



The

MAHOVA

MASONIC

HOME of

VIRGINIA

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News

May 2010

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In Memoriam

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

Community Service within the Masonic Home

Community Service: services volunteered by individuals or an organization to benefit a community or its institutions.

Both residents and staff have been actively participating in community service, by either volunteering their services and/or donating items.

The Community Service Angel Club has sent out five boxes to various soldiers in Afghanistan and Iraq, and are getting ready to send the sixth box! We sent letters with these boxes explaining who we are and what we are doing. We are currently waiting to hear a response from the soldiers. Not only have the members of this club helped these soldiers, but many others have been donating items. All your donations and assistance in mailing these boxes is greatly appreciated by the club and the soldiers serving our country. If you have any friends or family members who are soldiers and would like to send a care package, then bring the names and addresses to the activities department and we will send them a package. The club is also actively working on homemade toys and blankets for the Richmond Pregnancy Resource Center. We will continue to collect donations for the soldiers and babies; you can bring your items to the activities office to be packaged.



Happy Mother's Day

Sunday, May 9

Health 

Here's To Your Good Health !

The Benefits of Calcium

Calcium is widely recognized as beneficial for bones, and it may also lower the risk of cancer and even help with weight loss. According to the American Institute for Cancer Research, a recent study at Purdue University indicates that people who took 1,000 milligrams of calcium each day lost more weight than those who consumed only 600 mg, even though their caloric intakes were the same. Another study suggests that calcium may help cells burn fat. Preliminary studies also indicate that higher calcium intake may protect against certain types of colon cancer, as well as breast cancer in pre-menopausal women.

How much is enough? Experts recommend 1,000 to 1,500 mg daily, which can be obtained from a balanced diet with three servings of dairy products or calcium-fortified foods each day. Too much calcium is harmful, so check with your doctor before taking calcium supplements.

Have You Heard?

May is Salsa Month! According to Pace Foods, more salsa is sold in May in North America than any other month because of the amount consumed during the celebration of Cinco de Mayo, a Mexican holiday observed on May 5th. Salsa overtook ketchup as America's best-selling condiment in the mid-1900s, with annual sales of \$700 million. It is most popular in western states and parts of the Northeast; it is least popular in the South. Salsa, which is Spanish for "sauce," dates back to the ancient Aztecs of Mexico who cultivated tomato and pepper plants. The Spanish explorers relished the tasty dish. The Royal Spanish Academy Dictionary defines it as a "mixture of several edible substances, diluted, made to dress or season food." The birthstone for May is Emerald and symbolizes loyalty, faithfulness, and friendship, and the flower is Lily of the Valley.

Program Highlights:

Thursday, May 6, at 2:30 PM in the **TV Room**, join us for a Mother's Day Tea party in honor of all you Moms.

Saturday, May 8, from 11-1 PM outside under the **Gazebo** by the **REB Center**, Joppa Lodge #40 visits. (WP)

Saturday, May 8, the Activity Committee meets, at **1 PM** in the **Sun Porch**.

Tuesday, May 11, at 9:30 AM in the **D Recreation Room**, come to the monthly second cup for coffee, tea, and cookies.

Tuesday, May 11, at 3 PM in the **Multipurpose Room**, join Reverend Elder for Communion.

Wednesday, May 12, at 2:30 PM in the **TV Room**, come get a workout at exercise with Tammy.

Wednesday, May 19, at 2:30 PM, come out for a saxophone performance by David Hall in the **TV Room**.

Friday, May 21, at 5 PM in the **Multipurpose Room**, sign up for the monthly Dinner and a Movie.

Saturday, May 22, come to the **Dining Room** for an Ice Cream Social with Midlothian Lodge #211 at **2:00 PM**.

Monday, May 24, the Million Dollar Band is performing in the **Dining Room at 7 PM**.

Tuesday, May 25, Gina Romano will be performing in the style of Patsy Cline in the **TV Room at 2:30 PM**.

Wednesday, May 26, join Nancy Glenmore for strengthening exercises and stretches at **1:30** in the **TV Room**.

Thursday, May 27, at 2:00 PM in the **Dining Room**, come and celebrate all the May Birthdays with Jan Kessler and Ken Archer at the Birthday Social.

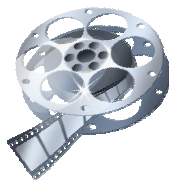
Friday, May 28, at 2:30 PM at the circle of flags outside, join us for Prayer for Peace with Rev. Elder in honor of Memorial Day.

Saturday, May 29, at 2:30 PM in the TV Room, join Sandy for a game of Bunco. This fun and simple game involves dice and prizes!



**Memorial Day
Monday
May 31, 2010**

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



Monday, May 3
"Kelley's Heroes"
Monday, May 10
"The King and I"
Friday, May 14
"The Money Pit"
Monday, May 17
"Shrek 2"
Friday, May 28
"The Mask"



Book Ends

By Wanda Lucey



(Last month, we left John Adams in France, England, and Holland—now he returns home).

Back home after the peace treaty with England, he was again sent to Philadelphia to help with writing the Constitution of the United States. Mr. McCullough indicates that John had the skills to know when to stand fast for a point and when to back off, or when to compromise. One of his pronouncements has come to pass - note the number of representatives and senators who are re-elected. John feared Congress would vote themselves perpetual, something that has come to pass with a large number of seats. Elected vice-president, John essentially set up the way that job is performed. Presiding over the Senate, he did a lot in establishing the customs of how they do business.

As Washington was leaving office, the intrigue and dirty part of politics came into play. Alexander Hamilton almost tore the Federalist Party asunder. During the Adams' administration, John's efforts were undermined both by the Democrats under Jefferson and the Hamilton segment of his own party. Why he did not appoint his own cabinet rather than using the Washington men is not understandable. John did have the privilege of moving the government from Philadelphia to the District of Columbia. He and Abigail moved into an incomplete presidential mansion in what at that time was in the midst of a forest. This book did not mention (or I missed it) the story of Abigail drying laundry in the East Room! Whether true or not, I enjoyed the story.

After losing the election to Jefferson, John returned to Braintree to manage his farm, and to offer sage advice to the Massachusetts government and to others who specifically sought it. He had earlier had a falling out with Jefferson and, both being good farmers, they were able to 'mend fences', and died on July 4th, good friends.

I found this book entertaining and enjoyable to read. At 650 pages and a sort of plodding style, it is not a quick read. I took much longer to read it than I expected, but found it extremely informative and thoroughly enjoyed it. If you pick it up, do not expect to finish it in a day!

Thank you, Richard!

We are anxious to hear from you - are you interested in doing a book review for us? We have a number of new books in the library - some fiction, some non-fiction, and many biographies! How about it?

Trips

Friday, May 7 at 6:45 PM,
sign up to see the ACCA
Million Dollar Band for \$5.00.

Monday, May 10 at 9:30 AM,
trip to the National Museum of
the Marine Corp in Quantico
with lunch at the mess hall. On
the way back we will get ice
cream at Carl's Ice Cream in
downtown Fredericksburg.

Saturday, May 15 at 1 PM,
join us for a trip to the
Telegraph Museum.

Saturday, May 22 at 1:30 PM,
season ticket holders are going
out to Glen Allen Cultural Arts
Center to see "Quilters."

Dining Out

**Monday, May 17 at 10:45
AM,** sign up for lunch at
Outback Steakhouse.

**Thursday, May 20 at 10:30
AM,** all you Red Hats ladies
come out for a lunch trip.

**Wednesday, May 26 at 11:30
AM,** all you men sign up for
lunch with R.O.M.E.O.'s group.

SPECIAL THANKS

Thank you, Ersell Brinser,
for all your hard work with
the Memorial Services.

Shopping

**Wednesday, May 5 at 9:15
AM,** shopping at Wal-Mart.

**Wednesday, May 12 at 9:15
AM,** shopping at White Oak
Village.

Thursday, May 13 at 10 AM,
sign up for a trip to Williams-
burg for shopping and lunch at
Merchants Square in Colonial
Williamsburg. (This is NOT
the outlet mall.)

**Wednesday May 19 at 9:15
AM,** shopping at KMart.

Monday, May 24 at 9:30 AM,
shopping and lunch at VA Cen-
ter Commons Shopping Mall.

**Wednesday, May 26 at 9:15
AM,** shopping at Martin,s.

Mailing stamps will now be sold by Banking Services located on A Wing. You will be able to purchase stamps only during banking hours on Tuesday and Thursday, 10:30 to 11AM.

The gift shop will no longer sell stamps.

CAN YOU RELATE TO THE FOLLOWING?

I'm a Senior Citizen....

I'm the life of the party...even when it lasts until 8 pm.

I'm very good at opening child-proof caps with a hammer.

I'm usually interested in going home before I get to where I'm going.

I'm good on a trip for at least an hour without my aspirin, beano, antacid...

I'm the first one to find the bathroom wherever I go.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time because I can't hear a word you are saying.

I'm aware that other people's grandchildren are not as bright as mine.

I'm realizing that aging is not for sissies.

I'm anti-everything now: anti-fat, anti-smoke, anti-noise, anti-inflammatory...

I'm in the initial stages of my golden years: SS, CD's, IRA'S, AARP...

I'm a Senior Citizen and I think I am having the time of my life!!!!

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:



5/1	Beatrice Milton	5/19	Anne Winder
5/3	Ruth Carter	5/20	Dorothy Fulcher
5/8	Jack Golightly	5/20	Gwen Hues
5/11	Mildred Milby	5/20	Harry Lape
5/12	William Paschall	5/22	Joseph Hogge
5/13	Robert Hall	5/23	Goldie Simmons
5/13	Alice Walton	5/26	Lewis Butler
5/14	Joseph Crane	5/26	Jane Barnes
5/19	Edna Alvis	5/28	Garland Rollins
5/19	Blanche Feitig		

Employee Birthdays

5/1	Suzie Jackson	Nursing
5/2	Sarai Wade	Nursing
5/5	Roberta Jones	Nursing
5/8	Cheryl Wilkerson	Environmental
5/10	Lorraine Patterson	Nursing
5/10	Dennis Tatum	Food Service
5/12	Belinda Lee-Roberts	Nursing
5/15	Saxon Fray	Food Service
5/19	Shannon Blankenship	Nursing
5/20	Michael Butler, Sr.	Maintenance
5/20	Kathy Miller	Nursing
5/22	Ed Owen	Administration
5/25	Cynthia Pleasants	Nursing
5/26	Mari Beavers	Finance
5/27	Julia Coleman	Environmental
5/30	Delores Sherard	Food Service
5/30	Sabra Sherrill	Nursing



Welcome New Employees!

Christy Shumate	Nursing	Full Time
Jean Dowdy	Administration	Part Time
Angela King	Nursing	PRN
Rebecca Pullen	Food Service	PRN
Sarone Salaam	Nursing	PRN

May Anniversaries

5/4/1968	John and Agnes Carpenter
5/8/1948	Harry and Helen Lape
5/12/1944	William and Mable Paschall
5/14/1949	Walter and Yvonne Olphin
5/21/1955	John and Betty Long

Welcome New Residents

Donald and Dorothy Davies
Sommerville and Elsie Wickham
Edith Holcomb
June Wager

In Memoriam

Rachel Bailey
Eunice Mardigian

Masonic Home Census -- 224

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