



MAHOVA

September 2018

News

The Positive Power of Music

Have you ever noticed that when your spirits are a little low, and you hear an uplifting song, you become instantly elevated? Music has many benefits, both physical and psychological. Rhythm and the pitch of music affect the limbic system, the center of emotions in the brain. The healing power of sound has been revered for thousands of years. It has an exceptional way of nourishing the soul.

Listening to certain sounds has the power to open up our subconscious mind, slow our heart rate, our breathing, and transport us into a relaxed state. Sound is widely becoming recognized as a valuable tool for health and healing.

Some days we just wake up on the wrong side of the bed. Turning to our radios, CD players, stereos and iPods can help move us from feeling tired and frustrated to being excited about our day. Whether your music of choice is a Bach Chorale, Loretta Lynn ballad, Frank Sinatra swing classic, a revered Hymn, song, rhythm, or melody, all can inspire you away from stress.

Simply singing a favorite tune can make you feel more relaxed, even if you are not a "singer." Singing and listening to music with others adds a life affirming sense of camaraderie. Dancing, clapping hands, or even just tapping our feet to a tune can make us forget our worries for awhile, and that is a marvelous thing.

Be sure to check out the many enriching music events happening every week here at The Masonic Home of Virginia.

"You can't possibly hear the last movement of Beethoven's Seventh and go slow." ~Oscar Levant, explaining his way out of a speeding ticket

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Resident Advisory Council

Paula Swansey

President - D Wing

James Palmer

Vice President - B Wing

Steve Bollinger

Secretary - Village

Mildred Johnson

and **James Palmer**-B Wing

Paula Swansey and

Leon Headley- C and D Wings

Art Gregory- Magnolia Court

Health

Here's To Your Good Health!

Cold, Flu, or Allergy?

As Fall's cooler weather brings the first bad colds of the season, health experts warn that it's important to distinguish between a simple cold and something more serious such as allergies or the flu, which may call for different medications or a visit to the doctor.

According to Dominick Lacuzio, Ph.D., a cold is characterized by a stuffy nose, sneezing, sore throat, and a cough. The flu can include these symptoms, but it is generally accompanied by a fever, general aches and pains, as well as fatigue and weakness. Allergy symptoms can also resemble those of a common cold but include itchy eyes, nose, and throat, watery, red eyes, and often dark circles under the eyes caused by increased blood flow near the sinuses.

Have You Heard?

According to the International Labor Organization, a United Nations agency, Americans put in the most hours among workers in industrialized countries, logging an average of 1,966 hours a year. Australians, Canadians, the Japanese, and Mexicans work roughly 100 hours less than their American counterparts. The birthstone for September is the Sapphire and symbolizes joy, peace, and beauty. The flower is the Aster.

Program Highlights

Resident Council Meeting Tuesday, September 4 9:30 AM Dining Room	Advisory Council Meeting Tuesday, September 18 10:00 AM Private Dining Room
Food Committee Meeting Tuesday, September 18 1:00 PM Private Dining Room	Activities Committee Meeting Thursday, September 20 3:45 PM Library

Program Highlights

Tuesday, September 4	1:00 PM	Reading Room	Bookmobile Visits
Thursday, September 6	1:30 PM	TV Room	Balance Screening with Therapy
Friday, September 7	2:30 PM	TV Room	Exercise with Sharon from Ageless Grace
Monday, September 10	5:00 PM	TV Room	Banana Splits
Tuesday, September 11	3:00 PM	REB	Communion
Tuesday, September 11	7:00 PM	Multipurpose Room	Order of the Eastern Star Meeting
Thursday, September 13	12:00 PM	Outside— Under Tent	Annual Crabfeast (Residents and Staff Only)
Friday, September 14	5:00 PM	Multipurpose Room	Dinner and a Movie Sponsored by Chickahominy Lodge No. 286
Monday, September 17	2:30 PM	TV Room	Popcorn and Movie
Tuesday, September 18	7:00 PM	Dining Room	King and Queen Coronation and Dance
Thursday, September 20	2:30 PM	Dining Room	Birthday Social and Employee of the Quarter Social
Friday, September 21	3:00 PM	Gallery	Wine Tasting
Monday, September 24	2:30 PM	Dining Room	Watermelon Social
Tuesday, September 25	6:30 PM	TV Room	Bingo with Calvary United Methodist Church
Friday, September 28	10:30 AM	Gallery	Mobile DMV
Friday, September 28	2:00 PM	Multipurpose Room	Classic Movie Matinee
Saturday, September 29	11:00 AM to 12:30 PM	Outside— Under Tent	Joppa Lodge Annual Cookout for lunch

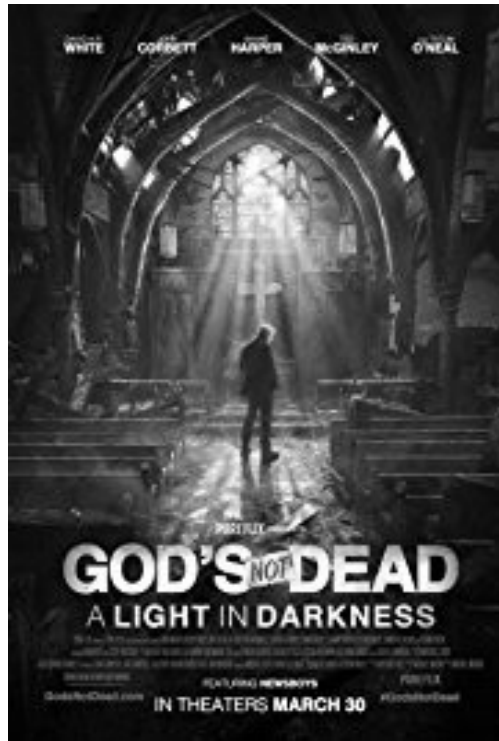
Entertainment

Saturday, September 1 2:30 PM TV Room	Performance by Tommy Custalow on the guitar
Tuesday, September 4 2:00 PM TV Room	Theatrical performance by the Bifocals Group
Friday, September 7 7:00 PM Dining Room	Vocal and keyboard performance by Craig Anders
Thursday, September 13 2:30 PM TV Room	Vocal and guitar performance by Susan Greenbaum
Tuesday, September 15 2:30 PM TV Room	Saxophone performance by David Hall
Tuesday, September 18 7:00 PM Dining Room	Phil Johnson and a Touch of Class entertain us for the King and Queen Coronation and Dance
Saturday, September 22 1:30 PM TV Room	Vocal performance by Nikki Headley
Monday, September 24 6:30 PM TV Room	Golden Oldies vocal performance by Billy Mitchell
Friday, September 28 6:30 PM TV Room	Karaoke with Leon and Nancy Lee Martin
Saturday, September 29 2:30 PM TV Room	Gospel performance by the Finney's

Movies



Channel 2 and TV Room
6:00 PM



Friday, September 21 **“God’s Not Dead– A Light in Darkness”**

A deadly fire causes changes, forcing the church to defend its rights. In the process, it brings estranged brothers together forcing them to address the issues that tore them apart.

Trips and Outings

Shopping Schedule

September 5 White Oak Village

September 12 Dollar Tree

September 19 Walmart

September 26 White Oak Village



Tuesday, September 4 11:15 AM	Lunch at McDonald's
Friday, September 7 11:00 AM	Lunch at Olive Garden
Monday, September 10 11:15 AM	Lunch at Peking Restaurant
Tuesday, September 11 1:30 PM	Trip to your neighborhood bank
Thursday, September 20 10:30 AM	Lunch at Dockside Restaurant
Monday, September 24 10:30 AM	Lunch at Tarrant's West Restaurant
Tuesday, September 25 9:00 AM	Explore the town of Yorktown
Thursday, September 27 10:30 AM	Lunch at Zorba's Restaurant

Book Ends

By Richard Neiswander

I am writing this in the middle of June and Becky is back! Glad you are recovered and hope all is well with you. Also hope you can find a helper.

BLOOD INFERNAL

by James Rollins & Rebecca Cantrell

I made an error picking this book. It is the third volume in a trilogy. I did that once before to my chagrin and now I have repeated it! Reading it, I enjoyed the story but would have enjoyed it more had I learned the things that happened in the first two books and were mentioned in it fairly often. It also has some characters that are not human. I learned about them but would probably known more had I read books I & II.

The three main characters are Erin Granger, Jordan Stone and Father Ruhn Korza. Here they are tasked with subduing Lucifer who has been released from his shackles. He is being aided by Legion, a demon who commands Strigoi, the band of demons trying to subdue the earth. They are countered by Sanguines who are former demons who have switched sides and serve Christ. Erin is known as *The Woman of Learning*, Jordan as *The Warrior of Man* and Ruhn as *The Knight of Christ*.

The story contains a lot of fighting, all of it very bloody. The authors seem to take pains to describe the amounts of blood icluing Lucifer's black [not red] blood. I found I can enjoy reading murder mysteries but didn't really enjoy this since it contained a lot of violence and the ever-present blood.

THE BISHOP IN THE WEST WING

by Andrew M. Greeley

Imagine a Southside Chicago Irishman as President of the US. His wife has died in a plane crash and he is 'raising' two daughters. The White House is being harassed by a poltergeist, so Jack McGurn asks his Chicago Cardinal to send his master fixer-upper John Blackwood Ryan to straighten things out!

Also imagine Bishop Blackie [who is called 'Punk' by his siblings] functioning in the staid atmosphere of the White House! Many things happen with it all working out in the end. Needless to say, the story will keep you entertained and at least smiling if not laughing out loud.

THE MYSTERY WOMAN

by Amanda Quick

Beatrice Lockwood is a psychic in 1890's England. Her boss is murdered and she becomes a 'hired companion,' one accompanying unmarried ladies on social occasions. In it she becomes enmeshed with Joshua Gage, a former spy for the crown. Gage is hunting his sister's blackmailer. When he finds that Beatrice is not the villain, they work together to find out who is, he with his undercover abilities and she with her psychic vision.

During a weekend in the country at an open house of collector of Egyptian antiquities, they solve a murder, the blackmailing, and why Beatrice is and has been the object of a kidnapper. In all, the story moves well in spite of being about the "prim and proper" British upper crust. I enjoyed it quite a bit, especially the title character's psychic visions.

In Memoriam

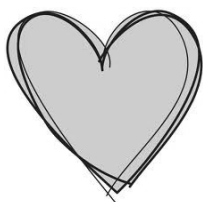
Forever in Our Hearts



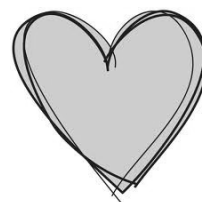
Helene “Skeezix” Peters



Anniversaries



September 3, 1988 Clifford and Doris Grotz
September 26, 1959 Frank and Molly Perdue
September 27, 1997 Tom and Robin Wadkins



Sponsored Events

Dinner and a Movie
Friday, September 14
Sponsored by Chickahominy Lodge No. 286

Notifications

Weight and Blood Pressure Checks

Please bring your pendants with you.

B– Wing
Wednesday, September 5
8:00 AM to 1:00 PM
D Wing Recreation Room

C and D – Wings
Thursday, September 6
8:00 AM to 1:00 PM
D Wing Recreation Room

Village Model Key

Should you wish to enter the Village Model home after hours or on the weekend, the key is located at the Care Center Nurses' Station.

Dementia Support Group for Families

For information, please contact John Zacharias at extension 77309.
The group meets 1st and 3rd Tuesdays of each month at 10:30 AM.

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!

Notifications



Crabfeast

Thursday, September 13

12:00 PM

Outside Under Tent

Residents and Staff Only



King and Queen Coronation and Dance

Entertainment by

Phil Johnson and a Touch of Class

Tuesday, September 18

7:00 PM

Dining Room

Refreshments Served



Joppa Lodge Cookout

Saturday, September 29

11:00 AM to 12:30 PM

Outside Under Tent

Enjoy a cookout style lunch hosted by Joppa Lodge. Residents Only

Brain Fitness

WORD SEARCH

Find the following words:

SEPTEMBER LEAVES FALL AUTUMN
APPLE HARVEST NUTS PUMPKIN
SQUASH FESTIVAL SCARECROW CORN
FOOTBALL

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

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

9/1	Mabel Paschell	9/21	Phyllis Rowe
9/2	Leon Headley	9/22	Larry LaRoche
9/8	Pat Heald	9/23	Gerri Morton
9/9	Robert Colby	9/25	Agnes Cash
9/12	Cora Gregory	9/26	Sandra Butler
9/16	Juanita Ragsdale	9/26	Helen Duke
9/17	Maurice Beachum, Jr.	9/28	Helen Melton
9/17	Paul Canter	9/30	Ruffner Simmons

Employee Birthdays

9/1	Carol Morgan	9/16	Kevin Grubbs
9/1	Gloria Roth Ofoedu	9/17	John Zacharias
9/2	Julia Adams	9/18	Roneisha Harris
9/3	Khalil Harney	9/19	Latasha Bethea
9/4	Roshey Bowens	9/20	Niki Baylor
9/4	Claudia Walters	9/24	Sheena Houchens
9/7	Sade Redd	9/27	Barbara Jehu
9/12	Christen Brown	9/29	Khadeeja Mcneil
9/14	Ann Abraham	9/30	Lais Diaz Pereira

Welcome New Employees

Nicholas Randall	Food Service	FT
Jean Baker	Food Service	PRN
Mariya Allen	Nursing	PRN
Aaliyha Jenkins-Minnicks	Nursing	PRN
Khadeeja Mcneil	Transportation	PT
Sue Reynolds	Nursing	PRN
Hanna Sergeant	Nursing	PRN
Tiffany Acree	Nursing	PT

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



Welcome New Residents

Richard and Helen Wadkins of Metropolitan Lodge No. 11

Masonic Home Census -- 206

The MAHOVA News

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Kathy Bryant, LALA

Assisted Living Administrator

Dr. Danny Felty

Medical Director

Eric Flynn

Director of Dining Services

Gail Henshaw, CPA

Director of Finance

Terry Hilton

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