

Moosehaven News

Heart of the Community



**Volume 11, Issue 2
February, 2017**

**Newsletter Editor:
Marina Mathews**

What's Happening?

- Steak Night @ Lakeshore Lodge
- Super Bowl Party
- Dinner @ Mandarin Lodge
- Orange Park Kennel Club
- Golf @ Bent Creek
- Community Breakfast
- USS Indy Survivor
Edgar Harrell @ Pavilion
- District Sports & Meeting
@ Lakeshore Lodge
- Jacksonville Zoo trip
- Veteran's Social
- Michigan Deck Dinner
- Fried Chicken Dinner @
Lakeshore Lodge
- Breakfast @
Mandarin Lodge
- Mardi Gras Celebration

The Sunshine Grandparent Program. Heard of it?

Moosehaven residents come from all parts of the United States! This means they may be far from their families, friends, Lodges and Chapters. The distance and time between family visits may create feelings of homesickness and loneliness. As a Lodge/Chapter or even as an individual, have you ever considered befriending a Moosehaven senior? Such a rewarding relationship has a reciprocal benefit, for the Moosehaven resident, the Lodge and/or Chapter and their members.

To initiate the relationship, the Lodge/Chapter/Member usually sends stamps, gift cards and phone cards to begin correspondence. It is not necessary to shower the Sunshine Grandparent with gifts; often, it is just the thought and communication that counts. As friendships develop, the Lodge/Chapter/Member may invite their Sunshine Grandparent to visit their Lodge or Chapter, especially around the time of special events or state conferences. When visiting the Lodge/Chapter, the Sunshine Grandparent is often invited to be a guest speaker at the Lodge/Chapter meeting. As always, it is very interesting to listen them speak of their life and experience as a resident of Moosehaven.

You are invited to forge a rewarding relationship with a Moosehaven Sunshine Grandparent. When you contact us to make it happen, you may request that your Sunshine Grandparent be a man, a woman or a couple. If you have no preference, let us choose one of our new residents or whoever we believe would enjoy having their day brightened by becoming a Sunshine Grandparent for your Lodge/Chapter or you as an individual.

To start your participation in the Moosehaven Sunshine Grandparent Program, please contact (904) 278-1217 or ncoffman@moosehaven.org.

Simply Helen

**To visit Moosehaven and
schedule a tour,
please contact
(904) 278-1200
or visit
www.moosehaven.org.**



Just John

A dictionary defines excellence as the quality of being outstanding or extremely good or superior at something.

Literature abounds with lessons and programs to achieve excellence in every human endeavor from business to academia to sports to military, etc. The literature is full of what it means to live a life of excellence. I particularly like this observation “do things better than you initially expected; better than other people would do in the same situation” and “work not only harder but also make an effort to work smarter each and every day.”

The literature also provides various outlines to achieve excellence. Some are very specific, such as “set clear goals” and “release negative thoughts.” While others are more esoteric, “improve yourself by expanding your boundaries” and “learn from experience through self-reflection.”

The literature is good and well intentioned, but striving for excellence is insufficient.

What, it's not good enough to be excellent? Excellence is only a milestone on a business', or team's or individual's journey to being the “best.” Consider the definition again. It doesn't say that achieving excellence makes you the best, only that you're outstanding or extremely good or superior at something.

Think about it. There are many excellent athletes, but they cannot all be the best at their particular sport or position. To be the best, they must go beyond excellence to achieve a skill level that exceeds all others. The same is true in business and, in fact, in all walks of life.

Why is this important? Well, let's think about Moosehaven. Now, I'll admit I'm prejudiced, but I consider Moosehaven to be excellent, but not yet the best it can be. Oh, we are certainly excellent in all of the important areas as evidenced by our deficiency free survey this past fall, our outstanding scores on various national and state quality measures resulting in our selection as a mentor for other organizations struggling with those measures and our selection to present our excellent dementia program at Leading Age Florida this summer. Our excellent reputation, outstanding programs and services and commitment to the greater community encourages others to seek us out for relationships such as Judy's Place, the Pink Ribbon Symposium and the newly formed Clay County Health Consortium.

The literature suggests that the odds are stacked against us. Excellence is only reserved for a few who are willing to take all the risks and make all the sacrifices necessary to stand out from the crowd and only one can be the best. A very small percentage will ever take this step, and even fewer will commit to pushing beyond excellence. Yes, the odds may be stacked against us, but some will beat the odds. Why not us?

Thanks to the commitment and skills of our staff and the unparalleled support from the Loyal Order of Moose, we have already achieved excellence. But, we can do more. We can be the best. As we proceed into 2017, I remain committed to making Moosehaven the best it can be. Thanks to all - staff, residents and members of the Loyal Order of Moose and Women of the Moose for your continued support of this marvelous and unique endeavor called Moosehaven.

I'm...

Just John



JUST ANOTHER DAY IN PARADISE



Join us at Moosehaven for an
Independence Day
Celebration!

Live Music Concessions Arts & Crafts Vendors
FIREWORKS!

Admission To Event Is Free!

July 4th 2:00 - 10:00pm

**Charter Bus from
International Moose Convention**

One Way \$30
Round Trip \$40

Moose VIP Experience Available!

\$25 Advanced Ticket Purchase
Snacks Throughout The Day
Beer, Soda & Water All Day
Evening Meal



*To Purchase Bus and VIP Experience Contact
(904) 278-1210 or sluke@moosehaven.org
Limited Time Offer on Moose VIP and Bus Availability!*

No Pets
No Coolers



Therapy News

Last month I wrote about a renewed commitment to remembering how much we belong to each other. This month I am struck by how much more this sentiment is needed now than ever before. We are being bombarded by divisive behavior, conflict, and downright cruelty toward one another. An hour spent watching any TV station or perusing any form of social media is confirmation to me that we have indeed lost our way.

I WANT to tell you it hasn't had any effect on me and that my rose colored glasses are one size fits all. That wouldn't be an honest assessment. The truth is that I am struggling just as much as many of you are and I am sometimes overwhelmed by the seemingly enormity of it all. There are days that I feel ready to carry the weight of the world on my shoulders and there are days I just want to find a rock to crawl under. One of my biggest character flaws is that I tend to care too much, and I take on troubles and burdens that are really not mine to bear. I don't have delusions of grandeur, thinking I can solve any of these, but I tend to soak it all in like a sponge. I am sometimes just saturated with it.

So where do we go from here? The thing that tends to pull me out of the dread and panic best is to withdraw as needed and remember my own self-care. I re-charge in stillness and quiet. And I pay attention to the little things that remind me things truly are not as dark as they may seem. One of my favorite quotes is by Albert Einstein who said, "Reality is merely an illusion, albeit a very persistent one."

I am continually heartened by stories I see unfolding in the therapy gym at Moosehaven. Just in the last week, I watched one couple slow dance to their favorite song, looking into each other's eyes and singing the words to one another. I watched another resident gleefully express how much he has gained by being in therapy and expressing his gratitude for the decreased pain and improved strength. These things are like lighters in the dark at a rock concert. We need more of these in order to fill the world with them and brighten things up around here. Nothing defeats the darkness like shining a light through it.

This shift reminds me of one of my favorite stories from when my son was a toddler. Kyle was a VERY busy two and a half year old and one afternoon he became preoccupied with a moth sitting in the crest of my vaulted living room ceiling. All throughout the day, he kept asking me to get the moth and all throughout the day I became annoyed and kept telling him to wait until daddy comes home. I could have gotten the moth with a broom or something, but I was also dealing with his newborn sister and I was too young at the time to realize the significance of this distraction for my son.



Finally, my husband came home from work and Kyle quickly asked about the moth. Thankfully, Steve was careful not to injure the moth as he ushered it outdoors. I turned and was shocked to see my son crying. When I asked him what was wrong, he said "Now he can be with his family." I thought Kyle was bothered by the sight of the moth because it didn't belong in the house. I was wrong. My sweet boy was worried about the moth being lost and lonely!

Imagine how things would be on this planet if we cared about one another even half as much as my baby had cared about a gray moth on my ceiling. We are not as different as we are alike. And more than just belonging to each other, we NEED each other. The world is a better place because we are each in it with our unique gifts and talents. It takes every heart we have available to love each other through these turbulent times. All it takes to remember this is a shift in perception: a dance, a recovery, a moth.

Jennifer Bothast, COTA
Moosehaven/Rehab Director

ADMISSIONS

You've spent a lifetime saving and preparing for your retirement. Now, at the age where you should be considering "the rest of your life" you begin backpedaling, stalling, trying to slow the roll down that hill. Let's face it, we aren't getting any younger and time marches on.

The good news is Moosehaven! Admissions to Moosehaven is undoubtedly the best benefit of fraternal membership. Through admission into the Moose Life or New Life Admissions Programs, Moose members enjoy a spectacular, 5-star community set in paradise along the St. Johns River. For both admission programs, a member must be at least 65 years old. The Moose Life Admissions Program also requires a minimum of 15 years consecutive membership to current date of application. The New Life Admission Program requires financial qualification. No matter which admission program works for you, all Moosehaven residents enjoy the same stunning campus, services and amenities, scheduled activities and top-rated healthcare.

Moosehaven is retirement at its best! It is an active, vibrant retirement community where residents enjoy fishing, bowling, darts, gym classes and water aerobics. Scheduled activities keep everyone busy and involvement with our local lodges and chapters ensures fraternalism goes on after retirement.

I invite each of you come for a visit, learn what we do and what we offer at Moosehaven. Come for a visit, stay for a lifetime. Please visit our new website, www.moosehaven.org, to learn more or schedule a visit.

Please join me in welcoming our newest January arrivals to Moosehaven under the Moose Life Traditional Admissions Program. Albert Delio from Mount Holly, NJ #737, Ms. Dorothy Sokol from Palm Beach, FL #1471 and Mathilda 'Tillie' Graves from New Port Richey, FL #925. Please take a moment to welcome them to their new home in paradise!

Moosehaven, where every day is "Another Day in Paradise!"

Marina D. Mathews
Director of Admissions, Moose Life Traditional Program

SATURDAY, FEBRUARY 11th 10:00 a.m.—2:00 p.m. OPEN HOUSE *Fall in Love with Moosehaven!*

Join us for refreshments, and tour our remaining homes available. Offering one and two bedroom apartments or duplex villas, there's a home for every heart. You'll quickly understand why everyone falls in love with Moosehaven!

SATURDAY, FEBRUARY 18th 7:30 a.m.—10:00 a.m. COMMUNITY BREAKFAST & SPECIAL GUEST

For just a \$6.00 donation, watch the osprey dive and the manatees play as you enjoy an all you can eat breakfast buffet overlooking the banks of the St Johns River. For every donation, \$1.00 will be given to speaker Edgar Harrell presenting at 10:30 a.m.

"COURAGE: Confidence in Crisis" 10:30 a.m.—12:00 noon

One of the last remaining survivors, **Edgar Harrell** recounts his miraculous story of survival during the ill-fated sinking of the USS Indianapolis in WWII. Torpedoed just minutes after midnight on July 30, 1945, only 900 of the 1,196 crew members made it into the shark infested waters of the Pacific. Five days later, only 317 remained.

TUESDAY, FEBRUARY 28th 4:00 p.m.—6:00 p.m. "OH MY GOD, I'M GETTING OLDER, AND SO IS MY MOM!"

An entertaining and funny outlook on the perils of aging in place, downsizing and planning. Join senior advocate and radio show host, Scott Greenberg, as he talks with adult children and seniors about the serious topics confronting boomers and their parents today.

RSVP: (904) 278-1281

BILL'S BOARD

Picture a long table for twelve in the center of the Moosehaven cafeteria. There I was trying to have a nice quiet lunch with just John and me and about eight women we work with. All of a sudden to the surprise of no one Marina starts to tell a story. This one was about a woman who had a 72 hour labor prior to giving birth. The woman was sitting there red faced, sweating, hair in disarray exhausted beyond anything she had ever know from her gruelingly painful experience. With her last reserves of strength she looked at the doctor and said at least I finally understand what a man feels like when he has a cold. Everyone laughed and laughed. They looked at me and burst out laughing all over again. I just looked at John; I guess I didn't get it. Apparently there was an implication here that men in general and me in specific do not deal well with pain or discomfort. Marina emphatically confirmed this implication using phrases like wimp and cry baby. I am told that some people actually enjoy having lunch with their coworkers.

The root of this joke is the subjective nature of physical pain. Our experience of physical pain is unique to us and is often very difficult to convey to others. Health care professionals spend a lot of time and effort trying to understand how much pain a person is experiencing. Without this understanding they don't know how to help relieve the pain. My brother had orthopedic surgery on both knees at the same time and the repairs were extensive. After the surgery the nurse came in and asked "on a scale of one to ten with zero being none and ten being unbearable how would you rate your pain?" He said an eight. She said "and what level would you be comfortable with?" He said zero. She said, "we can't really do that we will probably shoot to get it down to a two or three." But based on his answer the doctor prescribed some major pain killers for the next 24 hours. Sounds good right? Well I know another guy who went to see the doctor about his knees. The nurse asked the same how do you rate your pain questions. This guy said a three. He got no medication and the doctor recommended therapy and modalities with no surgery. It turned out this guy has severe damage and has the bone rubbing on bone in some places. His descriptions of his pain mislead the nurse and doctor; after all a three describes manageable pain to them. Because pain management is critically important and the experience of pain is unique and hard to describe there are many ways professionals try to quantify it. I found 33 different pain scales. Some are 1 to 5 and some are 1 to 10. Some scales have pictures of faces that change at each level from smiling to screaming. I saw one scale where the faces were Charlie Brown going through the spectrum from smile to scream. One scale had twenty questions with each question rating on a ten point scale. Some scales are simple and some are multidimensional trying to specify the location, nature and intensity of your pain as well as the impact it has on your mood and activity. It would be an understatement to say that a great deal of time and attention has been put in to quantifying physical pain because it is so important.

There are other kinds of pain. I am talking about emotional pain. Not as much time has been spent in quantifying emotional pain. I cannot find a scale for emotional pain that is multidimensional trying to specify the location, nature and intensity of pain as well as the impact it has on mood and activity. Most therapists and doctors use scales to make an accurate diagnosis like depression or anxiety. Some ask on a scale of 1 to 10 with 1 being happy and 10 being unbearably unhappy how would you say you feel. But most don't try to quantify feelings in this way. Our experience of emotional pain is also unique to us and is often very difficult for others to comprehend. Just like the examples of dealing with physical pain above the ways people experience and act out emotional pain vary widely. Things that cause some to weep are taken in stride by others. This causes us to be critical of those dealing with emotional pain in ways that we never would with those dealing with physical pain. We talk disparagingly about people who "cry over nothing". We forget that we cannot fully comprehend what it feels like to that person. Our job is to support and help

them cope in the best way they can. The same is true for the person who seems to take everything in stride. We cannot assume that they are not experiencing a high level of emotional pain. They may simply demonstrate what they feel differently. Our job is still to support and help them cope in the best way they can.

Now back to lunch with Marina. I asked her how her diet was going and she said not very good I had four eggs for breakfast. Scrambled I asked? No Cadbury.

*Bill Tippins, Chief of Operations
Life Care Administrator*



UP CLOSE AND PERSONAL WITH THE CLAYTON GALS



Ruth Wingard

Reta Trentt

Elsie Frisk

Seven daughters and one son were born to Herbert and Ethel Clayton. Margaret, Edith, Elsie, Geneva, Josie, Clyde, Ruthie and Reta grew up as hard working, happy children on their farm in Bruce, IL. Once the war broke out, the entire family moved to Geneva, IL so their father could work in a factory.

Elsie remembers being "mom" to her younger siblings and helping out on the farm. "Everyone stayed busy, but life was good," she said.

A total of five of the daughters have lived or still live at Moosehaven. Margaret Fowlie became a resident in September of 1997 and lived here until her death. Geneva Browne moved to Moosehaven in January of 1999 and stayed for several years before leaving for family reasons. Elsie Frisk moved to Moosehaven in May of 2002 and still resides here. Ruth Wingard and her husband Lewis moved in February of 2004 and still reside here as well. Reta Trentt and her husband, Ron, were the last to arrive in August of 2007. All of the siblings were sponsored by the Batavia, IL Lodge or Chapter.



Elsie has two sons and three daughters, one of which (Sharon Bailey) also lives at Moosehaven. Ruthie has two boys and one daughter and Reta has one son and one daughter.

The sisters are still very close and still enjoy life at Moosehaven. Elsie advises future generations to, "Keep busy, don't worry, live your life and enjoy it!" Ruthie advised, "Join the Moose! This is the best place in the world!" Reta was quoted, "Enjoy life and be happy!"

Moosehaven is indeed the family fraternity.

Marina Mathews

Director of Admissions, Editor

EASTER EGG HUNT

AT MOOSEHAVEN

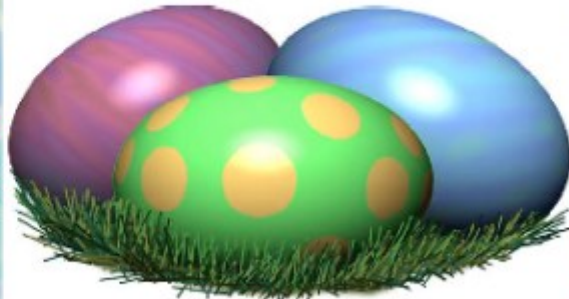
A HEART OF THE COMMUNITY EVENT

10AM - 1PM April 15, 2017

WE WILL HAVE A PONY CAROUSEL, TRAIN RIDES, PETTING ZOO, BOUNCE HOUSES, FACE PAINTING, GAME BOOTHS AND MORE!



1701 Park Avenue, Orange Park, Florida



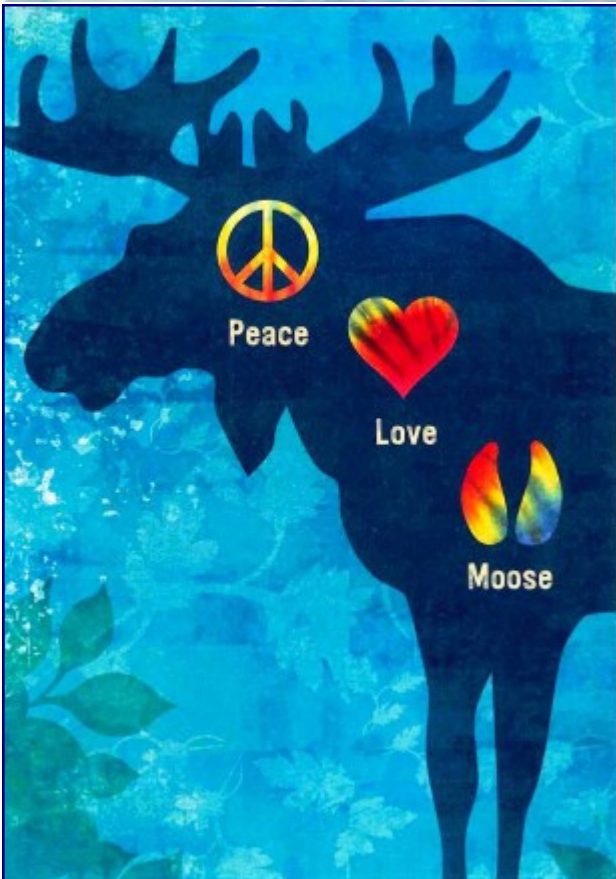
CONCESSIONS AVAILABLE WILL INCLUDE HOTDOGS, CORNDOGS & SAUSAGE DOGS COTTON CANDY, SNOWCONES, ICE CREAM AND FUNNEL CAKES!

EASTER EGG HUNTS WILL BE DIVIDED INTO AGE CATEGORIES SO THAT TODDLERS, ADOLESCENTS AND PRE-TEENS CAN GATHER EGGS SAFELY.

Sorry, No Pets!
No ATM

CONTACT US AT (904) 278-1210 OR WWW.MOOSEHAVEN.ORG

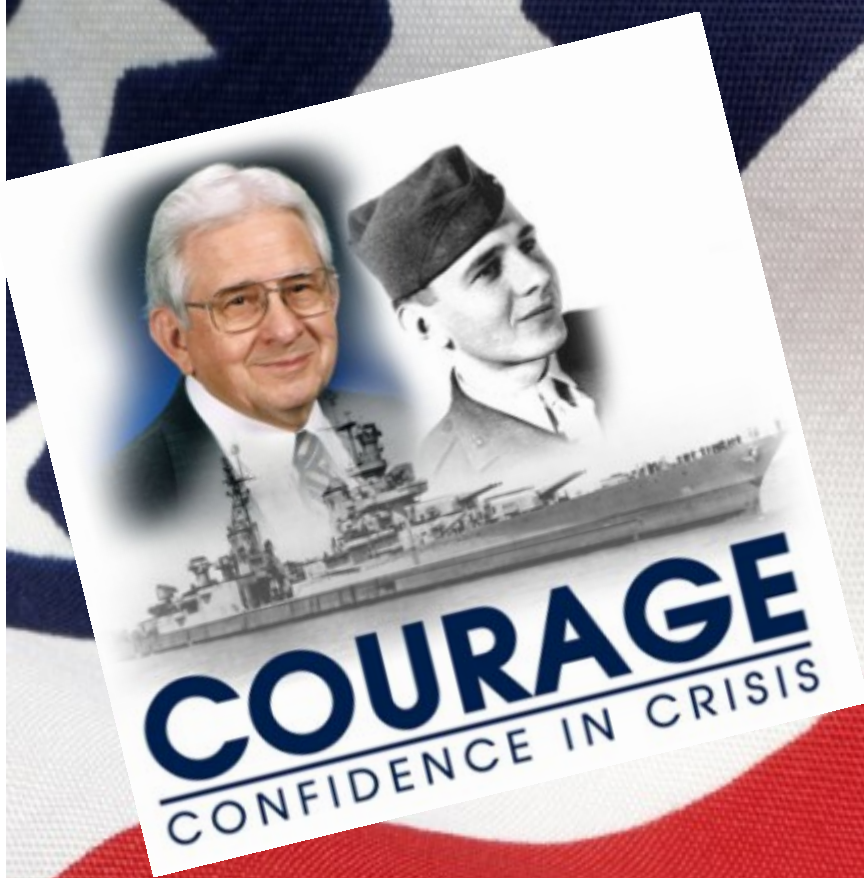
FREE EVENT!



Staff Birthdays

Nadine Castillo
Annie Williams
Ralph Brooks
Marie Prophete
John Capes
Robin Peavler
Laurence Curtis
Gabrielle Saunders
Kyle Viau
Christina Griffin

BIRTHDAY



Edgar Harrell

Hear his
amazing story
of survival
after the
sinking of
the USS
Indianapolis
during WWII.

**Saturday, February 18th
10:30am**

MOOSEHAVEN

1701 Park Avenue

Orange Park, FL 32073

Breakfast 7:30-10:00am

\$6 Donation

Bring lawn chairs

Raise The Roof...Hard Hat Awards

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

- ⇒ *Terri Reed & Anne Cronin, Nursing*, are recognized for being helpful and wonderful nurses!
- ⇒ *Dining Services Staff*, are recognized for going over and above in the Skilled Nursing areas with helping keep the residents safe and happy. Singing with the residents as they accomplish their work and other great extras.
- ⇒ *Purchasing and Warehouse* are recognized for their quick response time and willingness to help order/stock and get what is needed to keep the campus running smoothly.
- ⇒ *Resident Services, Maintenance, Housekeeping, Dining Services and all who help with the many resident moves* are recognized for their dedication in making this transition as smooth for the residents as possible.

If you would like to add someone's name for our Raise The Roof column, please contact Marina Mathews, Director of Admissions at x1214 or Helen Taylor at x1217.

Resident Birthdays In February!

F. Ross Fleet	Mary McGinnis	Robert Powell	Rena Croft
Doris Johnson	Paula Thompson	Billy McFarland	Robert DeSilva
Myra Douberley	Robert Shay, Sr.	Raymond Shaw	Jerry Christen
Joseph Vorndran	Janice Hardesty	Bruce Young, Jr.	Marvin Davis
Carol Olsen	Violet Infinger	William Lazuka	James Reynolds, Sr.
Donald Scheer	James Swingle III	Berval McAleer	Edna Olle

Resident Anniversaries In February!

William and Bernadette Plowden

Make sure you visit the Moosehaven website where you can see information about all of 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.

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

[Facebook](#)

Are you on Facebook? If so, be sure and LIKE Moosehaven!

You can find all the latest news on our Heart Of The Community Events