



MAHOVA

News

May 2019

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 12, and is a wonderful time for each of us to take a moment and 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 white to represent the purity of a mother's love. This started the tradition of wearing a white carnation on Mother's Day.

Whether your mother is still with you or resides in your heart, how will you honor and remember her this Mother's Day 2019?

Please join us on May 9th for our annual Mother's Day Dance featuring music by Craig Anders.

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Resident Advisory Council

Paula Swansey

President - D Wing

James Palmer

Vice President- B Wing

Steve Bollinger

Secretary - Village

Mildred Johnson and James

Palmer-B Wing

Paula Swansey—C and D Wing

Jim Herring— Magnolia Court

Peg Davis— Village

Health

Here's To Your Good Health!

The Benefits of Calcium

Calcium is widely recognized as beneficial for bones, and it may also lower the risk of cancer and even help with weight loss. According to the American Institute for Cancer Research, a recent study at Purdue University indicates that people who took 1,000 milligrams of calcium each day lost more weight than those who consumed only 600 mg, even though their caloric intakes were the same. Another study suggests that calcium may help cells burn fat. Preliminary studies also indicate that higher calcium intake may protect against certain types of colon cancer, as well as breast cancer, in pre-menopausal women.

How much is enough? Experts recommend 1,000 to 1,500 mg daily, which can be obtained from a balanced diet with three servings of dairy products or calcium-fortified foods each day. Too much calcium is harmful, so check with your doctor before taking calcium supplements.

Have You Heard?

May is Salsa Month! According to Pace Foods, more salsa is sold in May in North America than any other month because of the amount consumed during the celebration of Cinco de Mayo, a Mexican holiday observed on May 5th. Salsa overtook ketchup as America's best-selling condiment in the mid-1900s, with annual sales of \$700 million. It is most popular in western states and parts of the Northeast; it is least popular in the South. Salsa, which is Spanish for "sauce," dates back to the ancient Aztecs of Mexico who cultivated tomato and pepper plants. The Spanish explorers relished the tasty dish. The Royal Spanish Academy Dictionary defines it as a "mixture of several edible substances, diluted, made to dress or season food."

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

Program Highlights

Resident Council Meeting

Monday, May 6
9:30 AM
Dining Room

Activities Committee Meeting

Thursday, May 16
3:45 PM
Library

Advisory Council Meeting

Tuesday, May 21
10:00 AM
Private Dining Room

Food Committee Meeting

Tuesday, May 21
1:00 PM
Private Dining Room

Program Highlights

Wednesday, May 1	2:00 PM	Dining Room	Town Hall Meeting with Jim Cole
Tuesday, May 7	2:30 PM	TV Room	Talent Show Viewing
Thursday, May 9	10:00 AM	Gallery	Coffee and Donuts from Country Style Donuts
Thursday, May 9	7:00 PM	Dining Room	Mother's Day Dance with music by Craig Anders, sponsored by District 7
Friday, May 10	10:00 AM	TV Room	Exercise with Sharon from Ageless Grace
Friday, May 10	12:00 PM to 3:00 PM	Gallery	Shopping for Jewelry with Bonita
Thursday, May 10	2:30 PM	Reading Room	Cinco De Mayo Happy Hour
Saturday, May 11	1:30 PM	Dining Room	Ice Cream Social, sponsored by Independent Orange Lodge No. 138
Monday, May 13	2:30 PM	TV Room	Walk Awareness Group
Monday, May 13	5:00 PM to 6:00 PM	TV Room	Root Beer Floats
Monday, May 13	7:00 PM	Multipurpose Room	Order of the Eastern Star Monthly Stated Meeting
Tuesday, May 14	3:00 PM	REB	Communion with Pastor Constance Lynn
Friday, May 17	5:00 PM	Multipurpose Room	Dinner and a Movie Sponsored by Black Heath Lodge No. 1982
Monday, May 20	2:30 PM	TV Room	Card Social
Thursday, May 23	11:00 AM to 1:30 PM	Outside	Annual MAHOVA Carnival Open to residents and staff
Friday, May 24	2:30 PM	TV Room	Try your luck at Activities led Bingo. Each game has the chance to win a gift card to either Walmart or Target.
Tuesday, May 28	1:30 PM	Dining Room	Teaching Kitchen with Morrisons Dining
Tuesday, May 28	2:30 PM	TV Room	Movie and Popcorn
Thursday, May 30	2:00 PM	Multipurpose Room	Classic Movie Matinee
Friday, May 31	2:30 PM	TV Room	Switch-a- Roo Game

Entertainment

Friday, May 3 6:30 PM TV Room	Performance by Christopher Price. (New Performer)
Thursday, May 9 7:00 PM Dining Room	Performance by Craig Anders for the Mother's Day Dance
Saturday, May 11 2:30 PM TV Room	Vocal performance by Denim– N-Lace
Thursday, May 16 2:30 PM TV Room	Golden oldies vocal performance by Kevin Salyer
Saturday, May 18 2:30 PM TV Room	Vocal and guitar performance by Susan Greenbaum
Tuesday, May 21 2:30 PM TV Room	Performance by the Dominions
Thursday, May 23 2:30 PM TV Room	Vocal and instrumental performance by Matthew O'Donnell
Saturday, May 25 1:30 PM TV Room	Vocal gospel and country music performance by Nikki Headley
Friday, May 31 10:00 AM TV room	Performance by the Forever Young Choir

Movies



Channel 5.1 and TV Room
6:00 PM



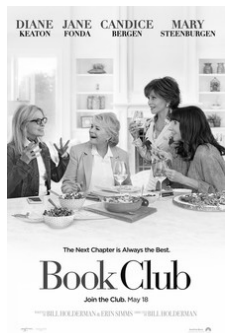
Monday, May 6 “Green Book”

Based on a true story, a working class Italian-American bouncer becomes the driver of an accomplished African-American classical pianist in the 1960's as he goes on a tour through the southern states of America.



Friday, May 10 “Wonder”

An uplifting and inspiring story, based on a best selling novel, about a boy born with facial differences who enters mainstream fifth grade for the first time



Friday, May 24 “The Book Club”

Comedy about four friends who decide to read the infamous series “50 Shades of Grey” which leads their lives on outrageous turns



Friday, May 31 “Instant Family”

A young couple finds themselves in over their heads when they choose to foster three young children.

Trips and Outings

Shopping Schedule

May 1 White Oak Village

May 8 Dollar Tree

May 15 Walmart

May 22 White Oak Village

May 29 Dollar Tree



Friday, May 3 10:15 AM	Trip to the VA Museum of Fine Arts and lunch
Monday, May 6 11:15 AM	Lunch at Peking Restaurant
Tuesday, May 7 1:00 PM	Shopping at Goodwill
Friday, May 10 11:00 AM	Lunch at Capital Ale House
Tuesday, May 14 11:00 AM	Lunch at McDonald's
Tuesday, May 14 1:00 PM	Trip to your neighborhood bank
Thursday, May 16 11:00 AM	Lunch at Bell Café
Friday, May 17 11:15 AM	Lunch at Mexican Restaurant
Monday, May 20 4:45 PM	Dinner at Calabash Seafood Restaurant
Tuesday, May 21 10:15 AM	Tour of Shirley Plantation and lunch at Indian Fields Restaurant

Book Ends

By Richard Neiswander

SPEEDY

by Max Brand

In looking for another book to read, I looked for one of the two western authors I enjoyed as a teen. I did not find any by Luke Short but did find one by Max. It was a good story but not as exciting as I remember.

Speedy calls himself a tramp. He acquires money with his mouth and brain so he doesn't carry a gun. Although this is a western novel, Speedy rides trains rather than horses and complains of a sore behind when he has to use a horse.

Speedy is hired by a lawyer to go to a girl who is the granddaughter of a very wealthy ranch owner who doesn't know he has an heir. Speedy is promised the ranch if he is able to marry her. During the project he runs afoul of Six-gun Wilson. All is eventually solved and Speedy hops on a train leaving Mary to a local man she had been ready to marry when Speedy showed up.

RURAL WISDOM

Time-Honored Values of the Midwest

by Jerry Apps

Jerry grew up on a Wisconsin farm and has recorded many of the sayings he learned in that rural area. I grew up on a farm also and find that I learned many of the same things. As I have moved around the country, [from Convoy, OH, to Indianapolis, IN, to Chesterland, OH, to Richmond, VA] I have found similar things in the rural areas. There is a different set in the cities. The following are a few of Jerry's writings:

"Don't be too taken with churches and preachers. God is in many places; the Church is only one of them. Being religious Monday through Saturday is more important than Sunday. It is easy on Sunday, not so easy the rest of the week."

"It is often best to say nothing and be thought stupid than to open your mouth and remove all doubt."

"Watch the sun set each night. It tells you about tomorrow's weather, but it also helps you celebrate the day's end with the promise of the sunrise."

"When you come to a fork in the road, take it."

There are many other observations, some as good as these. Hope you enjoy them as much as I did!

OUT OF RANGE

By C. J. Box

This novel is one of several by this author received in the library. Neither Becky nor I had heard of him, so I chose this one.

The author is from Wyoming so guess where the novel takes place. One of the things I did was to follow the story on a map of WY. With some novels this is impossible because an author uses fictitious towns, etc. Not so with this one!

Joe Pickett is a game warden reassigned to fill in for the northwest district, because his friend, Will Jensen and co-worker, has committed suicide. Joe leaves his family and both have problems. His mental state becomes erratic, like Will's had. His wife and family begin receiving anonymous harassing phone calls. This is a great novel, especially if you have ever hunted wild game of any size. Eventually, both problems are solved and all questions are answered.

In Memoriam

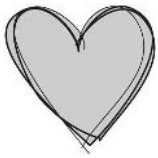
Forever in Our Hearts



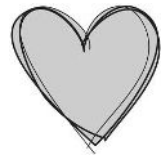
Dorothy Davies
Cora Gregory
Leon Headley
Harry 'Ned' Jones
Lois Payne



Anniversaries



Albert and Jean Knapp May 16, 1961
John and Betty Long May 21, 1955
David Jenkins and Evelyn Harding May 22, 1998



Notifications

Morrison's Gourmet Dinner

Wednesday, May 22

7:00 PM

Private Dining Room

Sign-up sheet will be posted at the Activity sign-up table on
Wednesday, May 1 and collected on Wednesday, May 15. \$14.99 per resident.

Menu

Roasted Beet Goat Cheese Salad

Arugula, candied pecans, balsamic vinaigrette

Surf and Turf

Grilled NY strip steak, spicy shrimp skewer, summer succotash, roasted red pepper
puree

Dessert

Crème Brulee

Notifications

Weight and Blood Pressure Checks

Please bring your pendants with you.

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

C and D – Wing
Thursday, May 2
8:00 AM to 1:00 PM
D Wing Recreation Room

Sponsored Events

Mother's Day Dance
Sponsored by District 7
Lodges No. 43, 50, 112, 126 and 138

Ice Cream Social
Sponsored by Independent Orange Lodge No. 138

Dinner and a Movie
Sponsored by Black Heath Lodge No. 1982

Monthly Meeting with Meridian Lodge No. 284

Meridian Lodge No. 284 Monthly Meeting will be held on the
3rd Monday in the Multipurpose Room at 12:00 PM.

Meeting is open to ALL Master Masons.

Please come and join us!

Creative Writing Group

Do you enjoy writing poems, prose, limericks, letters, memoirs, short reviews or non-fiction pieces? The Creative Writing Group is a very informal gathering of folks who want to share some of their writing with others. It is not a “class” and there are no critiques, just an opportunity to read aloud some short pieces, and hear some from others in our community. All kinds of short work, both new and old, are welcome. We meet every other month in the Library. Watch the calendar for the next meeting, coming up in June. Questions? Please contact Mark in Activities at extension 77290.

Notifications

Mother's Day Dance with entertainment by Craig Anders

Thursday, May 9
7:00 PM
Dining Room

Refreshments Served

Shopping for Jewelry with Bonita

Friday, May 10
12:00 PM to 3:00 PM
Gallery

Annual MAHOVA Carnival **Games, Food, Fun, Animals, Raffles**

Thursday, May 23
11:00 AM to 1:30 PM
Outside under tent

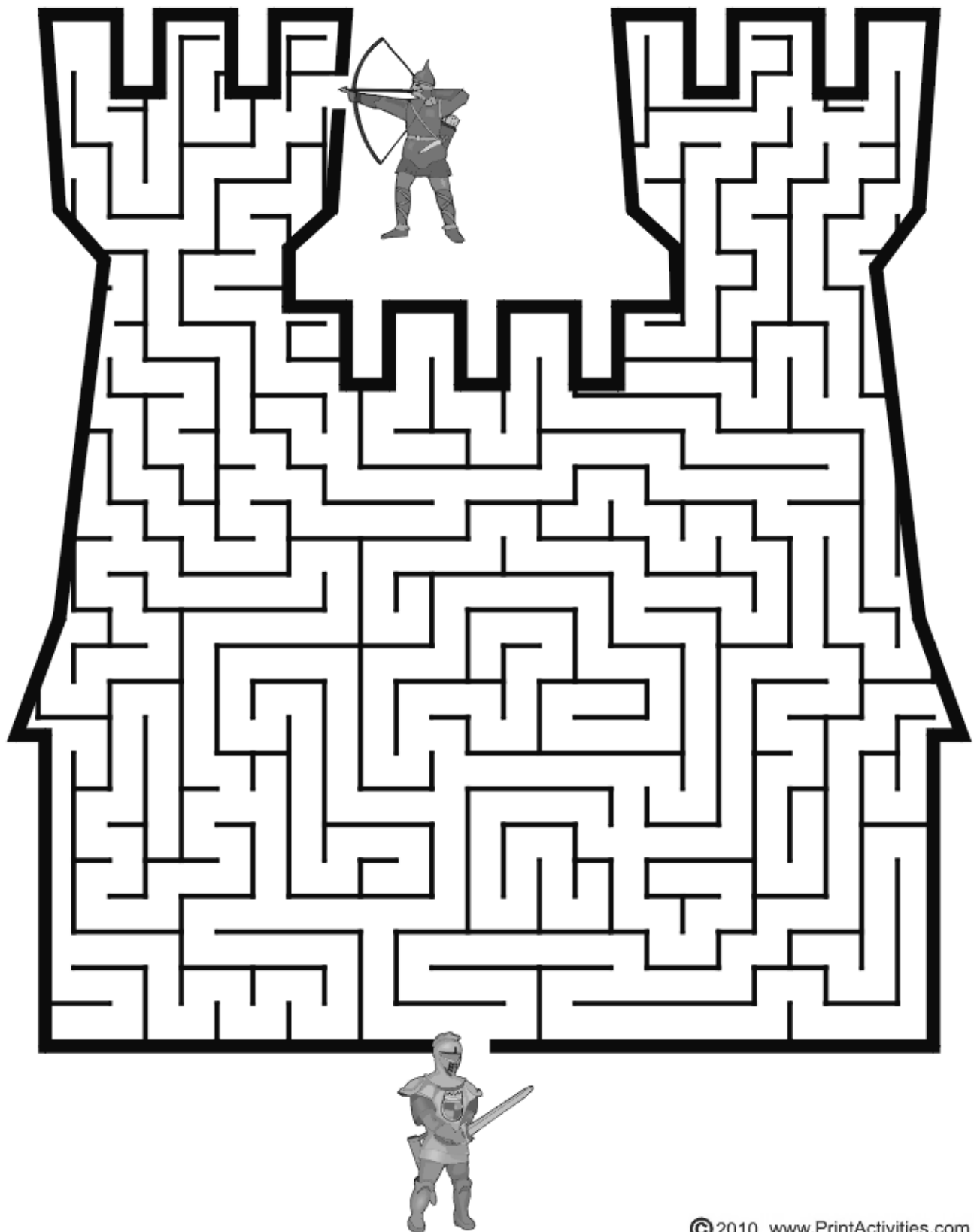
Open to Residents and Staff

Morrison's Teaching Kitchen

Tuesday, May 28
1:30 PM

Dining Room
Sign-up required to reserve a seat

Brain Fitness



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Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

5/1	Seymour Kern	5/16	Valerie Hall
5/1	Brenda Kerrick	5/17	Daisy White
5/1	Ed Swansey, Jr	5/19	Evelyn Holliday
5/2	Mary Brooks	5/19	Anne Winder
5/2	Bessilee Clay	5/22	C.G. Grizzard
5/3	Alice Bond	5/22	Joseph Hogge
5/4	Ruth Blunt	5/22	David Jenkins
5/8	Lettie Muncy	5/24	Charles Hinkle
5/10	John Martin	5/25	Ann Spain
5/11	Mildred Milby	5/30	Gardner Rollings
5/12	Sue Grizzard	5/31	Bernard Colgin
5/13	Robert Hall		



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

Welcome New Residents

Garland and Marcella Campbell
Clover Hill No.253
Norman Milligan
Atlantic Lodge No. 2

Employee Birthdays

5/1	Susie Stafford	5/17	Cynthia Cox
5/6	Tonia Jackson	5/19	Autumn Hicks
5/6	Reuben Sergeant	5/20	Michael Butler, Sr
5/8	Cheryl Wilkerson	5/21	Donna Reynolds
5/9	Carolyn Lecik	5/22	LaTonya Greene
5/10	Todd Scott	5/24	Samantha McQuinn
5/10	Dennis Tatum	5/25	Cynthia Pleasants
5/12	Kevin Hagerman	5/26	Sherry Lewis
5/14	Joelle Schwartz	5/30	Delores Smith
5/15	Abukary Yusif	5/31	LaToya Brown
5/17	Shadonna Austin		

Welcome New Employees

Misterelle Branche	Food Services	FT
Terrance Hill	Food Services	FT
Bridget Sheffield	Food Services	PRN

Masonic Home Census -- 204

The MAHOVA News

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