

September 2026

MAHOVA MONTHLY

What Autumn Brings

Autumn brings cooler weather, shorter days, vibrant foliage, harvest abundance, and a season of reflection, change, and preparation for winter.

Seasonal and Natural Changes

In the Northern Hemisphere, autumn marks the transition from summer to winter, beginning around the autumnal equinox in late September. Daylight hours shorten, temperatures cool, and deciduous trees change from green to brilliant shades of red, orange, and gold as chlorophyll breaks down, revealing other pigments. Wildlife prepares for winter with migration, hibernation, and food storage.

Symbolism and Meaning

Autumn is rich in symbolic meaning:

- **Change and Impermanence:** It reminds us that life is constantly evolving, encouraging us to embrace the present before it passes
- **Harvest and Gratitude:** The season celebrates abundance, fostering community through harvest festivals and family gatherings.
- **Reflection and Introspection:** Shorter days and quieter landscapes invite self-assessment, goal review, and mindfulness.
- **Preservation and Protection;** Animals and humans prepare for winter by storing food, building shelter, and focusing on health unique story.

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Resident Advisory Council

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President

Rodney Van Houten

Vice President

Peg Davis

Secretary

Ralph George and Ray Taylor

B-Wing

Elmar Louder and Richard West

C-Wing and D-Wing

Joyce Deputy and Sheri McGavic

Village

Wayne Flora

Magnolia Court

Exciting News



Family Day Save the Date - Saturday, October 3, 2026

Step back in time and celebrate history together at our Colonial themed Family Day! Residents, families, and friends will enjoy colonial-themed activities, games, reenactments, refreshments, and more

It will be a fun-filled day of fellowship, laughter, and special memories. Stay tuned to our Uniguest app/monitors and social media pages for more information.



Virginia Department of Social Services

Congratulations MAHOVA on another successful deficiency free survey by the Virginia Department of Social Services and renewing of our license!

Out of 459 assisted living facilities across Virginia, **only 12 received a 3-year license** and we are happy to report that **MAHOVA is one of the 12!**

Thank you for our amazing team, residents, families, and partners for your continued trust and support in making this happen.

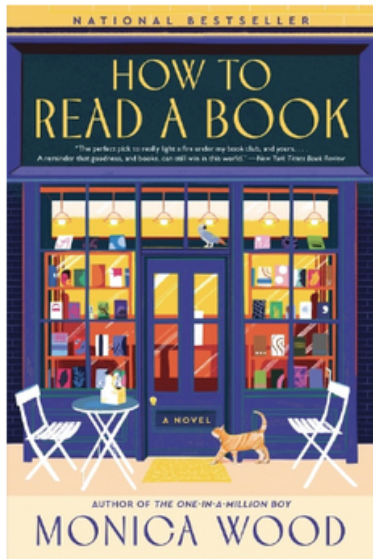


Dining Survey

We are excited to be partnering with Holleran, a leading survey provider for Continuing Care Retirement Communities (CCRCs), to conduct a resident dining survey. The purpose of this survey is to help us establish meaningful dining-related KPIs (key performance indicators) using industry benchmarks. The survey will be distributed the early part of September and more details will be provided at the September Resident Council meeting.

Upcoming MAHOVA Book Club Titles

Masonic Book Club September 2026 - October 2026 Titles



How to Read a Book

by Monica Wood

When three people encounter each other one morning in a bookstore, their lives begin to intersect in transformative ways. This is an unsparingly honest and profoundly hopeful story about letting go of guilt, seizing second chances, and the power of books to change our lives.

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



Don't Let Him In

by Lisa Jewell

Nina Swann is intrigued when she received a condolence card from Nick Radcliffe, an old friend of her late husband, who is looking to connect after her husband's unexpected death. Nick is a man of substance and good taste. He has a smile that could melt the coldest heart and a knack for putting others at ease. But to Nina's

adult daughter, Ash, Nick seems too slick, too polished, too good to be true.

Meets on Monday, October 12 @ 3:00pm in the Kent Conference Room

Book Ends - Upcoming Releases



September's Most Anticipated Books

Under Story by Chloe Benjamin

Genre: Fiction

Release date: September 1, 2026

Plot: Laurel was a biologist who fled her life and her husband to work as a dishwasher in Antarctica. When a strange light appears across the ice, a group of physicists comes to investigate, and Laurel knows her husband will be one of them.

Laurel is convinced that this is a rabbit hole that will allow them to turn back the clock and relive their lives a second time.

Hollow Bones by Jodi Picoult

Genre: Fiction

Release date: September 15, 2026

Plot: Molly Fitzgerald lost her mother when she was two months old in the attack on the World Trade Center. Now, she runs the Rhode Island Department of Emergency Preparedness. Her husband, Jesse, is a police polygraph expert who also has a history of crisis of his own. When the unexpected happens, they question everything they have known, even each other. This is a dual timeline narrative that looks at the plans we make to protect ourselves from the worst moments.

Sugar Maple Inn by Laura Bloom

Genre: *Romance*

Release date: September 15, 2026

Plot: Grace Sullivan wants to buy the historic inn on Maple Island, so she will have something of her own. She has an anonymous online mentor who gives her business advice. Reese Spencer is a billionaire who also wants to buy the remote island because there are family secrets buried there. Neither of them knows they have been chatting to the other online for months until they become trapped in the inn's honeymoon suite. Will they fight for the inn or fight for something bigger?

The Vanishing Family by Robert Kolker

Genre: Non-Fiction

Release date: September 29, 2026

Plot: Robert Kolker is the author of *Hidden Valley Road*, which was the story of one family and schizophrenia. In this book, Kolker looks at one family and their fight against frontotemporal dementia (FTD). The family has a genetic mutation in which there's a 50-50 chance the children will have this form of dementia as well. Barb, the youngest of the nine children, has watched as her mother (only in her 40's) has become someone she doesn't know. Slowly, four of her siblings begin to change as well.

Twelve Loves of Christmas by Alexandria Bellefleur, Elise Bryant, and more

Genre: Advent Romance Short Story Collection

Release date: September 29, 2026

Plot: This is a Christmas advent calendar and should be on everyone's list for the holiday. There are twelve SEALED love stories from favorite authors like Sarah Hogle. There is a forced proximity, second chance romance, and more.

Anniversaries

September 21, 1968 Nick and Kathy Matthews
September 26, 1959 Frank and Molly Perdue
September 28, 1977 Joe and Kathy Dictor



In Memoriam



Mildred Ammons
Elizabeth Duckworth
Elizabeth Jones

New Hires

Cheryl Aceto, Certified Nursing Assistant PRN
Ramona Carr, Certified Nursing Assistant PRN
Tomeka Daniel, Food Service Aide PT
Rashawn Dobson, Food Service Aide PT
Amy Fox-Gray, Certified Nursing Assistant PRN
Taunda Franklin, Certified Nursing Assistant PRN
Joyce Jukes, Licensed Practical Nurse PRN
Samyra Middleton, Certified Nursing Assistant PRN
India Moore, Certified Nursing Assistant PRN
Michelle Smith, Licensed Practical Nurse PRN
Emani Williams, Certified Nursing Assistant PRN





Maintenance Emergencies

Maintenance emergencies include such things as:

- Water leaks, leaking pipes or broken water pipes
- Loss of heat or air conditioning
- Overflowing toilet or water that will not shut off
- Smoke or fire
- Smell of gas
- Main gate not working

To report such emergencies, please call the Maintenance Emergency Number at 804-840-4031. This phone is monitored by Maintenance personnel 24 hours per day, 7 days a week. Normal maintenance hours are Monday through Friday 7:30 a.m. to 4:00 p.m.

If you reside in the main building, please report any emergency to the nursing staff on duty so they can assess the situation as well.

If you live in the Village or B-Wing Apartments and have two toilets, a clogged toilet is not considered an emergency if you still have one working toilet available.

You still need to utilize our TELS work order system for any non-emergent needs; if you need assistance completing the work order, you may contact the reception desk or nursing staff.

Package Deliveries

When ordering from Amazon or other companies for delivery, please keep in mind that deliveries are typically made by our MAHOVA team between 8:00 a.m.-3:30 p.m. Monday through Friday.

If you are able to transport your package from one of our delivery areas after hours, you may do so, otherwise our MAHOVA team will deliver the package to your home.

A Special Tree

**Across from me is a Crepe Myrtle tree.
Its boughs heavily laden with leaves
of green and flowers of white.**

**A gentle breeze blows causing the
boughs to swing and lift together in unison
as skirts in a chorus line.**

**The flowers are the skirts which move to
the rhythm of the breeze, the tempo ebbs
and flows, not too hard but so gentle.**

**I am lucky to watch and see this wonder,
whose flowers are of so short a time.
A hard wind blows, the flowers fly like snow.**

**Elmar N. Louder
2023**



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.**



♥ **WANT TO** ♥
HELP THE ANIMALS

AT
RICHMOND ANIMAL CARE AND CONTROL?



Richmond Animal Care and Control (RACC) is always in need of the following:

Towels, blankets, fleece throws, flat sheets, and small throw rugs

If you are cleaning out your closet or changing color schemes they will take these items off your hands!

RACC is also accepting



dog
treats



Friskies
pate



peanut
butter



chicken or
turkey
baby food



Contact Sheri at **804-356-2041**
and she will pick up any donations
you have and deliver them to RACC.

Thank you! ♥



STRENGTHS

Themed Word Find

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

RESPONSIBILITY

COMMUNICATION

DELIBERATIVE

ADAPTABILITY

SIGNIFICANCE

RESTORATIVE

COMPETITION

FUTURISTIC

ANALYTICAL

POSITIVITY

DISCIPLINE

ASSURANCE

MAXIMIZER

DEVELOPER

ACTIVATOR

STRATEGIC

IDEATION

INCLUDER

ACHIEVER

ARRANGER

HARMONY

COMMAND

RELATOR

EMPATHY

LEARNER

BELIEF

FOCUS



Cranium Corner



Super Hard Word Search

ABUNDANT	FLEXIBLE
ABSURD	FORMULATE
ACCURATE	FREQUENT
ADAPT	FUNCTION
ADVOCATE	GENEROUS
AGILE	GRADUAL
AMBIGUOUS	HYPOTHESIS
ANCIENT	IDENTIFY
ANOMALY	IMPACT
ANTICIPATE	INFER
ARDUOUS	INNOVATE
ARTICULATE	INSIGHT
AWARENESS	INTEGRITY
BENEFACITOR	INTELLECT
BRILLIANT	INTERPRET
CAPABLE	INTUITION
CAPTIVATE	INVESTIGATE
CAUTIOUS	KNOWLEDGE
CHALLENGE	LOGICAL
COHERENT	MAGNITUDE
COMPETENT	METICULOUS
COMPLEXITY	MOTIVATE
CONSCIENCE	NARRATIVE
CONSISTENT	OBJECTIVE
CONSTRUCT	OBSERVE
CONTEMPLATE	OPTIMIZE
COURAGEOUS	PERSPECTIVE
CRITICAL	PHENOMENON
CURIOSITY	PREDICT
DECIPHER	PRINCIPLE
DEDICATED	PRIORITY
DELIBERATE	PROCESS
DEPENDABLE	PROFOUND
DILIGENT	PROGRESS
DISCREET	RATIONAL
DIVERSE	REASONING
DOMINANT	REFLECT
DYNAMIC	RELEVANT
EFFICIENT	RESILIENT
ELABORATE	RESOURCE
ELOQUENT	RESPONSE
EMPATHY	SIGNIFICANT
ENDEAVOR	STRATEGY
ENIGMA	STRUCTURE
ESSENTIAL	SYNTHESIS
EVALUATE	THEORY
EVIDENCE	TRANSFORM
EXCEPTION	VALIDATE
EXPLICIT	VARIATION
FASCINATE	VISION

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

Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

09/03 David Lloyd	09/21 Ron McGavic
09/12 Diane Carr	09/21 Phyllis Rowe
09/12 Joe Dictor	09/22 Larry LaRoche
09/16 Juanita Ragsdale	09/25 Stacey Bennett
09/19 Pat Harmon	09/25 Agnes Cash
09/19 Sallie Robinson	09/26 Sandra Butler
09/20 Robert Lee	

Scan this QR image to go to the Masonic Home Website



Masonic Home Census: 184

Employee Birthdays

09/03 Khalil Harney, Food Service
09/04 Claudia Walters, Healthcare
09/07 Sade Redd, Food Service
09/16 Danisha Cousins, Healthcare
09/21 Wakeelah Logan, Healthcare
09/26 Scotty Gray, Facilities
09/26 Allen Watts, Development
09/28 Shamier Carrington, Healthcare

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