



# MAHOVA

## October 2021

# News

## Origins of October Traditions

**Trick-Or-Treating:** Going door-to-door for food on specific holidays dates back at least to the Middle Ages. It became popular in the United States in the 1920s and '30s, but had to be put on hold during World War Two due to sugar rationing. When the war was over, the practice returned with a vengeance.

**Apple Bobbing:** Trying to grab a Red Delicious with your teeth wasn't always an autumn tradition. It was once a British courting ritual, where each apple was assigned the name of an eligible bachelor, and each woman would try to grab the apple representing the man she was interested in. Getting it on the first try meant a "happily ever after" ending. Snagging the apple on the second attempt meant a couple would get together, but their love wouldn't last. And three tries was a no-go. Though the game waned in popularity during the 1800s, a version of it was revived at the end of the century by Americans remembering their cultural roots.

**Candy Corn:** Love it or hate it, candy corn is here to stay. Invented in the 1880s by George Renninger, a candy maker at the Wunderle Candy Company, the tricolor treat was originally called "Chicken Feed" when the Goelitz Candy brought it to the masses by the end of that century.

**Carving Jack-O-Lanterns:** Why do we carve pumpkins? The short answer: Because it's better than carving turnips. The long answer: As far back as the 1500s, Irish people told a story about Stingy Jack, a blacksmith who made a deal with the Devil to never claim his soul—but when he died, God wouldn't let him into Heaven, either. So Jack was doomed to walk the Earth for all eternity, with only a burning coal to light his way—which he carried in a turnip he had carved out. He roams the world to this day as "Jack of the Lantern," or "Jack-O'-Lantern." Irish immigrants eventually brought the tale to the U.S., as well as the related tradition of turnip-carving. Since pumpkins were plentiful in the U.S. and allowed more room for candles, they quickly became the veggie of choice.

Everyone is encouraged to join in on annual October traditions here at the Masonic Home, including the Pumpkin Decorating and Halloween Costume Contests.

## In This Issue:

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### Resident Advisory Council

**Peg Davis**  
President

**Ray Taylor**  
Vice President

**Sandra Young**  
Secretary

**Alice Bond and Betty Klotz**  
-B Wing

**Tom Kaufman and Jerrell Morton** —C and D Wing

**Steve Bollinger and Peg Davis**  
- Village

# Health

Here's To Your Good Health!

## Healthy Lungs Month

Rarely do we think about the health of our lungs, except when we have trouble breathing. Healthy lung month educates us about the importance of protecting our lungs against common neglect. Follow these steps in protecting your lungs:

1. Don't smoke, or quit smoking
2. Try to reduce the amount of exposure to pollutants in the environment, at work and in your home.
  - Dust and vacuum regularly.
  - Make sure you have proper indoor air ventilation.
  - Avoid synthetic air fresheners and try aromatherapy diffusers with essential oils.
  - Keep your home as clean as possible.
3. Exercise regularly to breathe better.
  - Regular exercise is one of the most important things you can do for the health of your lungs. When you exercise, your heart beats faster and your lungs work harder to fuel your body and muscles. When your lungs work harder, the more efficient they become over time.
4. Eat a nutritious diet
  - Drink plenty of water and eat lots of fruits and vegetables as they contain nutrients to help boost your immune system.
5. Get regular checkups with your doctor
6. Get a flu shot every year. Infections can be dangerous for your lungs. The best way to avoid an infection is to keep your hands clean and avoid touching your face as much as possible.

## Notifications

<b>Resident Council Meeting</b> Monday, October 4 9:30 AM Dining Room	<b>Activities Committee Meeting</b> Thursday, October 21 3:45 PM Library
<b>Advisory Council Meeting</b> Tuesday, October 19 10:00 AM Private Dining Room	<b>Food Committee Meeting</b> Tuesday, October 19 1:00 PM Private Dining Room

## Book Ends

### By Georgeen Carden

David Baldacci . . . . .

Baldacci was born in August, 1960. His mother gave him his start in writing when he was a child by giving him a notebook and asking him to write so she could have some peace and quiet. He published his first novel in 1996; it became a best seller and was made into a movie starring Clint Eastwood. He has published 43 novels, all of which have become best sellers, both nationally and internationally.

Baldacci is a native Virginian, and earned his B. A. at VCU and his law degree from UVA's School of Law. He practiced law in Washington, D. C.

It takes him about a year to complete a book, four months of which is spent in research. Baldacci and his wife started a foundation called "Wish You Well," which supports adult literacy programs in the United States.

If you like stories about murder, mayhem and brain abnormalities, this is the book for you. Oh, I forgot, sexual abnormalities, too. *Memory Man* has it all.

In the first chapter, Amos Decker, a detective in the city police force, comes home from a stakeout to find his brother-in-law, his wife and his nine-year-old daughter murdered. He dials 911 and then takes out his service revolver and prepares to blow his brains out. The police arrive before he summons enough courage to pull the trigger, and dissuade him.

Decker has an unusual disability. He is a big guy and played football in high school and college and hoped to play in the NFL. This comes to pass, and on his first play in his first game he's hit so hard he is unconscious for a week. When he finally awakens he discovers his brain has changed from the severe trauma and he now has perfect recall of everything he sees and hears. It terrifies him and he is sent to an institute where doctors are researching brain abnormalities. Through extensive counseling, he is enabled to live in the real world and enters the police academy, where he achieves perfect grades. The murders occur 20 years later.

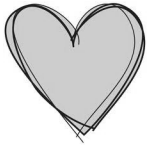
After the murders, he goes through a 16-month decline, ending up sleeping in a cardboard box in a Walmart parking lot. He decides he's not honoring his family's memory; goes to work as a private investigator and moves into a motel.

A shooter breaks into the local high school and kills nine people. Ballistic tests show the gun used was the same one that killed his family. So, *Memory Man* gets into the investigation and slowly, very slowly, solves the crimes with some help from the FBI and his old police partner.

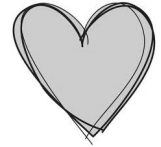
The Henrico County Mobile Library will be here on Monday, October 18th.

## Anniversaries

### ANNIVERSARIES



October 11, 1958 David and Shirley Armistead



## New Residents

### **James Collins**

Lake Drummond Lodge No. 178

### **Russell and Ann Hobson**

Babcock Lodge No. 322

## Have You Heard?

- Babies born in October are thought to be very smart and high achievers.
- October 1888, the first ever National Geographic magazine was released.
- October 1886, the Statue of Liberty arrived in the US from France.
- October has more presidents birthdays than any other month.
- Stargazing is best done in October as the sky is clearer.
- Little Women was published in October 1868.
- The birthstone for October is Opal and signifies a creative spirit, new friendships, and healthy relationships. The flower is the Marigold.

## Notifications

### **Dinner and a Movie**

Friday, October 15

4:00–5:00 PM–Mingling Hour—Gallery

5:00– 6:00 PM–Dinner– Dining Room

6:00 PM–Movie Begins– Dining Room

Movie: News of the World

### **Spiritual Programs**

Every Sunday

10:00 AM–Bible Study with Paul Jones–TV Room

7:00 PM–Vespers Service–Chapel

1st Wednesday in October

6:30 PM–The Chosen Series– Season 2, Episode 3–TV Room

2nd and 4th Wednesday

2:30 PM–Spiritual Renewal with Tom Kaufman–TV Room

### **Resident Fee Meeting**

Thursday, October 21

2:30 PM

Dining Room





# Halloween

## WORD SEARCH

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

AUTUMN	GHOST	MUMMY	SPIDER
BATS	HALLOWEEN	OCTOBER	SPOOKY
BOO	HAUNTED	ORANGE	TRICK
CANDY	JACKOLANTERN	PUMPKIN	TREAT
COSTUMES	MONSTER	SKELETON	VAMPIRE

## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

10/3 Charles Hinson  
10/5 Mary Breeden  
10/8 Sarah Rosen  
10/11 Robert Young  
10/13 Carter Bell  
10/15 Anne Godfrey  
10/16 Carroll Jones  
10/17 Theodore Holm  
10/18 Phil Cash  
10/22 Paula Swansey  
10/22 Chris Taylor  
10/23 Richard Andrews  
10/23 David Armistead  
10/27 Grace O'Connell  
10/29 Tom Hall

## Employee Birthdays

10/1 Leisa Liverpool  
10/2 Kathy Bryant  
10/4 Carmen Snead  
10/11 Chris Smith  
10/12 Marjorie Martin  
10/17 Eva Baker  
10/22 Cheryl Harris  
10/25 Linwood Fletcher  
10/27 Stephanie Goncalves  
10/27 Pattie Mathews  
10/28 Deborah Crawley  
10/28 April Hertlein  
10/30 Martha Gresham

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



### Masonic Home Census -- 170

#### The MAHOVA News

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Senior Administrator

**Kathy Bryant, ALFA**

Assisted Living Administrator

**Dr. Danny Felty**

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