



We are very proud to share that one of our residents, Annie Lee Davis, turned 105 on October 6, 2018. Obviously, Annie is a very strong woman! She grew up in Richmond not far from MAHOVA, where her parents ran the Davis Grocery Store. Annie spent many happy hours at the store when she was young. As she grew older, she was permitted to sell at the candy counter. She often said she probably ate more than she sold, and we believe her. Annie definitely has a sweet tooth! Later she married the love of her life, Roy Davis, a handsome man whom her parents eventually entrusted with the grocery store. Annie said he went in very early to “dress” the windows and came home very late. She used to worry about the long hours he kept. Annie & Roy had a son, Bobby and a daughter, Carol. Carol and her husband, Ray Snow, still visit often. Renee, Leann and Charlotte, Carol’s daughters and granddaughter, visit often as well as Bobby’s widow and her family. Bobby had two sons, Rusty & Ricky, and one daughter, Donna.

Annie spent her summers in Fork Union at her maternal grandmother’s where she loved to swim, ride horses & bikes, and play with her cousins and friends. Annie remained very active all of her life, involved with family, church and other interests. A fine seamstress, she made Easter suits and dresses for her daughters and herself and completed their ensembles with homemade hats. These were hats a milliner would have been quite proud to display in a store window. She was quite talented. Later in life she sold properties to young couples on Land Contracts to help fund her retirement. In her early years on the Memory Support Unit, Annie loved playing cards and BINGO, two cards at a time. She had a real way with numbers. To demonstrate her strength and resilience, Annie stayed in her home into her 80s, mowing her lawn with a *push mower*. Demonstrating her love and devotion, she would not leave her beloved home until her even-more-beloved dog passed away. As you can see, Annie Lee is a fascinating and accomplished woman! Happy Belated 105<sup>th</sup> Birthday, Annie!

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### Resident Advisory Council

**Paula Swansey**

President - D Wing

**James Palmer**

Vice President– B Wing

**Steve Bollinger**

Secretary - Village

**Mildred Johnson and James**

**Palmer-B Wing**

**Paula Swansey and**

**Leon Headley– C and D Wings**

**James Palmer– Magnolia Court**

# Health

Here's To Your Good Health!

## EAT RIGHT TO STAY WARM

If you can't stand the cold, you may not have enough iron in your diet. A recent study linked the body's ability to regulate or maintain body temperature under cold conditions to daily iron consumption. The best way to ensure proper iron levels through the winter is by eating more iron-rich foods such as lean red meat, fish, poultry, beets, beans and leafy green vegetables. Also, drink more orange juice; the vitamin C increases iron absorption. Iron supplements aren't a sure remedy because they are not as readily absorbed by the body as the iron in foods. Moreover, the supplements can irritate the stomach and cause constipation.

## Have You Heard?

Some cultural anthropologists say that the custom of Santa climbing down the chimney on Christmas Eve stems from an old English belief that it was good luck to sweep out the chimney before the new year. Others believe the lore dates back to a legend in which St. Nicholas threw a sack of gold down a chimney to help a poor family. The birthstone for December is Blue Topaz and symbolizes confidence, happiness, and loyalty. The flower is the Narcissus.

## Program Highlights

|  |   |
|--|---|
| <b>Resident Council Meeting</b><br>Monday, December 3<br>9:30 AM<br>Dining Room            | <b>Activities Committee Meeting</b><br>Thursday, December 20<br>3:45 PM<br>Library      |
| <b>Advisory Council Meeting</b><br>Tuesday, December 18<br>10:00 AM<br>Private Dining Room | <b>Food Committee Meeting</b><br>Tuesday, December 18<br>1:00 PM<br>Private Dining Room |

## Program Highlights

|                             |                  |                                 |  |
|-----------------------------|------------------|---------------------------------|--|
| Wednesday, December 5       | 6:15 PM          | Your Room                       | Girl Scout Troop Carolers throughout the Home                            |
| Friday, December 7          | 12:00 to 3:00 PM | Gallery                         | Shopping for jewelry with Bonita, The Jewelry Lady                       |
| Friday, December 7          | 1:30 PM          | Library                         | Creative Writing Group   |
| Saturday, December 8        | 10:00 AM         | Your Room                       | Job's Daughters Christmas Caroling throughout the Home                   |
| Tuesday, December 11        | 3:00 PM          | REB                             | Communion  |
| <b>Tuesday, December 11</b> | <b>4:00 PM</b>   | <b>TV Room and Reading Room</b> | <b>Hor'dourve Hour</b>   |
| <b>Tuesday, December 11</b> | <b>5:00 PM</b>   | <b>Dining Room</b>              | <b>Candlelight Dinner with music by Ricky Denton on the harp</b>         |
| Wednesday, December 12      | 4:00 PM          | Gallery                         | Laurel Hill Daycare Visits   |
| Thursday, December 13       | 10:00 AM         | Gallery                         | Coffee and Donuts from Country Style Donuts with music by Tommy Custalow |
| Thursday, December 13       | 7:00 PM          | Chapel                          | Annual Christmas Pageant   |
| Friday, December 14         | 6:30 PM          | Dining Room                     | Annual Christmas Party hosted by Metropolitan Lodge No. 11               |
| Monday, December 17         | 2:30 PM          | Dining Room                     | Egg Nog Social with music by Susan Greenbaum                             |
| Tuesday, December 18        | 3:00 PM          | Multipurpose Room               | Annual Christmas Pageant   |
| Thursday, December 27       | 2:30 PM          | Dining Room                     | Quarterly Birthday Social  |
| Monday, December 31         | 3:00 PM          | Reading Room                    | Champagne Happy Hour   |

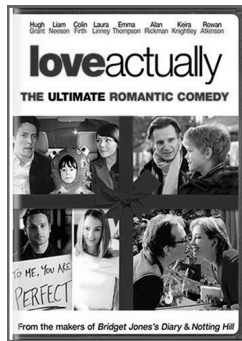
## Entertainment

|  |   |
|--|---|
| Saturday, December 1<br>2:30 PM<br>TV Room     | Performance by Garrett and Debra Chester  |
| Tuesday, December 4<br>2:00 PM<br>TV Room      | Theatrical performance by the Richmond Bifocal Group  |
| Thursday, December 6<br>2:30 PM<br>TV Room     | Fairmount Christian Church– Forever Young Choir Performs.   |
| Monday, December 10<br>2:30 PM<br>TV Room      | Christmas Program with Richmond Discoveries   |
| Monday, December 10<br>6:30 PM<br>TV Room      | Golden oldies vocal performance by Billy Mitchell   |
| Tuesday, December 11<br>5:00 PM<br>Dining Room | Ricky Denton on the harp for Candlelight Dinner   |
| Friday, December 14<br>1:30 PM<br>TV Room      | Vocal performance by Nikki Headley  |
| Sunday, December 16<br>7:00 PM<br>Chapel       | Vespers Service with Reverend Germany and the Carlisle Baptist Church Choir. “Lord of Lights/Prince of Peace” |
| Monday, December 17<br>2:30 PM<br>Dining Room  | Performance by Susan Greenbaum on the guitar and vocals at the Egg Nog Social                                 |
| Thursday, December 20<br>2:30 PM<br>TV Room    | Vocal performance by Mina and David McAllister  |
| Saturday, December 22<br>2:30 PM<br>TV Room    | Vocal and guitar performance by Tommy Custalow  |
| Friday, December 28<br>2:30 PM<br>TV Room      | Classic rock performance by Mike Parker on vocals and guitar  |
| Friday, December 28<br>7:00 PM<br>Dining Room  | Vocal and keyboard performance by Craig Anders  |

## Movies



Channel 2 and TV Room  
6:00 PM



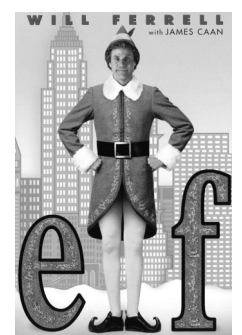
### Monday, December 3 "Love Actually"

Romantic comedy about various relationships and the delightful twists and turns that love causes



### Friday, December 7 "A Little Chaos"

Romantic drama about a gifted landscape artist who is chosen to build a garden for King Louis XIV. She challenges both class and gender barriers while also becoming romantically involved with another artist.



### Monday, December 24 "Elf"

An out of place elf that has lived his whole life at the North Pole travels to New York in search of his biological father.



### Monday, December 31 "I'll See You in my Dreams"

With the help of three of her friends, an older woman discovers new joys and experiences in life.

## Trips and Outings

### Shopping Schedule

December 5    White Oak Village  
 December 12    Walmart  
 December 19    Dollar Tree  
 December 26    White Oak Village



|                                   |   |
|-----------------------------------|---|
| Monday, December 3<br>11:15 AM    | Lunch at Peking Restaurant  |
| Tuesday, December 4<br>11:15 AM   | Lunch at McDonald's   |
| Thursday, December 6<br>6:45 PM   | West End Assembly of God:<br>Glorious Christmas Nights Play                           |
| Saturday, December 15<br>3:00 PM  | Henrico Theater– King of Swing Band<br>with Susan Greenbaum Performing                |
| Monday, December 17<br>5:00 PM    | Join us as we travel around Richmond to<br>see various decorated homes for Christmas. |
| Tuesday, December 18<br>4:45 PM   | Dinner at Calabash Seafood Restaurant   |
| Thursday, December 27<br>10:15 AM | Travel to Fredericksburg to Riverside<br>Dinner Theater: Christmas Play.              |

## Book Ends

### By Richard Neiswander

#### HAPPY BIRTHDAY, JESUS and MERRY CHRISTMAS TO ALL RESIDENTS AND STAFF

Some time ago I noticed a map and history of Perry Township, Ohio, in the library. I looked it over in order to find out who was familiar with Perry. Perry is about 20 miles from my OH home, and I have Masonic brothers & good friends living there. Becky left me a note saying that it came in with a donation of books. If it came from someone who is now a resident, please contact me.

#### THE SHACK

by William P. Young

Where tragedy confronts eternity

The Shack is an extremely unusual novel [made up story]. I have never read anything like this book. It was easy and captivating reading for me. I found it very thought-provoking and still think about it and what it means to me. I am still turning it over in my mind.

Mackenzie Allen Phillips is a happily married man with four children. During their vacation his youngest is abducted and most likely murdered. Mack enters into his 'Great Sadness'. Four years [after 100 pages] later, Mack is invited to the shack where evidence of his daughter's murder was found. This is where the story gets really captivating!

The story ends happily in spite of the murder at the start. If you want to know about it, you **MUST** read it! I *highly* recommend it. The library inventory tells me we have two copies available: I think one large print and one standard. I read the large print because I found it first.

#### SOAR TO SUCCESS

The Wright Way

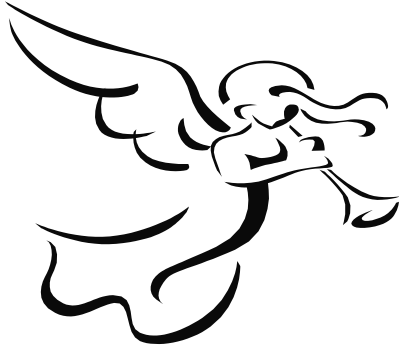
by James Meisner Jr.

I picked up this book due to the subtitle, "The Wright Way". I have been interested in airplanes all my life and especially the Wright Brothers because I lived in Ohio and had relatives with connections to them. I was at the First Flight Centennial and have several biographies of them. I hoped to learn something different. This book was quite different! Where most biographies talked only about the nuts and bolts of their design, this book deals with their mental processes while constructing a *successful* program.

The authors divide the characteristics that led to the Wright's success into twelve parts. They give good detailed descriptions of their methods and how to apply them today. I developed two different opinions of the authors and their business methods. I was disappointed that there was only a small amount of airplane information. At the same time I thought, "Where were you when I was younger and making my way through business?" I sure could have used this information!

## In Memoriam

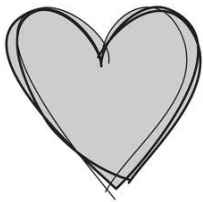
# Forever in Our Hearts



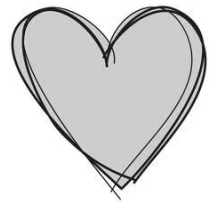
Myrtle Bussey  
Herbert Chappell  
Robert Colby  
Phillip Godwin  
Martha Kersey  
Bertha Lilly  
James Mitchell



## Anniversaries



December 19, 1975 Richard and Georgeen Carden  
December 19, 1975 John and Gloria Edelin  
December 21, 2005 William and Dolores Reinhold  
December 21, 1984 Gardner and Gypsy Rollings  
December 24, 1953 Thomas and Ann Spain  
December 26, 1951 Arthur and Cora Lee Gregory



## Notifications

### Candlelight Dinner

Tuesday, December 11  
Hor'dourves- 4:00 PM– TV Room and Reading Room  
Dinner with performance by Ricky Denton– 5:00 PM– Dining Room

**Residents Only**



## Notifications

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

Please bring your pendants with you.

B– Wing  
Monday, December 3  
8:00 AM to 1:00 PM  
D Wing Recreation Room

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

### **Village Model Key**

Should you wish to enter the Village Model home after hours or on the weekend, the key is located at the Care Center Nurses' Station.

### **Dementia Support Group for Families**

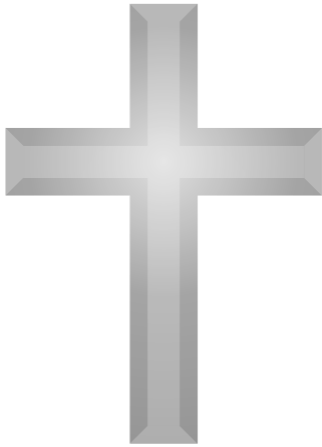
For information, please contact Barbara Jehu at extension 77316.  
The group meets 1st and 3rd Tuesdays of each month at 10:30 AM.

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

Meridian Lodge No. 284 Monthly Meeting will be held on the  
3rd Monday in December in the Multipurpose Room at 12:00 PM.  
Meeting is open to ALL Master Masons.

Please come and join us!

## Notifications



### **Annual Christmas Pageant**

Thursday, December 13  
7:00 PM  
Chapel

Tuesday, December 18  
3:00 PM  
Multipurpose Room



### **Metropolitan Lodge No. 11 Christmas Party**

Friday, December 14  
6:30 PM  
Dining Room

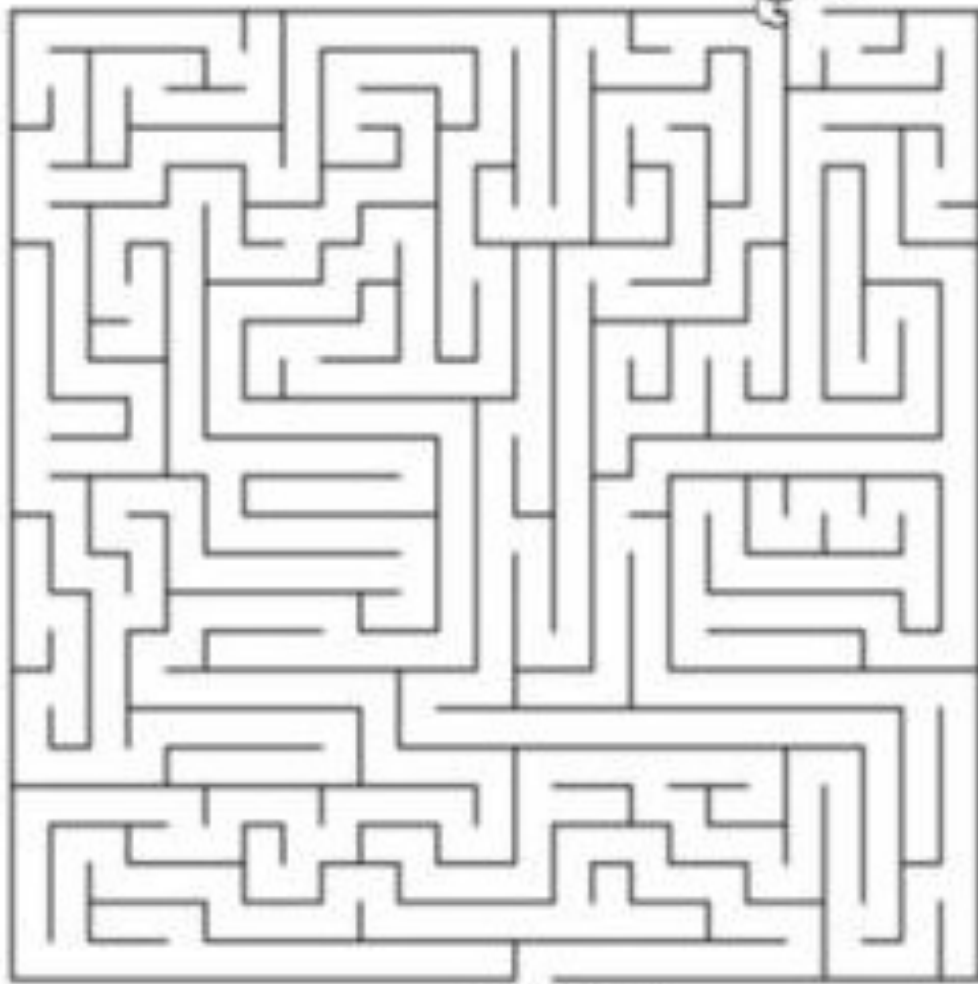


### **Champagne Happy Hour**

Monday, December 31  
3:00 PM  
Reading Room

# Brain Fitness

Help the elf reach the presents  
at the end of the maze.



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## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

|       |                  |       |                  |
|-------|------------------|-------|------------------|
| 12/4  | Betty Klotz      | 12/18 | Mary Lee Peroe   |
| 12/5  | James Herring    | 12/19 | Luvirda Mitchell |
| 12/6  | Arthur Gregory   | 12/24 | Nellie Marano    |
| 12/6  | Helen Wadkins    | 12/24 | Wordell Davis    |
| 12/7  | Joyce Beninghove | 12/25 | Norma Klebert    |
| 12/8  | Roy Lythgoe      | 12/28 | Edward Bowen     |
| 12/9  | Judith Houchens  | 12/28 | Beatrice Holm    |
| 12/15 | Pat Wilson       | 12/31 | Gloria Edelin    |

## Employee Birthdays

|       |                  |       |                     |
|-------|------------------|-------|---------------------|
| 12/2  | Peter Mollica    | 12/17 | Tacara Shuler       |
| 12/5  | Lachandra Broidy | 12/18 | Rosa Shabazz        |
| 12/7  | Tonya Washington | 12/18 | Rashida Traywick    |
| 12/7  | Bonnie White     | 12/18 | Dianne Winston      |
| 12/8  | Beverly Allen    | 12/19 | Dawn Iyoob          |
| 12/8  | Beverly Fuller   | 12/21 | Sheba Bowman        |
| 12/10 | Jhonna Bell      | 12/22 | Tiffany Bass        |
| 12/12 | Penny Allen      | 12/23 | Holly Fiore         |
| 12/12 | Shyvonne Bagy    | 12/25 | Marlena Jennings    |
| 12/12 | Mary Corbett     | 12/27 | Janet Jones Jamison |
| 12/15 | Jason Roberson   | 12/27 | Mark Mumford        |
| 12/15 | Cheryl Smith     | 12/28 | Wanda Woody         |

## Welcome New Employees

|                         |                        |     |
|-------------------------|------------------------|-----|
| Jamal Thompson          | Environmental Services | PT  |
| Vanessa Billie-Anderson | Food Services          | PRN |
| Ashley Graham           | Nursing                | PRN |
| Nicole Jackson          | Nursing                | PRN |
| Danielle Battle         | Nursing                | PRN |
| Judith Arcuri           | Administration         | PT  |
| Wanda Woody             | Food Services          | FT  |
| Michael West            | Maintenance            | FT  |
| Tacara Shuler           | Nursing                | FT  |
| Veronica Wilson         | Food Services          | PRN |
| Tonya Washington        | Receptionist           | PRN |



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

## Welcome New Residents

Robert Boggs– Manchester Lodge No. 14  
Barbara Borkey– Urbanna Lodge No. 83  
Phillip Cash– Army and Navy Lodge No. 306

## Masonic Home Census -- 204

### The MAHOVA News

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### James D. Cole, CPA

Chief Executive Officer

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Senior Administrator

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Assisted Living Administrator

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Development Officer

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### Barbara Ramirez

Human Resources Director

### Mike Butler, Jr.

Director of Facilities

MAHOVA Editor  
Robyn Massie  
804-222-1694  
Extension 77268

MAHOVA Copy Editor  
Mildred Ammons