

November  **2025**

MAHOVA MONTHLY

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Gathered in Gratitude

In cozy rooms, with laughter's sound,
Family gathers all around.
From near and far, on this sweet day,
We come together, hearts to stay.
The table's set, the candles glow,
A warmth that only kinfolk know.
Each smile, each hand, a precious sight,
Reflecting love in autumn's light.
We give our thanks for moments here,
For stories shared, for love so near.
Through every season, come what may,
We hold this joy, our holiday.
Voices blend in gentle cheer,
For memories old and new this year.
Gratitude in every glance,
In this familiar, cherished dance.
Here we linger, soft and true,
Bound by bonds, forever new.
Together, blessed, in harmony,
On this day of thanks, in unity.
Family gathered, close and dear
In love, in joy, we're held right here.

Resident Advisory Council

Sandra Young

President

Ray Taylor

Vice President

Peg Davis

Secretary

Elizabeth Jones and Ray Taylor

B Wing

Tom Breeden and Elmar Louder

C and D Wings

Steve Sanford and Joyce Deputy

Village

Wayne Flora

Magnolia Court

Healthy Rx

Here's To Your Good Health!



2024 ALZHEIMER'S DISEASE FACTS AND FIGURES



NEARLY
7 MILLION
AMERICANS ARE LIVING
WITH ALZHEIMER'S

1 IN 3

SENIORS DIES WITH
ALZHEIMER'S OR
ANOTHER DEMENTIA

IT KILLS MORE THAN
BREAST CANCER AND
PROSTATE CANCER
+
COMBINED

OVER **11 MILLION**
AMERICANS PROVIDE
UNPAID CARE
FOR PEOPLE WITH ALZHEIMER'S
OR OTHER DEMENTIAS

BETWEEN 2000 AND 2021, DEATHS
FROM HEART DISEASE HAVE
DECREASED 2.1%



WHILE DEATHS FROM
ALZHEIMER'S DISEASE HAVE
INCREASED 141%

IN 2024, ALZHEIMER'S
AND OTHER DEMENTIAS WILL
COST THE NATION
\$360 BILLION
————— \$\$\$\$\$ —————

BY 2050, THESE COSTS
COULD RISE TO NEARLY
\$1 TRILLION



THESE CAREGIVERS
PROVIDED MORE THAN
18 BILLION HOURS
VALUED AT NEARLY
\$347 BILLION

THE LIFETIME RISK FOR
ALZHEIMER'S AT AGE 45 IS



70% OF DEMENTIA
CAREGIVERS
FEEL STRESSED WHEN
COORDINATING CARE

**AND MORE
THAN HALF**
OF CAREGIVERS
SAID NAVIGATING
HEALTH CARE IS
DIFFICULT



3 in 5 DEMENTIA
CAREGIVERS
SAY LESS STRESS AND MORE PEACE OF
MIND ARE POTENTIAL BENEFITS OF
HAVING A **CARE NAVIGATOR**

56% SAY IT COULD
HELP THEM BE
BETTER CAREGIVERS

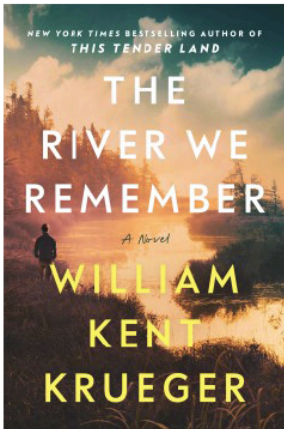
For more information, visit alz.org/facts

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ALZHEIMER'S  ASSOCIATION®

Upcoming MAHOVA Book Club Titles

Masonic Book Club November 2025 - December 2025 Titles

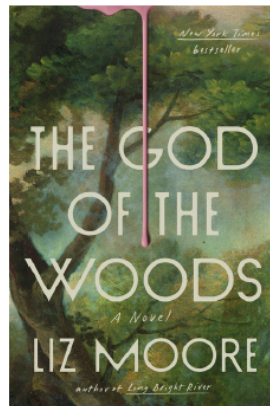


The River We Remember by William Kent Krueger

When the body of a wealthy landowner is found floating in the Alabaster River on Memorial Day in 1958, Sheriff Brody Dern, a highly decorated war hero, struggles to solve this murder that has the town of Jewel, Minnesota, up in arms, while putting to rest the demons from his

own past.

Meets on Monday, November 10th @ 3:00 pm in
A-Wing Conference Room



The God of the Woods by Liz Moore

In 1975, when a camp counselor discovers the 13-year-old daughter of the summer camp's owners has disappeared just like her brother 14 years earlier, a panicked search begins as the secrets of the Van Laar family and the blue-collar community working in its shadow are revealed.

Meets on Monday, December 8th @ 3:00 pm in
A-Wing Conference Room



November's Most Anticipated Books

The Look by Michelle Obama

Genre: Nonfiction

Release date: November 4, 2025

Plot: This is a book in Obama's words about how we present ourselves and how Obama's style evolved as the first African American First Lady. Obama includes stories about her approach to style as well as stories from her makeup artist, hairstylist, and designers.

Book of Lives: A Memoir of Sorts by Margaret Atwood

Genre: Nonfiction

Release date: November 4, 2025

Plot: A memoir from one of the most influential writers of a generation. Atwood tells about her writing and the connections to her life.

Making Mary Poppins by Todd James Pierce

Genre: Nonfiction

Release date: November 11, 2025

Plot: Mary Poppins is a Disney movie that still resonates today. This is the book that tells the story of how brothers, Robert and Richard Sherman, came to Disney studios to write the music for Mary Poppins. The book weaves the story of how the incredible masterpiece *Mary Poppins* came to be.

The Botanist's Assistant by Peggy Townend

Genre: Mystery

Release date: November 18, 2025

Plot: Margaret Finch is over 6 feet tall, lives alone in the woods, and has an obsessive attention to all details. She works as an assistant to a botanist and is very good at her job. When someone at work is found dead, it is ruled an accident, but Margaret suspects it's murder. With her keen eye and the help of the night janitor, she is determined to find the murderer before they find her.

Mamba & Mambacita Forever by Vanessa Bryant

Genre: Nonfiction

Release date: November 18, 2025

Plot: In 2020, Kobe Bryant and his daughter, Giana were tragically killed in a helicopter crash. In an outpouring of love, the public started putting up murals in seemingly every corner of Los Angeles. Vanessa Bryant provides a collection of the murals, with images and stories about them, to paint a picture of her husband and daughter.

I Opened a Book

"I opened a *book* and in I strode.
Now nobody can find me.
I've left my chair, my house, my road,
My town and my world behind me.
I'm wearing the cloak, I've slipped on the ring,
I've swallowed the magic potion.
I've fought with a dragon, dined with a king
And dived in a bottomless ocean.
I opened a book and made some friends.
I shared their tears and laughter
And followed their road with its bumps and bends
To the happily ever after.
I finished my book and out I came.
The cloak can no longer hide me.
My chair and my house are just the same,
But I have a *book* inside me."

— Julia Donaldson

Anniversaries

November 15, 1969 Howard and Sharon Floyd
November 20, 1999 David and Stacey Bennett
November 23, 1984 Tom and Chrstine Johnson
November 27, 1964 Robert and Nancy Lee



New Residents



Imogene Duncan
Hoge Lodge No. 8

Ronald and Lillie Kieper
Babcock Lodge No. 322

In Memoriam

John Jamieson
John Martin
William Naumann
Anna Sherrod





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.

Welcoming Committee

Please contact Susan Berryhill at sberryhill@mahova.com or 804-226-6688 if you are interested in volunteering for the Welcoming Committee.

The purpose of this committee is to provide support to new residents moving into MAHOVA and be the point person to assist new residents with a smooth transition into our community.

Volunteers

If anyone is interested in volunteer opportunities around MAHOVA please contact Susan Berryhill at sberryhill@mahova.com or 804-226-6688. Opportunities include, but are not limited to, Activities, Chapel, Boutique, 1:1 Visits.

Veterans

If you are a veteran, please add your name to the list on the activity gallery table and include your branch of service as well.

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.



Upcoming Events



Saturday, November 8

9:00 a.m. and 2:00 p.m.

We will be participating in the Alzheimer's Walk by offering two different walks on the MAHOVA campus.

Monday, November 10

2:00 p.m. Activities Committee Meeting

We welcome your opinions and feedback on future activities

Thursday, November 13

2:00 p.m. Diabetes Awareness Discussion

Presentation by Kelsey Stone as well as an applicable food demonstration with recipe sampling for all who attend

Thursday, November 13

7:00 p.m. Hollywood Glamour Dance with entertainment by James Curry

Monday, November 17 to Saturday, November 22

Turkey Waddle Poker Run

Various activities will be offered throughout the week; have the best hand at the end of the week and win the Grand Prize. Additional details will be distributed to your mailbox soon.

Thursday, November 27

Thanksgiving Lunch - Reservations Required

Check your mailbox for a memo with additional details. Holiday meal tickets are required for guests and those not on a meal plan. If you are not bringing guests, reservations are not required.

Please check your calendar and Uniguest App and TV Screen for additional activities throughout the month

Ideas *to* Navigate Life's Changes

..... Ordinary & *Happy*

**P
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- Appreciate the small moments that offer familiarity. ☐
- Make time for self-reflection. ☐
- Regularly reevaluate and change your goals if needed. ☐
- Stay committed to your priorities, but flexible in your approach. ☐
- When progress feels slow, create opportunities by meeting new people and trying new things. ☐

**U
S
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F
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L**

- Embrace all parts of the new journey you're on. ☐
- Build simple routines to keep you focused. ☐
- Allow yourself time to let go of what you're moving on from. ☐
- Look for patterns in what's worked for you before. ☐
- Trust that growth doesn't happen without challenges. ☐

**M
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- Remind yourself that you don't have to have all the answers right now. ☐
- Remind yourself "why" you're making a change to stay motivated. ☐
- Talk to loved ones in those times you need support. ☐
- Be proud of the courage it takes to navigate change. ☐

**I
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- Focus on building skills that will help in your new phase. ☐
- Get advice from others who've gone through a similar experience. ☐
- Schedule in "me" time for when you need a break. ☐
- Take advice on board, but don't compare your journey to others. ☐
- Stay open to unexpected opportunities. ☐

**M
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E**

- Share your story with others. ☐
- Remind yourself of your past achievements. ☐
- Trust your intuition when making decisions. ☐
- Visualize yourself successfully navigating this life change. ☐
- Remind yourself that setbacks are part of the process. ☐

Name: _____

Date: _____

Fall is here, and the word search is full of autumn treasures waiting to be found! Can you track down and circle each cozy fall word hidden in the grid? Don't forget to check them off the list as you go!



Fall

Word Search



ACORN	Y	T	S	E	V	R	A	H	L	Q	N	R	T	K	K	K	M	A	R
APPLE	C	R	I	S	P	A	U	T	U	M	N	L	E	T	K	W	K	I	C
AUTUMN	M	Q	N	V	V	F	Z	I	Y	W	Z	R	E	D	N	K	N	P	N
BONFIRE	N	Y	D	M	Y	Y	L	Z	N	T	L	N	L	A	I	T	R	O	V
BREEZY	L	N	F	Q	D	T	O	L	N	F	L	R	D	R	V	C	H	C	W
CHESTNUT	G	E	B	Y	W	C	N	R	L	H	Z	O	H	F	P	E	N	U	O
CHILLY	Z	M	D	O	W	P	W	N	M	L	G	C	L	B	F	O	S	N	R
CIDER	G	A	R	I	N	I	K	P	M	U	P	A	S	D	L	R	B	R	C
CINNAMON	N	P	J	N	R	F	Y	L	L	I	H	C	C	W	H	C	L	O	E
CORNUCOPIA	I	L	M	V	T	Y	I	M	P	T	F	H	N	X	E	H	W	C	R
COZY	V	E	B	F	X	F	A	R	N	K	E	T	O	W	T	A	L	D	A
CRISP	I	M	R	D	F	G	L	H	E	S	G	G	M	R	Q	R	T	L	C
FLANNEL	G	F	E	Y	O	T	E	A	T	L	O	K	A	H	H	D	L	E	S
FOLIAGE	S	T	E	K	L	C	D	N	N	L	G	E	N	Q	D	L	L	N	R
GOLDEN	K	H	Z	P	I	W	U	T	D	N	H	V	N	Q	K	P	T	M	C
HARVEST	N	T	Y	P	A	T	T	E	N	N	E	Z	I	X	P	D	N	M	B
HAYRIDE	A	R	S	G	G	X	N	L	K	B	T	L	C	A	K	C	N	C	R
HEARTH	H	L	Z	R	E	M	L	H	Q	A	W	S	Q	U	I	R	R	E	L
LANTERN	T	Y	P	N	L	T	L	G	M	T	R	L	A	N	T	E	R	N	R
LEAVES																			
MAPLE																			
ORCHARD																			

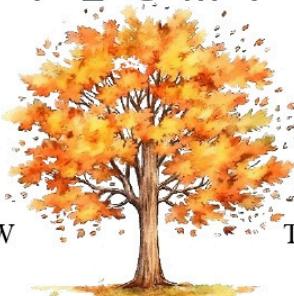


PUMPKIN

QUILT

RAKE

SCARECROW



SPICE

SQUIRREL

SWEATER

THANKSGIVING



Thanksgiving Word Search

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

SCARECROW	CRANBERRY	GATHER	TRADITION	THANKSGIVING
FOOTBALL	CELEBRATION	BLESSINGS	THANKFUL	FEAST
BREAD	BEANS	MAYFLOWER	HARVEST	CORNUCOPIA
GRAVY	STUFFING	BUTTER	SWEET POTATOES	CHOCOLATE PIE
PUMPKIN PIE	YAMS	SQUASH	CORN	HAM
TURKEY	ROLLS	POTATOES	INDIANS	PLYMOUTH
PILGRIMS	NOVEMBER	FAMILY	VACATION	HOLIDAY

Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

11/02 Claude Carr	11/22 James Canterbury
11/02 Patricia Taylor	11/23 Gordon Sprigg
11/04 Eddie Matney	11/25 Elmar Louder
11/09 Judith Burcham	11/25 Sue Montgomery
11/16 Jimmy Wagner	11/26 Elizabeth Duckworth
11/18 Peg Davis	11/27 Cathy Hinkle

Scan this QR image to go to the Masonic Home Website



Employee Birthdays

11/02 Joanne Lamm
 11/03 George Bey
 11/04 Nana Smallwood
 11/05 Brandy Creer
 11/05 John Elam
 11/05 Audrey Puentes
 11/06 Angela Benjamin
 11/06 Yolanda James
 11/07 Talitha Dickerson
 11/14 Rosemary Wagner
 11/15 Shirley Thompson
 11/16 Cheryl Coleman
 11/27 Susan Berryhill
 11/27 Jeffrey Weaver

Masonic Home Census: 177

MAHOVA - Your Masonic Community
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Tracy Coogle, CPA
 Chief Financial Officer
Robert Adkins, LNHA
 Vice President of Operations
Kathy Bryant, ALFA
 Assisted Living Administrator
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

Sherry Childress, Memory Care
 Engagement Director
 Dorothy Connor, CNA Restorative
 Laquilla Jennings, CNA
 Esthar Osada, LPN
 Daysha Robertson, LPN
 De'Nae Threatts, CNA



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