



# MAHOVA

## November 2020

# News

### The Power of Gratitude

In this month where we celebrate Thanksgiving we are reminded of the powerful nature of gratitude.

Are you grateful for the precious gift of life or, like most, do you get up each day and take most things for granted? It is almost impossible to have abundance in life if you're not feeling grateful for what you already have. To look forward to happier times you must first come from a place of thankfulness for the gifts you already have, no matter what your current situation is.

Sometimes it's hard to feel grateful when the chips are down. We all say might say, "Easier said than done", or, "That's easy for you to say, but you have no idea what I'm going through", from time to time. But when we catch ourselves in this act of self-sabotage, the best thing we can do is turn it to thoughts of genuine gratitude. We are all dealt different hands in life and we all have to deal with some very difficult situations at one point or another. There is just no getting around it. But if we take appropriate action we can emerge stronger than before.

When dealing with terrible pain and losses we can search for comfort in God. There we can find love and support. Through God we become empowered to create what happens in our lives.

If we want to feel connected to this powerful source, God asks us to look for something in our lives that fills us with hope. Then, by giving thanks and feeling grateful, we can change a bad situation into a not-so-bad situation, and a good situation into a great situation. There is always something to be grateful for in life, no matter how tough it might feel sometimes.

We may not always get it right, but each moment of the day is a moment we can start all over.

No matter what the situation is, take the action to be grateful for something in your life. It can make any situation more bearable. By doing this, your trust in God will grow stronger and you will feel so much better, each and every day.

### *In This Issue:*

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#### **Resident Advisory Council**

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-B Wing

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—C and D Wing

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**Steve Bollinger and Peg Davis—  
Village**

**Try these 12 brain exercises to help keep you mentally sharp.**

**Puzzles**— Research shows that jigsaw puzzles require multiple cognitive abilities, including visuospatial aging. When putting together a puzzle you have to look at different pieces and figure out where they go within a larger picture. This can challenge and exercise your brain.

**Card Games**— A game of cards could improve memory and thinking skills.

**Build your Vocabulary**— Not only does a rich vocabulary make you sound smart, it is stimulating to your brain. Learn a new word every day or keep a journal of unfamiliar words then try to use that word in different ways.

**Dance**— Learning new dance moves can increase your brain's processing speed and memory.

**Use your Senses**— Try to engage all five of your senses as research suggests this may strengthen your brain.

**Learn a New Skill**— This can strengthen the connections in your brain and improve memory function. Learning a new skill is also fun and interesting.

**Teach a Skill**— A good way to expand your learning is by teaching a skill to someone. This requires you to use your brain in other ways with an already-learned skill when teaching it to someone new.

**Listen to Music**— Listening to happy music can boost your creative thinking and brain power.

**Try a New Route**— Don't get stuck when completing your daily tasks; try to tackle a normal routine in a new way. A simple way to do something different is to walk in an opposite direction to the dining room. In other words, take the long way home.

**Meditate**— Find a quiet space; close your eyes and try to clear your mind. This can calm the body and reduce stress and anxiety. It also fine-tunes your memory and increases your brain's ability to process information.

**Learn a New Language**— Learning a new language at any age in your life can boost memory and improve many other mental functions, such as increase your levels of creativity, help you switch from different tasks easily and delay the onset of age-related mental decline.

**Practice Tai Chi**— Tai Chi has physical and mental benefits. It helps to center you when you feel out of balance, reduce stress, enhance quality of sleep and improve memory. Long term studies show Tai Chi resulting in an increase in brain volume.

**Focus**— Try to remember four things about a person or item then revisit that memory later in the day and try to write down what four details you focused on earlier.

## Book Ends

My wife liked the Guideposts novels and bought several. Thus, I still have some of them and get notices of series of them. These are “**THE CHRISTMAS MIRACLES OF MARBLE COVE.**” Two volumes include four short novels which follow four friends as they add restarting a Living Nativity to their normal busy Christmas preparations.

### **A Thrill of Hope** [Diane Spencer] **Heavenly Peace** [Shelly Bauer]

**A Thrill of Hope** starts when Diane Spencer, the first main character, like everyone else on the Maine coast, is busy with her preparations for Christmas. During this time, she decides to bring back the town’s Living Nativity. As if to help, Rocky, her dog, has destroyed her Christmas cards. They are in pieces in the living room. She also receives a beautiful home-made Christmas ornament and starts at odd times hearing a baby’s cry.

Diane goes about her normal Christmas duties, looking for stored things from the Living Nativity. She starts out needing everything: a venue, costumes, backdrops and advertising. The first she located was the advertising. Problem was that they had gone through a flood and were unusable except as a model. She was able to obtain the closed rail road station and then was looking for the costumes.

In also searching for the origin of her ornament she was lead to Roycroft Rest, a closed hotel complex. She searched the hotel and then going to the stable, she found it heated! Inside she found the source of the baby’s cry; staying there was a couple with a new baby. The father was in town for a job interview when caught by last night’s storm and the early arrival of the baby.

In **Heavenly Peace**, Shelley Bauer, who is very busy with the Christmas portion of her baking business, is also preparing for an early Christmas with her father and stepmother. She sends her husband and children out to cut their tree. While they are gone she, with the help of Diane, produces an emergency order of cookies, etc., for the local restaurant. The tree they bring back is more like the one Charlie Brown has in Peanuts than what she had in mind. When it was set up, she had to admit that it looked kind of good even with it’s crooked trunk.

However, she is startled when her mother appears at the door with suitcases for an extended stay. Needless to say, her father and step-mother will be coming in two days for an early Christmas before traveling overseas. Her mother didn’t like the tree and the next day brought in a huge perfectly formed one relegating the other to the family room. During all of the story Shelly is also busy baking and delivering Christmas cookies as part of her baking business.

Shelly had found a lead on the Nativity costumes and took Diane with her to search a barn filled with boxes. They found them eventually but when they opened them at home, they found all were unusable and non-repairable. Shelly’s mother was visited by the man she had been with who tried getting old Broadway costumes for them but at a cost several times what they could afford.

Eventually Shelly enters her home to find several people there working on using cast-offs to make costumes for all the characters of the Nativity.

## In Memoriam

### Forever in Our Hearts

Betty Burgess– September 29

Nellie Marano– October 4

Joyce Beninghove– October 4

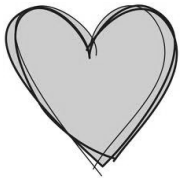
Betty Lide– October 6

Gordon Kirby– October 7

Frank McCallister– October 11

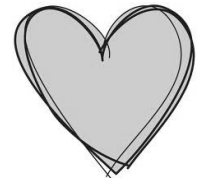
Robert Gadoury– October 15

Lois McCarn– October 26



### ANNIVERSARIES

Howard and Sharon Floyd– November 15, 1969



## Have You Heard?

The custom of voting on Election day began in 1845 when Congress passed a federal law designating the day. Prior to this law, states were allowed to hold elections any time within a 34– day period before the first Wednesday in December. This posed many crucial flaws because knowing the early voting results could affect turnout and sway opinions in states that held late elections. Last minute voters could potentially decide the outcome of an entire election. The birthstone for November is Topaz and Citrine. The flower is the chrysanthemum.

## Brain Teasers

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

Find these Fall Words in the puzzle

AUTUMN	CHESTNUTS	CRANBERRIES	LEAF PILE	SOUP
BAKING	CHILLY	FEAST	MAPLE	SWEATER
BLANKET	CIDER	GATHER	NUTS	STUFFING
BREEZY	COLORFUL	GOLDEN	ORCHARD	THANKSGIVING
BRISK	CORN MAZE	GRAVY	PINECONE	TURKEY
BUSHEL	CORNUCOPIA	HARVEST	PIE	VEGETABLES
CARVE	COZY	HAYSTACK	SQUASH	WOOL
				YARN

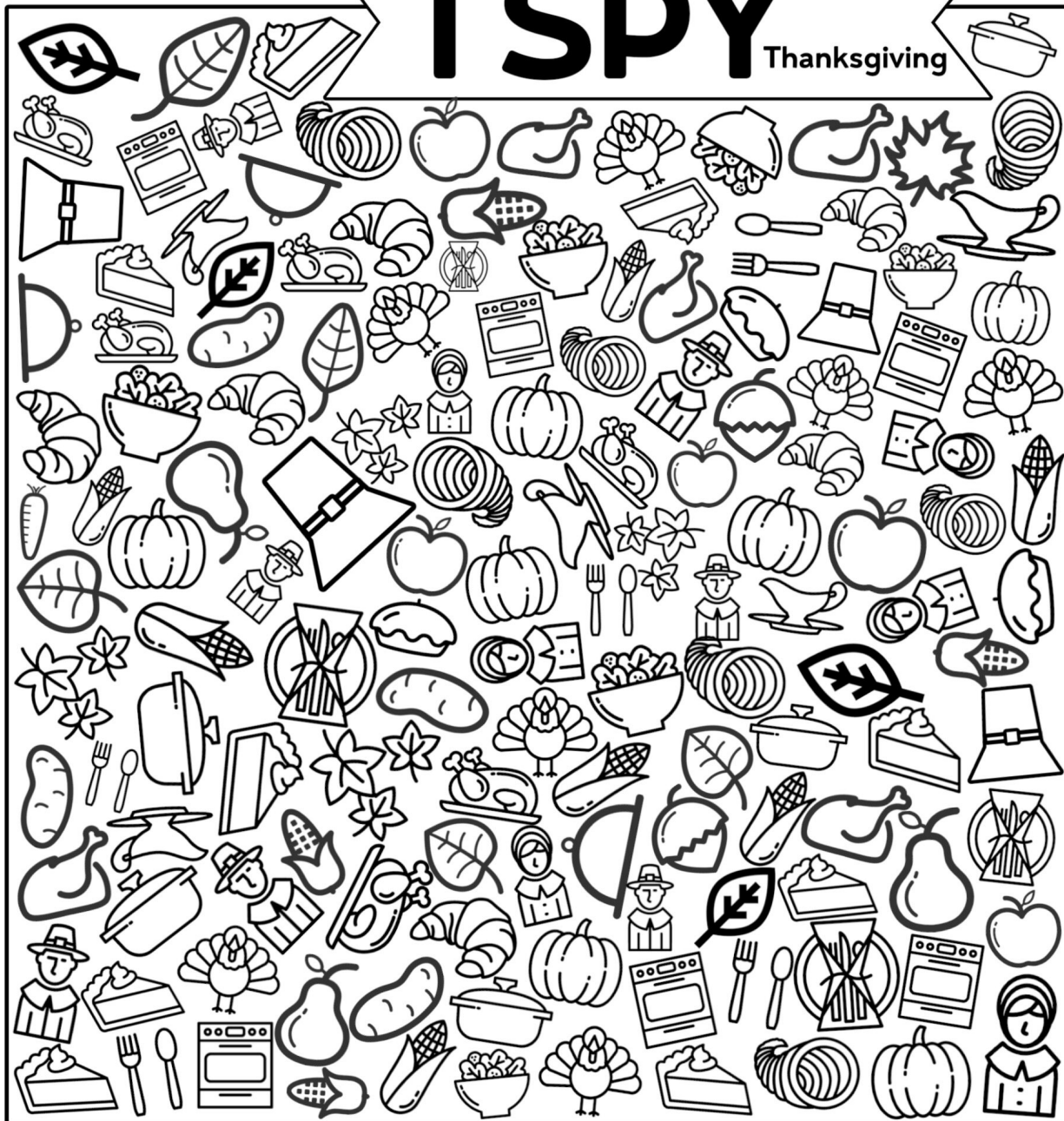
# Thanksgiving Word Scramble



1. rcon \_\_\_\_\_
2. ukppmin \_\_\_\_\_
3. krueyt \_\_\_\_\_
4. omfaylwer \_\_\_\_\_
5. niwsebho \_\_\_\_\_
6. ciarrbesne \_\_\_\_\_
7. spmiligr \_\_\_\_\_
8. ricdukmts \_\_\_\_\_
9. dnenir \_\_\_\_\_
10. syam \_\_\_\_\_
11. solrl \_\_\_\_\_
12. eremnbov \_\_\_\_\_
13. gobabl \_\_\_\_\_
14. dessret \_\_\_\_\_
15. ngstufif \_\_\_\_\_
16. uyhtarsd \_\_\_\_\_
17. efats \_\_\_\_\_
18. rgavy \_\_\_\_\_
19. nnasidi \_\_\_\_\_
20. rbeda \_\_\_\_\_

Answers on Page 8

# I SPY Thanksgiving



- |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 |  | 4 |  | 4 |  | 5 |  | 4 |  | 5 |  | 7 |  | 4 |  | 6 |  | 5 |  |
| 1 |  | 6 |  | 7 |  | 1 |  | 3 |  | 6 |  | 7 |  | 4 |  | 7 |  | 5 |  |
| 3 |  | 3 |  | 4 |  | 6 |  | 2 |  | 7 |  | 5 |  | 9 |  | 6 |  | 3 |  |

## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

11/4 Catherine Busbee  
 11/4 James Friis  
 11/9 Judy Burcham  
 11/14 Garland Campbell  
 11/18 Peg Davis  
 11/23 Gordon Sprigg  
 11/23 Carl Whittington  
 11/25 Hazel Woodward  
 11/26 Robert Boggs  
 11/27 Cathy Hinkle

## Welcome New Residents

**Leslie & Zada Lea Kahn**  
 Monitor Lodge No. 197

## Employee Birthdays

11/2 Marlise Skinner	11/9 Semiko Wyatt
11/2 Veronica Wilson	11/15 Shirley Thompson
11/3 George Bey	11/17 Mabel Amuzu
11/3 Rosa Ayala	11/22 Amy Whitecotton
11/3 Trenee Dorn	11/26 Sarah Larsen
11/4 Nana Smallwood	11/27 Susan Berryhill
11/5 Audrey Puentes	11/27 Patrick Jones
11/6 Yolanda James	11/30 Robert Drew
11/7 Talitha Dickerson	

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



### Word Scramble Answers

1. Corn
2. Pumpkin
3. Turkey
4. Mayflower
5. Wishbone
6. Cranberries
7. Pilgrims
8. Drumstick
9. Dinner
10. Yams
11. Rolls
12. November
13. Gobble
14. Dessert
15. Stuffing
16. Thursday
17. Feast
18. Gravy
19. Indians
20. Bread

### Masonic Home Census -- 173

#### The MAHOVA News

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#### Terry Hilton

Director of Development

#### Regina Pettaway, RN

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#### Mike Butler, Jr.

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