guideposts Book

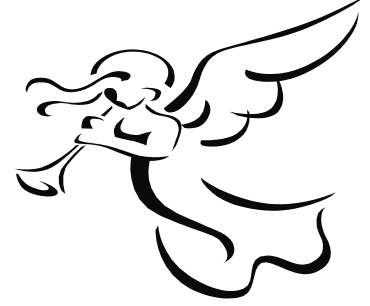
Another book published by Guideposts. It is a compilation of short [4 pages or less] stories of people who have lived through a coincidence where something extremely unusual happened. I believe God or His Angels are responsible for these things. Some could be laid to coincidence but others - - - NO WAY. I am using these as part of my daily devotions and encourage you to do also. There are at least four with this title and several more by Guideposts. Also, look by the Village mailboxes. People are placing the magazine 'Guideposts' there.

## In Memoriam

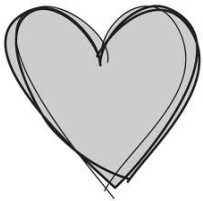
### Forever in Our Hearts



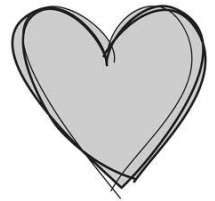
Dorothy Fulcher  
Charles Klebert



## Anniversaries



May 16, 1961 Albert and Jean Knapp  
May 20, 1950 Ernest and Martha Kersey  
May 21, 1955 John and Betty Long  
May 22, 1998 David Jenkins and Evelyn Harding



## Welcome New Residents

Joris “Bruce” Catron from Dupont Lodge No. 289  
John and Gloria Edelin from Manchester Lodge No. 14  
Donald and Ann Godfrey from Black Heath Daylight Lodge No. 1982  
Marshall Messimer from Tuckahoe Lodge No. 347  
Steven and Deborah Sanford from Fredericksburg Lodge No. 4



## Notifications

### **Weight and Blood Pressure Checks**

Please bring your pendants with you.

B– Wing  
Wednesday, May 2  
8:00 AM to 1:00 PM  
D Wing Recreation Room

C and D – Wing  
Thursday, May 3  
8:00 AM to 1:00 PM  
D Wing Recreation Room

### **Village Model Key**

Should you wish to enter the Village Model home after hours or on the weekend, the key is located at the Care Center Nurses' Station.

### **Dementia Support Group for Families**

For information, please contact John Zacharias at extension 77309.  
The group meets 1st and 3rd Tuesdays of each month at 10:30 AM.

### **Monthly Meeting with Meridian Lodge No. 284**

Meridian Lodge No. 284 Monthly Meeting will be held on the  
3rd Monday in May in the Multipurpose Room at 12:00 PM.  
Meeting is open to ALL Master Masons.

Please come and join us!

## Notifications



### **Mother's Day Dance** with entertainment by The Rhythmasters

Tuesday, May 8  
7:00 PM  
Dining Room

Refreshments Served

### **Annual Masonic Home Carnival**

Games, Food, Fun, Animals, Raffles



Thursday, May 24  
11:00 AM  
To  
1:00 PM  
Outside under tent



Open to Residents and Staff

## Sudoku Puzzle

Fill each row, column, and each of the nine 3 X 3 grids with the numbers 1-9.

The numbers 1-9 cannot be repeated in each row, column, and 3 x 3 grids.

Answer key is on page 12

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

## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

5/1	Seymour Kern	5/13	Robert Hall
5/1	Brenda Kerrick	5/16	Valerie Hall
5/1	Ed Swansey, Jr	5/19	Blanche Feitig
5/2	Mary Brooks	5/19	Evelyn Holliday
5/2	Bessilee Clay	5/19	Anne Winder
5/3	Alice Bond	5/22	C.G. Grizzard
5/4	Ruth Blunt	5/22	Joseph Hogge
5/8	Lettie Muncy	5/22	David Jenkins
5/10	John Martin	5/25	Ann Spain
5/11	Mildred Milby	5/26	Mary Clements
5/12	Susan Grizzard	5/30	Gardner Rollings

## Employee Birthdays

5/1	Susie Stafford	5/17	Cynthia Cox
5/1	Connie Trent	5/20	Michael Buler, Sr
5/4	Denise Randolph	5/20	Ashley Parker
5/8	Cheryl Wilkerson	5/24	Samantha McQuinn
5/9	Carolyn Lecik	5/25	Cindy Pleasants
5/10	Dennis Tatum	5/26	Sherry Lewis
5/14	Joelle Schwartz	5/27	Chameel Crawley
5/15	Abukara Yusif	5/30	Delores Smith

## Welcome New Employees

Kevin Grubbs	Maintenance
Claudette Johnson– Arthur	Nursing
Deborah Whorley	Nursing
Cassandra Walters	Nursing
Robin Myers	Nursing
Jade Cotman	Nursing
Selence Bright	Nursing



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

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

## Masonic Home Census -- 206

### The MAHOVA News

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### James D. Cole, CPA

Chief Executive Officer

### Anne Hagen, CPA

Vice President, Chief Financial Officer

### Robert Adkins, LNHA

Senior Administrator

### Kathy Bryant, LALA

Assisted Living Administrator

### Dr. Danny Felty

Medical Director

### Eric Flynn

Director of Dining Services

### Gail Henshaw, CPA

Director of Finance

### Terry Hilton

Development Officer

### Regina Pettaway, RN

Director of Nursing

### Barbara Ramirez

Human Resources Director

### Mike Butler, Jr.

Director of Facilities

MAHOVA Editor  
Robyn Nakamoto  
804-222-1694  
Extension 77268

MAHOVA Copy Editor  
Mildred Ammons