



MAHOVA

April 2022

News

Origin of the Easter Bunny and Eggs

Legend has it, every year on Easter, a long-eared, cotton-tailed bunny hops from house to house to deliver festive baskets full of treats, and even leaves colorful eggs hidden for the children to find.

Depending on who you ask, there are various origins of the Easter Bunny.

Some say the Easter bunny first arrived in America in the 1700's with German immigrants who settled in Pennsylvania, and transported their tradition of an egg-laying hare called "Osterhase" or "Oschter Haws." The children would make nests in which this creature could lay its colorful eggs.

Other theories state the symbol of the rabbit stems from ancient pagan traditions that many other Easter traditions are based upon. The Festival of Eostre, honored the goddess of fertility and spring, and the animal symbol for the goddess was a rabbit.

It seems like a case of mistaken biology for a mammal, like a rabbit, to lay eggs, but the answer for the eggs may lie in iconography. Eggs, just like rabbits, have been considered symbols of fertility, rebirth and new life.

From a Christian perspective, Easter eggs represent Jesus' resurrection and his emergence from the tomb. And the tradition of decorating eggs for Easter may date back to the 13th century, when eggs were considered forbidden food to eat during Lent. People would decorate the eggs as the fasting period came to an end, to make eating them more fun on Easter Sunday.

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Health

Here's To Your Good Health!

April is Stress Awareness Month

Stress can have both short and long term effects to the body, and can impact your mental and physical health in various ways. Being able to recognize when you are stressed can help you better manage your health.

Here are some ways to destress in less than 30 minutes:

- Listen to your favorite music.
- Sit outside for fresh air and listen to the sounds of nature.
- Stretch.
- Meditate.
- Read for pleasure.
- Take a walk.
- Count to ten.
- Dance.
- Journal.
- Write down 15 things you are grateful for.
- Doodle, draw, do something crafty.
- Tell a joke.
- Call a friend.
- Chew on a piece of gum.
- Disconnect from technology, like your phone or computer.
- Look at happy photos.
- Squeeze a stress ball.
- Watch a funny movie.
- Deep, slow breathing.
- Spend time with your pets.
- Do something nice for someone.
- Sit out in the sunlight.
- Pick flowers or gardening.
- Book a massage.
- Take a shower.

Book Ends

By Georgeen Carden

Bertrice Small

Bertrice Williams Small was born in Manhattan, NY in 1937 and died in 2015. She attended Catholic school. She lived on Eastern Long Island during most of her writing career, which actually began at age forty, when her first novel was published. During her career, she wrote more than fifty risqué historical romances and won many writers awards. She is credited with transforming the romance novel from tame and sexless to fiery and sensual. You might call her style somewhere between “Passionate Romance” and “Sophisticated Smut.” Small was a serious writer, spending every day from 10 am until 7 pm writing. She made no apologies for her work, suggesting that if her novels had been written by a man, they would not be criticized.

The novel I read for this review is *Skye O’Malley*, the first in the O’Malley series. The novel is in three parts and 473 pages long (over 1000 in large type face). If you don’t like the “f” word, don’t read this book. If you don’t like lengthy descriptions of people having intercourse, skip this book. If you like stories that are carefully researched, this one is not.

This book is actually three books, each taking place in a different locale. The main character is the same throughout.

Book 1: Ireland. Skye O’Malley has grown up in Ireland and is beautiful, intelligent and perfect in every way. Her father gives her in marriage to a guy she has hated since childhood. The boy’s family is wealthy. Skye is fifteen and headstrong and independent. Her father, who is a seaman, has taken her on voyages and taught her about the sea and ships. When her father dies, Skye takes over his ships and his merchant business. At the end of book one, Skye is on one of her ships and is captured by pirates.

Book 2: Algiers. The pirates sell Skye to a man who runs high class brothels in Algiers. These brothels workers provide a service to wealthy and titled men in Algiers. Skye is cleaned up and taught how to behave like a lady, but she has lost her memory of her past. She only remembers her name and the six languages she speaks. The man who owns all the brothels in Algiers falls in love with Skye and asks her to marry him. She does, and eventually takes over doing the bookwork for the brothel business. Her husband is accidentally killed by his former favorite whore, and Skye goes to England to escape a man who wants her for himself.

Book 3: England. Skye meets Elizabeth Tudor, has a baby, gets assaulted by the queen’s boy toy, meets an old boyfriend from Ireland, remarries and lives happily ever after, because she is beautiful in every way and talented and very smart and very good at intercourse.

There you have it.

In Memoriam

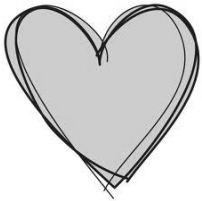
Forever in Our Hearts



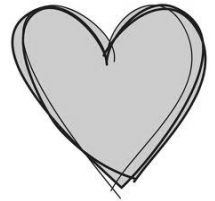
Phillip Cash
Forrest Garrett



Anniversaries



April 18, 1953 Ted and Bea Holm



Have You Heard?

Arbor day will be celebrated on Friday, April 29. Arbor Day, much like Earth Day, is a holiday that celebrates nature. Its purpose is to encourage people to care for our planet by planting a tree or collecting litter around the holiday. A popular tradition is to plan a tree in honor or memory of a loved one. This holiday was created by Julius Sterling Morton who had a passion for planting all kinds of trees. The first Arbor day was one April 10, 1872, in Nebraska. The birthstone for April is the diamond and symbolizes balance, clarity, and abundance. The flower for April is the Sweet Pea.

Menu Highlights for April

Dinner and Movie Sign-up Required

Friday, April 15

Field Greens Salad
Pecans, pears, blue cheese, Italian Dressing
Beer Battered Cod
English Salt and Pepper Braised Chicken
Tenders
Steak Fries
Green Peas with Mint and Spring Onions
Coleslaw
Dinner Roll
Boston Cream Pie
NSA Dessert

Easter Sunday Lunch Reservations Required Fully Vaccinated Visitors Only More information to come

Sunday, April 17, 2022
Main Dining Room

11:00 AM to 1:00 PM

Split Pea and Ham Soup
Honey Glazed Ham
Roasted Cornish Hen
Skillet Asparagus
Candied Yams
Glazed Baby Carrots
Cornbread
Lemon Cake

Brunch

**Sign-up required by Thursday, April 14
Meal tickets not required for this meal.**

Thursday, April 21
Main Dining Room

9:30 AM to 10:30 AM

Wing Residents

11:00 AM to 12:00 PM

Village and B Wing Apartments

Roasted Pork Frittata

Eggs, 18 hour pulled pork, caramelized onion,
cheddar, red peppers

Cold Poached Salmon

Fresh lemon, cucumbers, dill cream sauce

Crispy Shredded Hash Browns

Roasted Asparagus with Lemon

Seasonal Fresh Fruit

Cinnamon Rolls

Gourmet Dinner Sign-up Required \$19.00 Per Resident

Wednesday, April 27
5:30 PM

Private Dining Room

Arugula Salad

Roasted corn, tomatoes, picked onion, honey-
lemon vinaigrette

Fire Braised BBQ Ribs

Homemade fries, coleslaw, southern style
green beans

Cherry Pie with Whipped Cream

Activity Highlights

Taste of America

Starting in April, each month we will highlight a different state in America. There will be a state-themed dinner and activities to match throughout the month.

No sign-up is required for this themed meal.

Meal Tickets are required if not on the meal plan.

Taste of America: Louisiana

Thursday, April 28th

4:00—6:00 PM

Dining Room

Oyster Stew

Cajun Fried Catfish

Creole Chicken Legs

Red Beans 'n' Rice

Fried Okra

Green Beans with Tomatoes

Coleslaw

Yeast Rolls

Bananas Foster Bread Pudding

Monthly Craft Classes

Crafts with Priscilla

2nd and 4th Wednesday each month

1:30 PM

A Wing Room 7

Crafts with Nancy Lee and Betty

2nd Monday each month

1:30 PM

D Recreation Room

Organize your Memories with Sandy and Nancy Lee

3rd Monday each month

1:30 PM

D Recreation Room

Brain Teaser



SPRING



M P N E S T A I H W F D
B U K Q A P N D R A I N
I Z D L H E W R E R C B
R G T X E F R O G M J U
D N F R B A S P R I N G
S A G D W Y F J H B O S
T E L K O B U D S M P C
N V E S R H G I X A B W
Y G T D M O L P F Y E I
S R V A S J K I T E C N
A O M E L T H B R S W D
C W U P I D F T M Q A R



BUDS	GREEN	MELT	SPRING
BUGS	GROW	MUD	TREE
BIRDS	KITE	NEST	WARM
DROP	LEAF	RAIN	WIND
FROG	MAY	SEEDS	WORM



Tree Valley Academy

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

- 4/1 Frances Gillie
- 4/1 Nancy Lee Martin
- 4/2 Ann Hobson
- 4/4 John Carpenter
- 4/7 Frances Bailey
- 4/8 Thomas Kaufman
- 4/12 Marcella Campbell
- 4/12 Jane Harrison
- 4/16 Elizabeth Jones
- 4/17 Judy Burton
- 4/26 Peggy Roberts

Scan this QR image to go to the Masonic Home Website.



Employee Birthdays

- 4/5 Tammy Walker
- 4/8 Wendy Connor
- 4/8 Vickie Jones
- 4/9 Juanita Oliver
- 4/13 Demetria Davis
- 4/14 Theresa Brown
- 4/14 Yvonne Green
- 4/18 Gloria Simms
- 4/19 Michael Jones
- 4/23 Sherica Miller
- 4/24 Shanay Jackson
- 4/25 Chanda Samuels
- 4/25 Robynn Mitchell
- 4/26 Genie Smith
- 4/26 Anne Hagan

Masonic Home Census -- 161

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Senior Administrator

Kathy Bryant, ALFA

Assisted Living Administrator

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Regina Pettaway, RN

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