



OF VIRGINIA

# MAHOVA

December 2010

# News

A Monthly Publication of the Masonic Home of Virginia

## It is the Season to be Jolly!

The Masonic Home of Virginia is a special place because of the residents, staff, volunteers, visitors, Board of Governors, and all of the members of the Masonic Fraternity in the State of Virginia who make it possible! We are eternally grateful for every contribution that each person makes as it would not be the same without each and every one of you; your love and friendship makes the Home extraordinary. It is truly the random and anonymous acts of kindness that are the most meaningful gifts this season.

To begin the Christmas spirit, the Annual Tree Lighting Ceremony will take place December 1<sup>st</sup> at 2:30 PM in the Gallery. Please join us as we start the Holidays with a grand illumination of the Christmas tree.

A variety of festive Holiday activities will be provided this month for your enjoyment. Open this newsletter and peruse the calendar so that you can see what is being offered and make plans to attend the events of your interest.

A Big Thank you to the residents, staff, and volunteers who helped to make the Home even more beautiful for the holidays!

Merry Christmas to All!

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### **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!

## Elliptical Trainers for Heart Health and Strength

If you're looking for safe, effective exercise equipment, consider the elliptical trainer. It combines the movements of a stair climber, treadmill, and exercise bike. You place your feet in pedals that are suspended in air and stand upright, placing your hands on side or front handrails, and slide your feet back and forth (it mimics the action of cross-country skiing). It makes for excellent work-outs that can yield cardiovascular benefits that are good for your heart and weight-bearing exercise that builds bone density. Unlike a treadmill, an elliptical trainer involves no impact, reducing stress that can damage joints.

## Have you Heard?

**Here are some interesting facts about Christmas:**

- The tradition of putting tangerines in stockings comes from 12th-century French nuns who left socks full of fruit, nuts and tangerines at the houses of the poor.
- Carols began as an old English custom called wassailing, toasting neighbors to a long life.
- Santa has different names around the world - Kris Kringle in Germany, Le Befana in Italy, Pere Noel in France and Deushka Moroz (Grandfather Frost) in Russia.
  - The earliest known reference to a Christmas tree is in a German pamphlet from 1570.
  - The abbreviation Xmas isn't irreligious. The letter X is a Greek abbreviation for Christ.
- Parts of the Christmas tree can actually be eaten; the needles are a good source of Vitamin C.
  - The birthstone is turquoise and the flower is narcissus for December.

## Program Highlights:

### **Resident Council Meeting**

Monday, December 6

9:30 AM

Dining Room

### **Advisory Committee Meeting**

Tuesday, December 21

10:00 AM

Private Dining Room

### **Food Committee Meeting**

Wednesday, December 15

1:00 PM

Private Dining Room

### **Activities Committee Meeting**

Thursday, December 16

3:45 PM

SunPorch

## EVENTS AND PROGRAMS

Wednesday, December 1  
10:00 AM  
TV Room  
Shop for jewelry with E. Robinson

Monday, December 13  
8 AM-4 PM  
Gallery  
Shopping for Jewelry with Bonita  
"The Jewelry Lady"



Wednesday, December 1  
2:30 PM  
Gallery  
Come out for the tree lighting ceremony

Tuesday, December 14  
3:00 PM  
Multipurpose Room  
Communion with Reverend Elder.

Friday, December 3  
4:00 PM  
Dining Room  
  
Hanukkah Celebration with

Friday, December 17  
2:00 PM  
TV Room  
Come to the Christmas Reminiscing Program.

Saturday, December 4  
11 AM -1 PM  
Dining Room  
Henry Knox Field Lodge distributes fruit.

**CHRISTMAS EVE**  
Friday, December 24  
7:00 PM  
Chapel  
Vespers program with Reverend Elder.

Wednesday, December 8  
5:00 PM  
Dining Room  
Dress up for the annual Candlelight Dinner with  
entertainment by Ray and Ken.



Tuesday, December 28  
6:00 PM  
Gallery  
Enjoy some wine at the Wine Social.

Friday, December 10  
10:00 AM  
TV Room  
Learn the exercise of Tai Chi with Lily.

Wednesday, December 29  
2:30 PM  
TV Room  
Exercise and stretch your muscles with

Friday, December 10  
6:00 PM  
Dining Room  
Join Metropolitan Lodge for a Christmas Party.

Thursday, December 30  
7:00 PM  
Dining Room



Bring in 2011 with a New YEAR's Dance  
Entertainment by Phil Johnson and a Touch of  
Class  
  
Light refreshments served

Saturday, December 11  
10:00 AM  
Dining Room  
Fork Union Lodge Visits.

# MUSIC ENTERTAINMENT

## **Thursday, December 2**

6:45 PM Performance by Genie Romano.  
Dining Room

## **Sunday, December 5**

3:00 PM Boy Scout Christmas Carolers will sing through the hallways.  
A, B, C, D, Wing

## **Monday, December 6**

6:45 PM Harry Kellett is playing the piano, singing, and telling jokes.  
Dining Room

## **Friday, December 10**

2:00 PM Performance by the Fairmount Christian Church Choir.  
TV Room

## **Tuesday, December 14**

7:00 PM Performance by the Thomas Jefferson High School Cadet Alumni Band.  
Dining Room

## **Thursday, December 16**

6:45 PM Performance by the Fairfield Presbyterian Church Hand Bell Choir.  
Dining Room

## **Saturday, December 18**

2:00 PM Vocal and guitar performance by Susan Greenbaum.  
TV Room

## **Monday, December 20**

7:00 PM Performance by the Henrico Concert Band.  
Dining Room

## **Tuesday, December 21**

2:00 PM Performance by Landmark Christian School.  
Dining Room

## **Wednesday, December 22**

6:45 PM Performance by Lucky Bill.  
Dining Room

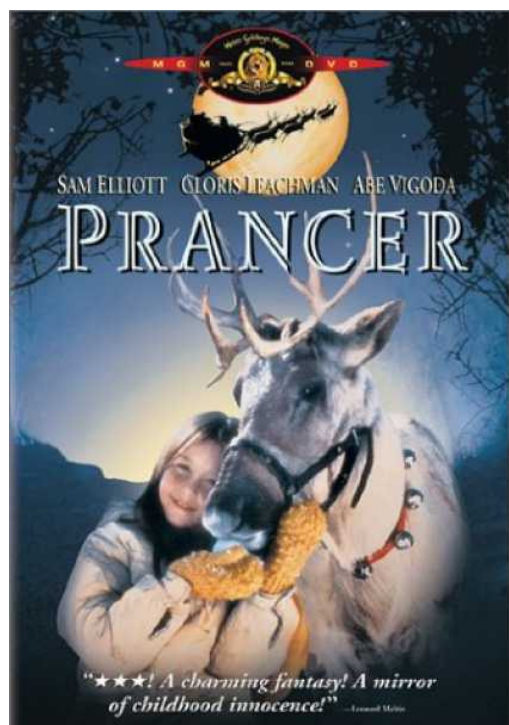
## **Thursday, December 23**

2:00PM Birthday Social with entertainment by Jan Kessler.  
Dining Room

## MOVIES

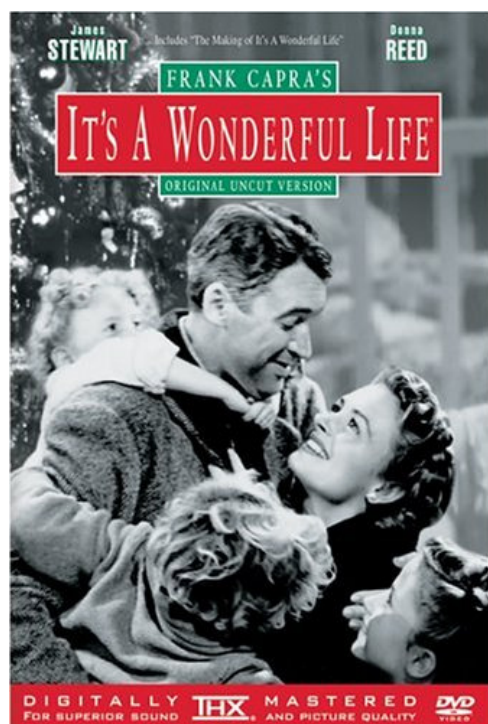


Channel 2 and TV Room  
6:00 PM



Monday, December 13  
“Prancer”

A young girl finds a wounded reindeer in the forest and nurses him back to health. She is convinced that he is Santa’s very own Prancer and must return him safely home in time for Christmas. Her plan goes well until her own father develops a plan of his own. With a magical ending this movie is a charming fantasy illustrating the true innocence of a child.



Friday, December 17  
“It’s a Wonderful Life”

One of the most beloved films ever made. A story of a good man, named George, who misplaces \$8,000 while intending to deposit it in the bank. When he realizes he will be held liable, he contemplates life until a guardian angel shows him what life would be like without him. George realizes his life has truly touched by others in a positive way and he has had a wonderful life.





## Trips and Outings



### Wednesday Shopping Schedule 9:15 AM

December 1  
Kmart

December 8  
Wal-Mart

December 15  
White Oak Village

December 22  
Kmart

December 29  
Wal-Mart

Wednesday, December 1  
5:00 PM

Bethlehem Walk, a life-sized reenactment of the city of Bethlehem at the birth of Christ in Short Pump.

Friday, December 3  
6:30 PM

Ticket holders will attend West End Assembly Church for  
“Glorious Christmas Nights.”

Tuesday, December 7  
10:45 AM

Lunch trip to Longhorn Steakhouse

Wednesday, December 8  
9:30 AM

Join us for a trip to Christ Ascension Church for the Community Christmas Concert.

Monday, December 13  
9:30 AM

Sign up for a shopping trip to VA Center Commons.

Wednesday, December 15  
6:00 PM

Look at all the decorated homes in the Richmond area at the Christmas Light Tour.

Monday, December 20  
11:45 AM

Lunch trip to Crab Louie Restaurant

Monday, December 27  
4:45 PM

Dinner trip to Calabash Seafood Restaurant

## Book Ends By Wanda Lucey

Christmas will be here soon—and your library staff hopes to be up and ready for you to read! We have a large variety of Christmas material for you to choose from—books, movies, CDs, and DVDs. They will be on display soon so they can be checked out and enjoyed. Please take advantage of all we have.

During the past months we have received volumes of books and are in the process of tidying, accessioning and processing. In his move to the Home, Preston Givens has donated a gold mine that we are digging in. For starters we have the wonderful Herriot books “All Things Bright and Beautiful,” “All Creatures Great and Small” and “The Lord God Made Them All” (F/HER). If you have been fortunate to have read one, they are great for a second read.

For you cat lovers we have “All My Patients Are Under the Bed—Memoirs of a Cat Doctor” (599/CAM) in paperback. I haven’t read it yet, but the illustration on the front cover is most intriguing. We also have another animal book entitled “Best Friends— Listening to the Animals” (599/GUI). As this is written about a number of animals, we have put it with the dogs since there are more dogs in the book than hippos and swans. It will be easier for you to find.

We have received a gorgeous author-autographed horse book from Catherine Busbee— “Secretariat’s Meadow—The Land, The Family, The Legend” by Kate Chenery Tweedy (598/TWE). It’s a large book, not processed yet, but you may check it out—just see me. The photography is beautiful. As I’m sure you already know, the Meadow at Doswell (where the Virginia State Fair is held) is the birthplace of Secretariat. If you want to buy a 12– year–old girl a gift about horses, this one will thrill her heart.

There are several hundred books in the work room waiting to be processed. I suppose not much work will be done until after the holidays, but we will be up and running then. Look for all the new goodies. We will concentrate on mysteries for all you mystery lovers.

Happy, happy holidays and may the New Year bring us all  
nothing but good news.



## Behind the Scenes

### Get to Know Chris Johnson!

Chris Johnson is the Admissions Coordinator at The Home. She has been working here for six years and began as the Executive Assistant then later evolved into the position she is in now. When asked what her favorite part of her job is she stated, "My job, I love everything about it. I enjoy meeting people and helping others." She has been married for 26 years, has one son, and her first grandchild is coming in April. Chris was raised in Richmond and currently lives right down the street from where she grew up. When Chris is not at work she enjoys crosswords, number puzzles, sewing, and gardening. Chris is also celebrating a birthday in December; she was a Christmas baby having been born on December 25th.

## December Anniversaries

**12/3/1970 Jerry and Pat Clark**

**12/6/1942 Richard and Lillian Yearwood**

**12/29/1940 Sommerville and Elsie Wickham**

**12/31/1960 Nathan and Dorothy Barrey**

Sommerville and Elsie Wickham will be married for 70 years this month!

The two met because both of their sisters were close friends. Sommerville and Elsie started dating when he was going to Ft. Lee and his sister was unable to go with him; Sommerville offered Elsie and a friend to ride with him and from then on the two dated for one year. On the 29th of December they tried to have a secret marriage in Cheraw, SC, but of course the secret did not stay a secret for long. They had their first child a year later in August. After the birth of their first child, Sommerville was drafted for five years and moved to Seattle while Elsie and their son stayed in Virginia. After his five years in the service he moved back to Glen Allen, VA and the two had their second son coincidentally on the same day in August as their first son. They then moved into their dream home and had their third child, a daughter. He worked for the American Tobacco Company in Richmond and retired from the company after 30 years. He then worked 13 years for another company. Along with working, Sommerville's passion was gardening; at their home, he received a certificate from the county for having a beautiful yard.

All three of their children live in the Richmond area. They have four grandchildren and four great grandchildren.

Elsie says, "We have a lot of happy memories, God has blessed us. We are grateful for our lovely home here at The Masonic Home and our friends."

When asked what the secret is to a successful marriage Elsie said, "You should find true love and accept the ups and downs of the relationship."

## ATTENTION

The Masonic Home Choir is always looking for new members to join. The choir practices every Thursday at 1:00 in the Chapel. If you are interested in singing with the choir, come to practice on Thursday or contact Tammy Curtis at ext. 77268.

## Covey's Farewell Note

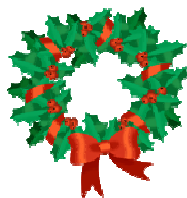
Many years ago when we first attended "family day," we thought spending our retirement days living at Mahova would be wonderful. When the call finally came that a unit was available, we were excited about the prospect of finally moving to Mahova. What we didn't realize is how home sick we would become for our family. While Richmond is only a hour and a half away, it is too much distance when you are used to seeing your family daily.

We appreciate the way everyone made us feel welcome. Unfortunately, we just couldn't overcome how much we missed our family.

We would like to extend our thanks to everyone who helped us move in.

Sincerely: Earl and Irene Covey

Farewell to Donald Shinn and best wishes as you move from the Masonic Home.



## Masonic Home Christmas Pageant

**Sunday, December 12**  
7pm

**Monday, December 13**  
2pm

Chapel

## Family Support Group

The Masonic Home of Virginia has a Family Support Group which meets on the first and third Tuesday of every month @ 10:30 am. The purpose of this group is to provide education and support for those individuals having a loved one who is experiencing memory loss or other cognitive impairments. To be able to hear and share confidentially with other families going through similar difficulties can be a hopeful and sustaining process. The group is also an educational forum where participants are encouraged to ask questions about the different types of dementia, and to learn various coping skills in dealing with the disease. For more information, please contact John Zacharias at extension 77309, or Barbara Jehu at extension 77316.

## In Memoriam



### Joseph Leggette

"The golden moments in the stream of life rush past us and we see nothing but sand; the angels come to visit us, and we only know them when they are gone."

George Elliot

## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

12/4 Preston Givens  
12/5 James Herring  
12/7 Alice Britton  
12/7 Maude Griffey  
12/9 Ruth Scruggs  
12/11 John Hall  
12/14 Annie Clayton  
12/16 Harry Bluford  
12/17 Donald Shinn  
12/18 Edwin Ragsdale  
12/18 Sommerville Wickham  
12/19 Luvirda Mitchell  
12/21 Lucille Corcoran  
12/24 Reuben Shrader  
12/25 Maxine Fitch  
12/28 Earl Slaughter

## Employee Birthdays

12/2 Joann Plencner	12/18 Rosa Shabazz
12/3 Dametta Larry	12/18 Rashida Traywick
12/4 Quintasha McLauren	12/21 Sheba Bowman
12/7 Bonnie White	12/24 Tonya Hill
12/9 Alex Courtney	12/25 Marlena Jennings
12/9 Howard Smith	12/25 Christine Johnson
12/10 Iva Miles	12/26 Rosa Rogers
12/12 Shyvonne Bagby	12/27 Altha Battle
12/13 Nuala Curry	12/27 Janet Jones
12/13 Wali Muhammad	12/31 Laura Babcock
12/13 Itilia Nickens	12/31 Angela Figuly
12/16 Tammy Curtis	

## Welcome New Residents!

Warren Carter  
Barbara Thornton

## Welcome New Employees!

Richard Vogt	Nursing	Full Time
Laura Babcock	Nursing	PRN
La Tanya Hill	Nursing	PRN
Gloria Simms	Nursing	PRN
Regina Riddick	Food Service	PRN

## Masonic Home Census -- 218

### The MAHOVA News

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#### Ed Owen

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#### Kathy Barnes

Resident Life Administrator

#### Dr. D.M. Jannuzzi

Medical Director

#### Carol Roy

Director of Nursing

#### Lee Byrd

Director of Human Resources

#### Anne Hagen, CPA

Chief Financial Officer

#### Jennifer Burton

Manager of Environmental Services

#### Jon Truett

Director of Facility Management

#### Justin Carwile

Director of Dining Services