

May 2023

Mother's Day Around the World

Mother's Day, a holiday honoring motherhood, is observed in different forms throughout the world. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Jarvis would later denounce the holiday's commercialization. She spent the latter part of her life trying to have it removed from the calendar. While versions of Mother's Day are celebrated worldwide, traditions vary depending on the country. In Thailand, for example, Mother's Day is always celebrated in August on the birthday of the current queen, Sirikit.

Another alternate observance of Mother's Day can be found in Ethiopia, where families gather each fall to sing songs and eat a large feast as part of Antrosht, a multi-day celebration honoring motherhood.

In the United States, Mother's Day continues to be celebrated by presenting mothers and other women with gifts and flowers; it has become one of the biggest holidays for consumer spending. Families also celebrate by giving mothers a day off from activities like cooking or other household chores. This year Mother's Day will be celebrated on May 14 in this country.

At times, Mother's Day has also been a date for launching political or feminist causes. In 1968 Coretta Scott King, wife of Martin Luther King Jr., used Mother's Day to host a march in support of underprivileged women and children. In the 1970s women's groups also used the holiday as a time to highlight the need for equal rights and access to childcare.

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Vice President

Sandra Young

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Nancy Lee Martin and Ray

Taylor- B Wing

Butch Carver and Jerri Morton

C and D Wings

Steve Bollinger and Peg Davis

Village

Gordon Sprigg

Magnolia Court

Health Rx

Here's To Your Good Health!

ANATOMY OF WALKING



BUILDS BONE MASS,
REDUCING RISK OF OSTEOPOROSIS

BOOSTS ENDORPHINS
EASING STRESS, TENSION, ANGER,
FATIGUE, AND CONFUSION
IN TEN MINUTES

REDUCES
GLAUCOMA RISK

LIMITS SICKNESS
BY HALVING ODDS OF
CATCHING A COLD

HALVES
ALZHEIMER'S DISEASE RISK
OVER 5 YEARS

WORKS ARM &
SHOULDER MUSCLES

IMPROVES HEART HEALTH
BY INCREASING HEART RATE
AND CIRCULATION

ENGAGES
AB MUSCLES

IMPROVES
BLOOD
PRESSURE
BY FIVE POINTS

LIMITS COLON CANCER
BY 31% FOR WOMEN

STRENGTHENS LEGS,
INCLUDING QUADRICEPS,
HIP FLEXORS, AND HAMSTRINGS

IMPROVES BALANCE
PREVENTING FALLS

BURNS MORE FAT
THAN JOGGING

Only 30 minutes a day, 5 times a week can make you healthier and happier.

Notifications

Please let us know if there is an activity, craft, restaurant or trip that may interest you..
Contact Bonnie White at 804-222-1694 ext 177304 or Susan Berryhill at 804-237-6795.



Would you like to support the MAHOVA Gift Shop? Do you have any handmade items you would like to donate? Please contact Susan Berryhill at 804-237-6795 in order to have a one-on-one meeting to review the items.

Book Ends

By Georgeen Carden

Celia Imrie

An English actress and author was born in 1952. She attended a private girls' school in England and from there went to an actors' school. Imrie is far better known for her acting than for her writing. She published her first novel in 2015 and has published every other year since. The book I chose to read is from her "Nice" series. "Nice" appears in each title. Since they all take place in or near Nice in the south of France, I'm not sure if the title is a noun or an adjective. They are pleasant little stories but disappointing if you're looking for a real mystery (which they are purported to be).

"A Nice Cup of Tea"

Five friends from England have pooled their resources to purchase a restaurant on the "azure" coast of southern France. They have taken a big financial risk as none of them has much money. In the restaurant they have found a very old mosaic that they hope to sell for enough to pay off their indebtedness. They have it appraised and discover that it is not part of the restaurant property rather it is claimed by its true owner. The restaurant is not doing well and they begin to search for ways make it profitable.

The owner of the bar next door proposes to buy the restaurant to expand his own business. As he is offering less than they owe, they are reluctant to accept his offer.

Carol, one of the new owners, is the narrator. She tells us about Theresa whose granddaughter has run away from her school with her boyfriend. Theresa is also receiving mysterious telephone calls.

Another of the new owners, Sally, is a former actress. Some extras she had worked with come into the restaurant and Sally is afraid things from her past life will be exposed.

Each chapter of this novel begins with a recipe. I did not try any of them, but they sounded good.

A Nice Cup of Tea is a delightful cozy mystery that's sassier than a cup of tea, no matter how Nice!

Anniversaries



May 6, 1978 Raymond and Chris Taylor
May 16, 1961 Albert and Jean Knapp
May 21, 1988 Bland and Judy Wade
May 22, 1998 David Jenkins and Evelyn Harding

New Residents

Welcome

Barry Snedker
Northside Lodge No. 292

Frances Bailey
Richmond Randolph Lodge No. 19

In Memoriam



Ed Bowen
Carl Whittington

MOVIE GENRES WORD SEARCH

What is your favorite kind of movie genre? We bet it can be found hidden in this word search game.

The words in this word search are hidden across, down, and diagonally, with backwards.

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

ACTION	COMEDY	EPIC	MUSICAL
ADULT	CRIME	FANTASY	MYSTERY
ADVENTURE	CULT	HISTORICAL	ROMANCE
ANIMATION	DOCUMENTARY	HORROR	SCIENCEFICTION
BIOGRAPHICAL	DRAMA	MOCKUMENTARY	THRILLER
	WAR	WESTERN	

May Movies

Movies start approximately at 6 PM. Channel 5.1 and TV Room

Philomena - Monday, May 1

A world-weary political journalist picks up the story of a woman's search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent. Released: 2013. 1 hour 38 minutes. Rated: PG-13
Starring: Judi Dench and Steve Coogan

Von Ryan's Express - Friday, May 5

An American POW leads a group of mainly British prisoners to escape from the Germans in WWII. Released: 1965. 1 hour 57 minutes. Not Rated. Starring: Frank Sinatra and Trevor Howard

The Magic Flute - Monday, May 8

"The Magic Flute" has delighted audiences of all ages for centuries. Julie Taymor's dazzling English-language production brings one of Mozart's greatest works to life as never before. Released: 2006 from The Metropolitan Opera live performance. 1 hour 52 minutes. Not Rated Starring: James Levine, Ying Huang, Nathan Gunn, Matthew Polenzani, Erika Miklosa and Rene Papa.

Woman in Gold - Friday, May 12

Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes rightfully belongs to her family. Released: 2015. 1 hour 49 minutes. Rated: PG-13 Starring: Helen Mirren, Ryan Reynolds and Daniel Bruhl.

Little Women - Monday, May 15

With her husband off at war, Marmee is left alone to raise their four daughters - her "little women." As the years pass, the sisters share some of the most cherished and painful memories of self-discovery, as Marmee and Aunt March guide them through issues of independence, romance and virtue. Released: 1994. 1 hour 55 minutes. Rated: PG Starring: Winona Ryder, Susan Sarandon and Kirsten Dunst.

May Movies

Movies start approximately at 6 PM. Channel 5.1 and TV Room

Dr. Strangelove - Monday, May 22

An insane American general orders a bombing attack on the Soviet Union, triggering a path to nuclear holocaust that a war room full of politicians and generals frantically tries to stop. Released 1964. 1 hour 35 minutes. Rated: PG Starring: Peter Sellers and George C. Scott

Battle of the Bulge - Friday, May 26

Five months after D-Day, most American soldiers think the German army is broken. The Germans think otherwise. In an attempt to buy time to fill the skies with their invincible new jets, they launch one fast, furious offensive: the *Battle of the Bulge*. Released: 1965. 2 hours 47 minutes. Not Rated Starring: Henry Fonda, Robert Shaw, Robert Ryan and Dana Andrews.

Have You Heard?

We have two reserved Village Cottages and one reserved B-Wing Apartment.

Please continue to send referrals to Susan Berryhill, Admissions Coordinator at 804-237-6795 or email: sberryhill@mahova.com

Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

5/01 Seymour Kern	5/17 Zada Lea Kahn
5/08 Lettie Muncy	5/17 Daisy White
5/08 Raymond Taylor	5/19 Evelyn Holliday
5/10 John Martin	5/19 Anne Winder
5/11 Mildred Milby	5/21 Rodney Van Houten
5/12 Sue Grizzard	5/21 Judy Wade
5/13 Robert Hall	5/22 Cleveland "C.G." Grizzard
5/16 Valerie Hall	5/22 David Jenkins
5/16 Shirley Smith	5/25 Ann Spain
5/16 Bland Wade	5/30 Gardner Rollings

Scan this QR image to go to the Masonic Home Website



Masonic Home Census: 163

Employee Birthdays

5/01 Aretta Key
5/01 Susie Stafford
5/08 Cheryl Wilkerson
5/10 Dennis Tatum
5/11 Gil Llamas
5/14 Joelle Schwartz
5/15 Stephanie Parham
5/15 Abukary Yusuf
5/16 Henry Scott
5/17 Cynthia Cox
5/20 Michael Butler, Sr.
5/21 Sherri Horton
5/24 Samantha McQuinn
5/25 Cynthia Pleasants
5/26 Mari Beavers
5/26 Sherry Lewis
5/29 Carol Wood
5/30 Delores Smith
5/31 Kendra Trent

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