

November 2023

HISTORY OF VETERANS DAY

Veterans Day, a U.S. legal holiday dedicated to American veterans of all wars will occur on Saturday, November 11, 2023. In 1918, on the 11th hour of the 11th day of the 11th month, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany thus ending in World War I, also known as “the Great War.” Commemorated in many countries as Armistice Day the following year, November 11th became a federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became known as Veterans Day.

The Treaty of Versailles was signed on June 28, 1919, marking the official end of World War I. Nonetheless, the armistice date of November 11, 1918, remained in the public imagination as the date that marked the end of the conflict. One year later, in November 1919, U.S. President Woodrow Wilson proclaimed November 11 as the first commemoration of Armistice Day. The day’s observation included parades and public gatherings, as well as a brief pause in business and school activities at 11 a.m.

On November 11, 1921, an unidentified American soldier killed in the war was buried at Arlington National Cemetery near Washington, D.C. On the same day the previous year, unidentified soldiers were laid to rest at Westminster Abbey in London and at the Arc de Triomphe in Paris.

American effort during World War II saw the greatest mobilization of the U.S. Army, Navy, Marines and Air Force in the nation’s history (more than 16 million people); some 5.7 million more served in the Korean War.

In 1954, after lobbying efforts by veterans’ service organizations, the 83rd U.S. Congress amended the 1938 act that had made Armistice Day a holiday, striking the word “Armistice” in favor of “Veterans.” President Dwight D. Eisenhower signed the legislation on June 1, 1954. From then on, November 11 became a day to honor American veterans of all wars.

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Resident Advisory Council

Peg Davis

President

Ray Taylor

Vice President

Sandra Young

Secretary

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

THANKSGIVING INFORMATION



Home for the Holidays: Thanksgiving

7 Things We Do After Thanksgiving Dinner

Take a nap

Take a walk

Argue about who should wash the dishes



- Source: MGIC Marketing staff

Wash the dishes

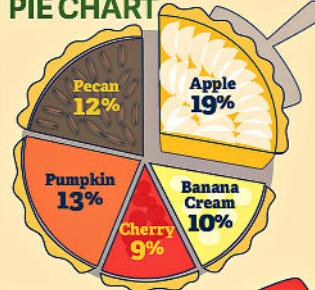
Look for lids to match the containers for leftovers

Watch football

Play board games



Our Favorites PIE CHART



- Source: Crisco® and American Pie Council

Americans gobble up

46 million TURKEYS on Thanksgiving Day

- Source: University of Illinois Extension



1784

If Ben Franklin

had his way, the turkey would be our national bird. An eagle, he wrote in a letter to his daughter, had "bad moral character." A turkey, on the other hand, was a "much more respectable bird."

- Source: greatseal.com



- Source: RotoRooter

Plumbers get

50% MORE CALLS on the day after Thanksgiving than any other day of the year.

Why?

Turkey bones in the garbage disposal.



40% of Campbell's Cream of Mushroom soup sold in the US goes into making green bean casserole.

- Source: from History.com



Be sure to make your Thanksgiving lunch reservations no later than November 8, 2023.

Holiday meal ticket cost \$16.00 for adults and \$11.00 for children 12 and under.

www.mahova.org/schedule-a-visit

Thanksgiving Menu 2023

Roast Turkey with Gravy* (contains gluten)

Cranberry Sauce

Pineapple Glazed Ham

Mashed Potatoes* (contains dairy)

Roasted Sweet Potatoes

Cornbread Stuffing* (contains milk and gluten)

Green Bean Casserole* (contains gluten and dairy)

Roasted Brussel Sprouts

Yeast Rolls* (contains gluten)

Pecan Pie* (contains gluten, egg, and tree nuts)

Sweet Potato Pie* (contains milk, egg, and gluten)

* Allergens of gluten, dairy, and nuts

Health Rx

Here's To Your Good Health!

What's In Season?

November



www.YellowTurtleFitness.com

Very potent anti-inflammatory. **Cranberries**
Helps prevent expansion of bacterial populations that can cause infection. Reduces risk of periodontal disease.



Leeks

Great source of cardioprotective Folate. Balances the body's levels of homocysteine + protects blood vessel linings from damage.

Cyanidins + Peonidins help reduce damage caused by heavy metal residues (lead, arsenic, mercury, cadmium) in food. In studies, has been shown to reduce brain + nerve tissue inflammation when consumed. **Sweet Potato**



Cabbage Antioxidants found in cabbage help to reduce inflammation + oxidative stress, while glucosinates detoxify. Studies have shown that this combination makes cabbage a powerful player in cancer prevention.

Book Ends

November's Most Anticipated Books

Day: A Novel by Michael Cunningham Genre: Fiction

Plot: This pick from November 2023 book releases is set on April 5th in a Brooklyn brownstone. In 2019, Dan and Isabel's marriage is unraveling. Amidst a global lockdown in 2020, the family's struggles intensify as their daughter Violet's fear of the outside world grows. In 2021, they confront the aftermath of the crisis, reflecting on their losses, lessons learned, and the uncertain path ahead. This novel is a family drama at its finest.

The Wishing Bridge by Viola Shipman Genre: Holiday Fiction

Plot: This pick from the November 2023 book releases is a novel centered around Henrietta Wegner, a once-successful mergers and acquisitions executive. Facing the possibility of unemployment, she promises her boss that she can convince her parents to sell their iconic Christmas store in Frankenmuth, Michigan, to a soulless corporation. As she returns to her hometown and reconnects with the magic of the store and her loved ones, Henri begins to question her corporate ambitions and faces the dilemma of choosing between career success or a meaningful family holiday.

Last Night at the Hollywood Canteen by Sarah James Genre: Historical Mystery

Plot: Lights, camera, murder! Step into the world of 1943 Hollywood and join Annie Laurence, the murder mystery playwright turned amateur sleuth, as she hunts for a killer at the Hollywood Canteen. With quirky characters, scandalous love affairs, and witty dialogue, this vibrant and utterly delightful pick from November 2023 book releases will transport you into a 1940s movie like never before!

The Little Liar: A Novel by Mitch Albom Genre: Historical Fiction

Plot: This pick from November 2023 book releases by Mitch Albom is a powerful novel set during the Holocaust. It follows the journey of eleven-year-old Nico Krispis, who must confront a heart-wrenching decision that forever changes his life. Nico and his companions, Sebastian and Fanni, survive the death camps and search for each other. The story explores the consequences of deception, the struggle for survival, and the power of love.

Act Like a Lady, Think Like a Lord by Celeste Connally Genre: Historical Mystery

Plot: In 1815 London, Lady Petra Forsyth boldly declares she will never marry after losing her fiancé. She intends to enjoy her freedom and wealth. However, when she hears rumors of a friend's death under suspicious circumstances, she uses her status to investigate further. Uncovering a private asylum where women are imprisoned, Petra becomes entangled in a dangerous quest for the truth, putting her independence and life at risk.

The Butterfly Collector by Tea Cooper Genre: Historical Mystery

Plot: In 1968, Theodora Breckenridge is an aspiring nature illustrator who stumbles upon a rare butterfly and aims to make a scientific breakthrough until her maid's baby goes missing. In 1922, Verity Binks, a determined journalist, receives a mysterious parcel and delves into a dark and intricate mystery dating back fifty years. As the two women's stories intertwine, secrets unravel, and they must confront the truth that has been hidden for decades.

We Must Not Think of Ourselves by Lauren Grodstein Genre: Historical Fiction

Plot: This historical fiction pick from the November 2023 book releases is a poignant novel set in the Warsaw Ghetto during World War II. Adam Paskow, a prisoner in the Ghetto, joins a secret group of archivists aiming to preserve the truth of their experiences. Despite their living conditions and fear, Adam falls in love with his flatmate, Sala, leading to an impossible choice when he discovers a potential escape from the Ghetto.

Anniversaries



November 15, 1969 Howard and Sharon Floyd
November 23, 1984 Tom and Christine Johnson

In Memoriam



Judy Burton

New Residents



Jacquelin Bandy Sandston Lodge No. 216
Robert Perkins Glen Allen Lodge No. 131
Walter Davis Fredericksburg Lodge No. 4

Have You Heard?

Searching for.....



If you are interested in submitting book reviews for our monthly newsletter, please contact Susan Berryhill at 804-237- 6795 or email: sberryhill@mahova.com



Thanksgiving Word Search



Challenging

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

CELEBRATION
FALL
GOBBLE
HOME
NOVEMBER
PILGRIM
STUFFING
TRADITION
WISHBONE

CORN
FAMILY
GRATITUDE
LEAVES
PECAN
PLYMOUTH
THANKFULNESS
TURKEY

CRANBERRIES
FEAST
HOLIDAY
MAYFLOWER
PIE
PUMPKIN
THANKSGIVING
VOYAGE



November Movies

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

The Dolly Sisters - Friday, November 3

In 1904, Uncle Latsie comes to New York from Hungary with two little nieces, who immediately take to cafe dancing. In 1912 they're still at it, but to pay Uncle's card debts they decide to go into vaudeville. Singer Harry Fox, whom they meet enroute, schemes to get them an audition with the great Hammerstein; but their resulting success takes them far out of Harry's league. Released: 1945. 1 hour 54 minutes. Not Rated. Starring: Betty Grable, John Payne and June Haver

Any Which Way You Can - Monday, November 13

Philo Beddoe takes part in a bare knuckle fight, as he does, to make some more money than he can earn from his car repair business. He decides to retire from fighting, but when the Mafia comes along and arranges another fight, he is pushed into it. A motorcycle gang and an orangutan called Clyde (C.J. the Orangutan) all add to the "fun". Released: 1980. 1 hour 56 minutes. Rated: PG. Starring: Clint Eastwood, Sondra Locke, and Geoffrey Lewis

An Old-Fashioned Thanksgiving - Monday, November 20

In the late 1880's, a widowed mother of three struggles to keep her family intact and to put food on the table. The oldest daughter sends a letter to her estranged, very wealthy grandmother urging her assistance, much to her mother's disapproval. When the grandmother arrives, old wounds are opened but eventually healed. From a story by Louisa May Alcott. Released: 2008. 1 hour 28 minutes. Rated: PG. Starring: Jacqueline Bisset, Helene Joy and Tatiana Maslany

November Movies

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

The Wizard of Oz - Friday, November 24

When a tornado rips through Kansas, Dorothy Gale and her dog, Toto, are whisked away in their house to the magical Land of Oz. They follow the Yellow Brick Road to the Emerald City to meet the Wizard, and on the way, they meet a Scarecrow who wants a brain, a Tin Man who wants a heart, and a Cowardly Lion who wants courage. The Wizard asks them to bring him the Wicked Witch of the West's broom to earn his help. Released 1939. 1 hour 42 minutes. Rated G. Starring: Judy Garland, Frank Morgan and Ray Bolger

The Family Stone - Monday, November 27

Everett Stone, who made it on Wall Street, returns home for Christmas with his new girlfriend Meredith Morton. His ultra-liberal, anti-conventional, rustic Connecticut family doesn't exactly warm to the outsider; despite her best efforts to please the prospective in-laws, she looks, sounds, and acts like the conservative bigots they hate, while various Stones have their own problems. Only matriarch Sibyl Stone's unshakable maverick son Ben gives her a chance, and as Everett won't actively turn against either, she feels more supported by him and a weird romance blossoms. Feeling beleaguered, Meredith calls in help from her easygoing sister Julie, who proves no help to her but soon develops a chemistry with Everett, so everything could shift if they dare follow their hearts. Released 2005. 1 hour 43 minutes. Rated: PG-13 Starring: Dermot Mulroney, Sarah Jessica Parker and Claire Danes

Pumpkin Decorating Contest



Congratulations to the winner of the pumpkin decorating contest!



Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

11/02 Patricia Taylor
11/04 Eddie Matney
11/09 Judy Burcham
11/14 Garland Campbell
11/18 Peg Davis
11/23 Gordon Sprigg
11/25 Sue Montgomery
11/27 Robert Harrison
11/27 Cathy Hinkle

Scan this QR image to go to the Masonic Home Website



Masonic Home Census: 169

Employee Birthdays

11/02 Joanne Lamm
11/03 George Bey
11/03 Rosa Ayala
11/03 Trenee Dorn
11/04 Nana Smallwood
11/05 John Elam
11/05 Audrey Puentes
11/06 Angela Benjamin
11/06 Yolanda James
11/07 Talitha Dickerson
11/09 Semiko Wyatt
11/14 Rosemary Wagner
11/15 Shirley Thompson
11/27 Jeff Weaver
11/27 Susan Berryhill

MAHOVA - Your Masonic Community
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Anne Hagen, CPA, MBA
Chief Executive Officer

Tracy Coogle, CPA
Chief Financial Officer

Robert Adkins, LNHA
Senior Administrator

Kathy Bryant, ALFA
Assisted Living Administrator

Dr. Danny Felty
Medical Director

Daniel Thomas
Director of Nursing

Terry Hilton
Director of Development

Ann Meeks
Human Resources Director

Mike Butler, Jr.
Director of Facilities

New Hires

Yalana Finley, Food Service Aide PT

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