



OF VIRGINIA

MAHOVA

September 2010

News

A Monthly Publication of the Masonic Home of Virginia

Masonic Home Celebrates Opening of Nine Studios

On August 11th our Board of Governors took time out of their busy meetings to celebrate the opening of our newly renovated “C” wing studios. Our renovation consisted of converting 16 individual rooms into 9 comfortable two room studios equipped with a small kitchenette which feature a microwave, refrigerator, sink, and granite counter-top. The units vary from approximately 450 to 500 square feet and have a walk-in ceramic tile shower. If you know of someone from our Masonic Family that is interested in one of these units please have them contact: Chris Johnson at extension 77295.

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Resident Advisory Council

Walter Olphin President—D Wing
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Norma Klebert Secretary, Village
Lovell Harrison Magnolia Court
Harry Bluford D Wing
Ed Lanford B Wing
Judy Burton Village

Health

Here's To Your Good Health!



Fruits and Vegetables Rich in Iron

In addition to meat, fruits and vegetables are excellent ways to get your iron. According to the National Institutes of Health and the U.S. National Library of Medicine, good sources include dried beans and peas (like chickpeas, lima beans, black-eyed peas, and kidney beans), leafy green vegetables (such as broccoli, spinach, and kale), and such dried fruits as raisins and apricots. To improve your body's absorption of iron, eat foods containing vitamin C at the same time. These include green peppers, citrus fruits, strawberries, tomatoes, potatoes, and cantaloupe. Broccoli and leafy green vegetables have both iron and Vitamin C.

Have You Heard?

The first day of fall is September 23, 2010. Fall begins on the autumnal equinox, a word that comes from the Latin "Aequus" (equal) and "nox" (night) and refers to the time when the sun rises exactly in the east, travels through the sky for 12 hours, and sets exactly in the west. The entire earth experiences 12 hours of daylight and 12 hours of night. Ancient cultures and religions celebrated the equinoxes in many ways. The Megalithic people of Britain and Ireland erected stone monuments, such as Stonehenge, to track the phenomenon. The Celts built and then burned larger wicker figures to represent the vegetation spirit. The Japanese observed a six-day celebration held three days before and after the equinox to repent for past sins and remember the dead. The birthstone for September is sapphire and symbolizes truth, sincerity, and constancy. The flower is the Aster.

Exercise your Brain to Keep it Healthy

Your brain, like your body, needs exercise to stay healthy and sharp, traits that can serve you well. Fixed daily routines and lack of stimulation can lead to a dull, "flabby" brain. By starting new activities and trying new things, you challenge your brain and keep it alert. And, by working to increase your skills in a given area, you provide similar stimulation. Learning a new language may help improve your health; there have been studies that indicate the ability to use more than one language could give an advantage to use your brain capacity as creatively as possible. Learning something new is very good to keep your brain alive.

You can do this by attending a very informal class known as Conversational Spanish, Wednesday every week at 3 PM in the D Recreation Room. No exams or homework required.

EVENTS AND PROGRAMS

Thursday, September 2
7:00 PM
Dining Room



Kick up your feet at the Labor Day/ King and Queen Coronation Dance. Come for the passing of the crowns to the 2010-2011 Masonic Home King and Queen.

Phil Johnson and a Touch of Class will be entertaining us with music.

Saturday, September 18th
10:30 AM
Multipurpose Room

Edward H. Cann Daylight Lodge #1752
Monthly stated meeting.
All Masons are invited.

Wednesday, September 22
2:30 PM
TV Room

Men's Health Month
Recommended Screening Men Should Have

Thursday, September 9
7:00 PM
Joppa Lodge Visits.

Men will be having a meeting in the Multipurpose room, while the ladies will be entertained with a show in the TV Room.

Saturday, September 25
2:30 PM
TV Room

Come play an easy game of Bunco.

Monday, September 13
11:30 AM
Under Tent

Pick at your own jimmy crabs at the Crab Feast.

Tuesday, September 28
2:30 PM
TV Room

Reminisce about Richmond at the Fond Memories of Richmond Program.

Tuesday, September 14
3:00 PM
Multipurpose Room

Communion with Reverend Elder.

Wednesday, September 29
2:30 PM
TV Room

Exercise and stretch your muscles with Nancy Glenmore.

Wednesday, September 15
2:30 PM
TV Room

Come watch "Beach Blanket Bingo" Movie.

Thursday, September 30
2:30 PM
TV Room

MAHOVA Talk Show /Grandparents Day Social
Enjoy socializing and looking at the photos on display of residents with their families.

MUSIC ENTERTAINMENT

Thursday, September 2

7:00 PM

Dining Room

Phil Johnson and a Touch of Class will play for the dance.

Saturday, September 18

2:00 PM

Dining Room

Eric Dowdy is back to play the piano for us.



Monday, September 20

6:45 PM

Dining Room

Jeff Farrier from the Chicken House Band is playing his keyboard.

Come out and celebrate all the September birthdays whether its your birthday or not!
Enjoy Ken Archer with jokes and vocals and Jan Kessler on the piano. You'll also get
a piece of cake and punch.

Thursday, September 23

2:00 PM

Dining Room

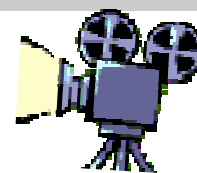
Monday, September 27

6:45 PM

Dining Room

Performance by St. Paul's Joy Choir.

MOVIES



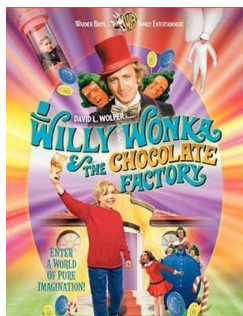
Channel 2 and TV Room
6:00 PM

Friday, September 3
“Uncle Buck”



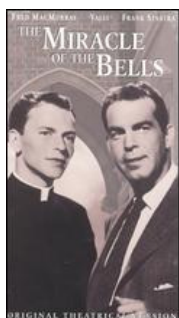
A good-natured bachelor is left to take care of his nieces and nephew during a family crisis. He soon charms his younger relatives, but the rebellious teenage niece is not impressed with his carefree style. Uncle Buck is the last person you'd think to watch the kids, but manages to surprise everyone.

Monday, September 13
“Willy Wonka & the Chocolate Factory”



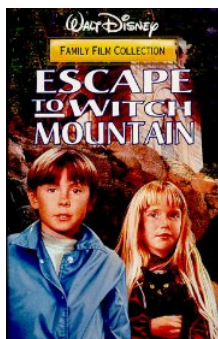
Five lucky kids that find the golden ticket win a behind-the-scenes glimpse of the legendary candy factory run by Willy Wonka. On a whirlwind tour of Willy's unbelievable factory, one special boy will discover the best secret of all, a kind heart.

Friday, September 17
“The Miracle of the Bells”



An actress gives the best performance of her life right before her death. Then the film producer decides he does not want to release the film until news of a miracle at her funeral changes his mind.

Friday, September 24
“Escape to Witch Mountain”



Two young orphans escape from a mansion with an owner who is exploiting their powers. While escaping they run into a friendly camper that helps them find their origins. Then someone with even greater powers takes over and leads the children into an unexpected experience.

Trips and Outings



Wednesday Shopping Schedule 9:15 AM

September 1
White Oak Village

September 8
Wal-Mart

September 15
K Mart

September 22
Wal-Mart

September 29
White Oak Village

Wednesday, September 8
10:00 AM

Trip to Riverside Dinner Theater to see Stephen Sondheim's "Into the Woods"
Lunch served at 11:30 Show begins at 1:30.

Friday, September 10
4:00 PM

Dinner trip to Longhorn Restaurant

Thursday, September 16
10:30 AM

Lunch trip to Cold Harbor Restaurant.
Browse around the antique shop after you eat.

Monday, September 20
11:00 AM

Lunch Trip to Charles City Tavern.

Thursday, September 23
10:45AM

All you Red Hat Ladies are going out to lunch at Bottoms Up Restaurant.
Make sure you wear your red and purple.

Monday, September 27
9:30 AM

Sign up for a shopping trip to VA Center Commons.

Tuesday, September 28
10:45 AM

Men's Outing - Trip to Hooters

Book Ends By Wanda Lucey

We have received a number of books over the summer months-have sent some out for reviews, put others on the back burners to work on later, but here are a few that might entice some of you to visit the library and check us out! Some of the books I have not read, but the covers are appealing, the jacket comments are worthy and, you know, we all don't like the same thing. So here goes! This month, I'm trying to review for variety.

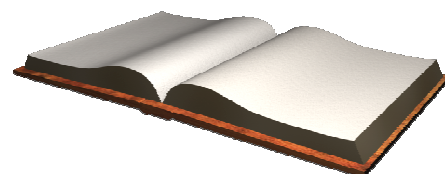
"Standard of Honor" by Jack Whyte (F/WHY) is a Templar novel. Quoting the jacket, one of the few survivors of the Battle of Hattin was a young Scots Templar called Alexander Sinclair, who escapes into the desert despite his wounds. He has learned about the executions of the surviving Templars after the battle, so when rescued he says nothing about his standing among the Order of the Temple. He is one of the mightiest of the mighty. This is a Templar trilogy and will certainly cover the Crusades in the Holy Land.

Ted Bell's new thriller, "Tsar" (M/BEL), takes place in Russia where there lives a man so powerful that no one even knows his name. His existence is only speculated upon in CIA strategy meetings. Though he is all but invisible, he is pulling strings-and pulling them hard. The Russians have their fingers on the fuel switch to the European economy and they want to be made whole again. We will leave the rest to your imagination.

Michael Baigent is lead author of "The Temple and the Lodge" (366/BAI). Quoting the cover, this book is the most illuminating investigation yet published into the evolution of Freemasonry. The authors recount the events that lead to the strange and sudden disappearance of the Knights Templar in the 4th century and their reappearance in the courts of excommunicant Scottish King Robert the Bruce. Documenting the survival of Templar traditions through the birth of the Masonic lodge, the authors chart the history of Freemasonry through its medieval roots into the modern era. Sounds deep but very interesting.

On a lighter note, you light mystery lovers will enjoy Janet Evanovich's journey into numbers 13, 14, and 15! "Lean, Mean Thirteen", "Fearless Fourteen", and "Lickin' Fifteen" (all M/EVA). They have not been processed yet, just let us know and you can have them early. Always a great treat.

Janet Daily has a love story you will enjoy in "The Pride of Hannah Wade" (F/DAI). An Army wife residing on a post in the heart of Indian country, beautiful Hannah is abducted when her soldier escorts are slain by renegade Apaches under the leadership of the fearful Lutero. Though survival means living, thinking, and acting like an Apache, she refuses to totally surrender-even when Lutero makes her his wife. She continues to hope that her husband, Stephen will one day rescue her.



Behind the Scenes

Recognizing Debbie!

Debbie Q. is the painter at the Home, has been married for 17 years and has two dogs. She has been working at the home for two years and has been painting for 33 years. Debbie has worked at a variety of places including The Cedarfield, Westminster Canterbury, FBI, and her own private business called "A Women's Touch." She had the privilege of redecorating the entire second floor at The Hermitage. Not only does Debbie paint, she also does decorating, small repairs, and paints murals. When asked why she started painting she said, "I was raised by my mother, I saw the struggles she had, I decided at a young age that I never wanted to have to rely on anyone, so I became independent." Her favorite part of painting is the finished product. She says, "I work with this population of people because I enjoy the instant gratification of making something look nice for someone special." Debbie's favorite room to paint is a bathroom because you can be very creative in a bathroom. When it comes to painting she likes to paint natural scenery and her favorite scenery to paint is childlike scenes. Debbie believes that every place she paints, she leaves her signature, so she does her best to make sure her finished product is the best.

Ever wonder why Debbie's paint never stinks?
Her trick is to place vanilla on a rag to mask the smell.

September Anniversaries

9/13/1947 Walter and Jean McCuiston
9/15/1950 James and Ruth Walker

How We Met!

James and Ruth Walker will be married for 60 years this year. They met in Norfolk, VA when Ruth worked for Sears accounting and James worked for the Federal Aviation Administration (FAA). The two were asked to go on a blind date to a dance by their coworkers. From the night they met at the dance they knew they were meant for each other and five months later they got married. James and Ruth got married in Key West, FL where Ruth's parents lived. After they were married they moved to Gordonsville, Fairfax, then finally settled in Richmond in 1972 in Varina County. The two have been living at the Masonic Home for three years. James and Ruth have two sons and five grandchildren that still live in the Richmond area. When asked what the secret is to a successful marriage, James said, "Trust, obey, and believe."

A Belated Happy Anniversary to Hoover & Betty Lide

August 24, 2010 makes 59 years of marriage for Hoover and Betty Lide. When being asked to describe their marriage, Mr. Lide replied: "Beautiful." Mrs. Lide just smiled, as she looked over at her husband. The couple expressed their love and joy of traveling over the years. They traveled all over the United States on a Harley motorcycle and shared many vacations in Europe. After describing their journeys together, Mrs. Lide described how the two met. "Hoover was a state trooper on the Eastern Shore, you see, and I used to see him all the time. One day I asked him to dinner. He loved mother's food so much, next thing you know he was coming over for breakfast." The laughter the two shared after her story was priceless! When being asked what is in the future for the two, they shared the same vision: "Spending time together is the main thing we enjoy!" Congrates!

Family Day Crafters

With Family Day coming up in October, the gift shop has been diligently working on crafts to sell. We still need help! We will be working on crafts the entire month of September. So far we have made angel necklaces, crosses, snowmen ornaments, angel ornaments, jewelry, and candy. Check your calendar for the dates, times, and locations.

Volunteers

"Our Time to Shine"

This is a group of individuals that live in the Richmond area. They have decided to volunteer their time at The Home. These volunteers donate their time in the Richmond area doing charitable work for the community, fund raisers for a local center, education programs for HIV Awareness and have their own mentor program for 12-to-15 year olds that meet monthly. "Our Time to Shine" goals are to come to our Home two to three times a quarter in small groups of three or less and assist in the Care Center, Magnolia Court and Assisted Living, as needed, and for special events.

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

9/1 Mabel Paschall
 9/6 John Harrington
 9/8 Margaret Fainter
 9/11 Dorothy Wilson
 9/11 Richard Yearwood
 9/13 Jennings Marshall
 9/14 Shirley Mucha
 9/16 Juanita Ragsdale
 9/17 Thelma Sturgis
 9/18 Herbert Milby
 9/20 Simeon Phipps
 9/23 Ruby Childress
 9/25 Thomas Benton
 9/26 Helen Duke
 9/27 Edith Koss
 9/28 Helen Melton
 9/29 Mary Thompson



Welcome New Employees!

Part Time	Terri Stimis	HR Assistant
PRN	Wilhamenia Browne	'CNA
PRN	Tanya Jackson	'CNA

Masonic Home Census -- 224

Employee Birthdays

09/03 Lila Shockley
 09/06 Esther Gotay
 09/07 Sade Redd
 09/10 Tanya Jackson
 09/10 Deneene Poole
 09/12 Donna Wynn
 09/14 Ann Abraham
 09/15 Kathryn Barnes
 09/15 Ashley Shelton
 09/17 John Zacharias
 09/18 Ernestine Dandridge
 09/20 Niki Baylor
 09/21 Earl Townes
 09/22 Mona Shelton
 09/25 Charmaine Carter
 09/27 Barbara Jehu

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