



## MORE THAN A DAY

As Thanksgiving Day rolls around,  
It brings up some facts, quite profound.

We may think that we're poor,  
Feel like bums, insecure,  
But in truth, our riches astound.

We have friends and family we love;  
We have guidance from heaven above.

We have so much more  
Than they sell in a store,  
We're wealthy, when push comes to shove.

So add up your blessings, I say;  
Make Thanksgiving last more than a day.

Enjoy what you've got;  
Realize it's a lot,  
And you'll make all your cares go away.

- Karl Fuchs

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# Health Rx

Here's To Your Good Health!



## What's the Difference Between DEMENTIA & ALZHEIMER'S?

Though the two terms are often used interchangeably, dementia and Alzheimer's disease are not the same thing.

<p><b>DEMENTIA</b> is a clinical syndrome in which memory is negatively affected. It is caused by a variety of diseases. The cause of brain cell death and/or its location in the brain determines what disease is behind the dementia.</p>		<p><b>ALZHEIMER'S DISEASE</b> is the most common cause of dementia. It is a progressive brain disease, causing impairment in memory and cognitive function. Neurons are first lost in the hippocampus, the brain's centre for memory and learning. There is no known cure.</p>
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**BOTH DEMENTIA AND ALZHEIMER'S LEAD TO**

- ✓ A decline in the ability to think
- ✓ Memory impairment
- ✓ Communication impairment

<p><b>DEMENTIA CAN ALSO BE A TEMPORARY CONDITION OF SOME ILLNESSES</b></p> <p>Depression, medication side effects (called polypharmacy), thyroid disorders, vitamin B12 deficiency, head trauma, tumors, vasculitis, and alcoholism can trigger "temporary dementia."</p>	<p><b>PEOPLE WITH ALZHEIMER'S DISEASE SHOW SOME OR ALL OF THESE SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>• difficulty remembering recent events or conversations</li> <li>• apathy</li> <li>• depression</li> <li>• impaired judgment</li> <li>• disorientation</li> <li>• confusion</li> <li>• behavioral changes</li> <li>• difficulty speaking, swallowing, or walking in advanced stages of the disease</li> </ul>
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<p><b>64%</b></p> <p>of all Canadian cases of dementia are caused by Alzheimer's disease.</p>	<p><b>1.1 M</b></p> <p>Canadians are either directly or indirectly affected by dementia.</p>	<p><b>25,000</b></p> <p>new cases of dementia are diagnosed every year in Canada.</p>
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# Book Ends



## *November's Most Anticipated Books*

### **An Insignificant Case** by Phillip Margolin

Genre: *Thriller*

Release date: November 5, 2024

Plot: When a minor theft case becomes a double homicide, and even more, Charlie Webb, an insignificant lawyer assigned to an insignificant case, is faced with the most important, and deadliest, case of his life.

### **The Lake of Lost Girls** by Katherine Greene

Genre: *Thriller*

Release date: November 5, 2024

Plot: It's 1998, and female students are going missing at Southern State University in North Carolina, but freshman Jessica Fadley, once a bright and responsible student, is going through her own struggles. Just as her life seems to be careening dangerously out of control, she suddenly disappears.

### **The Memory Dress** by Jade Beer

Genre: *Historical Fiction*

Release date: November 5, 2024

Plot: A missing husband and a dress once owned by Princess Diana set two very different women on paths of discovery that will change both their lives forever.

### **Pictures of You** by Emma Grey

Genre: *Contemporary Fiction*

Release date: November 12, 2024

Plot: If you knew then what you know now, would you make the same choices? Imagine having a second chance with the one you never forgot.

### **Vanishing Treasures: A Bestiary of Extraordinary Endangered Creatures** by Katherine Rundell

Genre: *Nonfiction*

Release date: November 12, 2024

This book takes us across the globe to look at the beautiful animals that are currently facing the prospect of extinction. This book also looks at 23 of the world's creatures with new insight and beautiful illustrations.

### **Murder in the Ranks** by Kristi Jones

Genre: *Historical Fiction*

Release date: November 19, 2024

Plot: In this World War II debut mystery filled with spies, murder, and a touch of romance, newly minted squad leader Dorothy Lincoln is caught in the crosshairs of a devious plot.

### **Citizen** by Bill Clinton

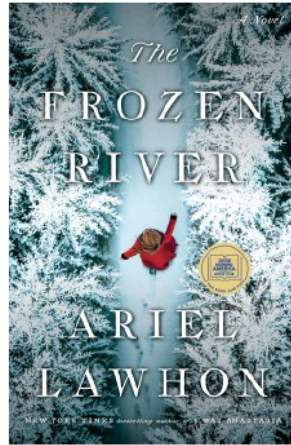
Genre: *Memoir*

Release date: November 19, 2024

In a new memoir, former President Bill Clinton writes about his post-presidential years. Leaving the White House in 2001 when he was just fifty-four years old, Clinton knew he still wanted to make a difference in the world. Clinton shares his public service and advocacy work as well as portions of his personal life, including supporting his wife Hillary Clinton as she unsuccessfully ran for president.

## Upcoming MAHOVA Book Club Titles

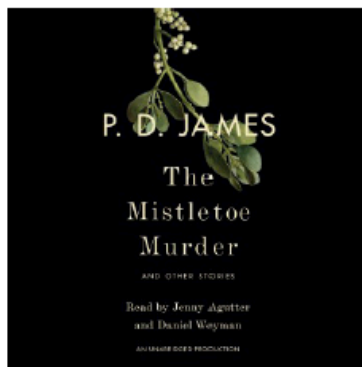
### Masonic Book Club November - December 2024 Titles



#### **The Frozen River** by Ariel Lawhon

In 1789 Maine, midwife and healer Martha Ballard, who is good at keeping secrets, investigates a shocking murder linked to an alleged rape that has shaken her small town, especially when her diary lands at the center of the scandal, threatening to tear both her family and her community apart.

Meets on Friday, November 8th @ 3:00 pm in  
A-Wing Conference Room



#### **The Mistletoe Murder and Other Stories** by P. D James

Four previously uncollected stories by the late Mystery Writers of America Grandmaster Award-winning author include two featuring

her popular detective hero, Adam Dalgliesh, in his early years.

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

## Anniversaries

November 15, 1969 Howard and Sharon Floyd  
November 23, 1984 Tom and Christine Johnson



## New Hires



Chante Carter, CNA  
Miya Cheatham, CNA  
Christine Clopton, LPN  
Katherine Hall, RN Supervisor  
Brayden Harris, Food Service Aide  
Alicia Martin, LPN  
Kayla Richardson, Food Service Aide  
Tina Kellum-Watson, CNA

## Volunteers Needed

The Gift Shop is looking for volunteers that would like to help on Wednesday and Friday from 1:00 p.m. to 2:30 p.m. Please contact Betty Klotz for additional information.



## Trip/Activity/Movie Suggestions



If you have any activity, movie, or restaurant suggestions that you would like to see offered please contact Susan Berryhill at 804-226-6688 [sberryhill@mahova.com](mailto:sberryhill@mahova.com) or Bonnie White at 804-236-0614 [bwhite@mahova.com](mailto:bwhite@mahova.com)



# FALL WORD SEARCH

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

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RED  
SCARECROW  
SWEATER  
THANKSGIVING  
YELLOW



## November Movies

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

### **Cabrini - Friday, November 1**

After witnessing disease and poverty in the slums of New York, Italian immigrant Francesca Cabrini embarks on a daring journey to persuade the hostile mayor to provide housing and healthcare for hundreds of orphaned children.. Released: 2024. 2 hours 22 minutes. Rated PG-13. Starring: Cristiana Dell'Anna, John Lithgow, and David Morse

### **The Money Pit - Monday, November 4**

Walter Fielding and Anna Crowley must start looking for a new house, but they can't afford much. This changes when they meet a lonely con artist who sells them a beautiful mansion at a ridiculously low price. The catch: the second they move into the house, it falls apart, starting with the stairway collapsing, to the bathtub falling through the floor, to the chimney eventually falling into the house. Finally, they must renovate the house before the frame collapses, but the renovations also prove disastrous. Released: 1986. 1 hour 31 minutes. Rated PG. Starring: Tom Hanks, and Shelley Long

### **North by Northwest - Friday, November 8**

Madison Avenue advertising man Roger Thornhill finds himself thrust into the world of spies when he is mistaken for a man by the name of George Kaplan. Foreign spy Philip Vandamm and his henchman Leonard try to eliminate him but when Thornhill tries to make sense of the case, he is framed for murder. Now on the run from the police, he manages to board the 20th Century Limited bound for Chicago where he meets a beautiful blond, Eve Kendall, who helps him to evade the authorities. His world is turned upside down yet again when he learns that Eve isn't the innocent bystander he thought she was. Not all is as it seems however, leading to a dramatic rescue and escape at the top of Mt. Rushmore. Released: 1959. 2 hours 16 minutes. Not Rated. Starring: Cary Grant and Eva Marie Saint





## November Movies

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

### **The Burbs - Friday, November 15**

He's a man of peace in a savage land: Suburbia. When secretive new neighbors move in next door, suburbanite Ray Peterson and his friends let their paranoia get the best of them as they start to suspect the newcomers of evil doings and commence an investigation. But it's hardly how Ray, who much prefers to drink beer, read his newspaper, and watch a ballgame on the tube, expected to spend his vacation. Released: 1989. 1 hour 42 minutes. Rated PG. Starring: Tom Hanks, Bruce Dern, and Carrie Fisher

### **The Long, Long Trailer - Monday, November 18**

Nicky and Tacy are going to be married. Nicky wants to save up money for a house, but Tacy dreams of starting off with their own home on wheels--a trailer. After the two are hitched, they hitch up their trailer and begin their honeymoon. The humor comes from several disastrous adventures the couple has while traveling including Tacy's awkward attempt to cook dinner in a moving trailer, and a cliffhanging ride through the mountains that nearly destroys their marriage. Released 1954. 1 hour 36 minutes. Not Rated. Starring: Lucille Ball, and Desi Arnaz

### **Sleepless in Seattle - Friday, November 22**

Sam Baldwin has not gotten over the death of his wife. His son, Jonah, in an effort to help his father move on phones a radio station and mentions that his dad needs a new wife. Sam then pours his heart out on national radio. At the other end of the US a young woman, Annie Reed, hears this and feels a distinct attraction to Sam to the point that she is determined to track him down and meet him. Released 1993. 1 hour 45 minutes. Rated PG. Starring: Tom Hanks, and Meg Ryan



## November Movies

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

### **Grumpy Old Men - Monday, November 25**

John and Max are elderly men living next door to each other. They're continuously arguing and insulting each other, and have been this way for many years. One day, Ariel, moves to the street. Both men are attracted to her, and their rivalry steps up to a new level. Released 1993. 1 hour 43 minutes. Rated PG-13. Starring: Jack Lemmon, Walter Matthau, and Ann-Margret

### **Grumpier Old Men - Friday, November 29**

Things don't seem to change much in Wabasha County: Max and John are still fighting after 35 years, Grandpa still drinks, smokes, and chases women, and nobody's been able to catch the fabled "Catfish Hunter," a gigantic catfish that actually smiles at fishermen who try to snare it. Six months ago John married the new girl in town (Ariel), and people begin to suspect that Max might be missing something similar in his life. The only joy Max claims is left in his life is fishing, but that might change with the new owner of the bait shop. Released 1995. 1 hour 41 minutes. Rated PG-13. Starring: Jack Lemmon, Walter Matthau, Ann-Margret, and Sophia Loren

## Save the Date



**Monday, November 25**  
**Tree Lighting Ceremony with Grand Master**

**Thursday, November 28**  
**Thanksgiving Lunch - make your reservations no later than November 11**

**Friday, December 13**  
**Metropolitan Christmas Party**

**Tuesday, December 17**  
**Candlelight Dinner**

**Wednesday, December 25**  
**Christmas Lunch**

**Tuesday, December 31**  
**New Year's Eve Celebration**

*We have some other holiday events that are also being planned so stay tuned for more details*

## Resident Birthdays

Scan this QR image to go to  
the Masonic Home Website

Happy Birthday to the following  
residents who celebrate their birthdays:

11/02 Claude Carr	11/18 Peg Davis
11/02 Patricia Taylor	11/22 James Canterbury
11/04 Eddie Matney	11/23 Gordon Sprigg
11/09 Judith Burcham	11/25 Elmar Louder
11/14 Garland Campbell	11/25 Sue Montgomery
11/16 Jimmy Wagner	11/27 Cathy Hinkle



Masonic Home Census: 165

## Employee Birthdays

11/02 Paul Alvarez  
11/02 Joanne Lamm  
11/03 George Bey  
11/03 Rosa Ayala  
11/04 Nana Smallwood  
11/05 John Elam  
11/05 Audrey Puentes  
11/05 Brandy Creer  
11/06 Angela Benjamin  
11/06 Yolanda James  
11/07 Talitha Dickerson  
11/14 Rosemary Wagner  
11/15 Shirley Thompson  
11/27 Jeffrey Weaver  
11/27 Susan Berryhill

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

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**Randy P. Smith**

Chief Executive Officer

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Director of Communication

MAHOVA Editor  
Susan Berryhill  
804-222-1694 Extension 177268

MAHOVA Copy Editor  
Joyce Deputy