



MAHOVA

News

April 2011

A Monthly Publication of the Masonic Home of Virginia

Healthy Living

The Masonic Home is emphasizing healthy lifestyles for the residents and staff, and nutrition is what keeps your body healthy and strong. Accordingly, the Food Service Department will be providing everyone with better options to encourage nutritious intake.

In the spring the Food Service Department will be offering healthier menu options with lower calories, fat, and cholesterol. The menu will consist of whole grains, fresh fruits, vegetables, spices, and fresh herbs to create a low-fat, low sodium, flavor-packed meal that you will choose. These alternative options will be equal to or less than:

600 calories

600 mg sodium

20 grams fat with no more than 5 grams of saturated fat

Another option of healthy living is to be a flexitarian! A flexitarian is someone who incorporates meatless meals into their diet but is not necessarily a vegetarian. By making a small change in your diet, such as eating a meatless meal once a week, you can impact your health and the environment. Through eating more vegetarian foods you can decrease your chance of heart disease, cancer, stroke, and suffering from other diseases. Other benefits to eating less meat is it lowers food costs and replacing one meal a week with a vegetarian meal prevents as much greenhouse emissions as removing more than half a million cars from the roads.

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Welcome New Residents

Welcome New Employees

Resident Advisory Council

Walter Olphin President—D Wing
Jim Herring V. President—
B Wing
Norma Klebert Secretary, Village
Lovell Harrison Magnolia Court
Harry Bluford D Wing
Ed Lanford B Wing
Judy Burton Village

Health

Here's To Your Good Health!

STRESS and FOOD

Can't stop snacking when you're under stress? Do you munch on "comfort foods"-mostly sweet items such as chocolate or cookies that you tend to eat more of when under stress? Eating to relieve tension or stress can spell nutritional disaster. The high-fat sweets you crave under these conditions are slow to digest and will sap your energy when you need it most. They may also pile on the pounds-causing more stress-and are skimpy in key nutrients such as calcium and vitamins A and C. Eating poorly leaves you vulnerable to illness. The good news is that you don't have to give up comfort foods; you just need to pick the right ones. Here are some suggestions:

- Try devil's food cookies instead of brownies, or angel food cake instead of the other kinds.
- Select low fat yogurt or sorbet instead of ice cream.
- Reach for a fizzy juice-seltzer mix instead of a regular soda.
- Eat pretzels or graham crackers instead of chips.
- Choose a low fat bran muffin instead of a donut.
- Try one of the new varieties of low fat tortilla chips with salsa instead of "nachos."
- Avoid alcohol. It usually depresses mood and clouds judgment. Alcohol may also interfere with the amount or quality of sleep.

Have you Heard?

The tradition of decorating eggs and then hiding and hunting for them may be related to the belief that early Christians were not allowed to eat eggs during Lent. As a result, the Easter feast, signifying the end of Lent, would include huge portions of eggs and egg dishes. The story of the Easter Bunny may have originated in Egypt. Egyptians saw the rabbit, or hare, as a symbol of springtime renewal and fertility. The birthstone for April is the Diamond and symbolizes balance, clarity, and abundance. The flower is the sweet pea or daisy.

Program Highlights

Resident Council Meeting

Monday, April 4
9:30 AM
Dining Room

Advisory Committee Meeting

Tuesday, April 19
10:00 AM
Private Dining Room

Food Committee Meeting

Wednesday, April 20
1:00 PM
Private Dining Room

Activities Committee Meeting

Thursday, April 21
3:45 PM
Sun Porch

Program Highlights

Wednesday, April 6	2:00 PM	TV Room	Presentation by Senior Connections.
Friday, April 8	10:00 AM	TV Room	Relax and strengthen muscles at the exercise of Tai Chi with Lily.
Saturday, April 9	10:00 AM	TV Room	Job's Daughters Talent Show.
Saturday, April 9	2:00 PM	Dining Room	Ice Cream social with the Job's Daughters.
Monday, April 11	2:00 PM	TV Room	Travel to Hawaii from your seat at the Monday Afternoon Travelogue.
Tuesday, April 12	3:00 PM	Multipurpose Room	Communion with Reverend Elder
Wednesday, April 13	2:00 PM	TV Room	Enjoy a cup of lemonade at the Lemonade Social.
Friday, April 15	10:00 AM	Gallery	Easter Egg Hunt with Abundant Life Day Care.
Friday, April 15	3:00 PM	TV Room	Get to know your neighbors at the Getting to know you Bingo Game.
Monday, April 18	5:00PM	Multipurpose Room	Come out for the monthly Dinner and a Movie.
Monday, April 25	2:00 Pm	Dining Room	Test your skills at the MAHOVA Olympics Women versus Men
Monday, April 25	6:00 PM	TV Room	Try your luck at a variety of games at the Card Social.
Tuesday, April 26	2:00 PM	TV Room	Presentation by Dr. Tampus on Keeping your mind healthy and updates on dementia.
Wednesday, April 27	10:00 AM	TV Room	Clean out your closet and try to swap/sell it at the Swap meet.
Wednesday, April 27	2:30 PM	TV Room	Exercises and stretches with Nancy Glenmore
Thursday, April 28	10:00 AM	Gallery	Enjoy a nice warm cup of coffee and a donut on the patio.
Thursday, April 28	2:00 PM	Dining Room	Test your skills at the MAHOVA Olympics D wing versus B wing.
Friday, April 29	2:00 PM	Dining Room	Find out the final winner at the MAHOVA Olympics– Winner versus Winner.

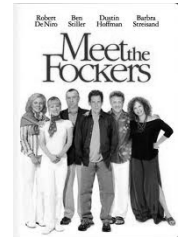
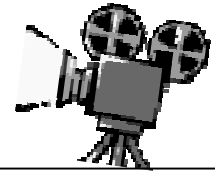
Music Entertainment

<p>Friday, April 1 2:00 PM TV Room</p>	<p>Performance by Side by Side.</p>
<p>Saturday, April 2 2:00 PM TV Room</p>	<p>Vocal and keyboard performance by Johnny Gray.</p>
<p>Tuesday, April 5 7:15 PM Chapel</p>	<p>Choir performance by Celebration with Patty Prout.</p>
<p>Friday, April 8 7:00 PM TV Room</p>	<p>Performance by Glory Road Gospel Group.</p>
<p>Wednesday, April 20 2:00 PM TV Room</p>	<p>Vocal and guitar performance by Gene Wade.</p>
<p>Thursday, April 21 2:00 PM Dining Room</p>	<p>Come celebrate the April birthdays at the Birthday Social with performance by Jan Kessler on the piano.</p>
<p>Saturday, April 23 2:00 PM TV Room</p>	<p>Vocal performance by 4 the Lord.</p>
<p>Thursday, April 28 2:00 PM Dining Room</p>	<p>Vocal performance by Gina Romano.</p>
<p>Saturday, April 30 2:00 PM TV Room</p>	<p>Performance by Craig Anders.</p>

Movies

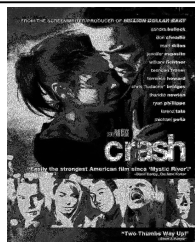


Channel 2 and TV Room
6:00 PM



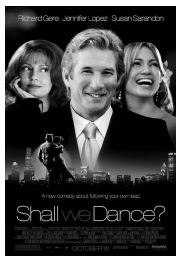
“Meet the Fockers” Friday, April 1

Male nurse Greg Focker is in for disaster when his ex-CIA father-in-law asks to meet his eccentric parents. Watch as their family bonding goes hysterically haywire.



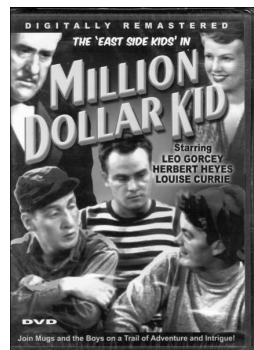
“Crash” Monday, April 4

Several stories are interwoven during two days in Los Angeles involving several interrelated characters.



“Shall We Dance?” Friday, April 15

A dull workaholic’s whole life changes when the sight of a beautiful dance instructor inspires him to sign up for ballroom dance lessons. He’ll do some fancy footwork to keep his new passion a secret from his family and friends.



“Million Dollar Kid” Friday, April 22

The East Side Kids befriend a millionaire and his children; the millionaire’s son is involved in a shady gang that threatens to lead to a life filled with crime. In the process of discovering the story behind the son’s actions, the boys stumble upon the true intentions of the daughters fiancé and plan to reveal him for who he really is.



“You’ve got Mail” Friday, April 29

Email pals grow close through their messages and think they should go on a date, but little do they know that they are fierce business rivals.

Trips and Outings



Wednesday Shopping Schedule

- April 6 Wal-Mart
- April 13 White Oak Village
- April 20 K Mart
- April 27 Wal-Mart

YMCA Silver Sneakers Fitness Program

FRIDAY

9:30 AM

MONDAY

- April 11
- April 18
- April 25

April 1

April 8

April 15

April 22

April 29

Monday, April 4 12:30 PM	Sign up for a shopping trip to Regency Square Mall.
Tuesday, April 5 5:00 PM	Trip to Glen Allen High School for a reading from David Baldacci.
Thursday, April 7 9:00 AM	Trip to Hobby Lobby Craft Store.
Monday, April 11 4:45 PM	Dinner trip to Calabash Seafood Restaurant.
Thursday, April 14 9:30 AM	Trip to the Virginia Museum of Fine Art for the Picasso exhibit.
Monday, April 18 1:15 PM	Sign up for a City Tour of Richmond with guide Genie Baldwin.
Tuesday, April 19 10:00 AM	Garden Tour Luncheon at Agecroft Hall.
Thursday, April 21 11:00 AM	Red Hats Club is eating lunch at Panera Bread. Remember to wear your red and purple.
Thursday, April 21 6:00 PM	West End Assembly of God "The Master Plan"
Tuesday, April 26 6:30 PM	Sign up to watch the Richmond Flying Squirrels play at the Diamond

Book Ends By Wanda Lucey

Thanks to all the ladies who helped set up the Sun Porch for the “Freebie Days” and take down after it was finished. Some of you ‘worked the tables’ during our free sale and a special word of thanks goes to each one of you. Without all your help our library would not work. And we can never forget Jenni, Bonnie, and Robyn! I don’t know what we would do without you!

Do you ever watch Masterpiece Theater? We don’t miss many of those productions and I just finished reading Colin Dexter’s “Morse’s Greatest Mystery” (M/DEX) which includes ten other stories. I really enjoyed Inspector Morse when that series was shown, but there is a great difference in listening to the British language and trying to read the stories. It is a good book, short mysteries, and you will like it.

“Seventh Heaven” (7th Heaven) by James Patterson (M/PAT) is another of the Women’s Murder Club books. The ladies pursue two cases simultaneously– chasing a deranged killer and searching for a murderer with a taste of fire. California’s “Boy with a Broken Heart,” the teenage son of a recent governor, has disappeared under mysterious circumstances. Michael, born with an incurable heart defect, has grown under the watchful eye of an adoring public, and there are no leads to his location. Meanwhile, fires are being set in an exclusive San Francisco neighborhood, leaving their owners to perish in the flames. The “WMC” eventually ties these circumstances together and solves the mystery. Surprise ending you will really chuckle over. TIME Magazine says “this man can’t miss.”

An oldie from Luanne Rice written in 2007, “What Matters Most” (F/RIC), tells of two unforgettable couples and their coming together. For Tom and Bernadette it is a return to their roots in Ireland and a love that broke every rule and their hearts. For James and Kathleen whose indelible bond was forged in a Dublin Orphanage before one was adopted and sent to America, it is a reunion they could never see coming. From the Emerald Isle to the Connecticut shores, four lives come together in a challenge that will require each of them to leave the past behind and embrace what matters most. A two-hankie book, but great.

Mary Higgins Clark wrote “No Place Like Home” (LP/M/CLA) in 2005 (this looks like “golden-oldie” review month). While trying to protect her mother from her abusive step-father, 10-year-old Liza shoots and kills her mother. Much trauma ensues for this little girl. Eventually she winds up back in her home town– new name, new husband, young son and is ‘gifted’ with the house of her childhood by a loving husband. Many tragic things happen but Clark always has a happy ending. You will really like it.

Haven’t forgotten you fellas– two mystery books puzzled me (guess because they are boy books) but they are worth reading. Robert James Waller wrote “The Long Night of Winchell Dear” (LP/M/WAL), the story of an old man living in the southwest desert alone except for an occasional housekeeper. There is gunfire, smuggling, ghosts, Mexicans and Indians. I had a real hard time, but Waller has written other good books and that is what I expected here. Oh, poor female reader.

The other boy books is “The Letter Killeth” by Ralph McInerney (LP/M/MCI) who is also a good mystery writer. Story takes place at Notre Dame University in Indiana and after meeting all the characters, I was totally lost. Just because I had difficulties with these two books does not mean they are not good. They were gifts and someone needs to give them a chance.

Behind the Scenes

Get to Know Debbie Preston!

Debbie Preston is the social worker for the residential and assisted living residents. She has been working at the home for 11 years and has been in the field of social work for 14 years. When asked why she entered the field of social work she said, "I always wanted to help people. I chose geriatrics because I had a very close relationship with both sets of my grandparents and I believe that the older population can provide wisdom and knowledge to the younger generation." Debbie will be receiving her Masters Degree in May from Virginia Commonwealth University in Gerontology which is the comprehensive study of aging that specializes in the needs and issues related to older adults and an aging population. She will be graduating with a 4.0 GPA, is receiving an Academic Achievement Award in April, and is doing her practicum at The Home on intergenerational programming and relationships. When away from work she enjoys spending time with her family preferably at the beach. She has been married for 12 years to her husband Steve and has two boys Ryan, 7 and Kevin, 5.

Anniversary Stories

4/3/1954 Julius and Carol Friis
4/14/1979 Earl and Irene Slaughter
4/17/1944 Harold and Elizabeth Bohannon
4/21/1945 Robert and Virginia Hobson
4/22/1950 Joseph and Barbara Hogge
4/27/1946 Robert and Gloria Hall

Robert and Gloria Hall will be married for 65 years this month. The two met in Amelia County when they were teenagers. Robert was raised in Amelia and Gloria would spend her weekends and summers in Amelia with her family. Robert would ride his horse three miles down the road just to see Gloria. He said, "She was the prettiest girl in town." Robert later moved to Newport News to work and spend his spare time at Buckroe Beach. While he was in Newport News at the beach, Gloria was taking swimming lessons at the YMCA in Richmond so she could compete with the other girls at Buckroe Beach.

When his brother was drafted into the service Robert planned on moving home to Amelia and helping his father on the farm. He told his father he would later join the Navy, so he could help for a couple of weeks with the hogs. Then the next day Robert received a letter saying he was drafted into the Army. The two kept in contact through letters while he was overseas; Gloria still has a copy of his telegram saying he was coming home! His last day of service in the Army was December 31, 1945 and he was knocking on Gloria's door at 2 AM on January 1, 1946. The two got married at the Porter Street Presbyterian Church in Richmond at the age of 23, then lived in Richmond and Chesterfield. They have been residents of the Masonic Home for 16 years now and couldn't be any happier!

Speaking two languages might delay onset of Alzheimer's Disease

Study indicates brain's added workload is a buffer to symptoms. Washington— Mastering a second language can pump up your brain in ways that seem to delay getting Alzheimer's disease later on, scientists say. Never learned to habla or parlez? Although the new research focuses mostly on the truly long-term bilingual, scientists said Friday that even people who tackle a new language later in life stand to gain. The more proficient you become, the better, but “every little bit helps,” said Ellen Bialystok, a psychology professor at York University in Toronto. Much of the study of bilingualism has centered on babies as scientists wondered why simply speaking to infants in two languages allows them to learn both in the time it takes most babies to learn one. Their brains seem to become more flexible, better able to multitask. As they grow up, their brains show better “executive control,” a system key to higher functioning—as Bialystok puts it, “the most important part of your mind.” But does that mental juggling while you're young translate into protection against cognitive decline when you're old? Bialystok studied 450 Alzheimer's patients, all of whom showed the same degree of impairment at the time of diagnosis. Half were bilingual, speaking two languages regularly for most of their lives. The rest were monolingual. The bilingual patients had Alzheimer's symptoms and were diagnosed four to five years later than the patients who spoke only one language. She told the annual meeting of the American Association for the Advancement of Science. Being bilingual does nothing to prevent Alzheimer's disease from striking. But once the disease does begin its silent attack, those years of robust executive control provide a buffer so that symptoms don't become apparent as quickly, Bialystok said. “They've been able to cope with the disease,” she said. What is it about being bilingual that enhances executive control: For one thing, both languages are essentially turned on all the time, but the brain learns to inhibit the one you don't need, said psychology professor Teresa Bajo of the University of Granada in Spain. That's pretty constant activity. But people don't have to master a new language to benefit, Bialystok said. Exercising your brain otherwise throughout life contributes to what's called cognitive reserve, the overall ability to withstand the declines of aging and disease.

Richmond Times– Dispatch– Section A4 Saturday, February 19, 2011

Conversational Spanish Class

No Exams! No Homework!

Visitors and New Students are always welcome.

Wednesdays

3:00 PM

D Recreation Room

Masonic Home Children's Library The Book Nook

The Book Nook is open and ready for you to use. Thank you to Debbie Preston, staff, residents, and volunteers that helped make this new addition to the home a success!

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

4/2	Floyd Lassiter	4/16	Virginia Roggmann
4/2	Kathryn Stitzer	4/17	Stafford Bolton
4/4	John Carpenter	4/17	Jean McCuiston
4/4	Catherine Doggett	4/24	Bea Milton
4/4	Rose Mills	4/25	Eula Beasley
4/4	James Mitchell	4/27	Judy Burton
4/4	Betsy Payne	4/28	Helen Payne
4/5	Rebecca Price	4/29	Agnes Carpenter
4/6	Sam Cason	4/29	Frances Pugh
4/7	Jean Noll	4/30	Robert Hobson
4/15	Graham Simmons		

Welcome New Residents!

Hallie Gunn
Julian Burgess

Welcome New Employees!

Pauline Daniel	Environmental Services	FT
Marylee Marks	Nursing	FT
Andrea Morgan	Nursing	FT
Brandi Morris	Nursing	PRN
Joyce Orange	Nursing	PRN

Masonic Home Census -- 219

Employee Birthdays

4/5	Tammy Walker
4/8	Berlinda Bond
4/10	Paula Wilder
4/14	Yvonne Green
4/18	Gloria Simms
4/18	Betty Wells
4/19	Earlene Williams
4/20	Melvin France
4/25	Jennifer Burton
4/26	Evita Cancel
4/26	Anne Hagen

The MAHOVA News
A monthly publication of the Masonic Home of Virginia
4101 Nine Mile Road
Richmond, Virginia 23223
804-222-1694
800-262-4644

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