



# MAHOVA

## September 2019

# News

## The Positive Power of Music

“There's nothing like music to relieve the soul and uplift it.” - Mickey Hart

Have you ever noticed that when your spirits are a little low, and you hear an uplifting song, you become instantly elevated? Music has many benefits, both physical and psychological. Rhythm and the pitch of music affect the limbic system, the center of emotions in the brain. The healing power of sound has been revered for thousands of years. It has an exceptional way of nourishing the soul.

Listening to certain sounds has the power to open up our subconscious mind, slow our heart rate, our breathing, and transport us into a relaxed state. Sound is widely becoming recognized as a valuable tool for health and healing.

Some days we just wake up on the wrong side of the bed. Turning to our radios, CD players, stereos and iPods can help move us from feeling tired and frustrated to being excited about our day. Whether your music of choice is a Bach Chorale, Loretta Lynn ballad, Frank Sinatra swing classic, or a revered Hymn, song, rhythm, and melody can inspire you away from stress.

Simply singing a favorite tune can make you feel more relaxed, even if you are not a “singer”. Singing and listening to music with others adds a life-affirming sense of camaraderie. Dancing, clapping hands, or even just tapping our feet to a tune can make us forget our worries for awhile. And that is a marvelous thing.

Be sure to check out the many enriching music events happening every week here at The Masonic Home of Virginia.

“You can't possibly hear the last movement of Beethoven's Seventh and go slow.” -Oscar Levant, explaining his way out of a speeding ticket

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#### **Resident Advisory Council**

**Paula Swansey**  
President

**Peg Davis**  
Vice President

**Steve Bollinger**  
Secretary

**Mildred Johnson and Alice Bond-B Wing**

**Tom Kaufman—C and D Wing**

**Jim Herring—Magnolia Court**  
**Peg Davis—Village**

# Health

Here's To Your Good Health!

## Cold, Flu, or Allergy?

As Fall's cooler weather brings the first bad colds of the season, health experts warn that it's important to distinguish between a simple cold and something more serious like allergies or the flu, which may call for different medications or a visit to the doctor.

According to Dominick Lacuzio, Ph.D., a cold is characterized by a stuffy nose, sneezing, sore throat, and a cough. The flu can include these symptoms, but it is generally accompanied by a fever, general aches and pains, as well as fatigue and weakness. Allergy symptoms can also resemble those of a common cold but include itchy eyes, nose and throat; watery, red eyes; and often dark circles under the eyes caused by increased blood flow near the sinuses.

## Have You Heard?

This month is National Mushroom Month. It is sponsored by the Mushroom Council to promote the appreciation of mushrooms. According to the United States Department of Agriculture, there are more than 2,500 varieties of cultivated mushrooms. American farms grow 787 million pounds a year with Pennsylvania producing nearly half.

The birthstone for September is the Sapphire which symbolizes joy, peace, and beauty. The flower is the Aster.

## Program Highlights

<b>Resident Council Meeting</b> Tuesday, September 3 9:30 AM Dining Room	<b>Activities Committee Meeting</b> Thursday, September 19 3:45 PM Library
<b>Advisory Council Meeting</b> Tuesday, September 17 10:00 AM Private Dining Room	<b>Food Committee Meeting</b> Tuesday, September 17 1:00 PM Private Dining Room

## Program Highlights

Thursday, September 5	11:30 AM to 1:30 PM	Outside Under Tent	Annual Crabfeast
Friday, September 6	10:30 AM to 1:30	Gallery	Gift Shop and Craft Sale
Tuesday, September 10	3:00 PM	Memory Support Unit	Communion with Pastor Constance Lynn
Thursday, September 12	10:00 AM	Gallery	Coffee and donuts from Country Style Donuts
Monday, September 16	1:00 PM to 2:30 PM	TV Room	Balance Screening with Genesis Rehab
Tuesday, September 17	7:00 PM	Dining Room	2019-2020 King and Queen Coronation and Dance
Thursday, September 19	2:30 PM	Dining Room	Employee of the Quarter and Birthday Social
Friday, September 20	10:00 AM to 2:00 PM	Gallery	DMV to Go
Friday, September 20	5:00 PM	Multipurpose Room	Dinner and a Movie Sponsored by Clover Hill Lodge No. 253
Tuesday, September 24	2:00 PM	Multipurpose Room	Classic Movie Matinee

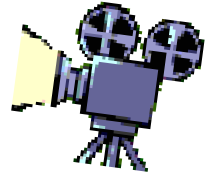
## Entertainment

Friday, September 6 2:30 PM TV Room	Vocal and guitar performance by Susan Greenbaum
Friday, September 6 6:30 PM TV Room	Performance by One More Time
Saturday, September 7 2:30 PM TV Room	Performance by Good Vibrations
Thursday, September 12 2:30 PM TV Room	Classical performance by the Fabulous Flutes
Tuesday, September 17 7:00 PM Dining Room	Performance by Craig Anders for the King and Queen Coronation
Friday, September 20 2:30 PM TV Room	Vocal and piano performance by Harry Kellett
Saturday, September 21 2:30 PM TV Room	Vocal and guitar golden oldies performance by Tommy Custalow
Monday, September 23 2:30 PM TV Room	Golden oldies vocal performance by Kevin Salyer
Thursday, September 26 2:30 PM TV Room	Instrumental and vocal performance by Matthew O'Donnell
Friday, September 27 6:30 PM TV Room	Karaoke with Nancy Lee Martin
Saturday, September 28 1:30 PM TV Room	Gospel and country performance by Nikki and Chip Headley
Monday, September 30 2:00 PM TV Room	Performance by the Richmond Bifocals theatrical group
Monday, September 30 6:30 PM TV Room	Vocal performance by Amy Ladd

## Movies

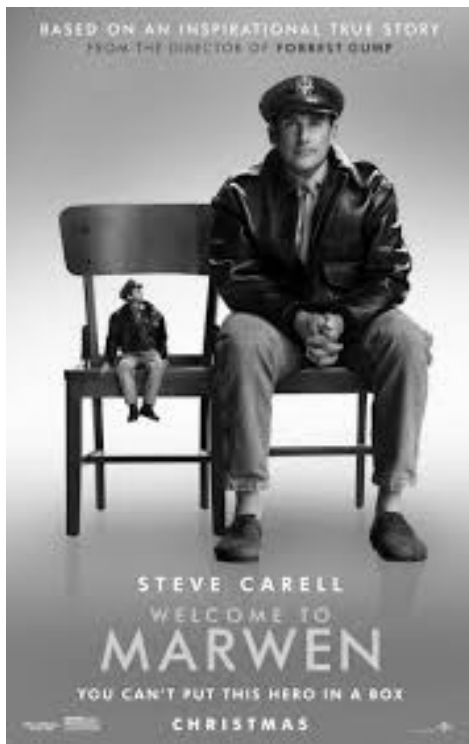


Channel 5.1 and TV Room  
6:00 PM



**Monday, September 9**  
**“First Man”**

Based on the riveting true story of Neil Armstrong and the events that led to his historic Apollo 11 flight to the moon



**Monday, September 16**  
**“Welcome to Marwen”**

A terrible attack leaves Mark Hogancamp without his memory. Putting together pieces of his old and new life he creates an extraordinary fantasy world which helps him succeed in the real world.

## Trips and Outings

### Shopping Schedule

September 4 Dollar Tree  
 September 11 Walmart  
 September 18 White Oak Village  
 September 25 Dollar Tree



Tuesday, September 3 11:00 AM	Lunch at McDonald's
Monday, September 9 11:15 AM	Lunch at Peking Chinese Restaurant
Tuesday, September 10 1:30 PM	Trip to your neighborhood bank
Thursday, September 12 11:15 AM	Lunch at Kentucky Fried Chicken
Friday, September 13 5:00 PM	Prime Rib Dinner at West Point
Wednesday, September 18 11:30 AM	Lunch at O'Toole's Restaurant
Thursday, September 19 10:30 AM	Lunch in Tappahannock at Butch's Catering
Monday, September 23 11:15 AM	Lunch at Tarrant's West Restaurant
Monday, September 23 4:45 PM	Dinner at Calabash Seafood Restaurant
Tuesday, September 24 11:15 AM	Gambling at Rosie's Casino and lunch

## Book Ends

### By Richard Neiswander

Labor Day and the County Fair where I grew up. As much as I liked the fair, some of me was a little sad because school started the next Monday. I liked school especially recess!

#### IRISH TIGER

by Andrew M. Greeley

This is a mystery novel, one of a series. This is number eleven in the Nuala Ann McGrail series. [She is the 'Irish Tiger'.] I really enjoy this author because his novels present a mystery in a humorous manner. I would advise starting with the first in the series, "IRISH GOLD." You will then understand Nuala and Dermot Coyne as it has not only its mystery, but introduces the two to each other. Then they move to Chicago.

In this novel, having married and produced three children, they are confronted by a senior couple planning to be married. Each has lost his/her spouse but both families are adamantly opposed to the union. Trouble is that someone is trying to stop it by violence. However, they did not count on having to "cross an Irish Tiger!"

#### LAST HUNT

By Luke Short

This was a real shocker to me. I remember the Luke Short novels I read were set in the West in the late 1800s. This one wasn't. Lee McPhail [in the story called Mac] is a Colorado game warden. This is his busy season because big game hunting season is starting and on the first day, a local lawyer and former judge are murdered.

What really shocked me was that very early in the story, Mac checks on someone who is *watching TV!* It is definitely *not* the late 1800s! This prompted me to follow the story on a map of Colorado.

Needless to say, Mac eventually solves the murder. If you read this novel, remember that it is hunting season and nearly everyone is carrying a high powered rifle so the good guys must be careful!

#### CHICKEN SOUP for the SOUL

by Jack Canfield & Mark Victor Hansen

Subtitled: *101 Stories To Open The Heart and Rekindle The Spirit*

A weird title but I must admit that it fits very well. Very inspirational and informative but how do I write about it? The first thing I did was to count the stories and found: 101 as advertised! While each person is different, I found that most fit; they very much spoke to me!

The stories are divided into 7 sections titled: 1 - On Love, 2- Leaning To Love Yourself, 3 - On Parenting, 4 - On Learning, 5 - Live Your Dream, 6 - Overcoming Obstacles, 7 - Eclectic Wisdom. I can report on only a couple of the individual stories, the longest of which is no more than five pages. Quite a few are only one page.

There is a story of an elderly man on a bus with a bunch of flowers. He hands them to a young woman saying, "You like the flowers and I know my wife would want you to have them." She then watched him get off the bus and enter a small cemetery.

The book ends on a high note with the poem, "*The Touch of the Master's Hand.*"

## In Memoriam

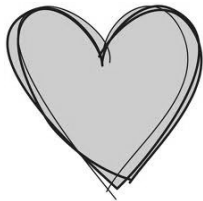
### Forever in Our Hearts



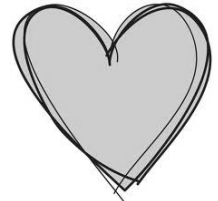
Elizabeth Bohannon  
Ernest Kersey



## Anniversaries



September 3, 1988 Clifford and Doris Grotz  
September 26, 1959 Frank and Molly Perdue  
September 27, 1997 Tom and Robin Wadkins



## Notifications

### Sponsored Events

**King and Queen Coronation and Dance**  
Sponsored by Cherrydale- Columbia Lodge No. 42  
Tuesday, September 17

**Dinner and a Movie**  
Sponsored by Clover Hill Lodge No. 253  
Friday, September 20



## Notifications

### **Weight and Blood Pressure Checks**

Please bring your pendants with you.

B– Wing  
Wednesday, September 4  
8:00 AM to 1:00 PM  
D Wing Recreation Room

C and D – Wing  
Thursday, September 5  
8:00 AM to 1:00 PM  
D Wing Recreation Room

### **Monthly Meeting with Meridian Lodge No. 284**

Meridian Lodge No. 284 Monthly Meeting will be held on the  
4th Monday in the Multipurpose Room at 12:00 PM.

Meeting is open to ALL Master Masons.

Please come and join us!

### **Teaching Kitchen**

Friday, August 27

1:30 PM

TV Room

Sign-up required to reserve a seat

### **Gourmet Dinner**

Wednesday, September 25

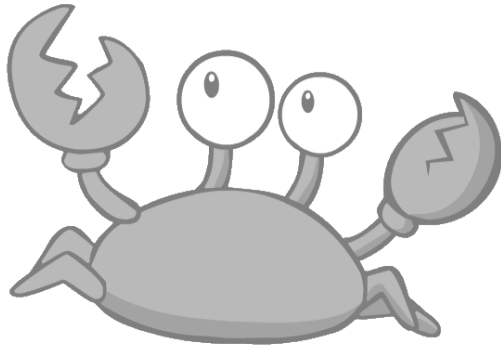
7:00 PM

Private Dining Room

Sign-up sheet and menu will be posted at the Activity sign-up table on  
Wednesday, September 4, and collected on Wednesday, September 18.

\$14.99 per resident.

## Notifications



### **Annual Crabfeast**

Thursday, September 5  
11:30 to 1:30 PM  
Outside Under Tent

Residents and Staff invited



**2019-2020 King and Queen  
Coronation and Dance**  
Sponsored by Cherrydale– Columbia  
Lodge No. 42.

Tuesday, September 17  
7:00 PM  
Dining Room

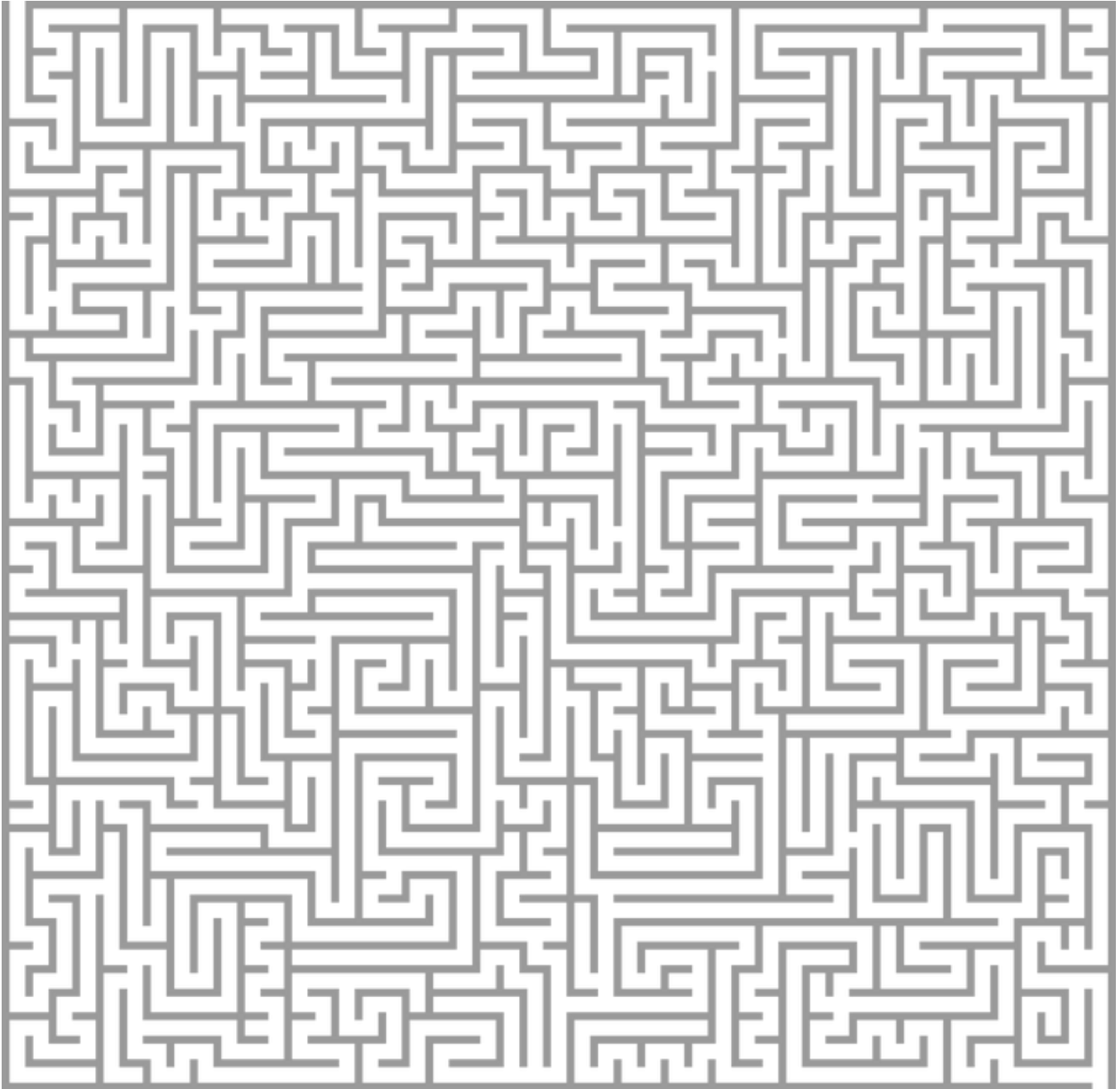


### **Employee of the Quarter and Birthday Social**

Thursday, September 19  
2:30 PM  
Dining Room

# Brain Fitness

START



FINISH

## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

- 9/8 Pat Heald
- 9/16 Juanita Ragsdale
- 9/17 Maurice Beachum, Jr.
- 9/17 Paul Canter
- 9/21 Phyllis Rowe
- 9/22 Larry LaRoche
- 9/23 Jerrell Morton
- 9/26 Sandra Butler
- 9/26 Helen Duke
- 9/28 Helen Melton
- 9/30 Ruffner Simmons

## Employee Birthdays

- 9/1 Carol Morton
- 9/1 Gloria Roth Ofoedu
- 9/2 Julia Adams
- 9/2 Keith Smith
- 9/3 Khalil Harney
- 9/4 Roshey Bowens
- 9/4 Claudia Walters
- 9/7 Sade Redd
- 9/9 Michelle Davis
- 9/12 Christen Brown
- 9/16 Lindsay Blackman
- 9/16 Kevin Grubbs
- 9/16 Dorothy Welch-Thomas
- 9/20 Niki Baylor
- 9/24 Sheena Houchens
- 9/26 Scotty Gray
- 9/27 Barbara Jehu
- 9/29 Terrance Hill, Jr.

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



## Welcome New Residents

Grace O'Connell– Glen Allen Lodge No 131

## Masonic Home Census -- 195

### The MAHOVA News

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