



The

ASONIC

OME of

IRGINIA

# MAHOVA

A Monthly Publication of the Masonic Home of Virginia

October 2009

# News

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### *Resident Advisory Council*

**Walter Olphin**  
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(TBA)  
A Wing & Magnolia Ct.

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V. President—B Wing

**Helen Lape**  
Secretary, B Wing

**Harry Bluford**  
D Wing

**Stuart Shipley**  
Village

**Judy Burton**  
Village

## Give Thanks to our Crafty Residents

Many of the residents lend a hand in making a variety of items for the Home. The Woodshop, Ceramics, Decoupage, “Got Yarn” Club, and the Jewelry Making group have been working hard on assorted projects for Family Day and the Gift Shop. The Woodshop, Ceramics, and Decoupage meet weekly and the “Got Yarn” Club and Jewelry Making Group get together monthly to work on these crafts. Along with these groups numerous residents have been working diligently on various crafts on their own.

Many of the items that the residents have been working on will be sold on Family Day. Be sure to look for the gift shop tent outside on Family Day for these crafts. After Family Day, these items be available for purchase in our gift shop that is open every Monday, Wednesday, and Saturday from 1:30 PM to 3:00 PM.

Some of the crafts for sale are:

Christmas Decorations  
Needle Point  
Knitting/ Crochet Items  
Decoupage and Ceramic Items  
Napkin Rings  
Jewelry  
Woodwork

Thank you to all of the residents that have been working so hard !!

# FAMILY DAY

**Saturday, October 10**

**2009– 2010  
Masonic Home  
King and  
Queen  
Gordon Paschall  
and  
Edna Alvis**



## Health

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

### **The Best Rx: EXERCISE**

When it comes to preventing heart disease, regular exercise is one of the most powerful tools at your disposal, experts say— as statin drugs. Women who exercise briskly at least three hours per week slash their risk of heart attack by 30 to 40 percent, according to the ongoing, massive Nurses' Health Study.

Heart-pumping aerobic exercise lowers bad cholesterol while raising the good kind, demolishes triglycerides, and prevents plaque from accumulating inside arteries. It also combats dangerous abdominal fat. But you don't need to join a gym. Studies show that exercise is just as effective when done in discrete chunks throughout the day – climbing the stairs, taking a fast walk at lunch, or walking to a friend's home.

## **Have You Heard?**

October derives from 'octo' meaning eight as it was the 8th month in the old Roman calendar. The flower for the month of October is Calendula (Marigold). The birthstone is Opal and it symbolizes purity and hope.

## **Program Highlights:**

**Saturday, Oct. 3, from 1-3 PM,** come out and celebrate Gladys Simmons 90th birthday, **in the Dining Room.**

**Sunday, Oct. 4, at 2 PM in the TV Room,** join the Amaranthes for a bingo game.

**Wednesday, Oct. 7, at 3 PM in the Multipurpose Room,** Reverend Elder will be here for Communion.

**Thursday, Oct. 8,** join Tony for a cooking demonstration at the Magnolia Court Creative Chef's Corner Cooking Club **at 9:45 AM in Magnolia Court.**

**Thursday, Oct. 8, at 7 PM,** the Sauerkrauts are back to perform for us **in the Dining Room.**

**Friday, Oct. 9**, travel the world from the Home and come to the Travelogue at **2:30 PM in the TV Room.**

**Sunday, Oct. 11, at 2:30 PM in the TV Room**, the Fort Lee Baptist Church Chorus will be performing.

**Monday, Oct. 12, at 2:30 PM in the D Rec. Room**, the "Got Yarn" club meets.

**Wednesday Oct. 14, at 1:30 PM in the TV Room**, join Nancy Glenmore, a yoga instructor, as she demonstrates the importance of strengthening exercises and stretching.

**Thursday, Oct. 15, at 2:30 PM, in the Dining Room**, come out and meet the interdisciplinary team of the Home at the Apple Cider Meet and Greet.

**Friday, Oct. 16, at 10 AM in the TV Room**, Robert Pettit will show us Tai Chi exercises.

**Monday, Oct. 19, at 2:30 PM in the TV Room**, Ray Linquist is here to talk about the mysteries and secrets of the Masons.

**Wednesday, Oct. 21, at 2:30 PM in the Dining Room**, the James River Trio is back to

**Thursday, Oct. 22**, come down to the Magnolia Court Creative Chef's Corner Cooking Club at **9:45 AM in Magnolia Court.**

**Thursday, Oct. 22**, celebrate the October Birthdays at the Birthday Social with performances by Ken Archer and Jan Kessler in the **Dining Room at 2:30 PM.**

**Sunday, Oct. 25, at 2:30 PM in the TV Room**, Tommy Custalow is playing the guitar.

**Monday, Oct. 26, at 6:30 PM in the Dining Room**, come out and watch Mr. Phillips' Shag Dancing Group.

**Wednesday, Oct. 28, at 2:30 PM in the TV Room**, join us for the MAHOVA Talk Show.

**Thursday, Oct. 29, at 7 PM in the Dining Room**, come out and celebrate Halloween at the Halloween Party. We will have the dance floor down and we will serve refreshments. Dress up in a costume if you like! Invite your family and friends!

**Friday, Oct. 30, at 10 AM in the TV Room**, EDUcare Daycare will visit.

**Saturday, Oct 31, at 2:30 PM in the TV Room**, Johnny Gray is back to play the keyboard and sing.

**MOVIE SCHEDULE  
CHANNEL 2  
6:00 PM**



**Friday, October 2**  
"Gangs of New York"  
**Monday, October 5**  
"Funny Farm"  
**Monday, October 12**  
"Living Proof"  
**Friday, October 30**  
"Big Fish"







# Book Ends

*By Wanda Lucey*



Just another reminder for you— we have all sorts of new stuff and we need for you to come and look it over! We have put a number of new books on the shelves this month—the ‘girls’ have been busy shelving and we are most grateful for that! What we need now is a room-stretcher— we will be doing some ‘weeding out’ after the first of the year and that will make more room.

Odds and ends this month— remember “Masterpiece Theatre”? We have two ‘new’ copies of “Upstairs, Downstairs” - volumes I and II— you might be interested in recalling the story of the Bellamy family.

We also have a new Dick Francis— “Under Orders” (LP/M/FRA). Quoting the cover, “Sadly, death at the races is not uncommon. However, three in a single afternoon was sufficiently unusual to raise more than one eyebrow.” We have a number of Dick Francis readers among our residents, so come on down!

“Pushing Up Daisies” by Rosemary Harris (M/HAR) is a delightful mystery for those of us who don’t like the gory stuff. Paula Holliday, who has traded her stilettos for garden clogs when she transferred from the media business to living in the suburbs, finds a mummified body while restoring the grounds at Halcyon, a local landmark. Casual snooping turns serious when a body is impaled on a garden tool and one of Paula’s friends is arrested. Of course we all know who the culprit is (don’t you dare turn to the last page) and life goes on.

I confess I have not read “White Hats” by Floyd Beaver (F/BEA) but became intrigued by the book when working on it. It is a collection of World War II episodes involving our sailors, sea stories, war stories and even some of the history of the U.S. Navy. Easy reading, anecdotal, and you old Navy sailors will surely enjoy it.

Another new one is “Mothers of Influence” in the Honor Books collection (920/HON). Short, semi-chapters (two pages each), the book includes the mothers of a variety of current and former well-known people such as Billy Graham, C. S. Lewis, Mother Teresa, Sam Walton, the Kennedy’s, and other political figures. Among its 95 mothers, 30 are from the Bible. It might be interesting to read around Mothers Day and reflect on your own mother.

We have a new group of six paperback mysteries by Alexander McCall Smith (M/SMI) entitled “The No.1 Ladies’ Detective Agency” and each book has its own title. I have not read any of these, and would be delighted to have you review one. We will print it in a future edition of the MAHOVA NEWS. Incidentally, the publisher reminds us the books are now an HBO Series.

Next month we will print Richard Neiswander’s review of David McCullough’s “John Adams”. Big book, thick book, but very interesting. The Adams family is very important in the history of our country. Be looking forward to it.

## **Trips**

**Thursday, Oct. 1, at 9 AM**, sign up to go to the VA State Fair.

**Tuesday, Oct. 6, at 1:15 PM**, join us as we go to the Science Museum to see “Journey into Amazing Caves” at the Imax Theater.

**Tuesday, Oct. 13, at 8 AM**, sign up for a day long trip to Graves Mountain.

**Saturday, Oct. 17, at 3 PM**, we will go to Henrico Theatre to see “Snow White.”

**Tuesday, Oct. 20, at 2:00 PM**, take a relaxing ride around Richmond with tour guide Skip Holt.

**Friday, Oct. 23, at 5:30 PM**, sign up to go to the yearly Oktoberfest at The Showplace.

**Saturday, Oct. 24, at 2:30 PM**, Join us as we go to Agecroft Hall for a tour.



## **Dining Out**

**Thursday, Oct. 15, at 11:00 AM**, the Red Hat Ladies will be eating out at Famous Daves.

**Monday, Oct. 19, at 4:45 PM**, sign up to go to Calabash Seafood Restaurant for dinner.

**Wednesday, Oct. 28, at 11:30 AM**, R.O.M.E.O.'s are eating lunch at Peking Restaurant.

## **Shopping**

**Wednesday, Oct. 7, at 9:15 AM**, shopping at Kmart.

**Monday, Oct. 12, at 9:30 AM**, shopping and lunch at VA Center Commons.

**Wednesday, Oct. 14, at 9:15 AM**, shopping at Ukrops.

**Tuesday, Oct. 20, at 9:30 AM**, sign up to go shopping at Ben Franklin craft store.

**Wednesday, Oct. 21, at 9:15 AM**, shopping at Wal-Mart .

**Wednesday, Oct. 28, at 9:15 AM**, shopping at Kmart.

### **Poem submitted by Gordon Paschall A Touch of Love**

You were six months old and full of fun, with a blink of my eye, you were suddenly one.  
There were so many things we were going to do, but I turned my head, and you turned two.  
At two you were very dependent on me, but independence took over when you turned three.  
Your third birthday, another year I tried to ignore, but when I lit the candles, there weren't three, but four.  
Four was the year that you really strived, why, look at you now, you're already five!  
Now you are ready for books and for rules, this is the year you go to school.  
The big day came, you were anxious to go, we walked to the bus, going oh, so slow.  
As you climbed aboard and waved goodbye, I felt a lump in my throat and tears stung my eyes.  
Time goes so fast, it's hard to believe that just yesterday you were home here with me.  
And tomorrow when the bus brings you home; and you jump to the ground, you'll be wearing your cap and graduation gown.  
So I 'm holding on to these moments as hard as I can, because the next time I look, I'll be seeing a man.

## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays.



10/3 Martha Mason	10/10 Helen Wood
10/3 Stanley Milton	10/14 Lucy Lamp
10/3 Gladys Simmons	10/19 Lillian Jones
10/3 Luther Zirkle	10/24 Irma Tunstall
10/4 Laura Singleton	10/28 Gloria Hall
10/6 Annie Davis	10/31 Teddy Thornhill
10/8 Ruth Walker	

## Employee Birthdays

10/1 Amanda Jackson	Food Service
10/1 Barbara Threatts	Nursing
10/2 Kathy Bryant	Nursing
10/2 Debbie Preston	Social Services
10/7 Margaret Harding	Finance
10/7 Shirley Holder	Finance
10/9 Bernard Bucker	Maintenance
10/13 Margaret Colinger	Transportation
10/15 Joyce Richardson	Nursing
10/22 Cheryl Harris	Environmental Services
10/22 Juliana Okyere	Nursing
10/26 Tracey Taylor	Nursing
10/27 Pattie Mathews	Nursing
10/28 Deborah Crawley	Food Service
10/31 Carolyn Bennett	Food Service



## Welcome New Employees!

Desha Goodall	Nursing	PRN
Linda Loreda	Nursing	Full Time
Martha Scarbrough	Food Service	PRN
Nestelynn Staten	Nursing	PRN
Earl Townes	Environmental	Full Time



## October Anniversaries

Chester & Margaret Baity 10/5/1963  
William & Rose Mills 10/10/1969  
Paul & Wanda Lucey 10/14/1951  
Joseph & Evelyn Leggette 10/19/1944  
David & Francis Charlesworth 10/26/ 1946

## Welcome New Residents

James Smith

## In Memoriam

Richard Murray

### **Masonic Home Census -- 219**

#### 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

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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