

May 2025

MAHOVA MONTHLY

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B Wing

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C and D Wings

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Village

Wayne Flora

Magnolia Court

“In Flanders Fields”

For seventeen days and seventeen nights, John McCrae, a soldier in World War 1 and a surgeon during the second battle of Ypres in Belgium, said that he and his comrades never took their clothes off or boots, except occasionally. His friend, Alexis Helmer, was killed during the battle on May 2. The day after his friend's burial, McCrae composed the poem "In Flanders Fields."

"In Flanders Fields"
by John McCrae, May 1915

In Flanders Fields, the poppies blow
Between the crosses, row on row,
That marks our place and in the sky
The larks, still bravely singing, fly
Scarce was heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
We loved and were loved, and now we lie
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands, we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

“We Shall Keep The Faith”

McCrae composed the poem “In Flanders Fields” while sitting in the back of an ambulance at an Advanced Dressing Station outside Ypres.

This location today is known as the John McCrae Memorial Site.

In 1918, an American professor, Moina Michael, was so touched by McCrae's poem that she wrote a responsive poem to the fallen soldiers of Flanders Field.

She vowed to wear the poppy to remember all soldiers who died for our freedom.

She became known as the Poppy Lady.

In 1971, Congress declared Memorial Day a national holiday, though it is often called Decoration Day.

Other countries began to wear a single Poppy on Memorial Day and later included Veteran's Day to include all living and deceased veterans.

"We Shall Keep the Faith"

by Moina Michael, November 1918

Oh! you who sleep in Flanders Fields,
Sleep sweet ? to rise anew!

We caught the torch you threw.

And holding high, we keep the Faith
With All who died.

We cherish, too, the Poppy red.

That grows on fields where valor led;

It seems to signal to the skies

That blood of heroes never dies,

But lends a luster to the red

Of the flower that blooms above the dead
In Flanders Fields.

And now the Torch and Poppy Red

We wear them in honor of our dead.

Fear not that ye have died for naught;

We'll teach the lesson that ye wrought
In Flanders Fields.

The town of Marion, Virginia, adorns the front of the courthouse and beyond with the name of each fallen soldier on a small, sturdy white cross underneath patriotic American flags each Memorial Day.

When you drive or walk by, you will see families with children and grandchildren looking through the flags or kneeling near the cross of a soldier who died in battle.

Crosses also read: "All gave some, Some gave all."

"Some gave all" is why we celebrate Memorial Day; to honor our men and women who died in battle for our families, lives, and country.

Health Rx

Here's To Your Good Health!



DASH EATING PLAN

Tips To Reduce Salt and Sodium

HEALTHY EATING, PROVEN RESULTS

Studies have found that the DASH eating plan can lower blood pressure in as fast as 2 weeks. Eating less sodium creates even bigger heart healthy benefits.

Eat your veggies.

Choose plain fresh, frozen, or canned (low-sodium or no-salt-added) vegetables and season them yourself.

Fresh is best.

Choose fresh or frozen skinless poultry, fish, and lean cuts of meat rather than those that are marinated, canned, smoked, brined, or cured.

Go "low or no."

Check the Nutrition Facts labels to compare sodium levels in foods. Choose low- or reduced-sodium, or no-salt-added versions of foods.

Pay attention to preparation.

Limit cured foods (such as bacon and ham); foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce, which should be used as sparingly as table salt.

Subtract, don't add.

Canned foods such as tuna and beans can be rinsed to remove some of the sodium. Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.

Limit salty processed foods.

Skip or limit frozen dinners and mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings, which often have a lot of sodium. Prepare and eat more foods at home, where you can control how much sodium is added.

Spice it up.

Boost flavor with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends instead of salt or salty seasonings like soy sauce, spice blends, or soup mixes. Start by cutting salt in half and work your way toward healthy substitutes.

zucchini

Swiss cheese

bread

EASY TIPS FOR DINING OUT

Move the salt shaker away.

This simple first step could become second nature.

Research the restaurant's menu before going out.

Check online nutrition information and then avoid these on the menu: pickled, cured, smoked, soy sauce.

Make special requests.

Ask that your meal be prepared without added salt, MSG, or salty ingredients such as bacon, pickles, olives, and cheese.

Easy does it on the condiments.

A little goes a long way for mustard, ketchup, horseradish, pickles, and sauces with salt-containing ingredients.

Go for healthy appetizers and side dishes.

Choose fruit or vegetables instead of salty snacks, chips, or fries.

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

Health Rx

Here's To Your Good Health!



Where's the sodium?

Most of the sodium we eat comes from added salt in packaged or prepared foods. Only a small amount occurs naturally in foods. Check Nutrition Facts labels and choose foods with lower sodium levels.

Grains	Serving Size	Milligrams of Sodium
Cooked cereal, rice, pasta (unsalted)	½ cup	0—15
Ready-to-eat packaged cereal	½ cup	0—360
Bread	1 slice	120—210
Vegetables		
Fresh or frozen, cooked without salt	½ cup	0—70
Canned or frozen with sauce	½ cup	190—430
Pasta sauce, jarred	½ cup	270—490
Fruits		
Fresh, frozen, canned	½ cup	0—5
Dairy		
Milk	1 cup	110
Yogurt	1 cup	85—190
Natural cheeses	1 ½	90—480
American cheese, processed	oz	200—240
Nuts, Seeds, and Legumes		
Nuts, unsalted	⅓ cup	0—5
Nuts, salted	⅓ cup	70—260
Beans, cooked from dried or frozen (unsalted)	½ cup	0—10
Beans, canned	½ cup	130—450
Meats, Fish, and Poultry		
Fresh or frozen meat, fish, poultry	3 oz	55—75
Fresh or frozen poultry, with broth	3 oz	100—170
Tuna, canned, water pack	3 oz	140—180
Turkey breast, lunch meat	3 oz	540—810
Ham, lean, roasted	3 oz	920—950



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National Heart, Lung, and Blood Institute

Skin Cancer Awareness Month



ARE YOU AT RISK? *May is Skin Cancer Awareness Month.*

Skin cancer is the most common cancer in the U.S., affecting more people than breast, lung, colon, or prostate cancer. The Skin Cancer Foundation estimates that 1 in 5 Americans will develop skin cancer by the age of 70. Increased awareness, prevention, early diagnosis, and prompt treatment can significantly improve outcomes.

UNDERSTANDING DIFFERENT TYPES OF SKIN CANCER:

- **Actinic Keratosis (AK):** A common precancerous condition appearing as dry, scaly patches on sun-exposed areas like the face, ears, and hands. Left untreated, it may progress to squamous cell carcinoma.
- **Melanoma:** The deadliest form of skin cancer, originating in melanocytes. It spreads quickly if not detected early. Annual skin checks are crucial for early detection.
- **Squamous Cell Carcinoma (SCC):** Affects squamous cells due to chronic UV exposure. It appears as red, scaly patches or firm nodules and can metastasize if untreated.
- **Basal Cell Carcinoma (BCC):** The most common skin cancer, appearing as a pearly or waxy bump. Though less aggressive, it can invade surrounding tissues.



RISK FACTORS & PREVENTION:

Risk factors include fair skin, light hair and eyes, family history, weakened immune system, and X-ray or UV exposure.

REDUCE YOUR RISK:

- ✓ Wear protective clothing and broad-spectrum SPF 30+ sunscreen.
- ✓ Seek shade, limit mid-day sun exposure, and be cautious around reflective surfaces like water, snow, and sand.
- ✓ Obtain vitamin D through diet and supplements, not sun exposure
- ✓ Regularly monitor moles or skin changes and consult an OnSite Practitioner for early detection.

SKIN CANCER IS HIGHLY PREVENTABLE AND TREATABLE WITH PROPER PRECAUTIONS. REGULAR SKIN CHECKS AND AWARENESS ARE ESSENTIAL FOR EFFECTIVE MANAGEMENT.

Did you know OnSite Dermatology comes to your community each month? We provide mobile dermatological care, including skin cancer prevention and early detection, ensuring patients receive timely treatment without travel concerns.

Call (877) 345-5300 to make an appointment for our next visit.

[CLICK HERE TO LEARN MORE](#)

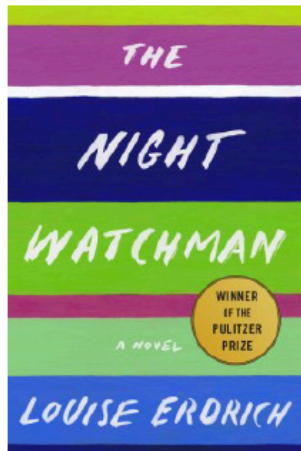


References: **1. Skin Cancer Facts & Statistics** | **2. Actinic Keratosis Treatment** | Water's Edge Dermatology | FL Dermatologists **3. Melanoma Treatment and Risk Factors** | Skin Cancer | FL Dermatologists **4. Basal Cell Carcinoma Treatment** | Skin Cancer | FL Dermatologists **5. Squamous Cell Carcinoma Treatment** | Skin Cancer | Water's Edge Dermatology **6. Risk Factors**

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Upcoming MAHOVA Book Club Titles

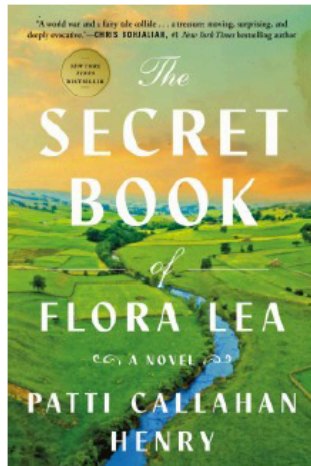
Masonic Book Club May 2025 - June 2025 Titles



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



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



May's Most Anticipated Books

The Names by Florence Knapp

Genre: Literary Fiction

Release date: May 6, 2025

Plot: In the wake of a catastrophic storm, Cora sets off with her nine-year-old daughter, Maia, to register her son's birth. Her husband, Gordon, a local doctor, respected in the community but a terrifying and controlling presence at home, intends for her to name the infant after him. But when the registrar asks what she'd like to call the child, Cora hesitates...

Home of the American Circus by Allison Larkin

Genre: Contemporary Fiction

Release date: May 6, 2025

Plot: After an emergency leaves her short on rent, thirty-year-old Freya Arnalds bails on her lackluster life as bartender in Maine and returns to her suburban hometown of Somers, New York, to live in the house she inherited from her estranged parents. Despite attempts to lay low, Freya encounters childhood friends, familial enemies, and old flames—as well as her fifteen-year-old niece, Aubrey, who is secretly living in the derelict home. As they reconnect, Freya and Aubrey lean on each other, working to restore the house and come to terms with the devastating events that pulled them apart years ago.

The Missing Half by Ashley Flowers

Genre: Mystery/Thriller

Release date: May 6, 2025

Plot: Nicole “Nic” Monroe is in a rut. At twenty-four, she lives alone in a dinky apartment in her hometown of Mishawaka, Indiana, she’s just gotten a DWI, and she works the same dead-end job she’s been working since high school, a job she only has because her boss is a family friend and feels sorry for her. Everyone has felt sorry for her for the last seven years—since the day her older sister, Kasey, vanished without a trace.

The Marth’a Vineyard Beach and Book Club by Martha Hall Kelly

Genre: Historical Fiction

Release date: May 27, 2025

Plot: Two sisters living on Martha’s Vineyard during World War II find hope in the power of storytelling when they start a wartime book club for women in this spectacular novel inspired by true events.

The Busybody Book Club by Freya Sampson

Genre: Historical Fiction

Release date: May 27, 2025

Plot: Having recently moved from London to a small Cornish seaside village, Nova Davies started a book club at the local community center, but so far it’s a disaster. The five members disagree on everything, and to make matters worse, a significant sum of money is stolen during one of the meetings, putting the much-loved community center at risk.

Anniversaries

May 6, 1978 Raymond and Chris Taylor
May 16, 1961 Albert and Jean Knapp
May 17, 1969 William and Judy West
May 21, 1988 Bland and Judy Wade
May 22, 1965 James and Jerimae Canterbury
May 22, 1998 David Jenkins and Evelyn Harding



New Residents



Patricia Doctor



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.

Eastern Star Members

We would like to start a monthly meeting for any Eastern Star members residing on campus. Please reach out to Lynn Wagner at 757-641-2442 for additional details.

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 *Getting to Know You* participant is...
Robert Hall

Robert has been a member of our MAHOVA community since February 13, 1995 and was recently celebrated by Henrico County at the Centenarian Celebration. He has been a mason and member of Woodland Heights Lodge No. 345 for 70 years.

How do you like to spend your time?

I like to participate in lodge meetings, play bingo, socialize with other residents and enjoy soaking up the sun!

What was your primary occupation?

I worked in electronics and served two years in the Army during World War II as a gunner.

What was the best decade of your life and why?

I enjoyed the 1960's and 70's because I played catcher for the church softball team.

What is the secret to a long life?

“Live right, tell the truth, and be proud of what you say.” Live honestly - a big word for life!

Tell us about your family.

I was married to my wife, Gloria for 75 years due to love and respect. I came from a family of five - with my brother, Nunnally and sister, Nellie remaining.

Spring Gardening



Word list:

ANNUALS
BLOOM
BLOSSOM
COMPOST
DAFFODIL
DAISY
FERTILIZER

GARDENING
GREENHOUSE
HOE
LILY
MARIGOLD
MULCH
PANSY

PERENNIALS
PETUNIA
PLANTING
PRUNING
SEEDS
SOIL
SPROUT

SUNLIGHT
TRANSPLANT
TROWEL
TULIP
WATERING
WEEDING
ZINNIA



Brain Teaser Word Search

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

attention	brain	cognition	cortex	dementia
Dopamine	exercise	exploration	function	hemisphere
left	lobe	memory	music	neurons
right	senses	sleep	stimulate	stress
superfood	temporal	vision	wired	

Events You Missed



Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

05/08 Lettie Muncy	05/16 Shirley Smith
05/08 Janet Naumann	05/16 Bland Wade
05/08 Raymond Taylor	05/17 Zada Lea Kahn
05/10 John Martin	05/21 Rodney Van Houten
05/12 Sue Grizzard	05/21 Judy Wade
05/13 Robert Hall	05/22 David Jenkins
05/16 Valerie Hall	05/30 Gardner Rollings

Scan this QR image to go to the Masonic Home Website



Employee Birthdays

05/01 Aretta Key
 05/01 Nicole Lemons
 05/10 Dennis Tatum
 05/14 Joelle Schwartz
 05/15 Stephanie Parham
 05/15 Abukary Yusif
 05/16 Henry Scott
 05/17 Cynthia Cox
 05/20 Michael Butler, Sr
 05/22 Phylicia Davis
 05/22 Edward Nye
 05/24 Samantha Mcquinn
 05/25 Cynthia Pleasants
 05/26 Mari Beavers
 05/26 Sherry Lewis
 05/29 Carol Woods

Masonic Home Census: 177

MAHOVA - Your Masonic Community
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Tracy Coogle, CPA
 Chief Financial Officer
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 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
Mike Butler, Jr.
 Director of Facilities
Holly Carson
 Community Sales Director
Angela Pisano
 Director of Communication

New Hires

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 Holly Walker, LPN



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