



The

ASONIC

OME of

IRGINIA

# MAHOVA

A Monthly Publication of the Masonic Home of Virginia

November 2009

# News

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### *Resident Advisory Council*

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Village

## Spotlight on Caregiving: Honoring our Family Caregivers at the Masonic Home of Virginia.

Written by Debbie Preston

**“There are four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.” (Rosalyn Carter)**

November is National Family Caregiver Month—designated as a time of year to thank, support and celebrate the invaluable and often endless time, effort and care put forth by family caregivers. The care giving journey opens one’s heart to the essence of what it means to love ‘unconditionally.’

Within the Masonic Home community we have many residents and family members serving as dedicated caregivers for their loved ones. Their tireless efforts depict the true meaning of ‘*courage in action.*’ Therefore, we would like to take this time to thank each and every family caregiver for their endless acts of compassion and care!



**Election  
Day  
November 3**



**DAYLIGHT SAVINGS  
TIME ENDS  
NOVEMBER 1  
FALL BACK 1 HOUR**

## Health

**Here's To Your Good  
Health !**

### **The Best Type of Toothbrush**

According to the Cochrane Collaboration, a nonprofit group that compiles research on healthcare studies, the most efficient toothbrush is an electric brush with rotational oscillation action; in other words, one that rotates first in one direction and then in the other. The group found that these toothbrushes were more effective in reducing plaque and gingivitis than manual or other types of electric designs.

### **Two Apples a Day Keep the Doctor Away**

A recent study at the University of California-Davis found that eating two apples a day, or drinking 12 ounces of 100 % apple juice, is good for your heart because certain compounds in apples act as antioxidants and slow the oxidation of low-density lipoprotein (LDL) or "bad cholesterol." Oxidized LDL allows plaque to accumulate along the walls of the coronary artery and cause arteriosclerosis, which can lead to heart attacks.

## **Have You Heard?**

Originally there were 30 days in November, then 29, then 31. Winter once began on the 11 of November, according to the ancient calendar of Rome. The flower for November is Chrysanthemum. The birthstone is citrine and symbolizes joy and loyalty.

## **Program Highlights:**

**Monday, Nov. 2, at 2:30 PM,** Nostalgia is performing in the **TV Room.**

**Tuesday, Nov. 3, at 2:30 PM,** the Community Service Angel Club meets in the **D Recreation Room.**

**Wednesday, Nov. 4, at 1:30 PM,** Elizabeth is hosting a jewelry party in the **TV Room.**

**Wednesday, Nov. 4, at 3 PM** in the **Multipurpose room,** Reverend Elder will be here for Communion.

**Friday, Nov. 6, from 11AM-4 PM,** Masons from around Virginia will be touring the home.

**Tuesday, Nov. 10,** exercise and stretch with Tammy at **10:30 AM in the TV Room.**

**Wednesday, Nov. 11, at 2:30 PM,** dedicated 2003 Past Grand Master from Washington & Henry Lodge Fred Martin speaks in the **TV Room.**

**Thursday, Nov 12,** come out and celebrate all the November birthdays, **at 2:30 PM in the Dining Room,** with performances by Jan Kessler on the piano and Ken Archer on vocals.

**Friday, Nov. 13, at 10 AM in the Gallery,** Sue Phillips sells jewelry and pocketbooks.

**Friday, Nov. 13, at 2:30 PM in the TV Room,** Deputy McLaughlin speaks on Identity Theft.

**Monday, Nov. 16,** join us for a wine tasting in the **Gallery at 6:30 PM.**

**Tuesday, Nov. 17,** Barksdale Theater Troupe is performing in the **TV Room at 2:30 PM.**

**Wednesday, Nov. 17, at 1:00 PM in the Private Dining Room,** the food committee meets.

**Wednesday, Nov. 18, at 2:30 PM in the Dining Room,** Come out and watch the women compete in the Women's Triathlon.

**Thursday, Nov. 19, at 2:30 PM in the TV Room,** enjoy a nice cup of hot cocoa at the hot chocolate social.

**Friday, Nov. 20 at 5 PM in the Multipurpose room,** join us for the monthly dinner and a movie.

**Monday, Nov. 23, at 2:30PM in the D Recreation Room,** the Community Service Angel Group meets.

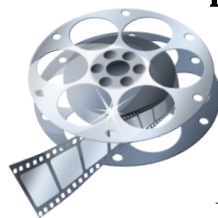
**Tuesday, Nov. 24, from 2-4 PM in the D Recreation Room,** join us in making Christmas ornament crafts.

**Wednesday, Nov. 25,** join Nancy Glenmore for strengthening exercises and stretches, in the **TV Room at 1:30 PM .**

**Friday, Nov. 27, in the D Recreation Room at 2:30 PM,** make some bracelets with the jewelry making group.

**Saturday, Nov. 28, at 2:30 PM,** come out and sing along with Jean Mahone, from Mahone's Forge Historical Productions, **in the TV Room.**

**Monday, Nov. 30 in the D Recreation Room at 2:30 PM,** the "Got Yarn" club meets.



## MOVIE SCHEDULE

CHANNEL 2

6:00 PM

**Monday, November 2**

"Transformers"

**Friday, November 6**

"The Proposal"

**Friday, November 27**

"Ghost of Girlfriends Past"

**Monday, November 30**

Thomas Kincade—"The Cottage"







# Book Ends

*By Wanda Lucey*



Best laid plans have gone astray! We had planned to print Richard Neiswander's review of the John Adam's biography but will hold it to a better time—maybe January or February when you can cuddle up with a nice hot cup of chocolate or coffee. Too many things need to be said and they will take up too much space.

Family Day was just great and we were the recipients of MANY new boxes of books. Your staff is frantically working to get them in some sort of order, some kind of 'weeding-out', so we can process them for your use. Forty-some boxes came from the efforts of the Rainbow Girls in Northern Virginia, and we haven't determined yet where the other sixteen or so came from. You can see our work is cut out for us! We are ALWAYS HAPPY to receive these gifts, so don't stop—especially with the large print books. One thing we do want to emphasize to donors is if we can't make good use of your gifts, please understand we will find good places for them.

Now, several of our newer books have grown legs and sprouted wings and escaped from us, "Three Weeks With My Brother" being only one of them. We want to provide good service and have the library open (wish we could do it all day) for your convenience, but simply do not have the volunteers to attend to it. We aim for 9:00-11:00 and 1:00-3:00 Monday through Friday.

One of the "new" books we received was "Miss Julia Stands Her Ground" by Ann B. Ross (813.5/ROS) which will replace one of our wanderers. The Miss Julia Books are favorites— as you know, she is the strait-laced doyen of the conservative small town she lives in and makes all the rules. We each know someone like that, and the book is a joy to read.

"Handle With Care" by Jodi Picoult (F/PIC) is the story of a young girl born with Osteogenesis Imperfecta (OI)- brittle bones. It is a heart-tugging read about this young child, her medical problems and their effect on her family life (there will be a few tears) but the author will leave you with a more compassionate spirit than you started with. Very impressive.

"Twisted Creek" by Jodi Thomas (F/THO) is a great little book written in the Debbie Macomber style. When Allie Daniels inherits a tiny café in a small Texas community she is sure there must be a catch for nothing good ever happens to her. As she settles in, and her Nana does the cooking, she continues to feel there is a mistake in the old man's will, but the community finds a place to come and sit, and visit, and drink coffee, and make new friends. A great little book!

Now, November is a great month to reflect on our country's veterans and their part in the wars that have preserved our 'way of life' and provided us with the peace and prosperity we enjoy. Please check our exhibit of World War II and Korean War books. We have an extensive collection in our library and are proud of it!

# Trips

**Saturday, Nov. 7, at 11 AM,** join us as we go to the Sheraton for the Grand Lodge Luncheon.

**Tuesday, Nov. 10, at 1:30 PM,** take a trip to the Poe Museum. \$ 5.00 Admission fee.

**Saturday, Nov. 14, at 3:30 PM,** sign up for a pancake and sausage dinner at Varina Masonic Lodge, sponsored by Montrose Chapter No. 176. Order of the Eastern Star. \$ 7.00

**Tuesday, Nov. 24, at 9:00 AM,** sign up for a trip to the Virginia Aviation Museum. \$ 5.00 Admission fee.



If anyone is interested in purchasing poinsettias for the chapel, the sign up sheet will be out November 10th.

## Thank You

Thank you all for the birthday cards! Our move here has gone very well because of all of you welcoming us so openly. Thank you!  
George & Helen Woods

# Dining Out

**Monday, Nov. 9, at 4:30 PM,** sign up to have dinner at the Boathouse Restaurant.

**Thursday, Nov. 19, at 11 AM,** Red Hat ladies are eating out at Cracker Barrel.

**Monday, Nov. 23, at 4:45 PM,** join us for dinner at Calabash Seafood Restaurant.

## To My MAHOVA Friends:

Words cannot express my appreciation for the many ways you supported me during Dick's illness and Death. Your thoughts, prayers, and kind expressions of concern have meant—and continue to mean — so much. I want to offer a special thanks to the Care Center for their dedication and commitment. It was a comfort to me and my family to know that his every need was taken care of by the hands of such loving and caring staff members.

My Strength throughout this time has truly been provided by the grace of God and through the love and support of my Mahova "family" and friends.

In MAHOVA Love,  
Catherine Murray

# Shopping

**Wednesday, Nov. 4, at 9:15 AM,** shopping at Ukrops.

**Wednesday, Nov. 11, at 9:15 AM,** shopping at Wal-Mart.

**Wednesday, Nov. 18, at 9:15 AM,** shopping at Kmart.

**Wednesday, Nov. 25, at 9:15 AM,** shopping at Ukrops.

**Monday, Nov. 30, at 9:30 AM,** sign up to go to Va Center Commons for shopping and lunch.

## Community Service Angel Club

This group is for both men and women to serve their community. The group meets a couple of times a month in the D Recreation Room and is open to everyone here at the home.

Our current project is assisting a small platoon in Iraq with various goods for them to use. Look for the Christmas wrapped boxes located around the home. These boxes are labeled with flyers that have a list of the items these soldiers are in need of.

If you have any questions, contact Tammy Curtis in Activities at Ext. 77268.

## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays.



11/3 Mildred Butler	11/9 Louise Gooding
11/3 Elise Lacy	11/10 Lois Roan
11/4 Catherine Busbee	11/14 P. Wiley Jordan
11/4 Julius Friis	11/19 Glen May
11/5 Margaret Jordan	11/23 Martha Sugg
11/7 Dale Phelps	11/24 Walter McCuiston
11/9 David Charlesworth	11/24 Skeezik Peters
11/9 Hope Cluverius	

11/4/1950 Edwin & Juanita Ragsdale  
 11/8/1941 Stafford & Lillian Bolton  
 11/18/1956 James and June McDonough

## Welcome New Residents

Alexander MacRae  
 James Fox  
 Woodrow Owen  
 Raymond Martines

## In Memoriam

Mary Johnson  
 Frank Duke  
 Blanche Lewis

## Employee Birthdays



11/2 Tina Atkins	11/21 Carolyn Harper
11/3 Joyce Cosby	11/22 Benjamin Payne
11/5 Albert Wake	11/23 Wendy Henderson
11/6 Sarah Ferrell	11/24 Lee Byrd
11/7 Kelly Anderson	11/30 Jemma Mitchell
11/9 Tara Johnson	
11/9 Georgette Washington	
11/10 Cassandra Harper	
11/15 Shirley Thompson	
11/16 Amy Spalek	
11/18 Laura Goode	
11/18 Regina Pettaway	
11/18 Elizabeth White	
11/19 Mary Gibson	
11/19 Keith Winder	

## **Masonic Home Census -- 220**

### The MAHOVA News

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**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  
**Keith Winder**  
 Director of Development  
**Jennifer Burton**  
 Manager of Environmental Services  
**Jon Truett**  
 Director of Facility Management  
**Justin Carwile**  
 Director of Food Services

## Welcome New Employees!

Kathryn Daniels	Admin/Human Resources	PRN
Tara Johnson	Nursing	PRN
Tracie Martin	Nursing	PRN
Tanise Thompson	Nursing	PRN
Donna Wynn	Nursing	PRN