



MAHOVA

October 2020

News

An October Birthday: Remembering Eleanor

Anna Eleanor Roosevelt was a powerful voice on behalf of a wide range of social issues including youth employment and civil rights for African Americans and women. The wife of a popular U.S. president, Eleanor Roosevelt was born in New York City on October 11, 1884. A niece of President Theodore Roosevelt, she was raised by her maternal grandmother after the premature death of her parents. In 1905 she married her cousin Franklin Delano Roosevelt; they had six children, one of whom died in infancy. Although extremely shy, she became active in politics after her husband was stricken with polio in 1921.

When Franklin became president in 1933, Eleanor understood social conditions better than any of her predecessors, and she transformed the role of the First Lady accordingly. She never shirked official entertaining; she greeted thousands with charming friendliness. She also broke precedent to hold press conferences, travel to all parts of the country, give lectures and radio broadcasts, and express her opinions candidly in a daily syndicated newspaper column, "My Day."

This made her a tempting target for political enemies, but her integrity, her graciousness and her sincerity of purpose endeared her to many—from heads of state to servicemen she visited during World War II.

After her husband's death, she continued in public life. She served as a delegate to the United Nations and helped draft the UN Declaration of Human Rights. Her books include *The Autobiography of Eleanor Roosevelt* (1961) and *This I Remember* (1949). She died on November 7, 1962. Eleanor Roosevelt was a woman with great sensitivity to the underprivileged of all creeds, races and nations. Her constant work to improve their lot made her one of the most loved and revered women of her generation.

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Resident Advisory Council

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Alice Bond and Mildred Johnson

-B Wing

Tom Kaufman and Jerrell Morton

—C and D Wing

Jim Herring—Magnolia Court

Steve Bollinger and Peg Davis—

Village

Healthy Ways to Cope with Stress



- Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about negative news can be upsetting.
- Take care of your body.
- Practice safe social distancing measures.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about how you are feeling.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Book Ends

RETURN TO YESTERDAY

by June Lund Shiplet

This is the second of two time travel novels featuring Stacy Gordon/Clayton. Last month she traveled 110 years into the past before catching an arrow in her shoulder and returning to her former life. In the first nine chapters she is trying to resume her modern life where her husband, Drew, has moved past her disappearance and is in love with another woman. They try to come together and then Stacy gets out of a car in downtown Cleveland and 'runs' away from her driver.

It is raining, and as she walks along, the rain becomes extremely heavy and she disappears again. Not being able to see because of her tears and the rain, she stumbles into a pole or post. She tries to remember anything there without success and feeling it realizes it is a hitching post. In the 1980's??? Realizing that she has returned to a previous time, she tries to locate herself and then goes to the home and business of her friends which is only a short walk. Arriving there, she finds that the house and barn have burned so she is without help. Riding the trolley all night, in the morning Stacy sold her engagement and wedding rings for enough to get her train travel to Omaha. There she sent a telegram to Ben [her husband] at Seattle. With no answer for several days, she was able to land a job singing at a restaurant/bordello.

There she is seen by Ed Larkin, the wagon master of the first trip west and his 'staff'. They are astounded as they thought she died in the Indian attack. When approached by Ed, Stacy told him her story and was able to get a spot on his train forming up to head west. Problem was that it was the wagon of Ben's father-in-law and Paula, Ben's sister-in-law. Paula hated Stacy and made her do all the work. A couple of weeks after the wagons left Omaha, Ben found the telegram and tried to contact Stacy. Failing this he tried to contact her at forts along the wagon route and then left by stage coach to meet the wagons. With the stage taking a different route and having Indian and other troubles, Ben wound up not contacting the wagons as planned.

Eventually something like six months later than expected, Ben and Stacy finally met and eventually arrive at Portland where Ben owns a lumber company. Being wealthy, Ben had built a mansion which he shared with the wife he had preciously thought dead, [Oh! Happy Day!] his daughter and her intended from the first wagon trip.

One thing I forgot to mention last month was a diary Stacy had been keeping. It detailed her adventures in the 1800's and she was able to leave messages aimed at Drew, her husband in the 1900's.

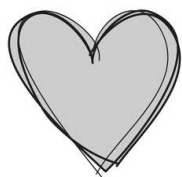
I really enjoyed these two "love stories"! I wasn't sure I would but started the first one to satisfy my wife. [about 20 years ago.] I found that they were not the standard love story where there is almost no activity or action. They have about everything I [or anyone] could like in a novel. I really enjoyed them!

In Memoriam

Forever in Our Hearts

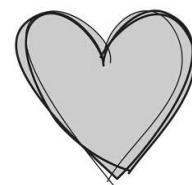


John Long– September 13, 2020
Jean Johnson- September 17, 2020



ANNIVERSARIES

October 11, 1958- David and Shirley Armistead



Have You Heard?

The Anglo-Saxons called October “Wintirfyllith,” meaning “fullness of winter” because it had the first full moon of the winter season.

National Fire Prevention Week falls during the week of October 9 each year. It commemorates the Great Chicago Fire of 1871.

The birthstone for October is the Opal, which symbolizes a creative spirit, new friendships and health relationships. The flower is the Calendula also known as the Marigold

Brain Teasers

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

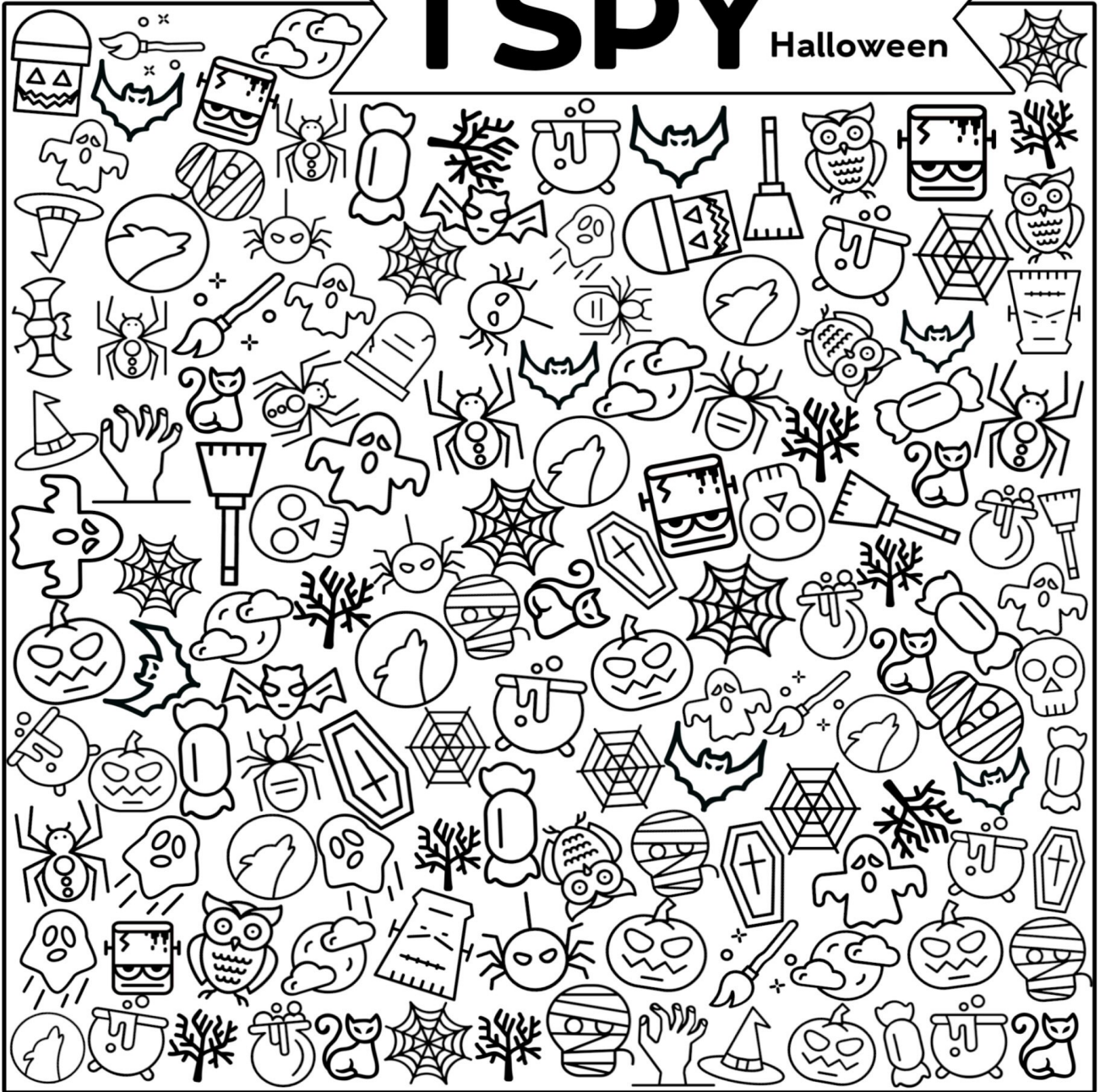
Find these Halloween Words in the puzzle above

HALLOWEEN
BLACK CAT
WITCH
CANDY
COSTUME
BAT
JACK O LANTERN
SPIDER

GHOST
FANTASY
HAUNTED
BOO
BROOM
BONES
MASK
TREAT

CAULDRON
CREEPY
DRACULA
FLASHLIGHT
FRANKENSTEIN
GOBLIN
PUMPKIN
SPIRIT

I SPY Halloween



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

Brain Teasers

Sudoku Puzzle

Fill each row, column, and each of the nine 3 X 3 grids with the numbers 1-9.

The numbers 1-9 cannot be repeated in each row, column, and 3 x 3 grids.

Answer key is on page 8.

3	1					5		8
					1		9	
7		4	3		5			2
			9					7
			2				3	4
4								
5					3			
1			4	8			6	
	6		7		9		8	

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

10/3 Charles Hinson
 10/5 Mary Breeden
 10/8 Sarah Rosen
 10/11 Robert Young
 10/13 Carter Bell
 10/13 Florence Edmonds
 10/15 Anne Godfrey
 10/17 Theodore Holm
 10/18 Phillip Cash
 10/22 Paula Swansey
 10/22 Chris Taylor
 10/23 Richard Andrews
 10/27 Grace O'Connell
 10/29 Tom Hall

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



3	1	9	6	2	7	5	4	8
6	5	2	8	4	1	7	9	3
7	8	4	3	9	5	6	1	2
8	2	6	9	3	4	1	5	7
9	7	5	2	1	6	8	3	4
4	3	1	5	7	8	9	2	6
5	4	8	1	6	3	2	7	9
1	9	7	4	8	2	3	6	5
2	6	3	7	5	9	4	8	1

Masonic Home Census -- 188

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Warren Swanson, CPA, MBA

Chief Financial Officer

Robert Adkins, LNHA

Senior Administrator

Kathy Bryant, ALFA

Assisted Living Administrator

Dr. Danny Felty

Medical Director

Terry Hilton

Director of Development

Regina Pettaway, RN

Director of Nursing

Barbara Ramirez

Human Resources Director

Mike Butler, Jr.

Director of Facilities

Jason Houdek

Director of Dining

Employee Birthdays

10/1 Leisa Liverpool 10/22 Tanya Spearman
 10/2 Kathy Bryant 10/25 Linwood Fletcher
 10/4 Carmen Snead 10/27 Pattie Matthews
 10/11 India Ross 10/28 Deborah Crawley
 10/11 Christopher Smith 10/30 Martha Gresham
 10/12 Marjorie Martin
 10/17 Eva Baker
 10/22 Cheryl Harris
 10/22 Juliana Okyere

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