



MAHOVA

June 2022

News

Juneteenth—June 19

Juneteenth, officially Juneteenth National Independence Day and also known as Freedom Day, America's Second Independence Day, Emancipation Day, Jubilee Day and Black Independence Day. This federal holiday in the US commemorates the emancipation of enslaved African-Americans. On June 19, 1865, Union General Gordon Granger read the Emancipation Proclamation in Galveston, Texas, liberating slaves in the state. Although the Emancipation Proclamation stated an end to slavery in the Confederate States, it did not end slavery in states that remained in the Union. For a little while after the collapse of the Confederacy, slavery remained legal in two of the Union border states – Delaware and Kentucky. Those enslaved people were freed with the ratification of the Thirteenth Amendment to the Constitution, which abolished slavery nationwide on December 6, 1865. When Juneteenth became a federal holiday in 2021, it was the first new federal holiday since Martin Luther King, Jr. Day was adopted in 1983.

Celebrations date back to 1866, at first in church-centered gatherings in Texas, until they spread across the South. Celebratory traditions including public readings of the Emancipation Proclamation, singing traditional songs such as *Swing Low, Sweet Chariot* and *Lift Every Voice and Sing*, and readings of works by noted African-American writers. Some Juneteenth celebrations include rodeos, street fairs, cookouts, family reunions, block parties, historical reenactments and Miss Juneteenth contests.

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National Safety Month

Each June the National Safety Council spreads the word about keeping everyone safe from the workplace to anywhere. They choose different topics to highlight each year, falls being one topic this year.

You can make small changes to help prevent falls. More than 1 in 4 older adults fall each year. Falling can lead to broken bones, difficulty getting around and other problems, especially for those over the age of 65.

Here are some steps to take to lower your risk of falling:

- Talk to your doctor about falls and how to prevent them.
- Exercise to improve your balance and strength
- Review all medicines with your doctor or pharmacist— some can make you dizzy or sleepy, causing you to fall.
- Get your vision check by an eye doctor ever 1 to 2 years . Be sure to update your glasses or contact lenses when your vision changes.
- Make your home safer. Install grab bars in and outside your bathtub or shower and put railings on both sides of your stairs.
- Get enough sleep. Feeling restless can lead to falls.
- Limit your alcohol intake
- Standup slowly
- Use assistive devices if you feel unsteady when walking.
- Be careful when walking on wet or icy surfaces
- Wear appropriate shoes.
- Always tell your doctor if you have had a recent fall, regardless of whether or not you are currently in pain.

Book Ends

By Georgeen Carden

Jennifer Close

Jennifer Close was born and raised in North Shore, Chicago. A graduate of Boston College, she earned a masters in fiction writing from the New School. For a number of years, she lived in New York City and worked for various magazines. She currently lives in Washington, D.C. and teaches Creative Writing at George Washington University.

I read *Girls in White Dresses* for this review. There are three major characters: Isabella, Lauren and Mary, who were college friends and stayed connected as they pursued careers after college. The book reminded me of the television show “Sex in the City”. It’s really more of a collection of unconnected short stories about these young women and some of their friends. If it were made into a movie, you’d call it a “chic flic.”

The author and her characters are all much younger than my own life experience. It’s hard to remember back that far, but I kept thinking “Didn’t anyone ever tell you”

The young women meet guys and casually spend the night with them, eventually moving in with them, and then sharing all the details.

There are also chapters about their jobs/careers and how they feel about them. Mostly, they don’t like them and wonder if they should be doing something else.

The title refers to how they often view each other when they are bridal attendants in friends’ weddings.

Jennifer Close’s style is easy reading. No big words requiring a dictionary. No unpronounceable names. I found it boring.

Other stuff

For any of you who don’t already know, Our MAHOVA library is constantly adding new titles, new movie DVDs and jigsaw puzzles. Librarian Rebecca Bollinger posts lists of new acquisitions on the bulletin board above the return cart. You never know what gems may show up. I recently watched *Anna Karenina* starring Greta Garbo. I thought it was quite well done.

There are two shelving sections devoted to recorded books on DVDs. Many are by currently popular authors. Some of the readers are better than others. If you’re visually challenged, it’s helpful.

And the puzzles vary from “quick and easy” to, “Why did I ever start this?”

Take some time to get acquainted with our nice library.

In Memoriam

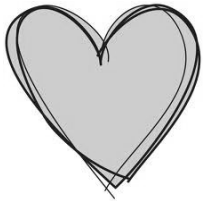


Forever in our Hearts

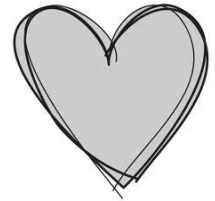
James Butts
Hazel Woodward



Anniversaries



June 2, 1973 Steven and Deborah Sanford
June 8, 1963 Richard and Linda Dudley
June 20, 1959 Charlie and Althea Hinson
June 22, 1963 C.G. and Sue Grizzard
June 30, 1956 Blaine and Rebecca Lenhart



Have You Heard?

Noteworthy June Dates

June 1: Say Something Nice Day

June 5: World Environmental Day. A day meant to raise environmental awareness across the globe

June 14: Flag Day

June 19: Father's Day and Juneteenth

June 21: Summer Solstice

June 24: Midsummer Day, traditionally the midpoint of the growing season, halfway between planting and harvesting.

The birthstone for June is the Pearl and symbolizes purity, honesty and calmness. The flower is the rose and honeysuckle.

Menu Highlights for May

Father's Day Luncheon

No Sign-up required.

No meal tickets.

All Men are invited.

Residents Only

Friday, June 17

12:30 PM

TV Room

Fried oysters w/ cocktail & Tartar sauces

Grilled NY Strip Steak w/ steak sauce

Brown butter baby potatoes

asparagus w/ warm onion & Bacon

Vinaigrette

Coleslaw

Honey butter yeast rolls

Red velvet cake

Father's Day Lunch

Sign-up Required Online

Website:

www.mahova.org/schedule-a-visit/

Deadline: June 13 at 4:30 PM

Holiday Meal Tickets Required

Sunday, June 19

11: AM to 12:30 PM

Dining Room

Fried Shrimp w/ Cocktail Sauce

Roasted Prime Rib w/ Horseradish Sauce

Baked Potato

Corn on the Cob

Southern Style Green Beans

Egg and Butter Rolls

Pecan Pie

Ice Cream Sundays with the Frills

Taste of America

Hawaii- Luau

No sign-up required .

Meal Tickets are required if not on the meal plan.

Wednesday, June 22

4-6 PM

Dining Room/ Outside Gallery

Whole Roasted Kalua Pig

Sweet and Spicy Hawaiian Chicken Thighs

Aloha Fried Rice (spam, peas, carrots, egg)

Big Island Roasted Pineapple and Vegetables

Tropical Slaw with Ginger Lime Soy Vinaigrette

Hawaiian Rolls

Brunch

No Sign-up required.

Meal tickets not required for this meal.

Wednesday, June 29

10:30 AM—Wing Residents

11:00 AM— Village Residents

Outside, under tents by Babcock

Classic Eggs Benedict

Poached Eggs, Canadian Bacon, English

Muffin, Hollandaise

Breakfast Potatoes

Red Potatoes, Peppers, Onions

Grilled Asparagus

White Chocolate and Raspberry Scones

Fresh Cut Fruit

Coffee and Juice Bar

Solstice Dinner

Tuesday, June 14

No Sign-up Required. No Meal Tickets Required. Resident Only Event

Hors d'oeuvre Hour

4:00—5:00 PM

Gallery and TV Room

Mini Quiche

Shrimp Cocktail

Cheese and Crackers

Fresh Fruit

Spanakopita

Wine

Dinner

5:00 PM

Dining Room

Chopped Salad

Corn, cucumber, bacon, tomato,
creamy ranch dressing

Grilled Beef Tenderloin and
Pan Seared Crab Cake

Roasted Fingerling Potatoes

Asparagus

Dinner Roll

Cheesecake with Strawberry
Sauce

SUMMER WORD SEARCH

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

AUGUST	ICE POP	SHORTS
BARBECUE	JULY	SPRINKLER
BEACH	JUNE	SUMMER
FAMILY	OCEAN	SUNGLASSES
FLIPFLOPS	PICNIC	SUNSCREEN
FUN	POOL	SUNSHINE
HOT	RELAX	SWIMMING
ICE CREAM	SEASIDE	VACATION



Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

6/2	Shirley Armistead
6/2	Sue Willis
6/3	Penny Cowne
6/4	Mildred Ammons
6/8	June McDonough
6/8	Molly Perdue
6/9	Bert Knapp
6/21	Virginia Lancaster
6/23	Catherine Murray
6/23	Dolores Reinhold
6/25	Tom Johnson
6/27	Anna Sherrod
6/28	Rebecca Lenhart
6/30	Devorah Sanford

Employee Birthdays

6/1	Jodi Kulp
6/2	Sharon Robertson
6/3	Nasibatu Oseumanu
6/7	Yolanda Lee
6/7	Deja Holmes
6/8	Kristie Deryder
6/10	Lateice Hartman
6/11	Lakeisha Wyche
6/18	Terry Hilton
6/19	Patricia Wilkins
6/28	Lucinda Johnson
6/30	Patience Mboe

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



Welcome New Residents

Julia Malliarakis

Masonic Home Census -- 163

The MAHOVA News

A monthly publication of the Masonic Home of Virginia
500 Masonic Lane
Henrico, VA 23223
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The MAHOVA News is published monthly for the residents of the Masonic Home of Virginia. Articles in this publication may not be reproduced without permission.

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Assisted Living Administrator

Dr. Danny Felty

Medical Director

Terry Hilton

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