



MAHOVA

October 2019

News

October Brings Halloween Fun

“Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold.” ~Judith Olney

Halloween began with the ancient Celts, who marked the last day of October as their New Year’s Eve. Surveys show that Halloween, derived from the Christian observation of All Hallows E’en, now surpasses our own New Year’s Eve in popularity. The National Retail Federation says that the holiday generates nearly \$7 billion in retail sales, with the average household spending more than \$44 on candy, costumes, and home decorations.

A survey by American Express found that 64 percent of adults rank Halloween as a popular holiday in their households and celebrate by trick-or-treating, going to a party, or watching scary movies. Forty-seven percent said the holiday is not just for kids. More than a quarter of adults dress in costumes. More than 80 percent of parents said they hand out treats, and nearly 60 percent take their children trick-or-treating.

Here at the Masonic Home of Virginia we will be having our Halloween Party, with Costume Contest and Parade on October 31st. All residents are encouraged to don costumes (from the glamorous to the wacky) and join in the fun. Also we will be having our annual Pumpkin Decorating contest. Pumpkins will be delivered mid-month, then displayed and voted on during the last week. The winner will be revealed during the Halloween Party festivities.

“Backward, turn backward,
O Time, in your flight
make me a child again
just for to-night!”
~Elizabeth Akers Allen

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Welcome New Residents

Welcome New Employees

Resident Advisory Council

Paula Swansey
President

Peg Davis
Vice President

Steve Bollinger
Secretary

Mildred Johnson and Alice Bond-B Wing

Tom Kaufman—C and D Wing

Jim Herring— Magnolia Court
Peg Davis— Village

Health

Here's To Your Good Health!

The Best Toothbrush

According to the Cochrane Collaboration, a nonprofit group that compiles research on healthcare studies, the most efficient toothbrush is an electric brush with rotational oscillation action, in other words, one that rotates first in one direction and then in the other. The group found that these toothbrushes were more effective in reducing plaque and gingivitis than manual or other types of electric designs.

Have You Heard?

Gourds, a popular Halloween decoration, are members of the Cucurbitaceae family, annual herbs that grow vines with coiled tendrils and five-lobed leaves. The fruit, sometimes referred to as “pepo”- has hard, durable shells and grows in a multitude of shapes. Ancient people ate gourds and hollowed them out to make dippers, cups, bowls and even musical instruments like forerunners of the mandolin and banjo. The fibrous insides have been used to make pillow stuffing and sponges, and scientists are now exploring their medicinal value. Trace evidence of gourds can be found on nearly every continent dating back 10,000 years, but botanical information suggests they probably originated in Africa.

The birthstone for October is Opal and signifies a creative spirit, new friendships, and healthy relationships. The flower is the Marigold.

Program Highlights

Resident Council Meeting Monday, October 7 9:30 AM Dining Room	Activities Committee Meeting Thursday, October 17 3:45 PM Library
Advisory Council Meeting Tuesday, October 15 10:00 AM Private Dining Room	Food Committee Meeting Tuesday, October 15 1:00 PM Private Dining Room

Program Highlights

Friday, October 4	2:30 PM	TV Room	Exercise with Sharon
Monday, October 7	2:30 PM	TV Room	Pumpkin Decorating Distribution
Tuesday, October 8	3:00 PM	REB	Communion with Pastor Lynn
Thursday, October 10	10:00 AM	Gallery	Coffee and Donuts from Country Style
Friday, October 11	2:30 PM	TV Room	String Cutting for Family Day Balloons
Saturday, October 12, Family Day			
Monday, October 14	2:30 PM	TV Room	Hot Apple Cider and Movie Social
Tuesday, October 15	2:30 PM	TV Room	Balloon Volleyball
Thursday, October 17	1:30 PM	Multipurpose Room	Classic Movie Matinee
Monday, October 21	1:30 PM	TV Room	Teaching Kitchen with Morrison's
Tuesday, October 22	3:00 PM	Library	Book Club Meeting
Tuesday, October 29	2:30 PM	Dining Room	Annual Fee Meeting
Thursday, October 31	2:30 PM	Dining Room	Halloween Costume Party

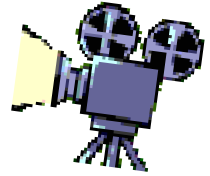
Entertainment

Thursday, October 3 2:30 PM TV Room	Performance by Danny Willis
Saturday, October 5 2:30 PM TV Room	Performance by Fred and Juliet James
Thursday, October 10 2:30 PM TV Room	Classical performance by the Fabulous Flutes
Monday, October 14 6:30 PM TV Room	Golden oldies vocal performance by Billy Mitchell
Friday, October 18 2:30 PM TV Room	Piano performance by Jan Kessler
Friday, October 25 6:30 PM TV Room	Karaoke with Nancy Lee and Betty Klotz
Saturday, October 26 2:30 PM TV Room	Vocal and guitar performance by Tommy Custalow

Movies

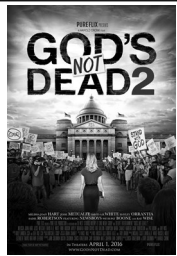


Channel 5.1 and TV Room
6:00 PM



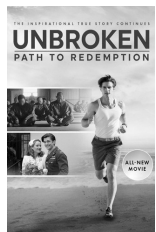
Friday, October 4
“Five Feet Apart”

As a patient at the hospital, Stella meets a charming rebellious fellow patient but restrictions dictate that they must maintain a safe distance between them as their love grows for each other.



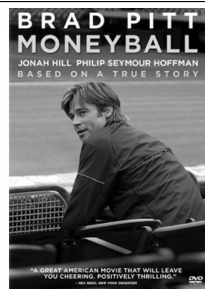
Monday, October 7
“God’s Not Dead 2”

A high school teacher finds herself in legal trouble after being asked about Jesus by one of her students.



Friday, October 11
“Unbroken Path to Redemption”

After surviving as a prison of war in WWII, Louis returns home haunted by his past experiences until he finds peace and forgiveness in his faith.



Friday, October 18
“Moneyball”

Oakland A’s general manager is forced to rebuild his team on a limited budget with the help of a number-crunching Yale graduate.



Monday, October 28
“Going in Style”

After learning their pension funds are not what they expected, three retired men decide to take what they believe is theirs by robbing a bank.

Trips and Outings

Shopping Schedule

October 2 Walmart
 October 9 White Oak Village
 October 16 Dollar Tree
 October 23 Walmart
 October 30 White Oak Village



Tuesday, October 1 11:15 AM	Lunch at McDonald's
Friday, October 4 11:00 AM	Lunch at Sandston BBQ
Monday, October 7 11:15 AM	Lunch at Peking Chinese Restaurant
Tuesday, October 8 1:30 PM	Trip to your neighborhood bank of choice
Tuesday, October 15 11:15 AM	Lunch at Seafarers Restaurant
Friday, October 18 11:15 AM	Lunch at Legends Brewery and Restaurant
Monday, October 21 4:45 PM	Dinner a Calabash Seafood Restaurant
Tuesday, October 22 11:00 AM	Lunch at Portabellas restaurant
Thursday, October 24 9:30 AM	Day trip to Route 11 potato chip factory and lunch
Monday, October 28 11:15 AM	Lunch at Fresh Wok Asian Restaurant
Tuesday, October 29 11:15 AM	Rosie's Casino and Lunch

Book Ends

By Richard Neiswander

OCTOBER!

During the month of beauty as the trees change color, we celebrate Columbus Day and Halloween. Last year I was out and thought a witch was following me. I hailed her and she informed me that she was my guardian angel and that her wings were in for their annual maintenance service so she had to use her broomstick!

THE MAN WHO MOVED A MOUNTAIN

by Richard C. Davids

This is a biography of one Robert W. Childress. He was born in 1890 and raised on Buffalo Mountain, about 50 miles south and a little west of Roanoke and 15 miles north of North Carolina. Bob was born into an area ruled by shotguns, moonshine and violence. He liked school and wound up through various means [including owning a blacksmith business] graduating from Union Theological Seminary.

The religion of the area was primitive Baptist, but Bob quickly overcame that and attracted a congregation. He was a preacher such that he was invited to other churches and built a large number of congregations. His Christian living and helping his neighbors on Buffalo Mountain attracted sufficient people that even the moonshine business reduced its violence drastically. Being always on the go, as he was, took a toll on Bob's body. In 1950 he suffered a stroke and even when released from the hospital only slowed down a little. In 1956 everything caught up with Bob. I expect that he was sorely missed.

GRACIE

A Love Story

by George Burns

This is truly a love story! Do you remember the comedy team of Burns & Allen? George tells how the two met and eventually became a comedy team and then married. If you remember them from the radio and TV, you will recognize that the story is told in the same way George performed. I recognized his style immediately. It reads just like he talked.

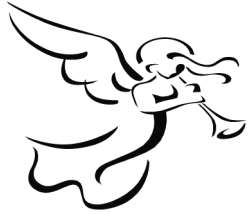
Born Nathan Birnbaum, he used George Burns as his stage name for his attempts to work vaudeville. He got started as a song-and-dance man on the secondary circuit and was able to change his act often enough to keep going for a couple of years. Then, needing a straight man, he tried Gracie. The first time on stage Gracie's straight lines got more laughs than George's topers. This prompted the change to the act we knew nationally. To celebrate their success they had dinner with Gracie's friend, pretty Mary Kelly. Mary was with her boy friend, a violin player named Jack Benny. The four remained friends as their careers advanced.

The act blossomed and they made it to first line theaters, then into radio and movies and finally to TV. Along the way they married, built a home [mansion] in Beverly Hills and adopted two children.

One of their jokes: Gracie declares that her family was opposed to their marriage. She said, "My mother even tripped George as he walked up the aisle." She was asked, "So they were not happy?" Gracie replied, "Oh Yes! They even applauded her!"

In Memoriam

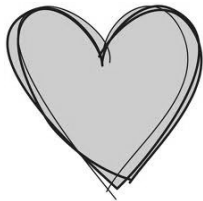
Forever in Our Hearts



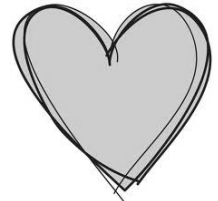
Miriam Bew
Barbara Hogge
Pat Wilson



Anniversaries



October 7, 1960 Donald and Anne Godfrey
October 11, 1958 David and Shirley Armistead



Notifications

Special Screening of “The Sound of Music”

Join us for one of our Favorite Things: Robert Wise’s film adaptation of Roger’s and Hammerstein’s musical “The Sound of Music.” Julie Andrews gives a once-in-a-lifetime performance, singing songs that are loved throughout the world. With beautiful locations, a talented cast including Christopher Plummer and some talented children, the film will look fantastic on our big Multipurpose Room screen. This popular classic won five Oscars including Best Picture. It’s based on a true story. Don’t miss it! Note special starting time of 1:30pm. (Running time 2hr, 52min)

Thursday, October 17, 1:30pm in the Multipurpose Room

Notifications

Weight and Blood Pressure Checks

Please bring your pendants with you.

B– Wing
Wednesday, October 2
8:00 AM to 1:00 PM
D Wing Recreation Room

C and D – Wing
Thursday, October 3
8:00 AM to 1:00 PM
D Wing Recreation Room

Monthly Meeting with Meridian Lodge No. 284

Meridian Lodge No. 284 Monthly Meeting will be held on the
4th Monday in the Multipurpose Room at 12:00 PM.

Meeting is open to ALL Master Masons.

Please come and join us!

Teaching Kitchen

Monday, October 21

1:30 PM

TV Room

Sign-up required to reserve a seat

Gourmet Dinner

Wednesday, October 23

7:00 PM

Private Dining Room

Sign-up sheet and menu will be posted at the Activity sign-up table on
Wednesday, October 2 and collected on Wednesday, October 16.

\$14.99 per resident.

Notifications

Family Day

Saturday, October 12

Pumpkin Decorating Contest

Each area of the Home will receive a pumpkin to decorate on Monday, October 7. It is up to each area of living to collectively decorate these pumpkins to be on display for the contest beginning Thursday, October 24, at 10:00 AM in the Gallery. Each pumpkin will be voted on and a winner announced on Thursday, October 31, at the Halloween costume parade and contest.



Halloween Costume Parade and Contest

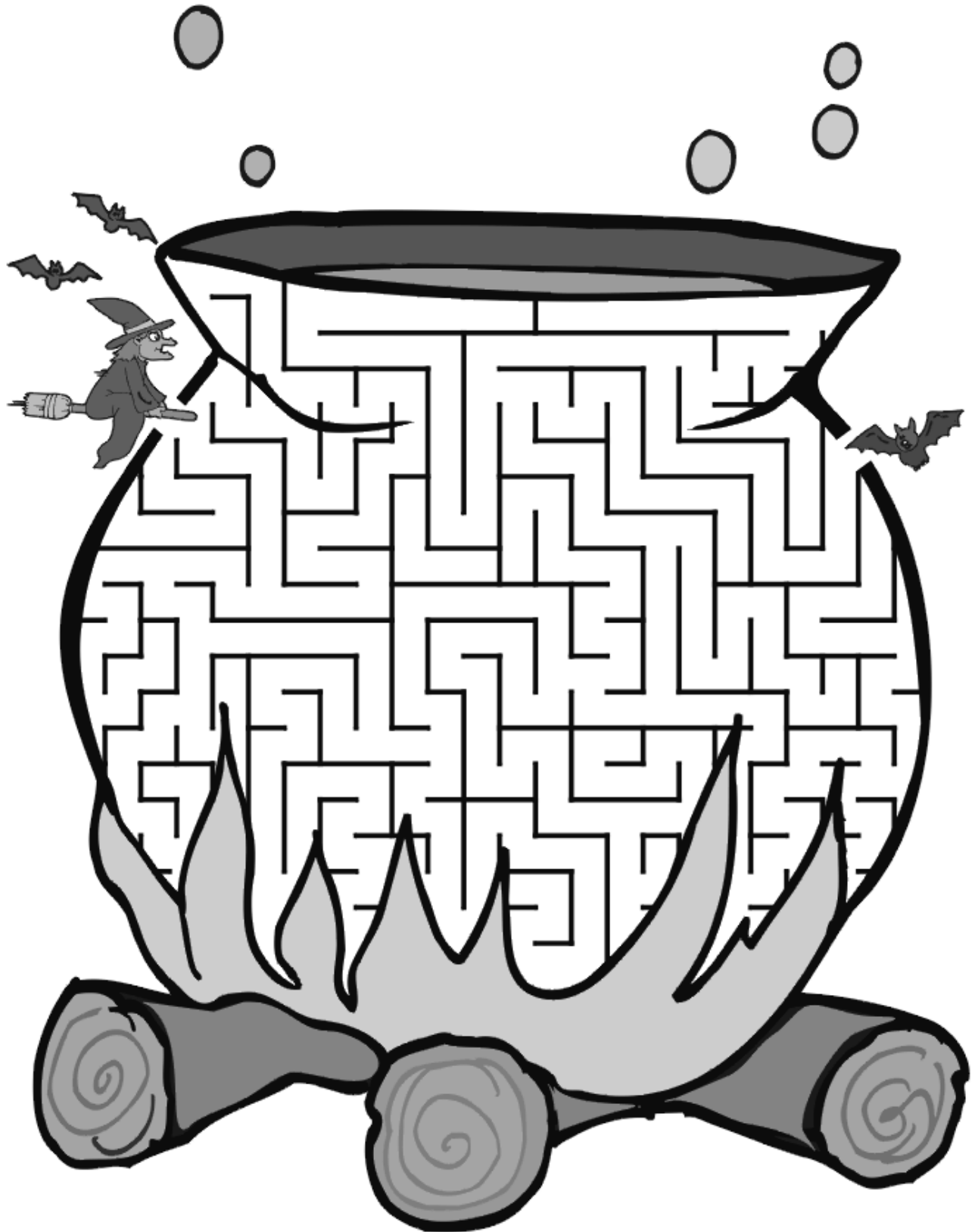
Thursday, October 31
2:30 PM
Dining Room



Join us in your costume for a parade throughout the Home. Prizes will be given after the parade for the most unrecognizable and the most creative costume for both residents and staff. Meet in the Reading Room in your costume if you are participating in the parade.

Refreshments Served

Brain Fitness



Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

- 10/2 Betty Edwards
- 10/3 Charles Hinson
- 10/6 Annie Lee Davis
- 10/11 Robert Young
- 10/13 Carter Bell
- 10/13 Florence Edmonds
- 10/15 Anne Godfrey
- 10/17 Ted Holm
- 10/18 Phillip Cash
- 10/22 Paula Swansey
- 10/23 David Armistead
- 10/23 Richard Andrews
- 10/27 Grace O'Connell
- 10/29 Lloyd Hall

Employee Birthdays

- 10/1 Leisa Liverpool
- 10/2 Kathy Bryant
- 10/85 Hanna Sergeant
- 10/11 India Ross
- 10/15 Joyce Richardson
- 10/15 Eva Baker
- 10/22 Cheryl Harris
- 10/22 Juliana Okyere
- 10/22 Tanya Spearman
- 10/27 Pattie Mathews
- 10/28 Deborah Crawley
- 10/30 Martha Gresham

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



Welcome New Residents

Betty Edwards

Washington and Henry Lodge No. 344

Raymond and Chris Taylor

Westhampton Lodge No. 302

Tom and Mary Breeden

Temple Lodge No. 9

Lois Motley

Richmond Lodge No. 10

Masonic Home Census -- 195

The MAHOVA News

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Kathy Bryant, LALA

Assisted Living Administrator

Dr. Danny Felty

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