



OF VIRGINIA

MAHOVA

News

February 2012

A Monthly Publication of the Masonic Home of Virginia

American Heart Month

Did you make a new years resolution yet? How about a resolution to keep your heart healthy?

As we celebrate our hearts for the month of February we encourage everyone to keep their hearts strong and healthy.

Diet, exercise and a healthy lifestyle are important to keeping your heart healthy. Here are some tips to follow:

- Good Nutrition
- Portion Control
- Exercise
- Quit Smoking
- Stress Management
- Managing your Weight

These tips will not only help with keeping your heart strong, but the tips will also help to keep your entire body healthy. Living a healthy lifestyle can reduce your risk of developing heart disease, which is the leading cause of deaths among Americans. Remember that your heart is the most important organ in your body and the first step towards a healthy body is a healthy and strong heart.

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Welcome New Residents

Welcome New Employees

Resident Advisory Council

Jim Herring President—
B Wing

Helen Lape Vice President- B Wing

Norma Klebert Secretary- Village

Lovell Harrison Magnolia Court

Catherine Murray D Wing

Walter Olphin D Wing

Judy Burton Village

Health

Here's To Your Good Health!

Stand Up While Making Important Calls

If you have an important call to make Gerald Purgay, a human resources specialist, recommends standing up and taking a few deep breaths. "It gives you better breath support and helps your vocal pitch, quality, and tone. It also gives you a psychological lift and increases your energy."

Have You Heard?

In 1923, Garrett A. Morgan, the son of former slaves, acquired the first U.S. patent for an automated traffic signal. At that time, automobiles shared the road with animals, horse-drawn vehicles, and pedestrians— an increasingly dangerous situation as the automobile became more popular. Morgan, a successful businessman and car owner, witnessed a collision between an automobile and a horse-drawn carriage, and determined to improve traffic safety. His invention, a T-shaped pole, had tree signs: stop, go, and an all-way stop to allow pedestrians to cross. It was controlled by an electric clock mechanism. He sold it to the General Electric Corporation for \$40,000, an enormous amount at that time. Morgan's design was used throughout North America and, according to the U.S. Department of Transportation, it formed the basis of today's modern red, yellow, and green signals. The birthstone for February is the Amethyst and symbolizes stability, peace, and sincerity. The flower is the Violet.

Program Highlights

Resident Council Meeting

Monday, February 6
9:30 AM
Dining Room

Advisory Council Meeting

Tuesday, February 21
10:00 AM
Private Dining Room

Food Committee Meeting

Thursday, February 16
1:00 PM
Private Dining Room

Activities Committee Meeting

Thursday, February 16
3:45 PM
Solarium

Program Highlights

Sunday, February 5	5:00 PM	TV Room	Football Super bowl Party.
Monday, February 6	2:30 PM	TV Room	Speaker Sergeant Hausler will be talking about how to protect yourself from fraud and scams.
Monday, February 6	6:00 PM	TV Room	Try your luck at a variety of games at the Card Social.
Friday, February 10	10:00 AM	TV Room	Tai Chi exercises with Lily.
Monday, February 13	11:00 AM to 1:00 PM	Gallery	Jewelry repair with Wayne from the Jewelers Bench.
Thursday, February 16	2:30 PM	TV Room	Bridge players meet-up.
Tuesday, February 21	2:00 PM	TV Room	Healthy Living Speaker on Seizures.
Wednesday, February 22	2:30 PM	TV Room	Gentle stretches and exercises with Cheryl.
Tuesday, February 28	3:00 PM	Multipurpose Room	Communion with Reverend Elder.

Thought of the Month

**“If you don’t run your own life, somebody else will,”
John Atkinson**

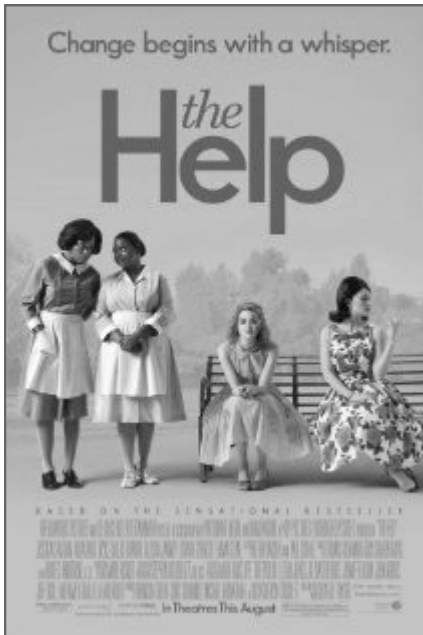
Music Entertainment

<p>Wednesday, February 1 2:00 PM TV Room</p>	<p>Golden oldies performance by Side by Side.</p>
<p>Friday, February 10 6:30 PM TV Room</p>	<p>Guitar performance by Glenn Habel.</p>
<p>Tuesday, February 14 7:00 PM Dining Room</p>	<p>Valentine dance with entertainment by Phil Johnson and a Touch of Class.</p>
<p>Wednesday, February 15 1:30 PM Dining Room</p>	<p>Oldies performance by the James River Trio.</p>
<p>Friday, February 17 6:30 PM TV Room</p>	<p>Vocal performance by Patsy Butler. Patsy will also show photos from her missionary trip.</p>
<p>Saturday, February 18 2:00 PM TV Room</p>	<p>Performance by Harold Link.</p>
<p>Thursday, February 23 7:00 PM Dining Room</p>	<p>Performance by the Henrico Community Band.</p>
<p>Friday, February 24 6:30 PM TV Room</p>	<p>Saxophone performance by David Hall.</p>
<p>Monday, February 27 6:30 PM TV Room</p>	<p>Performance by Charlie and Willye Fishbourne</p>

Movies



Channel 2 and TV Room
6:00 PM



Friday, February 3
“The Help”

A recent college graduate in southern Mississippi writes a controversial book from the maids point of view of what it is like to work for white families and their daily struggles.

Trips and Outings

Wednesday Shopping Schedule

February 1 Kmart
 February 8 Wal-Mart
 February 15 White Oak Village
 February 22 Kmart
 February 29 Wal-Mart



YMCA

Silver Sneakers
 Fitness Program

9:30 AM

MONDAY

February 13
 February 20
 February 27

FRIDAY

February 3
 February 10
 February 17
 February 24

Rising Readers—Highland Springs Elementary School
 Thursdays at 9:45 AM

Saturday, February 4 1:30 PM	Trip to the Henrico Theater to see “Top Hat”
Tuesday, February 7 8:00 AM	Trip to the Social Security Building to get copies of your social security card.
Thursday, February 9 11:30 AM	Trip to the VA Museum of Fine art for lunch and to see the mummy exhibit.
Saturday, February 11 10:00 AM	Trip to Arnest Seafood Restaurant.
Monday, February 13 4:45 PM	Dinner trip to Calabash Seafood Restaurant
Tuesday, February 14 11:00 AM	Trip to the Vital Statistics Building to get a copy of your birth certificate.
Thursday, February 16 11:30 AM	Red Hat’s Ladies are going out to eat at Nine Mile Road Grill. Remember to wear your red and purple.
Tuesday, February 21 9:30 AM	Shopping and lunch at VA Center Commons
Saturday, February 25 1:30 PM	Season ticket holders are going to the Glen Allen Cultural Arts Center.
Tuesday, February 28 10:45 AM	Lunch trip to Steak and Shake at White Oak Village

Book Ends
By Wanda Lucey

“GOING ROGUE”

By Sarah Palin

I originally shied away from this book thinking it was strictly politics. But after reading it, I found a much better understanding of Sarah, of Alaska, or people in general, and national politics that I had before. I also misunderstood the title of the book. I will NOT tell you about it, you will have to read the book to understand the title and its origin. I assure you that it did not originate where I thought it did!

The first 100 pages describes Sarah’s early life in Alaska, her family and her high school and college days and her early marriage. It tells of her start in politics when a neighbor convinced her to run for a seat on the town council and eventually became mayor. I use the term town council because Wasilla has a population of 5,500. Compare that to Ashland’s 6,500 and Richmond’s 197,000. There are some light parts to the story such as when a lady made an appointment with Mayor Sarah and offered assistance with handling the fact that Sarah’s daughter had been caught smoking pot. Sarah told her, “I’m glad to know that. Which one is it, my kindergartner or my toddler?”

The next 100 pages covers Sarah’s campaign to be governor of Alaska and her struggles to get the best for Alaska. It opens up a small view of the inner workings of national politics. This part of the book helps you to understand Sarah, Alaska, and national politics.

Then about 200 pages covers the vice-presidential nomination and the 2008 campaign. There are four pages at the end of the book titled “A View from Alaska,” written by Dewey Whetsell which should be read. It seems to sum up Sarah’s successes as governor of the state and it voices support for her. After reading this book, you will understand her decision not to seek a national nomination this year and continue to stay and enjoy her home.

Behind the Scenes

Get to Know Margie Robinson!

Margie Robinson is the manager of the Beauty Shop at the Masonic Home of Virginia. She has been a licensed cosmetologist for 47 years and has worked at the Home for 29 years. She became interested in cosmetology at a young age when she spent time with her aunt in her beauty shop and after school went on to cosmetology school. She is licensed to do hair, beauty, and nails but enjoys shampooing and cutting hair the most. Margie's favorite part of the job is spending time and getting to know all the residents. A typical day for Margie includes a variety of shampoo, sets, cuts, perms, and coloring hair at an average of 10 people per day. When away from work Margie enjoys quilting, reading, and watching her favorite football team, the Redskins.

If you are interested in joining any committees for the year,
please contact Melissa Ponce in Activities.

To The Residents & Staff:

Please accept my sincere thanks to you, the residents and staff of the Masonic Home of Virginia, for the love shown to Chester and me at Chester's death. You are my family and my heart is overflowing with gratitude. Thank you for the donations to "The Home" and the beautiful flowers and cards.

My Love,
Margaret Baity

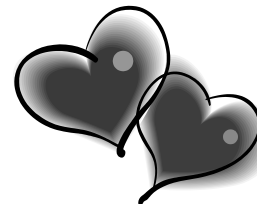
March is Art Month. Keep an eye out for flyers to display your work in the Gallery.

Valentines Jewelry Sale

The Grand Royal Arch Masons of Virginia will be selling precious and semiprecious gems in settings of gold and silver.

Friday, February 3
2-5 PM
Gallery

CASH OR CHECK, NO CREDIT CARDS



Beauty Shop

The Masonic Home of Virginia welcomes our nail tech Ressie. You may visit her at the Beauty Shop to discuss your nail care needs. There are many colors to choose from and you can even try nail art. She looks forward to providing you excellent nail care services.

In Memoriam



Forever in Our Hearts

June Hite
Preston Givens
Annie Clayton

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

2/2	Ralph Mills	2/19	Norma McCullough
2/3	Helen Anderson	2/20	Ray Martines
2/4	James Smith	2/20	Charles Wilson
2/6	Stuart Shipley	2/23	Claude Morris
2/11	Dorothy Davies	2/23	Richard Neiswander
2/14	Bunion Bussey	2/25	Helen Rackley
2/19	Betty Burnette	2/25	Mary Gene Smith
2/19	Edgar Harrison	2/27	James Goodman

Welcome New Residents!

Hattie Crebbs
Morton 'Pete' & Leona Conwell
Thomas & Carolyn Kaufman

Welcome New Employees!

Sheena Baker	Nursing	FT
Robert Capello	Environmental Services	FT
Karen Claiborne	Nursing	PT
Pascale Holloway	Nursing	PT
LaTanya Yeldell	Nursing	PRN

Employee Birthdays

2/2	Letitia Cline
2/2	Stephanie Phillips
2/5	Kathy Cooley
2/6	Lou Ann Love
2/10	Michael Butler, Jr.
2/11	Teresa Lefort
2/14	Mable Booker
2/15	Nyoka Heil
2/19	Carol Roy
2/20	April Green
2/20	Bianca Jefferson
2/20	Cassie Moore
2/22	Delphine Cooper
2/23	Alda Anthony
2/24	Doris Saunders
2/25	Bobie Gaines
2/25	Angela Pisano

Masonic Home Census -- 221

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James D. Cole
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Anne Hagen, CPA
Chief Financial Officer
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