

Moosehaven News

Heart of the Community



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Editor: Marina Mathews



“Another Day In Paradise!”

“Another Day In Paradise!” This statement truly emphasizes life here at Moosehaven. Nestled on the banks of the majestic St. Johns River, Moosehaven has been home to senior Moose members since 1922. We are such a unique community, it is sometimes hard to express exactly how special we are.

I have driven the same route to work for years. Each weekday, I pass an elementary school and the corner where the school crossing guard waits for his miniature pedestrians. Every single time a car passes he either blows a kiss to the lady drivers or salutes the men. This small gesture has become so familiar to me I had forgotten to be grateful for it until it was gone. I have no idea of the personal reasons, vacation or illness, temporary hiatus, etc. that caused his absence, but for several weeks he was gone. The guard in his place neither waved, smiled or blew kisses. I passed each day with his stony disregard; his complete lack of expression. Not a crack, no emotion, nothing. To be honest, I was hurt. I actually blamed this guard for not giving me a feel-good smile and wave as I passed. This was unacceptable.

On a Monday a few weeks ago, the same sweet, old-fashioned and friendly crossing guard returned. Joy! Relief! Finally! This experience helped remind me of the countless waves and “Hey yall!” greetings we exchange here at Moosehaven. The staff here know our residents by name and greet them as such. We wave, we hug, we support and we love. We are a family.

If I had to sum up our ‘uniqueness’ in one statement I would have to say the staff and our senior Moose members care about one another as family members. We share our stories, we share our happiness and sometimes our grief. We support each other and are able to do so because of each fraternal member who supports the mission that is Moosehaven. Our fraternity allows us to be great, to be unique and to be a family.

Your retirement plans should include Moosehaven. I invite you to visit our new website, www.moosehaven.org, and make plans for a personal tour. I invite you to see firsthand why every day here is “Another Day In Paradise!”

What’s Happening?

- Moosehaven Golf Invitational
- Strawberry Festival
- Centennial Building Groundbreaking
- St. Patrick’s Day Dance
- Dinner at Mandarin Lodge
- Moose Legion Celebration at Lakeshore Lodge
- Florida Days!
- Fun & Food at Jacksonville Beach Lodge
- Holy Land Experience
- Michigan Deck Dinner
- Fried Chicken Dinner at Lakeshore Lodge
- District Meeting & Sports at Macclenny Lodge
- Veteran’s Social
- Wedding Bells!

Marina D. Mathews, Director of Admissions

Just John

We all know that stress can negatively affect our lives in many ways. In fact, according to the Mayo Clinic, stress symptoms can affect your body, your thoughts and feelings and your behavior. You may think illness is to blame for that nagging headache, your frequent insomnia or your decreased productivity at work. But stress may actually be the culprit. Common effects of stress:

On your body, include: headache, muscle tension or pain, chest pain, fatigue, change in sex drive, stomach upset and difficulty sleeping.

On your mood, include: anxiety, restlessness, lack of motivation or focus, feeling overwhelmed, irritability or anger and sadness or depression.

On your behavior, include: overeating or under eating, angry outbursts, drug or alcohol abuse, tobacco use, social withdrawal and exercising less often.

Additionally, unchecked stress can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes.

Fortunately, we usually don't get a steady diet of the really high stressors, such as: divorce or separation, death of a spouse or close family member, imprisonment, marriage or fired from work. However, each of us faces a certain amount of stress each day from the traffic on our drive to work, the missed or pending deadline, a grouchy neighbor or coworker, loss of some personal item, unexpected change in plans for the day, etc. When faced with those really big stressors, we usually ask for and depend on the love and support of family and trained professionals to overcome. Often, we overlook or minimize the smaller ones, but as the following story from the book 1,000 Little Things Happy and Successful People Do Differently by Marc and Angel Chernoff suggests, that is probably not a good idea.

The Weight of the Glass

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, the professor asked, "How heavy is this glass of water I'm holding?"

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it out in front of me for a day, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

She continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them."

The moral: It's important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens aside. Don't carry them through the night and into the next day with you. If you still feel the weight of yesterday's stress, it's a sign that it's time to put the glass down.

In short, Don't Worry Be Happy. I'm...

Just John

SIMPLY HELEN

Is lent leading you to “Give up or Take up?”

The season of Lent lasts 40 days and this year began on Wednesday, March 1st and ends on the Saturday before Easter, April 15, 2017. If you haven't given much thought to Lent or Easter this year, now is a great time to take a few minutes and consider how you can draw closer to Christ during the Easter season. Not all Christians observe the Lenten season, of course—there's no command in the Bible to do so. However, Christians around the world and from many different theological traditions do choose to observe the Easter season in different ways.

In whatever way that you observe Lent, do it whole heartily – don't let it be out of tradition or duty; allow God to lead you in what He may have you “give up or take up” during this time.

Most people tend to lean toward “giving up” something at this time, but I encourage you to think about it a little differently. Sure we all have things we need to “give up” such as daily habits that may not be the best for our physical or spiritual well-being, but we also have room to “take up” some things. Take the opportunity to give in ways you've never given before.

“Give and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.” Luke 6:38

When is the last time you paid it forward? This morning I was in the drive thru at Dunkin Donuts to order my morning coffee. As I drove up to the window I had my money in hand. The attendant gave me my coffee and as I continued to hold my hand out with the money she said, “the person in front of you paid for your coffee.”

How sweet is that? I immediately asked God to bless that person and asked Him to help me be more mindful to “pay it forward.”

“And do not forget to do good and to share with others, for with such sacrifices God is pleased.” Hebrews 13:6

What is God leading you to do – give up or take up? If you are like me, it's both. Regardless if you do or do not observe Lent, I encourage you to begin your daily journey in taking a good look at self..... a look into your heart, soul and mind – for this is what the Lenten season is all about!



Spend your time and energy in the exercise of keeping spiritually fit. Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. 1 Timothy 4:8

“Sail beyond the horizon; fly higher than you ever thought possible; magnify your existence by helping others; be kind to people and animals of all shapes and sizes; be true to what you value most; shine your light on the world; and be the person you were born to be.” Blake Beattie

It's me.....

Simply Helen

Therapy News

I don't brag about my children in terms of their achievements anymore. I remember being a child and feeling such pride whenever I overheard my mom talking to her friends on the phone about my latest straight A report card or my newest poem or drawing that won some award or other. The problem with this approach is that we get so caught up in being proud for the wrong reasons...we become so identified with what we DO, that we forget to show appreciation for who we ARE. We are all more than our achievements and successes. We are more than what we can list on a piece of paper. We are loving spirits, not resumes.

I'd touched on this theme in an article a few months ago and so this is a reminder for all of us. I make sure that my children KNOW I love them REGARDLESS of their achievements or shortcomings. I love them for the gifts they are.

I saw a meme on Facebook the other day that said, "Don't ask what the world needs, ask yourself what makes you come alive. And go do that. Because what the world needs are people who have come alive."

By the same token, I had a resident share something with me that was written on a bookmark she received at a Moose convention many years ago. It made enough of an impact on her that she has kept it all this time. It says "Life is a journey taken on a train with a pair of travelers at each window pane. I may sit beside you all the journey through or I may sit elsewhere never knowing you. But if fate should mark me to sit by your side, let's be pleasant travelers – it's so short a ride.

In order to be fully you, to come alive, to show up for ourselves and each other, we need to take into account all aspects of our lives. So I'm going to end this month's article with an informational plug. The therapy department is sponsoring a free "fall prevention awareness fair." The date planned is March 29th. There will be balance and strength testing, line dancing, games, snacks, and a raffle for a \$25. Gift card for all participants.

Be the best you that you can be. The world needs you.

Jennifer Bothast, Therapy Director

New Life Program Brandon Place

The blossoming Spring is greeted with a renewed interest in our Brandon Place villas and apartments. Now that the holidays are past, and families are preparing for the upcoming season, more adult children and seniors are realizing the benefit of maintenance-free living.

Just in February alone, we received three additional deposits for homes in Brandon Place. And just as every yin has its yang, the encouraging news of filling homes comes with the cost of reducing availability. If you've ever considered life at Brandon Place at Moosehaven, now is the time to learn more.

March is full of opportunities to learn about Brandon Place and get involved. Each month, we host an educational series on the fourth Tuesday that is open to seniors and their adult children. Topics range from downsizing to wine tasting, and offer insight and wisdom from local professionals. You'll also have opportunities to meet and speak with current residents during our scheduled Open House and Meet & Greet events featuring trivia and fun.

For more information on events at Brandon Place, visit our website at www.Moosehaven.org, or visit our Moosehaven Facebook page. You can also reach the marketing office at 904 278-1281 to learn more about Brandon Place, and schedule your personal tour. Let us shoulder the burden of Spring cleaning allowing you to live a full, active life at Moosehaven.

Gini Turner, Director of Marketing



BILL'S BOARD

Recently I was visiting my parents in their Atlanta area home. On Sunday morning at about seven I got up and went downstairs to the kitchen for breakfast. My mother and father were both there dressed, drinking coffee and reading the newspaper at the kitchen table. I had a seat at my place at the table, I have not lived there for nearly 40 years but it is still my place at the table. I sat quietly but expectantly for about five minutes. I was expecting breakfast. At 84 my mother does all of the cooking in her house and woe to the son who tries to cook without her expressly asking him to. I can help clean but I clearly understand she does the cooking in her kitchen and does it very well. So I waited, at about 8:30 Mom put down her paper and started breakfast. She was mixing and cooking but did not ask me what I wanted. This was strange; she always asks what I want to eat, but not that day. She was mixing flour, eggs, milk and fruit while frying sausage. When she got out the old waffle iron I knew she was making waffles for everyone. This is a minor problem for me because I eat eggs and sausage almost every morning. I decided it was probably best to keep this to myself. That turned out to be a good decision.

Breakfast was served at about 9:30, two and a half hours later than we normally eat breakfast. I mean it was practically brunch. I noticed

they were drinking coffee from brown mugs with shapes of acorns and leaves on them that appeared to be handmade. I noticed because they had been drinking out of their Southern Medical Association mugs earlier in the morning. We had orange juice in cut crystal glasses, not the really expensive stuff but not the plain glass they usually use. The plates we were using were some of their older ones with pictures of dark grapes and red and green apples on them. I had not seen these plates in years. We had waffles with blueberries and whipped cream that Mom made from scratch. They ate more slowly than usual and the talk was all about the food and how much they enjoyed it. At about quarter till eleven my Dad announced it was time to go outside and smoke a Monte Christo. Not just a cigar, he has dozens to choose from but the Monte Christo White Label Churchill is his favorite. So we sat and smoked and talked.

It was about this time that I was struck by a blinding flash of the obvious. They could eat at any time they want but on Sunday they wait until a later time. They like waffles and fruit and could have them every day but they only have them on Sunday. They have special mugs that they use only on Sunday. The same is true of the juice glasses and plates. To top it all off my Dad smokes 3-4 cigars a week but he only smokes his favorite on Sunday. I suddenly realized I had just participated in a ritual; not just a habit but a ritual.

The things they do only on Sunday have a particular meaning to them. It makes the day special for them each week. They look forward to it. Somehow it punctuates, divides and defines a segment of their life. How did they choose these things and what meaning do they have? I don't really know. This is something they started after I moved away. But it has to do with choosing things that make life special, performing them in a specified way and saving them for an occasion. It makes the occasion special each time. I can participate but because it has not been a part

of my life the way it has theirs it does not have the same meaning to me. I tried to talk about this with my children and they really don't understand. To them it is just waffles and plates. I guess that is the way with rituals. They are only special to the people who give them meaning. People create rituals to clearly define something of significance in their lives. I believe rituals are important and shared rituals demonstrate shared beliefs or commitments. They remind us of consequential things, they lead us back to a communal place shared by those who genuinely participate. They encourage us and instruct us. They have meaning. Otherwise they really are just plates and waffles.

*Bill Tippins
Chief of Operations*



Staff Birthdays

Donna Ward
Martin Rodriguez
Ashley Buck
Tonda Williams
Faye VanMeurs
Debbie Spears
Eric Colvin
Dale Gebhard
Shenell Anderson
Brenda Jewell
Susan Luke
Donna Minigh

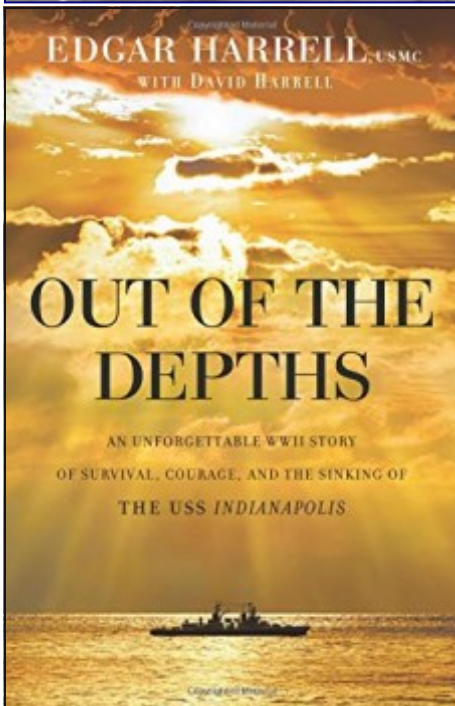
Survivor and Author Edgar Harrell

Shares His Story, Out of the Depths

Moosehaven was honored to have Mr. Edgar Harrell speak to our residents and visiting community members about his survival and his faith in God. He visited with our residents and the Young Marines who volunteered at this event.

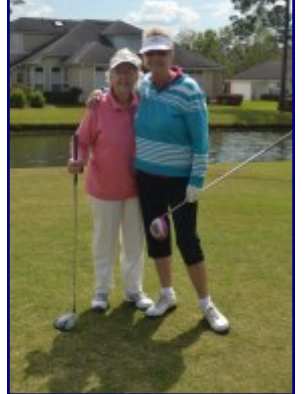
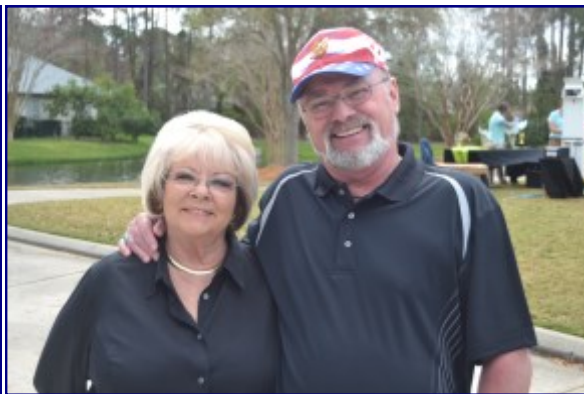
His book, Out of the Depths, is a terrifying firsthand account of the sinking of the USS Indianapolis and the Navy cover-up that led to the bizarre court-martial and eventual exoneration of its captain. Marine survivor Edgar Harrell vividly describes the horrors of being plagued by sharks, hypothermia, severe dehydration and salt-water hallucinations, and the crew's heart wrenching struggle to survive the greatest catastrophe at sea in the history of the U.S. Navy—a truly riveting story of survival, political intrigue and faith in the providence of God.

We honor Mr. Harrell and his shipmates, those who survived and those who perished, for their service and sacrifice for this great Nation.



Moosehaven Annual Golf Invitational

Many thanks to all who supported this event!



Raise The Roof - Hard Hat Awards

We recognize residents and staff who go over and above and who, in their own way, are helping keep our foundation strong by giving them their own hard hat award.

- 👉 **Clinic Staff** are recognized for their timely assistance in getting residents ready for hospital visits.
- 👉 **Jim Reynolds and Rita Gabbert, Residents**, are recognized for going above and beyond in their Sunshine Jobs by helping residents with their computers.
- 👉 **Bob Shay, Resident**, is recognized for the outstanding job he does in maintaining the flower beds at the Ohio Assisted Living Residence.
- 👉 **Scott Fuchs, Housekeeping**, is recognized for his prompt attention to any housekeeping issues that arise.

If you would like to add someone's name for our Basically Awesome column, please contact Marina Mathews, Marketing Director at x1281 or Helen Taylor at x1217.

Resident Birthdays In March!

Carol Bailey	William Beard	Betty Bunn	Patricia Campbell
Harold Embrey	Rita Gabbert	Donald Gettings	Jim Gottlof
Tillie Graves	Edward Harper	Drena Jenkins	William Jones
Dorothy Keim	Howard Mathias	Paul Moore	Howard Olsen
Bernadette Plowden	Trudi Puda	Albert Shallbetter	Jack Shea
Cora Sparrow	Rosemary Taylor	Jean Vallee	Freda Vertigan
Therese Wheeler	Lewis Wingard	Ruth Wingard	

Resident Anniversaries In March!

Ed & Edith Layton

Lewis & Ruth Wingard

Make sure you visit the new Moosehaven website! You can see information about all our upcoming Events and Campus News. Copies of the monthly newsletter are also kept on the website under the Moosehaven News page!

MOOSEHAVEN.ORG



Be sure and visit YouTube.com and search Moosehaven to see promotional videos about Moosehaven and Brandon Place at Moosehaven.

It's your future, your retirement so be sure to check us out! You can also visit www.moosehaven.org or www.brandonplace.org for more information.

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