



The

MAHOVA

ASONIC

OME of

IRGINIA

A Monthly Publication of the Masonic Home of Virginia

News

February 2010

In This Issue:

- **Health Rx**
- **Have You Heard?**
- **February Calendar**
- **Book Ends**
- **Birthdays**
- **Welcome New Employees**
- **Anniversaries**
- **Welcome New Residents**

Resident Advisory Council

Walter Olphin
President—D Wing
(TBA)
A Wing & Magnolia Ct.

Jim McDonough
V. President—B Wing

Helen Lape
Secretary, B Wing

Harry Bluford
D Wing

Stuart Shipley
Village

Judy Burton
Village

President's Day

President's day falls on the third Monday in February each year. It was a result of the merging of Abraham Lincoln's birthday (Feb. 12) with George Washington's (Feb. 22). This holiday is a day to remember all of the past presidents. Many of our presidents were also Masons; here is a list of past presidents that were Masons.

George Washington, 1st President, Fredericksburg Lodge (now No. 4), Fredericksburg, VA.

James Monroe, 5th President, Williamsburg Lodge (now No. 6), Williamsburg, VA.

Andrew Jackson, 7th President, Harmony Lodge No. 1, Nashville, Tennessee.

James Knox Polk, 11th President, Columbia Lodge No. 31, Columbia, Tennessee.

James Buchanan, 15th President, Lodge No. 43 (it has no name), Lancaster, Pennsylvania.

Andrew Johnson, 17th President, Greenville Lodge No. 119 (now No. 3), Greenville, Tennessee.

James Abraham Garfield, 20th President, Columbus Lodge No. 30, Columbus, Ohio.

William McKinley, 25th President, Hiram Lodge No. 21, Winchester, VA.

Theodore Roosevelt, 26th President, Matinecock Lodge No. 806, Oyster Bay, New York

William Howard Taft, 27th President, "Mason at Sight", Kilwinning Lodge No. 356 Cincinnati, Ohio.

Warren Harding, 29th President, Marion Lodge No. 70, Marion, Ohio.

Franklin D. Roosevelt, 32nd President, Holland Lodge No. 8, New York, New York.

Harry S. Truman, 33rd President, Belton Lodge No. 450, Belton, Missouri.

Gerald Ford, Jr., 38th President, Columbia Lodge No. 3, Washington, D. C.

Lyndon Johnson, 36th President, Entered Apprentice degree Johnson City Lodge No. 561, Johnson City, Texas.



Naomi Chapter No. 4, Order of the Eastern Star, will have their meeting Feb. 11 at 7:00 PM in the Multipurpose room. Current dues cards are needed to attend the meeting. Spiritual Quartet at 6:00 PM in the Chapel.

Have You Heard?

Punxsutawney, Pennsylvania, is the site of a classic American tradition. On February 2, each year, Phil the ground hog emerges from his underground burrow to much pomp and circumstance. Tradition says that if he sees his shadow, and returns to his den, the country will have six more weeks of winter. Conversely, if he doesn't spy his shadow, spring is on its way. The birthstone for February is Amethyst which symbolize stability, peace, balance, courage, and sincerity and the flower is Violet or Primrose.



Program Highlights:

Wednesday, Feb. 3, at 3 PM, come to the **West Activity Room** for Communion.

Health 
Here's To Your Good Health !

Healthy Weight Myths

Here are some weight myths– and the actual realities– from the National Center for Nutrition and Dietetics:

Myth: You can never be too thin.

Fact: Being too thin or too heavy increases your chance of developing health problems. A healthy weight depends as much on not having too much of your weight in fat as where in the body the fat is located.

Myth: a Low-calorie diet is the best way to achieve a healthy weight.

Fact: Chronic dieting, under-eating or skipping meals can contribute to a sluggish metabolism which means your body will not burn as much fat, making it harder to lose weight.

Myth: The scale is the best way to determine if you're fit or fat.

Fact: Your weight does not tell much about your body composition, which can be more important than the actual number of pounds. The reading that the scale gives you does not discriminate between fluid or fat weight. Sudden weight changes are usually from fluid shifts in the body; two cups of water weigh one pound.

Thursday, Feb. 4, at 2:30 PM, come and update your old floral arrangements at Basket Decorating in the **D Recreation Room.**

Friday, Feb. 5, at 2:30 PM, finish up your floral arrangement at Basket Decorating in the **D Recreation Room.**

Saturday, Feb. 6, at 2:30 PM, join us as Frank Johnson plays the piano in the **Dining Room.**

Sunday, Feb. 7, at 5:30 PM, come out and watch the 44th Super Bowl on the big screen while enjoying pizza and refreshments in the **TV Room.**

Monday, Feb. 8, at 6:30 PM, in the **TV Room,** Mina and David McAllister are back to sing for us.

Tuesday, Feb. 9, at 7 PM, come to the **Dining Room** for the Valentines Dance with music entertainment by Phil Johnson and a Touch of Class.

Thursday, Feb. 11, at 9:45 AM, come enjoy a cooking class with Tony in **Magnolia Court.**

Saturday, Feb. 13 at 1:30 PM, the Activity Committee Meets in the **Activity Office.**

Saturday, Feb. 13, at 2:30 PM, meet for movie and popcorn in the **TV Room.**

Wednesday, Feb. 17, at 3 PM, join Reverend Elder in the **Multipurpose Room** for Ash Wednesday Service.

Thursday, Feb. 18, at 2:30 PM, in the **Dining Room,** get together and celebrate the February Birthdays with performances by Jan Kessler and Ken Archer at the Birthday Social.

Friday, Feb. 19, at 2:30 PM, in **Magnolia Court,** make some Masonic soap at Soap Making Class.

Friday, Feb. 19, at 5 PM, in the **Multipurpose Room,** sign up for the monthly Dinner and a Movie.

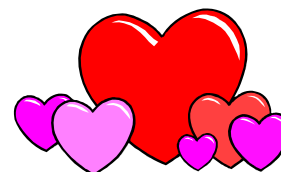
Saturday, Feb. 20, at 2:30 PM, in the **Gallery,** meet up for a pool contest/Social.

Monday, Feb. 22, at 2:30 PM, Gene Wade is performing in the **TV Room.**

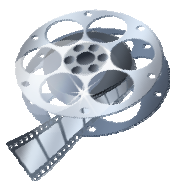
Thursday, Feb. 25, at 2:30 PM, come out as we reveal who is who in the wedding photos that are on display in the gallery at the MAHOVA Talk Show in the **TV Room.**

Friday, Feb. 26, at 2:30 PM, on **Magnolia Court,** join in as we make Masonic chocolates.

Friday, Feb. 26, at 7:00 PM, put on your pajamas for a party in the **Reading Room.**



**MOVIE SCHEDULE
CHANNEL 2 AND TV ROOM
6:00 PM**



Monday, February 1
"Forest Gump"

Friday, February 12
"Meet the Fockers"

Monday, February 15
"The Blind Side"

Monday, February 22
*"The Russians are Coming
The Russians are Coming"*



Book Ends

By Wanda Lucey



We have been working on our duplicate books, weeding out the extras, pulling some paperbacks for you (and others to be sent to the Veterans' Hospital for their use). Our "freebie day" will be "open for business" in a couple of weeks on the Sun Porch— so, look for information signs, bring cleaned glasses so you can read the titles, select some (and we even provide the plastic bags for your convenience). You will enjoy many of the books. No VCR movies, but we have one box of cassette tapes you might wish to explore.

My reading this month has been haphazard, but hope you will still enjoy. Two paperbacks that won't go on the shelf (they die too quickly) but will be available to you in the Library- "Razor Sharp" by Fern Michaels is the latest of her 'Sisterhood' books. If you've read one, you know the 'Sisterhood' is a group of women who work to bring about justice and, sometimes, revenge. This time, a local 'madam' is supposedly killed because she knows too much about too many national politicians and her 'girls' are dispersed. Of course, you know the rest of the story. It is a good read—the print is small, but it is black.

The other paperback is David Baldacci's "Divine Justice", the latest in his "Camel Club" series. If you remember, in the last book Baldacci lead us to believe that was the end of Oliver Stone—well!, I've got news for all of us. Old Oliver is alive and kicking! I haven't finished this one, but can assure you it is going to be a winner. It, too, will be in the library. Good black ink, too.

"The Guernsey Literary and Potato Peel Pie Society" by Mary Ann Shaffer (F/SHA) is a delightful diary of correspondence between friends from the Island of Guernsey in the English Channel just following World War II. A humorous collection of letters between an author searching for a book idea, her publisher, and new friends when she begins a collection of remembrances of the German occupation. Actually, while enjoying the book (with nice black print) I learned a lot about the countryside and the difficulties of the people while being occupied. A really, really good read.

Now, two of the cutest books I've read in a long while— both dog books. "A Dog's Life" is written by "Boy", the dog. Peter Mayle gets credit for it (823.9/MAY). "Boy" was a foundling who wanted to love a human, and after being rescued. Bathed, groomed, fed, bedded, he was ready to do anything to make his human love him. The chapter on getting back in his good graces after a bad incident was hilarious— all the sniffing, leg-rubbing, rolling over on his back for scratching, the hang-dog look—was reminiscent of some of our dogs. This is a happy book and you dog lovers will love it! The other book, "Mostly Bob" by Tom Corwin (636.7/COR), is such a beautifully done book that I must tell you about. After Bob's death, Corwin wrote this book as a toast to his life. A very quick read— only one sentence to a page— but well; written. Look at the illustrations of Bob as he comes into Corwin's life and then exits. All you dog lovers will cry— I certainly did. But such a beautiful book!

Trips

Monday, Feb. 1, at 2:30 PM, all you crafters sign up to go to Ben Franklin's.

Friday, Feb. 5, at 5 PM, Grand Master's Official Visit with Dinner.

Wednesday, Feb. 17, at 5 PM, sign up for a trip to Hanover Tavern for War Stories and Dinner.

Tuesday, Feb. 23, at 2:30 PM, join us as we go to the Verizon Telecom Pioneer Museum of Virginia to see a diverse collection of items relating to the heritage of the telephone and the Telecom Pioneers.

Saturday, Feb. 27, at 2:30 PM, trip to the Glen Allen Cultural Arts Center "One Acts."

Dining Out

Thursday, Feb. 18, at 10:00 AM, the Red Hat's are going out to eat at Cracker Barrel Restaurant.

Monday, Feb. 22, at 10:00 AM, join us for a trip to Crab Louie's Restaurant.

Wednesday, Feb. 24, at 11:30 AM, R.O.M.E.O.'s (Richmond Older Masons Eating Out) is eating out at Bottom's Up Restaurant.

Shopping

Wednesday, Feb. 3, at 9:15 AM, shopping at Wal-Mart.

Wednesday, Feb. 10, at 9:15 AM, shopping at Kmart.

Wednesday, Feb. 17, at 9:15 AM, Shopping at Ukrops.

Tuesday, Feb. 23, at 9:30 AM, Shopping with lunch at VA Center Commons.

Wednesday, Feb. 24, at 9:15 AM, Shopping at Wal-Mart.

The Many Uses of Baking Soda

Bicarbonate of Soda, better known as baking soda, can be used in dozens of ways around your house. It is a great substitute for other more expensive products.

For example:

- Add 1/2 cup to the washing machine to help clean oil- or grease- stained clothing, or as a substitute for laundry detergent in general.
- Use it as a scouring powder to clean your fridge, countertops, bathroom tile, sinks, shower stall, etc. Rinse with clear water.

- Wash out thermoses and coolers with 3 tablespoons of soda dissolved in a quart of water.
- Use the same solution to wash glass or stainless steel coffee pots or soak hair brushes and combs.
- Polish silverware with dry soda on a damp cloth. Rub, rinse and dry.
- Keep an open box of baking soda in your refrigerator and freezer to deodorize.
- Run your dishwasher through its cycle with soda instead of soap for a good cleaning.
- Clean your drains by flushing 4 tablespoons of soda down the drain with hot water each week.
- Treat insect bites, sunburn, or poison ivy by applying a paste of soda and water.
- Use a refreshing mouthwash of 1/2 teaspoon of baking soda in 1/2 glass of water.
- Use soda as an underarm deodorant
- Use soda as a toothpaste- just sprinkle it on your wet toothbrush.



Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

2/2 Ralph Mills
2/3 Helen Anderson
2/4 James Smith
2/6 Stuart Shipley
2/18 Elva Rollins
2/19 Norma McCullough
2/19 Edgar Harrison
2/20 Raymond Martines
2/22 Frances Charlesworth
2/23 Claude Morris
2/23 Richard Neiswander
2/25 Helen Rackley
2/25 Mary Gene Smith
2/26 Joy Kent



Employee Birthdays

2/3 Jeramie Jones
2/5 Kathy Cooley
2/6 Lou Ann Love
2/9 Renard Brown
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
2/24 Doris Saunders
2/25 Bobie Gaines



Welcome New Employees!

Linda Archie Nursing PRN

February Anniversaries

John and Elizabeth Anton 2/6/1982

David and Joy Kent 2/16/1974

Welcome New Residents

Duke Grkovic
Gordon Kirby
Simeon and Virginia Phipps
Donald Shinn

In Memoriam

Dale Phelps
Evelyn Leggette
Alexander MacRae

Masonic Home Census -- 223

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

The MAHOVA News is published monthly for the residents of the Masonic Home of Virginia. Articles in this publication may not be reproduced without permission.

James D. Cole

Chief Executive Officer

Ed Owen

Administrator

Kathy Barnes

Resident Life Administrator

Viarat Bakhshi, M.D.

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