

August 2024

Let's take a look at the origins of August, as well as some fun little facts to bring it all together!

- August was once the sixth month of the year. In the original ten-month Roman calendar, the month went by the name of Sextilis, meaning “the sixth month” in Latin. It wasn't until around 700BC that August was rudely shoved back in the order of months when January and February were added to the beginning of the year by King Numa Pompilius.
- The number of days in August has changed multiple times. In the ten-month Roman calendar, the months all had either 30 or 31 days, totaling 304 days in the year. Not only did Pompilius add January and February to the calendar, but he also reduced the number of days in August down to 29. It wasn't until Julius Caesar introduced the Julian calendar that it was increased to 31 days, where it has remained ever since!
- In the northern hemisphere, August is considered to be the last month of summer. In the southern hemisphere, it's the opposite, of course, so it's the last of the winter months!
- August was a big month for the U.S. Civil Rights Movement. It was on August 28, 1963, that Martin Luther King Jr. gave his famous “I have a dream” speech on the steps of the Lincoln Memorial in Washington D.C. to 250,000 people.
- August was a fateful month for the ancient Roman city of Pompeii. On August 24, 79AD, Mount Vesuvius erupted near the city. The mountain spewed out great clouds of ash, smoke, and pumice, which rained down on Pompeii's citizens. Unfortunately for Pompeii, that wasn't the end of it either – next came molten lava, which buried the remaining residents 7 feet (2.1 m) deep!
- In August the US celebrates National Goat Cheese Month, National Panini Month, Peach Month, and Sandwich Month.
- Rock music lost a living legend on August 16, 1977, when Elvis Presley left the world behind.

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Steve Bollinger and Steve

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Village

Gordon Sprigg

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Health Rx

Here's To Your Good Health!

What's In Season? August



www.YellowTurtleFitness.com



Figs

Very high in Fiber to help satiate and aid in weight management. Fruit source of absorbable calcium, to build strong bones. Potassium helps control blood pressure.

More than twice the Vitamin C of an Orange!
Aids in healing, strengthens immunity, and prevents inflammation that can lead to Rheumatoid Arthritis. Vitamin A + Lutein protect against Macular Degeneration.

Bell Peppers

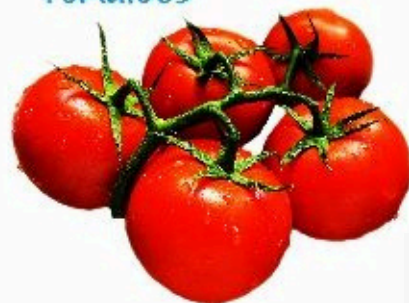


Raspberries

Fiber content in relation to fruit weight is one of the highest of any plant food. Can help reduce nausea for pregnant women - especially when taken as a tea. Improves blood circulation and builds a strong immune system.

Beta Carotene helps protect skin from sun damage. Lycopene has been shown to help reduce risk of many cancers - especially prostate, colon, and ovarian. Chromium helps to balance blood sugar and help control fat and cholesterol levels in the blood.

Tomatoes



Book Ends

August's Most Anticipated Books

The Thirteenth Husband by Greer Macallister

Genre: Historical Fiction

Release date: August 1, 2024

Plot: Biographical fiction is based on the real-life heiress Aimee Crocker. Strong women like her were not common in the 1880's. This is the story of her public notoriety as well as her collection of husbands and money.

Five-Star Stranger by Kat Tang

Genre: Literary Fiction

Release date: August 6, 2024

Plot: Stranger is top-rated on the Rental Stranger app. It is a place where you can rent someone to pretend to be whatever you need—a fiancée, a friend, a relative. When a nosy patron threatens a long-term role (as a father), Stranger begins to question why he feels so attached to his pretend daughter and what he really wants from life.

House of Glass by Sarah Pekkanen

Genre: Thriller-Mystery

Release date: August 6, 2024

Plot: Stella Hudson is a “best interest” attorney who represents children in their custody cases. Her newest client is Rose Barclay, a nine-year-old who witnessed her nanny’s murder and immediately stopped talking. Now, as Stella enters the Barclay estate, nothing is as it seems and everyone in the house is a suspect in the nanny’s murder, including Rose.

Scandalous Women by Gill Paul

Genre: Historical Fiction

Release date: August 13, 2024

Plot: Both Jackie Collins and Jacqueline Susann faced criticism, sexism, and condemnation for being women who wrote about sex. Nancy White, an editorial assistant working on *Valley of the Dolls*, introduced the women while trying to make a deal with Jackie Collins in the United States. Will Nancy achieve her ambition and become an editor, despite the men who try to stand in her way?

The Paris Gown by Christine Wells

Genre: Historical Fiction

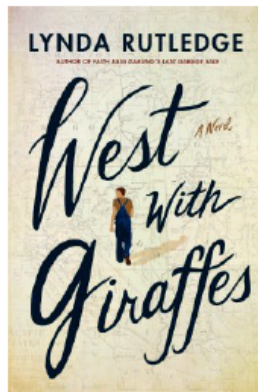
Release date: August 20, 2024

Plot: The story of three women in 1950s Paris and one stunning Christian Dior gown that brings them all together. Claire, Gina, and Margot parted ways only to be reunited in Paris years later. Will the gown be able to bring them back together or has their friendship come to an end?



Upcoming MAHOVA Book Club Titles

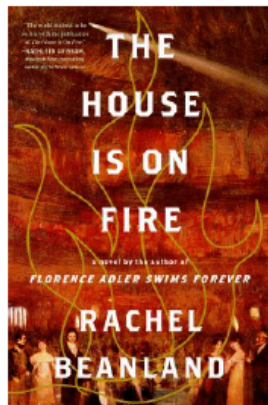
Masonic Book Club August - September 2024 Titles



West with Giraffes by Lynda Rutledge

Inspired by true events, this part adventure, part historical saga and part coming-of-age love story follows Woodrow Wilson Nickel as he recalls his journey in 1938 to deliver Southern California's first giraffes to the San Diego Zoo.

Meets on Monday, August 12th @ 3:00 pm in A-Wing Conference Room



The House is on Fire by Rachel Beanland

Told from the perspectives of four people whose actions changed the course of history, this masterful work of historical fiction takes readers back to 1811 Richmond, Virginia, where, on the night after Christmas, the city's only theater burned to the ground, tearing apart a community.

Meets on Monday, September 9th @ 3:00 pm in A-Wing Conference Room

Anniversaries

August 15, 1964 Woody and Peg Davis
August 17, 1963 John and Joyce Deputy



In Memoriam

In Memory of



Joseph Westfall
Roy "Hank" Lythgoe
Seymour Kern

New Hires

Kathy Allen, Food Service Aide
Ternika Battle, CNA
Mary Helen Crowder, RN Supervisor
Samantha Hall, LPN
Tamberlyn Russell, Registered Medication Aide
Ashaiya Sawyer, CNA
Lisa Steele, RN Supervisor

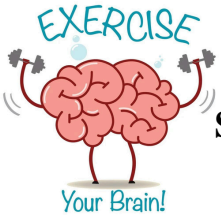


Activity Suggestions

If you have any activity suggestions, movies or restaurants that you would like to see offered please contact Susan Berryhill at 804-226-6688 sberryhill@mahova.com or Bonnie White at 804-236-0614 bwhite@mahova.com

What You Missed in July





Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

	6	2	7				1	4
				8	5			
8								
								7
					2	6		
	1	7	3			9	2	
		3			4			
6					1	7		
						2	6	



August Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

Boys in the Boat (Dinner and a Movie) - Friday, August 2

“The Boys in the Boat” is a sports drama based on the #1 New York Times bestselling non-fiction novel written by Daniel James Brown. The film is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world. Released: 2023. 2 hours 3 minutes. Rated PG-13. Starring: Joel Edgerton, Callum Turner, and Peter Guinness

Joe Bell - Monday, August 5

The true story of a small-town, working-class father who embarks on a walk across the U.S. to crusade against bullying after his son is tormented in high school for being gay. Meanwhile, he realizes he is instead missing out on his son's life back at home. Released: 2020. 1 hour 34 minutes. Rated R. Starring: Mark Wahlberg, Reid Miller, and Connie Britton

Hamburger Hill - Friday, August 9

A brutal and realistic war film focuses on the lives of a squad of 14 U.S. Army soldiers of B Company, 3rd Battalion, 187th Infantry Regiment, 101st Airborne Division during the brutal 10 day (May 11-20, 1969) battle for Hill 937 in the A Shau Valley of Vietnam as they try again and again to take the fortified hill held by the North Vietnamese, and the faults and casualties they take every time. This battle was later dubbed "Hamburger Hill" because enemy fire was so fierce that the fusillade of bullets turned assaulting troops into what resembled shredded hamburger meat. Released: 1987. 1 hour 50 minutes. Rated R. Starring: Anthony Barrile, Michael Boatman, and Don Cheadle



August Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

Friday Night Lights - Monday, August 12

Odessa, Texas, is a small, town in Texas, racially divided and economically dying. There is one night that gives the town something to live for: Friday Night. The Permian Panthers have a big winning tradition in Texas high school football, led by QB Mike Winchell and superstar tailback Boobie Miles. But all is not well, as Boobie suffers a career-ending injury in the first game of the season. Hope is lost among citizens in Odessa, and for the team. However, coach Gary Gaines, who believes that "Perfection is being able to look your friends in the eye and know you did everything you could not to let them down," is somehow able to help the team rise up from the ashes and make a huge season comeback. Now on their way to state, the Panthers must go out and be perfect, because they may never matter this much for the rest of their lives. Released: 2004. 1 hour 58 minutes. Rated PG-13. Starring: Billy Bob Thornton, and Jay Hernandez

A Few Good Men - Friday, August 16

Lieutenant Junior Grade Daniel Kaffee, a Navy lawyer who has never seen the inside of the courtroom, defends two stubborn Marines who have been accused of murdering a colleague. Kaffee known as being lazy, and has arranged for a plea bargain. Downey's Aunt Ginny appoints Lieutenant Commander Galloway to represent him. Also on the legal staff is LTJG Sam Weinberg. The team rounds up many facts and Kaffee is discovering that he is really cut out for trial work. The defense is originally based upon the fact that PFC Santiago, the victim, was given a "CODE RED." Santiago was basically a screw-up. At Gitmo, screw-ups aren't tolerated, especially by Col. Nathan Jessup. In Cuba, Jessup and two senior officers try to give all the help they can, but Kaffee knows something's fishy. In the conclusion of the film, the fireworks are set off by a confrontation between Jessup and Kaffee. Released 1992. 2 hours 18 minutes. Rated R. Starring: Jack Nicholson, Tom Cruise, and Demi Moore



August Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

Dreamland - Monday, August 19

Eugene Evans dreams of escaping his small Texas town when he discovers a wounded, fugitive bank robber. Torn between claiming the bounty for her capture and his growing attraction to the seductive criminal, Eugene must make a decision that will forever affect the lives of everyone he's ever loved.

Released 2019. 1 hour 38 minutes. Rated R. Starring: Finn Cole, and Margot Robbie

The Art of Racing in the Rain - Friday, August 23

Dog lovers believe their canine family members understand language, comprehend events, have opinions, exude loyalty. In "The Art of Racing In The Rain," wise old dog Enzo Swift shares thoughts about the life experiences which have prepared him to protect his family in times of greatest need. Released

2019. 1 hour 49 minutes. Rated PG. Starring: Kevin Costner, and Milo Ventimiglia

The Blind Side - Monday, August 26

The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family. Released 2009. 2 hours 9 minutes. Rated PG-13.

Starring: Sandra Bullock, Quinton Aaron, and Tim McGraw

Extraordinary Measures - Friday, August 30

A Portland couple have two children with Pompe disease, a genetic anomaly that kills most before a child's tenth birthday. The husband, John, an advertising executive, contacts Robert Stonehill, a researcher in Nebraska who has done innovative research for an enzyme treatment. He has little money to fund his laboratory, and a thorny personality that drives away colleagues and funders.

John and his wife Aileen raise money to help Stonehill's research and the required clinical trials. John takes on the task full time, working with venture capitalists and then rival teams of researchers. Released 2010. 1 hour 46 minutes. Rated PG. Starring: Brendan Fraser, Harrison Ford, and Keri Russell

Passport Dinner

We will be celebrating a different country for the next 12 weeks (or so). These 12 weeks will be filled with culturally appropriate activities, information and puzzles pertaining to the highlighted region.

Next stop on our travels will be **Japan**



A meal ticket is required if you are not on the meal plan. Menus for the themed dinner will be released in advance so you can determine if you wish to participate.

←.....→
Some facts about Japan are:

If you're planning a visit to Japan – or are just curious about what this country has to offer! – you will be interested to learn that Japan is famous for the following attributes:

- Origami originated in Japan.
- Square watermelons are an expensive gift in Japan, often costing up to \$800.
- Japan has the world's largest wholesale fish market.
- Japan has the Galapagos of the Orient.
- Japan is highly prone to natural disasters. The entire country is in the treacherous "Pacific Ring of Fire," an area that is highly susceptible to tectonic activities leading to volcanic eruptions, earthquakes, and tsunamis. Japan has around 108 active volcanoes. Typhoons also strike the region.
- The Japanese language orders words differently than English. Instead of ordering sentences by subject-verb-object (example: I write words), Japanese uses subject-object-verb (example: I words write).
- Over a thousand tame sika deer roam the streets of Nara, Japan.
- The samurai were a powerful warrior class in Japan.

Resident Birthdays

Scan this QR image to go to
the Masonic Home Website

Happy Birthday to the following
residents who celebrate their birthdays:

08/01 Ken Schlegel	08/17 Wayne Flora
08/02 John Jamieson	08/17 Frank Perdue
08/04 Joan Corcoran	08/17 Robert Perkins
08/04 MaryAnn Flora	08/19 Steve Bollinger
08/05 Sheri McGavic	08/20 Marjorie Winter
08/06 Julia Lloyd	08/27 Russell Talley
08/06 Walter Olphin	08/28 Russell Hobson
08/07 Fay Bowen	08/28 Raymond Ridgeway
08/07 Evelyn Harding	08/29 Jerimae Canterbury
08/09 Jean Knapp	
08/10 Jim Collins	
08/14 Dorothy Barrey	
08/16 Oza Bell	
08/16 Jean Colby	



Masonic Home Census: 166

MAHOVA - Your Masonic Community
500 Masonic Lane
Henrico, VA 23223
804-222-1694

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Chief Executive Officer

Tracy Coogle, CPA

Chief Financial Officer

Robert Adkins, LNHA

Vice President of Operations

Kathy Bryant, ALFA

Assisted Living Administrator

Dr. Danny Felty

Medical Director

Daniel Thomas

Director of Nursing

Terry Hilton

Director of Development

Ann Meeks

Chief Human Resources Officer

Mike Butler, Jr.

Director of Facilities

Holly Carson

Community Sales Director

Angela Pisano

Director of Communication

Employee Birthdays

08/02 Randy Smith
08/05 Percila Criss
08/12 Claudette Rivers
08/12 Claudette Johnson-Arthur
08/12 Brian Crigger
08/25 Carl Shiles
08/25 Ivy Hill
08/27 Robert Adkins
08/28 Mary Crowder

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