

**May 2026**

# MAHOVA MONTHLY

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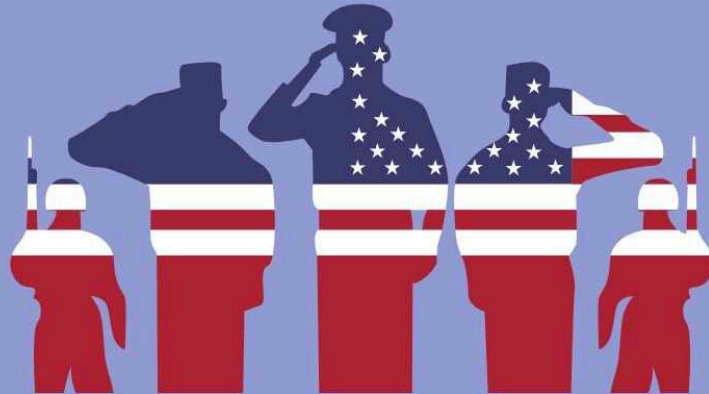
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## **MEMORIAL DAY**

**We gather for the holiday  
prepared for food and fun.**

**We need to stop and think about  
the way it all'd begun.**

**A holiday to celebrate  
because our country's free.**

**The soldiers, brave, throughout the years  
fought so it could be.**

**So, while we gather with our friends  
to play with game and ball,**

**we stop, remember, give our thanks  
to those who gave it all.**



## **Resident Advisory Council**

**Sandra Young**

President

**Ray Taylor**

Vice President

**Peg Davis**

Secretary

**Elizabeth Jones and Ray Taylor**

B-Wing

**Elmar Louder and Richard West**

C-Wing and D-Wing

**Joyce Deputy and Sheri McGavie**

Village

**Wayne Flora**

Magnolia Court

# Healthy Rx

Here's To Your Good Health!



## 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 checkups 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.**

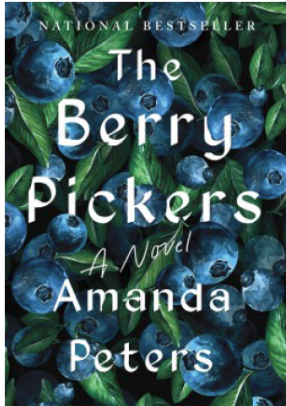
[CLICK HERE TO LEARN MORE](#)

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**

National Corporate Headquarters | 4700 Exchange Court, Suite 110 Boca Raton, FL 33431 | Telephone: (877) 345-5300

# Upcoming MAHOVA Book Club Titles

## Masonic Book Club May 2026 - June 2026 Titles

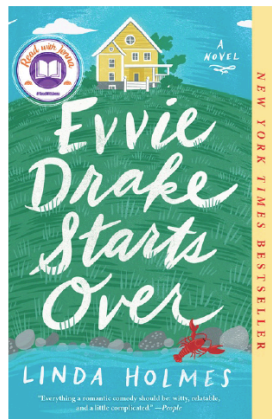


### The Berry Pickers

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  
Kent Conference Room



### Evvie Drake Starts Over

by Linda Holmes

Recently widowed Evvie Drake grieves in her large, empty house in a small Maine town. Former major league pitcher Dean Tenney has lost his game and needs to hide from the press. When Dean moves into an apartment at the back of Evvie's house, they promise to keep quiet about their

respective troubles, but their unexpected friendship blossoms into a deeper connection.

Meets on Monday, June 8th @ 3:00 pm in  
Kent Conference Room

## Movie Theater - Upcoming Releases



May 1, 2026

**The Devil Wears Prada 2** – Almost twenty years after making their iconic turns as Miranda, Andy, Emily and Nigel—Meryl Streep, Anne Hathaway, Emily Blunt and Stanley Tucci return to the fashionable streets of New York City and the sleek offices of Runway Magazine in the eagerly awaited sequel to the 2006 phenomenon that defined a generation.

**Animal Farm** – A satirical allegory of revolution and power, **Animal Farm** traces how a movement for equality is systematically corrupted. As the pigs consolidate control, truth is erased, dissent is crushed, and the farm descends into a ruthless dictatorship—fulfilling Orwell’s warning about the dangers of communism, featuring Seth Rogen, Woody Harrelson, Steve Buscemi

**Deep Water** – A group of passengers flying from Los Angeles to Shanghai must make an emergency landing in waters filled with sharks. They have to cooperate to survive as sharks gather around the crash site. Action/Horror/Thriller with Aaron Eckhart, Ben Kingsley

May 8, 2026

**The Sheep Detectives** – In this witty, new breed of mystery, George (Hugh Jackman) is a shepherd who reads detective novels to his beloved sheep every night, assuming they can’t possibly understand. But when a mysterious incident disrupts life on the farm, the sheep realize they must become the detectives. As they follow the clues and investigate human suspects, they prove that even sheep can be brilliant crime-solvers. Action/Comedy/Mystery

May 15, 2026

**In the Grey – In The Grey** follows a covert team of elite operatives who live in the global shadows, as comfortable wielding power and influence as they are automatic weapons and high explosives. When a ruthless despot steals a billion-dollar fortune, the team is sent to steal it back on what would be for anyone else a suicide mission. What begins as an impossible heist gets much worse, spiraling into an all-out war of strategy, deception and survival. Action/Drama/Thriller

May 29, 2026

**The Breadwinner** – A family comedy that follows the misadventures of Nate Wilcox, whose wife Katie (Mandy Moore) lands a once-in-a-lifetime deal on Shark Tank that takes her on a prolonged business trip - and now the lifelong breadwinner has to fend for his family as a first-time stay-at-home dad. With three young daughters and little experience handling their day-to-day needs, Nate finds out quickly that running the household is the toughest gig he’s ever had.

**Pressure** – In the tense 72 hours before D-Day, and the fate of the free world hanging in the balance, **Pressure** follows General Dwight D. Eisenhower and Captain James Stagg as they face an impossible choice—launch the largest and most dangerous seaborne invasion in history or risk losing the war altogether. Drama/History/Thriller featuring Brendan Fraser, Kerry Condon

**Top Gun** – Special re-release on May 13, 2026

Top Gun takes a look at the danger and excitement that awaits every pilot at the Navy's prestigious fighter weapons school. Tom Cruise plays Pete "Maverick" Mitchell, a daring young flyer who's out to become the best of the best. Kelly McGillis plays the civilian instructor who teaches Maverick a few things you can't learn in a classroom.

## Anniversaries

May 6, 1978 Raymond and Chris Taylor  
May 17, 1969 Bill and Judy West  
May 21, 1988 Bland and Judy Wade  
May 22, 1965 James and Jerimae Canterbury



## In Memoriam



Thomas Breeden

## New Residents

**Elva Damon**  
Williamsburg Lodge No. 6

**Glen Curole**  
Metropolitan Lodge No. 11





## 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 and much more.

## Volunteers

If anyone is interested in volunteer opportunities around MAHOVA please contact Susan Berryhill at [sberryhill@mahova.com](mailto: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 Joan Corcoran at 757-408-4949.



## Trip Guidelines

This serves as a reminder regarding all of our trip policies.

There has been **an increase in cancellations and no-shows for trips**, so we encourage you to reach out to Susan Berryhill at 804-226-6688 as soon as possible if you are unable to make a trip. Individuals must take personal responsibility to show up for all trips that require sign up.

- All trips are advertised on the monthly calendar, Uniguest app/tv screen and in the sign-up binder. If the trip has a fee, please look for the information on the sign-up sheet. **You will also receive a reminder of the fee, if applicable, deadline to cancel and time/date of the trip, and when the vehicle will leave.**
- If you cancel after the deadline for a non-medical reason or are a no-show for a trip, you will be charged the trip cost for tickets/reservations.
- We encourage you to cancel **at least 48 hours in advance** so residents on the waitlist can be called.
- Trips are subject to cancellation if a minimum of five (5) people have not signed up.





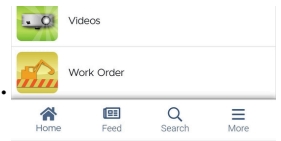
## Uniguest:Work Order Requests

Uniguest Community Apps has an integration with TELS, a work order management system. The integration is **not able** to accept requests for transportation.

The Uniguest-to-TELS integration allows residents to submit work orders in the Community App, which automatically populate in the community's TELS account where they are managed by appropriate community staff.

### To Submit a Work Order Request:

1. Open the Uniguest Community App and select the Work Order services module.



2. Select from the available categories and complete the fields. Please note that the location will automatically generate if the location is filled out in the users profile field in the content manager.

3. Click Submit and you should see a confirmation message.

4. Click X to close the confirmation message.

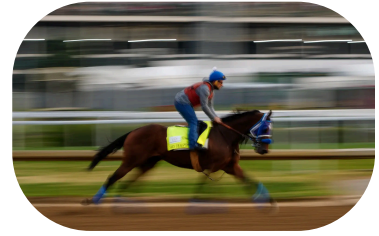
### To View Status of Submitted Request:

Click the Service History icon to view the recently submitted request. The service history will be updated as the TELS ticket is updated.

If you have any questions, please contact Susan Berryhill at 804-226-6688 or [sberryhill@mahova.com](mailto:sberryhill@mahova.com)



## May Bucket List Ideas



- Watch the Kentucky Derby race (May 2).
- Celebrate Cinco de Mayo (May 5).
- Go to a flower festival or visit a botanical garden.
- DIY a flower wreath for the door.
- Visit the farmers' market for seasonal produce. While the produce will vary depending on where you live, generally in the U.S., you'll find seasonal veggies like asparagus, peas, and carrots, fresh herbs like mint, parsley, cilantro, and basil, and fruit like various citrus and fresh berries.
- Have a last-minute spring getaway.
- Go for a scenic walk or hike with friends.
- Go berry picking for the day.
- Plan a summer trip, weekend getaway, or day trip.
- Go to the movie theater for a new movie release.
- Play an outdoor game like cornhole or horseshoe.
- Go for ice cream and try a new seasonal flavor like strawberry rhubarb or lemon blueberry.
- Go to a rooftop terrace when the weather is nice.
- Have a friend get-together outdoors, like in the backyard or at a park.
- Host or go to a BBQ for Memorial Day (May 25).
- Get a new summer outfit or declutter your closet. The MAHOVA Boutique is accepting clothing donations.
- Try a new spring/summer salad recipe.
- Get yourself a bouquet of seasonal flowers like tulips or peonies.
- Watch the sunset and take some pictures.
- Have an outdoor picnic on a nice day.





Word Search

Name: \_\_\_\_\_

## Gardening and Plants

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

Word list:

- |         |           |         |          |
|---------|-----------|---------|----------|
| BLOOMS  | GARDEN    | POTTING | STEMS    |
| BULBS   | HARVEST   | PRUNING | SUNLIGHT |
| CACTUS  | HERB      | ROOTS   | THORNS   |
| COMPOST | MULCH     | SEEDS   | TULIPS   |
| DAISIES | PERENNIAL | SHADE   | VINES    |
| FERNS   | PESTICIDE | SOIL    | WATER    |
| FLOWER  | POLLINATE | SPROUT  | WEEDS    |



# Cranium Corner



Word Search

Name: \_\_\_\_\_



## Weather Phenomena



Word list:

BLIZZARD	FROST	OVERCAST	STORM
CLOUD	GUST	PRESSURE	STRATUS
DEWPOINT	HAIL	RAIN	THUNDER
DROUGHT	HEATWAVE	RAINBOW	TORNADO
ECLIPSE	HURRICANE	SLEET	TYPHOON
FLOOD	LIGHTNING	SNOWFLAKE	WILDFIRE
FOG	MIST	SNOWSTORM	WIND



## 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 Dennis Tatum	05/21 Rodney Van Houten
05/12 Sue Grizzard	05/21 Judy Wade
05/16 Valerie Hall	05/30 Gardner Rollings

Scan this QR image to go to the Masonic Home Website



## Employee Birthdays

05/06 Reuben Sergeant  
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  
05/26 Mari Beavers  
05/26 Sherry Lewis  
05/30 Esthar Osada  
05/30 Delores Smith

Masonic Home Census: 179

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

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**Randy P. Smith**  
Chief Executive Officer  
**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

Kamiah Harris, Certified Nursing Assistant  
Jacqueline Morton, Certified Nursing Assistant  
Danielle Riddick, Certified Nursing Assistant  
Gloria Simms, Certified Nursing Assistant  
Kamari Stockdale, Certified Nursing Assistant  
Charles Vaught, Maintenance Helper

MAHOVA Editor  
Susan Berryhill  
804-222-1694 Extension 177268

MAHOVA Copy Editor  
Joyce Deputy