MAHOVA
Your Masonic Community

MAHOVA MONTHLY

November 2026



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Core November Health Tips

1. Support Immunity
- Get a pre-winter checkup and flu shot to start the season healthy.
- Boost Vitamin D with supplements if you get less sunlight.
- Eat immunity-boosting foods such as citrus, garlic, ginger, spinach, and almonds.

2. Eat Seasonal, Nutritious Foods
- Add pumpkin, rich in vitamins and antioxidants, to meals.
- Choose in-season produce like Brussels sprouts, squash, cranberries, and turnips.
- Try healthier recipe swaps, such as veggie-based soups or lighter lasagna using zucchini.

3. Maintain Healthy Routines
- Stay hydrated, especially as cold weather can still cause fluid loss.
- Keep a consistent sleep schedule to support circadian rhythm.
- Stay active with indoor or outdoor movement to reduce fatigue.

4. Manage Stress and Mental Well-Being
- Schedule “no-plan” days to prevent holiday burnout and restore energy.
- Practice gratitude, mindfulness, or grounding rituals to stay centered.
- Use creative visualization or morning sunlight exposure to boost mood and clarity.

5. Prepare for Seasonal Changes
- Moisturize skin and dress in layers to protect against cold, dry weather.
- Plan ahead for holiday travel, meals, and schedules to reduce stress.

These tips collectively help maintain physical health, emotional balance, and energy throughout November



Upcoming MAHOVA Book Club Titles

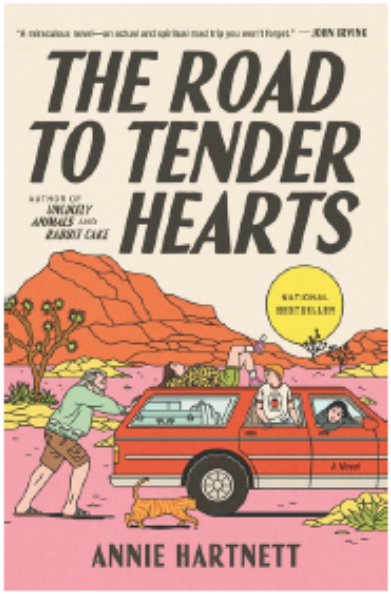
Masonic Book Club
November 2026 - December 2026 Titles



Buckeye
by Patrick Ryan

One town. Two families. A secret that changes everything. This captivating story weaves the intimate lives of two midwestern families across generations, from World War II to the late twentieth century.In Bonhomie, Ohio, a stolen moment of passion, sparked in the exuberant aftermath of the Allied victory in Europe, binds Cal Jenkins, a man wounded not in war but by his inability to serve in it, to Margaret Salt, a woman trying to obscure her past.

Meets on Monday, November 9 @ 3:00pm in the Kent Conference Room



The Road to Tender Hearts
by Annie Hartnett

A darkly comic and warm-hearted novel about an old man on a cross-country mission to reunite with his high school crush--bringing together his adult daughter, two orphaned kids, and a cat who can predict death--by the beloved author of Rabbit Cake and Unlikely Animals

Meets on Monday, December 14 @ 3:00pm in the Kent Conference Room

Book Ends - Upcoming Releases



November's Most Anticipated Books and Movies

The Party in the Woods by Fiona McPhillips
Genre*:* Thriller Release date: November 10, 2026
Plot: Annie Fagan spent her twenties DJing at illegal raves all over Ireland. Her plan was to be the biggest and best female DJ in the country. When her friend Sean disappeared without a trace, Annie stopped the raves forever.
When Sean's body is found years later, it is clear that his death was not an accident. Moreover, it was caused by someone at the party- one of her friends. As the friends come together to confront their past, they all have an alibi, and they all suspect each other.
Annie has to confront her past and her present to determine what she wants from her life and her future.

Bad Company by Sara Paretsky
Genre: Thriller Release date: November 10, 2026
Plot: Lily Sedako is a septuagenarian living in Chicago who appears to be unexceptional in every way. But she is a former CIA field agent who spent her career in Central Asian countries. In 2002, she was removed from Hayalistan after there was a coup and the newly elected President was presumed dead.
When she finds an anonymous package with a magazine article with a picture of her in it, she knows somebody is trying to expose her more than two decades after her extraction. She is determined to find out who is behind this and what really happened in Hayalstian more than 20 years ago.

Take My Word for It:A Memoir by LeVar Burton
Genre: Memoir Release date: November 10, 2026
Plot: LeVar Burton shaped my childhood with Reading Rainbow and then Star Trek: The Next Generation. This is a memoir that celebrates his mother and his calling as a storyteller that defined a generation.

Jimmy Movie
Genre: Biography/Drama Release date: November 6, 2026
Plot: Jimmy, the untold true story of America's most-beloved actor and the iconic role that saved him, focuses on the most transformative season in Jimmy Stewart's life—from winning the Academy Award® for Best Actor in **The Philadelphia Story** to enlisting and becoming a combat pilot in the U.S. Army Air Corps at the beginning of World War II. He flew twenty missions over Europe, rising to the rank of colonel by the end of the war, only to return home broken and disheartened. Then George Bailey and **It's a Wonderful Life** came calling…

I Play Rocky Movie
Genre: Biography, Drama, True Story Release date: November 20, 2026
Plot: The film is an electrifying true story about an unknown actor with an unshakable belief that he wasn't just meant to write **Rocky**—he was meant to be Rocky Balboa. Told "no" at every turn, Sylvester Stallone bets everything on himself, holding the line on playing the lead against seemingly impossible odds. The result is the ultimate underdog story behind the ultimate underdog movie.

Anniversaries

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



In Memoriam



Zada Lea Kahn

New Hires

Corithia Burns, Healthcare
Terri Grosvenor, Healthcare
Lauren McCallister, Healthcare
Ineke Roberts, Healthcare
Tracey Santana, Food Service



Secret Santa Program

MAHOVA
Your Masonic Community

MEMORANDUM

Date: October 01, 2026

To: Residents

From: Robert Adkins, COO

Subj: Secret Santa Program

The wonderful relationship we have between our residents and staff members is one of the greatest attributes of MAHOVA- Your Masonic Community. As you may know, to enhance the security of residents' personal items, we have a policy preventing the exchange of gifts between residents and staff members. However, this year, as part of our Christmas and Holiday Season efforts to enhance resident and staff relationships, we once again offer residents the opportunity to participate in the **Secret Santa Program**.

The Human Resources Department collects staff members' names whose families need some extra "Santa Support" to make Christmas special for their families. The program will allow both staff and residents to participate in playing the important role of Secret Santa.

As a resident, you may choose to make a tax-deductible donation to the **Secret Santa Fund**. Donations may be sent to the Care Center Receptionist and noted for the Secret Santa Fund. Activities and Administrative Departments, as well as interested residents, will then assist with purchasing gifts for the staff families who have been chosen to receive the "extra Santa support". Any funds not used will be held over in case of emergencies that could impact our employees during the year, such as house fires, a natural disaster, etc. We would appreciate receiving donations by **Monday, November 02, 2026,** to maximize holiday shopping sales, but gifts after that date will be welcomed and put to good use!
We realize that not everyone may be able to give or may not want to participate. Regardless of your decision, thank you for the kindness you show to our employees throughout the year.



Reflections

Borrowed from a friend and is too good not to share.

I asked a friend who has crossed 70 and is heading towards 80 what sort of changes he is feeling in himself? He sent me the following:

- After loving my parents, my siblings, my spouse, my children, and my friends, I have now started loving myself.
- I have realized that I am not "Atlas." The world does not rest on my shoulders.
- I have stopped bargaining with vegetable and fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
- I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
- I stopped telling the elderly that they've already told that story many times. The story makes them walk down memory lane and relive their past.
- I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
- I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient of a compliment. Never, NEVER turn it down, just say "thank you."
- I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
- I walk away from people who don't value me. They might not know my worth, but I do.
- I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat and neither am I in any race.
- I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
- I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.
- I have learned to live each day as if it is the last. After all, it might be.
- I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

Why do we have to wait to be 60, 70, 80 or older! Why can't we practice this at any stage or age?!

Thanksgiving Lunch Reservations

Dear Residents and Families,

We have a special opportunity for guests to join our residents for our Thanksgiving meal in the Main Dining Room on Thursday, November 26, with 1-hour reservations available from 11:30 to 2:00 pm. Please note that **you must sign up in advance** by going to our website www.mahova.org/schedule-a-visit. When you are completing the form, choose "**Thanksgiving Lunch**" as the type of visit and complete all fields before proceeding to the next screen. There is a 6-person guest limit for each resident/couple. Holiday meal tickets cost $18 for adults and $12 for children under 12.

Residents may also contact Mari Beavers at mbeavers@mahova.com, Ciera Rawlings at crawlings@mahova.com, or 804-226-9443 to make a reservation. The deadline for reservations to be made is **close of business on Wednesday, November 11.**

For residents who reside in Magnolia Court or Care Center who are unable to eat in the Main Dining Room, we will work with you to offer the meal on your unit on Thanksgiving.



THANKSGIVING MENU 2026

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)

Honey Glazed Carrots* (contains dairy)

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**

Trip Guidelines and Sign Up Binder

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.

- The sign-up binder is typically placed on the activity table a week to ten days before the start of the next month. A notification is sent out on Uniguest and is added to the daily schedule on the tv screen. **We ask that you only sign up for you and/or your spouse.**



Autumn Word Search

110 Hidden Words to Find

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

Yarn
Trees
November
Kale
Holidays
Geese
Feast
Festival
Embers
Donuts
Conker
Cranberries
Berries
Ashen

Yellow
Thanksgiving
Moon
Knit
Hiking
Gobble
Flurry
Frost
Elderberry
Decorative
Campfire
Cider
Bark
Apricot

Wheat
Spice
Mittens
Jacket
Hot cider
Grateful
Flakes
Fog
Eclipse
Dart
Cocoa
Chestnuts
Brown
Aroma

Wreath
Sweater
Mushrooms
Jam
Hayrides
Gusty
Fair
Foliage
Dapple
Dandelion
Cobwebs
Bathtub
Brisk
Apple

Vests
Scarf
Marshmallows
Heater
Halloween
Ginger
Flock
Fall
Duskiness
Damp
Clove
Blanket
Bonfire
Amber

Vines
Woods
Maple
Harvest festival
Harvest
Gourds
Flannel
Exhale
Drizzle
Dried leaves
Chilly
Bales
Avocado
Acorns

Vibrant
Nature walks
Kite
Harvest moon
Groceries
Golden
Flame
Evergreen
Dried fruits
Caramel
Cozy
Bushels
Autumn

Umbrella
Nuts
Kids
Hibernation
Glitter
Forecast
Firewood
Equinox
Dressing
Crisp
Cinnamon
Boots
Asters

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 A 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 I
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 T 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

Scan this QR image to go to the Masonic Home Website

Happy Birthday to the following residents who celebrate their birthdays:

11/02 Claude Carr
11/02 Patricia Taylor
11/04 Eddie Matney
11/07 Penny Shumaker
11/09 Judy Burcham
11/16 Jim Wagner
11/18 Peg Davis
11/22 Jim Canterbury
11/23 Gordon Sprigg
11/25 Elmar Louder
11/25 Sue Montgomery
11/26 Patricia Barnett

Masonic Home Census: 185

Employee Birthdays

11/02 Joanne Lamm, Healthcare
11/03 George Bey, Food Service
11/04 Nana Smallwood, Healthcare
11/05 Cheryl Aceto, Healthcare
11/05 Brandy Creer, Healthcare
11/05 John Elam, Healthcare
11/05 Audrey Puentes, Healthcare
11/06 Angela Benjamin, Healthcare
11/06 Yolanda James, Food Service
11/14 Rosemary Wagner, Healthcare
11/15 Shirley Thompson, Environmental Services
11/16 Cheryl Coleman, Development
11/21 Rachel Romig, Healthcare
11/26 Joyce Jukes, Healthcare
11/27 Susan Berryhill, Resident Services
11/27 Jeff Weaver, Maintenance

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