

September 2023

## September Fun Facts

Did you know September is the only month with the same number of letters in its name as the number of the month (9)? That's right – "September" has nine letters, just like the number of the month (9). It's a fun little fact that sets this month apart from all the others.

September 22 is the autumnal equinox; on September 22nd or 23rd, depending on the year, the September equinox occurs. This is when the sun is directly above the equator, and day and night are nearly equal in length. In the Northern Hemisphere, this marks the start of fall. And in the Southern Hemisphere, it marks the beginning of spring.

September is National Self-Improvement Month and is a great time to focus on self-improvement. Whether learning a new skill, taking up a new hobby like martial arts, or setting goals for the future, this month is all about personal growth and development.

A full moon in September is called Corn Moon. Why Corn Moon? Because it traditionally coincides with the time of the year when corn is harvested in North America. The names of the full moons were originally used by Native American tribes to keep track of the seasons and were later adopted by colonial Americans. However, depending on region and traditions, you can also call September the Barley Moon or the Harvest Moon.

September has a special significance in Judaism. In Judaism, September marks the start of the High Holy Days. It begins with Rosh Hashanah, the Jewish New Year, and ends with Yom Kippur, the Day of Atonement. These are some of the most important holidays in the Jewish calendar.

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## Resident Advisory Council

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Taylor- B Wing

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C and D Wings

**Steve Bollinger and Peg Davis**

Village

**Gordon Sprigg**

Magnolia Court

Save the date!



**Family Day is Saturday, October 7, 2023**

# Health Rx

Here's To Your Good Health!



**STAY ACTIVE** Older adults getting regular physical exercise are 60 percent less likely to get dementia. Exercise increases oxygen to the brain and releases a protein that strengthens cells and neurons. Keep the blood flowing throughout your body lowering levels of blood pressure, cholesterol and blood sugar while at the same time, increasing your mood.



**EAT RIGHT** It is important to get rid of foods containing chemical agers, such as high fructose corn syrup, hydrogenated oils, " #" symbols like 'Red #40', artificial sweeteners and chemical preservatives. Decreasing the amount of Omega-3 fatty acids can reduce brain inflammation (a possible cause of Alzheimer's disease).



**FISH ARE FRIENDS** One of the most compelling health statistics is that seafood eaters live longer and healthier than do meat eaters. There is less of a chance for clogged lining of the arteries after eating fish compared to eating meat.



**DON'T BE SALTY** Adding salt to each meal may enhance the taste but it will also lead to high blood pressure. High blood pressure can cause strokes and a significant decline in cognitive function with increase in age.



**STRESS LESS** "If you cannot change it, do not worry about it." In addition to working out, make sure to work out your mind by doing exercises like meditation. Having less stress in your life can help minimize health problems such as depression, heart disease, and sleeping problems, to name a few.



**BE HAPPY** People who live the longest and healthiest have deep social connections. Giving and receiving love, making new relationships, strong relationships with existing family and friends. It is important to make humor a priority a part of your daily living.

## Have You Heard?

*Congratulations*

The Grand Master presented Bob Harrison with his 70-year Masonic Veteran pin.

Congratulations on this monumental achievement!

# Book Ends

## "Call the Canaries Home" by Laura Barrow

It's impossible not to love a book with a main character grandmother named Meemaw! Unapologetic Meemaw is the heart of this story! Meemaw has raised her three young granddaughters after her daughter died. She embraces the girls with her whole heart. Her granddaughters, now adults with their own lives, come back home for a weekend reunion with Meemaw.

This story is very much centered around sisterhood and this aspect is done extremely well. The family dynamics are messy, multilayered and full of heart. You may find yourself immersed within the sisters' relationships and secrets, rooting for them to get the answers they search for.

A family mystery pulls the plot forward with the narrative scattering pieces of the past timeline throughout. The pace is steady and consistently reveals important pieces of the family history, tying into the present day storyline. Much of the family's story has happened before the reader meets the characters and through these past timeline perspectives, the weight of those pieces of history shine through, adding depth to the story and creating an emotional connection to the characters.

This is a refreshing, heartfelt, change-of-pace novel.

*Searching for.....*



If you are interested in submitting book reviews for our monthly newsletter, please contact Susan Berryhill at 804-237-6795 or email: [sberryhill@mahova.com](mailto:sberryhill@mahova.com)

## Anniversaries



September 1, 1957 Carroll and Elizabeth Jones  
September 21, 1968 Nick and Kathy Matthews  
September 22, 1956 Russell and Ann Hobson  
September 26, 1959 Frank and Molly Perdue  
September 26, 1980 Gene and Maxine Watson

## New Residents

**WELCOME**

**John Jamieson**  
Farmville Lodge No. 41

## In Memoriam



Florence Edmonds

# 100 WORDS GENERAL KNOWLEDGE Word Search

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

Amount	Event	Idea	Observe	See
Argument	Examples	Important	Opposite	Sense
Be	Existence	Invest	Order	Sign
Beautiful	Experience	Knowledge	Organization	Simple
Belief	Fact	Law	Part	Society
Cause	Fast	Let	Place	Sort
Certain	Fear	Level	Pleasure	Suspect
Chance	Feeling	Living	Possible	Special
Change	Fiction	Love	Probable	Substance
Clear	Force	Make	Proper	Thing
Common	Form	Material	Purpose	Thought
Comparison	Free	Measurement	Quality	True
Copy	General	Mind	Question	Use
Decision	Get	Motion	Reason	Walk
Degree	Give	Name	Respect	Way
Development	Good	Nation	Responsible	Wise
Different	Govern	Natural	Right	Word
Do	Happy	Necessary	Same	Work
Education	Have	Normal	Say	Yield
End	History	Number	Science	Zenit

## September Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

### **The Caine Mutiny - Friday, September 1**

During World War II, the crew of a small insignificant ship in the U.S. Pacific Fleet experience an event unlike any event ever experienced by the United States Navy. A ship's Captain is removed from command by his Executive Officer in an apparent outright act of mutiny. As the trial of the mutineers unfold, it is learned that the Captain of the ship was mentally unstable, perhaps even insane. Released: 1954. 2 hours 4 minutes. Not Rated. Starring: Humphrey Bogart, Jose Ferrer, Van Johnson and Fred MacMurray

### **Hotel for Dogs - Monday, September 11**

Animals are strictly forbidden at Andi and her little brother Bruce's foster home. But for Friday, the adorable dog they secretly care for, they're ready to risk everything. They finally find him an ideal shelter, a huge abandoned hotel that Bruce transforms thanks to his engineering genius. In what has become an incredible paradise for dogs, Friday is soon joined by all kinds of furry friends, so many in fact that their barks alert the neighbors...and the local pound, who can't understand the disappearance of all the stray dogs. Andi and Bruce will have to call on all their friends and all their imagination to stop the hotel's secret from being discovered. Released: 2009. 1 hour 40 minutes. Rated: PG. Starring: Emma Roberts, Jake Austin and Lisa Kudrow

### **Prometheus - Friday, September 15**

Following a faint trail of clues, the accomplished archaeologist, Doctor Elizabeth Shaw, and her partner, Charlie Holloway, along with a seventeen-man crew, embark on an ambitious, deep-space scientific expedition. Aboard the revolutionary space-exploration starship, USCSS Prometheus, the team sets foot on the rocky terrain of the desolate exomoon, LV-223, in 2093, to investigate the existence of the superior extraterrestrial species known as the "Engineers." Inside a mysterious, complex structure of cavernous dark chambers and an intricate underground system of tunnels, more enigmas await. Now, a terrifying discovery threatens not only the outcome of the bold outer-space mission, but also the very future of humankind. Released: 2012. 2 hours 4 minutes. Rated: R. Starring: Noomi Rapace, Logan Marshall-Green and Michael Fassbender

## September Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

### **The Greatest Show on Earth - Monday, September 18**

To ensure a full profitable season, circus manager Brad Braden engages The Great Sebastian, though this moves his girlfriend Holly from her hard-won center trapeze spot. Holly and Sebastian begin a dangerous one-upmanship duel in the ring, while he pursues her on the ground. Subplots involve the secret past of Buttons the Clown and the efforts of racketeers to move in on the game concessions. Let the show begin! Released 1952. 2 hours 32 minutes. Not Rated. Starring: James Stewart, Betty Hutton and Charlton Heston

### **The Electric Horseman - Friday, September 22**

Sonny Steele used to be a rodeo star, but his next appearance is to be on a Las Vegas stage, wearing a suit covered in lights, advertising a breakfast cereal. When he finds out that they are planning to drug the horse in case it is too frisky, he rides off into the desert on it. Released 1979. 2 hours 1 minute. Rated: PG Starring: Robert Redford and Jane Fonda

### **Downsizing - Monday, September 25**

A new world of possibilities awaits, thanks to a revolutionary medical procedure known as Downsizing. Billed as environmentally-friendly, many people choose to downsize for economic benefits. When the kindly occupational therapist, Paul, undergoes the new procedure, he must choose between a sheltered life or making an impact in his own small way. Released: 2017. 2 hours 15 minutes. Rated: R Starring: Matt Damon and Christoph Waltz

### **Donovan's Reef - Friday, September 29**

Life on a South Pacific island for two ex-Navy buddies is just about perfect - they spend most of their time in Donovan's Reef, the local saloon where they brawl, feud and manage to stave off the sameness of tropical living. Released 1963. 1 hour 49 minutes. Not Rated Starring: John Wayne and Lee Marvin



## Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

9/16 Juanita Ragsdale  
9/17 Maurice Beachum  
9/17 Paul Canter  
9/21 Phyllis Rowe  
9/22 Larry LaRochelle  
9/23 Jerri Morton  
9/25 Agnes Cash  
9/26 Sandra Butler

Scan this QR image to go to the Masonic Home Website



Masonic Home Census: 169

## Employee Birthdays

9/3 Khalil Harney  
9/4 Claudia Walters  
9/7 Sade Redd  
9/16 Danisha Cousins  
9/24 Sheena Houchens  
9/25 Devona Henderson  
9/26 Scotty Gray  
9/29 Terrance Hill, Jr.

## New Hires

Cassandra Gray, Accounting Manager  
Edward Nye, Maintenance Technician  
Dyshonn Simms, RN  
Tamara Witbeck, LPN

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Senior Administrator

**Kathy Bryant, ALFA**  
Assisted Living Administrator

**Dr. Danny Felty**  
Medical Director

**Daniel Thomas**  
Director of Nursing

**Terry Hilton**  
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