



OF VIRGINIA

# MAHOVA

# News

January 2012

A Monthly Publication of the Masonic Home of Virginia

## “Spreading Masonic Light”

During the annual Christmas Tree Lighting Ceremony, the 2012 Grand Master of Virginia, W.T. Ellison Jr. was present and he shared his 2012 theme for the year, which is “Spreading Masonic Light.” Most Worshipful Ellison shared three principles with his theme: Faith, Hope, and Charity. As a child, he was instilled with these principles and without them; he believes one cannot spread Masonic light. One of his goals, for 2012, is to educate all Virginia masons of the resources available and for masons to financially support charitable work. There are a variety of Masonic organizations available for one to assist, such as, the Masonic Home of Virginia, Grand Lodge of Virginia’s library and museum, as well as an outreach program for the western part of Virginia. Most Worshipful W.T. Ellison also gives extended recognition to the Masonic Home and will continue to encourage masons to come and visit the Home. He has an expectation for his Masonic brothers to develop relationships, here at the Home.

Here, at the Masonic Home of Virginia, we encourage everyone to “Spread Masonic Light” by having the faith, hope, and charity to assist one another in as many ways as possible. When masons, their friends and families people walk into the Home, our hope is that will form relationships with someone here and help spread the word that the light shines brightly here at the Masonic Home of Virginia.

### ***In This Issue:***

**Health Rx**

**Program Highlights**

**January Calendar**

**Book Ends**

**Behind the Scenes**

**Anniversary Stories**

**In Memoriam**

**Birthdays**

**Welcome New Residents**

**Welcome New Employees**

**Jim Herring** President—  
B Wing

**Helen Lape** Vice President- B  
Wing

**Norma Klebert** Secretary- Vil-  
lage

**Lovell Harrison** Magnolia  
Court

**Catherine Murray** D Wing

**Walter Olphin** D Wing

**Judy Burton** Village

# Health

Here's To Your Good Health!

## Green Tea's Healthy Reputation

Green tea, in addition to being delicious, has been linked to preventing cancer. Japanese researchers fed green tea to animals in amounts equal in ratio to average human consumption. The animals had dramatically lower incidence of cancerous tumors, due in part to the high levels of polyphenols (antioxidants). Human studies are in the early stages but in Japan, where green tea is a dietary staple and smoking is quite popular, the incidence of lung cancer mortality among males is much lower than the U.S. This is certainly food-or-tea-for thought.

## Have You Heard?

January is hot tea month and tea is the most popular beverage in the world. According to historians, the first tea was brewed some 4,000 years ago when leaves from an evergreen shrub accidentally fell into boiling water. Today, tea is enjoyed by billions of people around the world. Black tea makes up 80 percent of the world tea crop and is the type most of us are familiar with. But there are other delicious teas you might want to sample. Different methods of processing tea leaves result in black, green or Oolong tea. If leaves are picked, chopped, rolled before drying and allowed to react in the air for about six hours, the end result is black tea. To make green tea, rolled leaves are quickly steamed or heated. Oolong tea falls somewhere in the middle; the rolled leaves are aired for about half the time of black tea. The birthstone for January is Garnet and symbolizes purity, truth, faithfulness, and friendship. The flower is a Carnation or Snowdrop.

## Program Highlights

### Resident Council Meeting

Monday, January 9  
9:30 AM  
Dining Room

### Food Committee Meeting

Thursday, January 19  
1:00 PM  
Private Dining Room

### Advisory Council Meeting

Tuesday, January 17  
10:00 AM  
Private Dining Room

### Activities Committee Meeting

Thursday, January 19  
3:45 PM  
Solarium

## Program Highlights

<b>Monday, January 9</b>	<b>11:00 AM to 1:00 PM</b>	<b>Gallery</b>	Jewelry repair with Wayne Jefferson from the Jeweler's Bench
<b>Monday, January 9</b>	<b>6:00 PM</b>	<b>TV Room</b>	Try your luck at a variety of games at the card social.
<b>Friday, January 13</b>	<b>10:00 AM</b>	<b>TV Room</b>	Gentle exercises at tai chi with Lily
<b>Tuesday, January 17</b>	<b>10:00 AM</b>	<b>Gallery</b>	Come out for some coffee and donuts.
<b>Thursday, January 19</b>	<b>2:00 PM</b>	<b>TV Room</b>	Join us for the quarterly birthday tea with entertainment by Jan Kessler.
<b>Saturday, January 21</b>	<b>2:00 PM</b>	<b>TV Room</b>	Reminisce down memory lane with local author Rich Babbit
<b>Monday, January 23</b>	<b>2:00 PM</b>	<b>TV Room</b>	Enjoy a nice hot cup of cocoa at the hot chocolate social.
<b>Wednesday, January 25</b>	<b>2:00 PM</b>	<b>Dining Room</b>	Come out and celebrate the announcing of the 2011 Employee of the Year.
<b>Thursday, January 26</b>	<b>2:00 PM</b>	<b>Dining Room</b>	Welcome all the new residents at the newcomers' social with entertainment by Barbara and Frank Smith.
<b>Friday, January 27</b>	<b>5:00 PM</b>	<b>Multipurpose Room</b>	Sign up for dinner and a movie.
<b>Monday, January 30</b>	<b>7:00 PM</b>	<b>Reading Room</b>	Wear your pajamas for the movie "The Pajama Game" and enjoy a bag of popcorn at the pajama party.

## Thought of the Month

*"Friendship is the only cement that will ever hold the world together."*

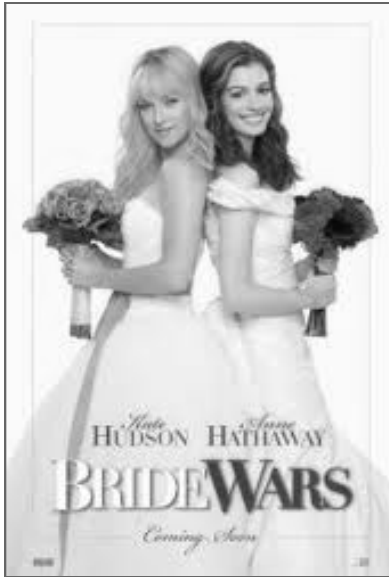
## Music Entertainment

<p>Saturday, January 7 2:30 PM TV Room</p>	<p>Golden oldies keyboard performance by Craig Anders</p>
<p>Wednesday, January 11 2:00 PM TV Room</p>	<p>Guitar performance by Gene Wade</p>
<p>Thursday, January 12 7:00 PM Dining Room</p>	<p>Performance by the Short Haul Bluegrass Band</p>
<p>Monday, January 16 2:00 PM TV Room</p>	<p>Vocal performance by Patsy Butler in the Patsy Cline style</p>
<p>Thursday, January 19 2:00 PM TV Room</p>	<p>Piano performance by Jan Kessler at the Birthday Tea Party</p>
<p>Friday, January 20 6:30 PM TV Room</p>	<p>Guitar and vocal performance by Tommy Custalow</p>
<p>Monday, January 23 6:30 PM TV Room</p>	<p>Oldies vocal performance by Aimee Ladd</p>
<p>Tuesday, January 24 2:00 PM Dining Room</p>	<p>Piano performance by Eric Dowdy</p>
<p>Thursday, January 26 2:00 PM Dining Room</p>	<p>Performance by Barbara and Frank Smith at the Newcomers' Social</p>
<p>Saturday, January 28 2:00 PM TV Room</p>	<p>Keyboard performance by Harold Link</p>

## Movies

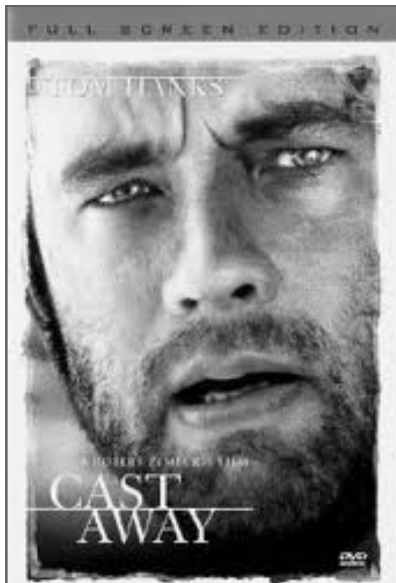


Channel 2 and TV Room  
6:00 PM



**Friday, January 6**  
**“Bride Wars”**

Two best friends have dreamed about their wedding at the plaza hotel during the month of June since they were young. A clerical error puts the two best friends down for the same date, but neither wants to change their date. Watch as the two battle it out for matrimonial supremacy.



**Friday, January 13**  
**“Cast Away”**

A FedEx executive whose life is ruled-by-the-clock abruptly ends when a plane crash leaves him stranded on a remote island. As he struggles to survive he finds his own personal journey has begun.

## Trips and Outings

### Wednesday Shopping Schedule

January 4 White Oak Village  
 January 11 K Mart  
 January 18 Wal-Mart  
 January 25 White Oak Village

### YMCA

Silver Sneakers  
 Fitness Program

9:30 AM

#### MONDAY

January 16  
 January 23  
 January 30

#### FRIDAY

January 6  
 January 13  
 January 20  
 January 27

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

Friday, January 6 12:00 AM	Lunch trip to Olive Garden
Saturday, January 7 10:00 AM	Trip to JoAnn's Fabric Store
Thursday, January 12 12:00 AM	Red Hats ladies are going out to eat at Parkway Restaurant. Remember to wear your red and purple.
Saturday, January 14 5:15 PM	Sign up to go to West Point Lodge for a prime rib dinner.
Monday, January 16 4:45 PM	Trip to Calabash Seafood Restaurant
Tuesday, January 24 9:30 AM	Sign up to go to the Vital Statistics Building to get a copy of your birth certificate.
Monday, January 30 2:00 PM	Tour of the new Eastern Henrico Recreation Center
Tuesday, January 31 9:30 AM	Shopping and lunch at VA Center Commons

## Book Ends By Wanda Lucey

As you can tell when you walk down the hall in Lilac Gardens, the Mahova Library staff has been b-u-s-y! Before this writer goes any further we all want to say “thank you” to Becky Bollinger, Gloria Martin, Stella Paxton, and Mary Lee Peroe for all the bending and stooping (and broken fingernails) required to empty the shelves, pull cards, and fill up the table! Books will be on the table through January for you to take and enjoy (FREE). After that, they will be distributed to other places and/or destroyed. ‘Weeding’ the shelves is an annual necessity and we were forced to remove anything published before 2000. In our endeavors to provide you with all the material we have received we fell far short in our duties. There is more room on the shelves for new books which you will enjoy.

“The Fixer Upper” by Mary Kay Andrews (F/AND) is girlie book, but interesting as well as fun to read. Dempsey Jo Killebrew’s employer has been caught up in a Washington scandal and she has been forced to find other livelihood. She has recently inherited the old family mansion in Gawja, and thinks it will take hardly any money and practically no time to refurbish it. (Sound Familiar?) Is she ever fooled! In addition to an old beat-up house, she is faced with a murderous old lady, the FBI checking everything in search of evidence, and many other stoppers. It is a fun book and will keep you on edge.

The next girlie book is “The Unexpected Family” by Joan Medlicott (LP/F/MED). Widowed Amelia has always portrayed her marriage to Thomas as perfection. When Marian arrives on Amelia’s doorstep with her daughter Sadie, claiming to be the illegitimate child of Thomas, Amelia is shocked, angry and not happy! Soap opera material....This beautiful tale of mothers and daughters is a keeper, and we truly hope you will enjoy it.

Our last review is Robin Cook’s “Acceptable Risk” (M/COO). In this day of multiple prescriptions, countless loud TV advertisements for miracle drugs, we can’t help but wonder if there is any truth. Beginning with the “witch hunts” in Boston in 1692, this is the story of a newly found drug which, apparently, will provide us with miracle cures for anything that ails us. This book was nearly axed when I read it and knew it had to be a keeper. Read it and think.

We wish for you a healthy and happy 2012 and good reading. We will be putting many more new books on the shelves for you and hope our folks will provide you with good reviews. We are in NEED of volunteers to man the library desk to check out books, re-shelve books, and to REVIEW anything you have read. Richard will continue in his style, but all you have to do is jot down your book title and maybe a sentence or two on what it is all about. Please give a great deal of thought to this and contact Melissa Ponce in the Activities Department.

HAPPY NEW YEAR!

## Behind the Scenes

### Get to know Dan Dewert!

Dan is a food service aide and has been working at the home for a year. Dan has been working in restaurants since he was fifteen-years-old and has always had a passion for cooking. His favorite part of cooking at the Home is the unity among the staff. Dan is from upstate New York; he moved to VA after he came for a visit to see his mom. When away from work he enjoys fishing, hunting, camping, and spending time with his family, including his three-year-old daughter. He one day hopes to open his own restaurant serving barbecue and sandwiches.

## Anniversaries



1/14/1950 Lansing and Dorothy Fulcher



**Thank you to all the residents that helped to make the 2011  
Masonic Home of Virginia Christmas pageant a success.**

2012 Cooking Class Motto  
“Eat Well, Age Well”

The cooking class is moving towards healthy living and each month the class will be focusing on a different topic of healthy living.

The topics for the upcoming months are:

January- New Year, New You

February– Antioxidants

March- Get Your Plate In Shape

The cooking class is open to all residents and will be changing locations for the new year. The cooking class will be every other Wednesday at 1:30 PM in the Main Dining Room Kitchen.



Thank you to all the lodges for your continued support of the Masonic Home of Virginia.

Thank you to all the volunteers throughout the home that helped to make 2011 a great year.

**In Memoriam**



**Forever in Our Hearts**

Julian Burgess  
John Denton  
Lillian Ruth Jones  
Hoover Lide

## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

1/1	Eunice Barnes	1/22	James McDonough
1/1	David Kent	1/25	Betty Long
1/4	Carolyn Allen	1/26	Woodrow Owen
1/6	Sam Anaya	1/26	Virginia Phipps
1/8	Dolores Ridings	1/27	Theodore Koss
1/11	Elizabeth Anton	1/27	Gordon Paschall
1/14	Anne Meyer	1/30	Nathan Barrey
1/21	Boyd Ivester	1/31	Evelyn Meyer

## Welcome New Residents!

Ernest and Martha Kersey  
Hattie Crebbs

## Welcome New Employees!

Yolanda Lee	Environmental Services	FT
Lamelia Winston	Nursing	PRN

## Employee Birthdays

1/1	Geeta Subedi
1/4	Richard Vogt
1/8	Felicia Davis
1/10	Cynthia Blackston
1/15	Robert Harper
1/16	Tekeisha Bailey
1/16	Howard Flexon
1/21	Traevon Martin
1/24	Teoshi Lancaster
1/26	Faith Converse
1/26	Stanley Heil
1/26	Mallie Lamm
1/26	Sandra Street
1/29	Wanda McLaurin
1/29	Rosa Snead
1/29	Marcia South
1/29	Randall Wood

## Masonic Home Census -- 224

### The MAHOVA News

A monthly publication of the Masonic Home of Virginia  
500 Masonic Lane  
Henrico, VA 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

#### Anne Hagen, CPA

Chief Financial Officer

#### Ed Owen

Administrator

#### Kathy Barnes

Resident Life Administrator

#### Dr. D.M. Jannuzzi

Medical Director

#### Carol Roy

Director of Nursing

#### Lee Byrd

Director of Human Resources

#### Jon Truett

Director of Facility Management

#### Jennifer Burton

Manager of Environmental Services

#### Justin Carwile

Director of Dining Services

#### Jeff Spence

Development Officer