

Moosehaven News

Heart of the Community

Aging in Moosehaven

I've been living at Moosehaven
For about thirty months or more,
I didn't know how life would be
When I came thru their door.
Well, now that I have lived here
And know my way around,
I realize there is no better place,
For my life to wind on down.
Some one said "The Golden Years"
Is the time to slow the pace,
But one don't have to slow down much,
When you're living in this place.
There's always something going on,
And places we can go,
So we can live our life on high,
Or we can take it slow.
They have parties we can go to,
And music, so we dance.
They have bingo several times a week,
And Queen of Hearts,
If you want to take a chance.
They have bus trips to the lodges,
And shopping trips galore,
To Walmart, Bealls, the drug store
And to the Dollar Tree and more.
It seems there's something going on,
No time to do it all,
Just pick out what you want to do,
And have your self a ball.
Or you can take it slow and easy,
And live a life of ease,
Just sit in front of your TV,
And do just what you please.
So now you know the Golden Years,
Are GREAT here in Moosehaven
We live life as we want to live,
At the last stop before Heaven, heyray

Ray Shaw, a Moosehaven resident

**Volume 11, Issue 6
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**Newsletter Editor:
Marina Mathews**

What's Happening?

- June District Sports & Meeting at Lakeshore Lodge
- Moose International Convention in Tampa!
- Happy Birthday America!
- Mooseheart Boys & Girls Visit
- Father's Day Banquet
- Lakeshore Lodge Steak Night
- Palatka Lodge Hamburger Night
- Fried Chicken Dinner at Lakeshore Lodge
- Dinner Dance at Mandarin Lodge
- July District Sports & Meeting at Macclenney Lodge

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



Just John

Contagious: (medical) an infectious disease communicable by contact with one who has it, with a bodily discharge of such a patient, or with an object touched by such a patient or by bodily discharges.

There are numerous common contagious diseases, such as sore throats, colds and influenza. These are typically treated with rest and over-the-counter medications such as; Tylenol, nasal decongestants, cough syrups, anti-nausea pills and throat drops. Common contagious diseases usually resolve themselves in a few days or weeks.

Chronic contagious diseases are more severe and are usually spread via parasites, sexual contact or transmission of bodily fluids like blood. Chronic contagious diseases such as malaria, Lyme, diphtheria and hepatitis may last months or even a lifetime. Treatment usually involves hospitalization, intravenous antibiotics, prescription medication and intensive care.

While contagious usually refers to diseases spread by person-to-person contact, it can also refer to behaviors spread the same way.

Contagious: an emotion, feeling or attitude likely to spread to and affect others.

Fear can be a contagious behavior. When we are afraid, our body undergoes many rapid changes. Our heart pumps freshly oxygenated blood to our muscles and vital organs, our brain rapidly processes fight or flight strategies and adrenalin surges through our bodies. All good stuff when we are actually facing danger. But, what if there is no immediate, specific danger? Generalized fear, that is fear without a specific imminent threat, produces exactly the same responses and can be physically and mentally debilitating, especially over long periods of time. And it can be contagious - sometimes resulting in irrational behavior, mob mentality and violence.

Negativity can also be a contagious behavior. Sure, none of us like or approve of everything. We try to understand it, we may fuss about it for a time, we may even try to change it; but if it can't be changed or fixed, we ultimately accept it. Some people just can't seem to do that and worse, they seem to be negative about almost everything surrounding them most of the time and they somehow manage to find other negative people. You know them. They hang out in their cliques in the social quarters, their corner of the dining room or in other common areas. You can hear the whispers, always negative, usually about someone in charge or someone who is a little different. They like rumors. In fact, they expand on them. When asked what their problem is, they often say "Oh nothing." They don't have solutions, only complaints. They are not a happy group and they can destroy a lodge, a bowling team, book club...just about anything.

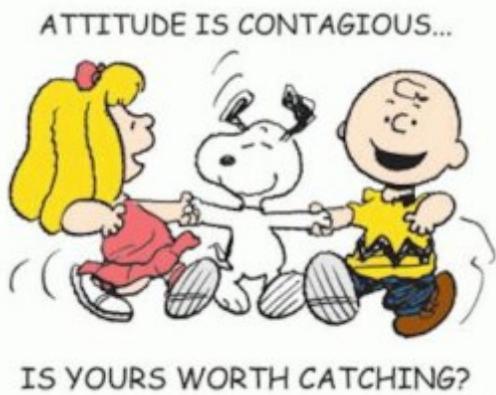
Unfortunately, there are no antibiotics to cure these behaviors and like some diseases; many live their entire lives infected by fear and negativity. However, there are vaccines to protect you from catching these afflictions. They include logic and positivity.

Irrational fears, no matter their scope or how they are spread, rarely stand up to logical assessment. Often, one simple question, "Does that even make sense?" is all that is necessary to rationalize such fears away.

Then there is positivity. Have you ever noticed that negative people tend to stay away from positive ones? Negative people know that positive people are inoculated against negativity. They won't be drawn into their circle of negativity. In fact, they will challenge the negative statements of others. They will point out the truth. A positive person might even be the antidote that changes other members' negative viewpoints.

So, do you live in fear of what might happen? Are you a positive or negative person? Keep in mind that numerous studies show that positive people, who live free from overstated and generalized fears, tend to live longer, healthier and happier lives.

Sounds like a good deal to me, but I'm...



Just John

Simply Helen

Gini Turner, Director of Marketing at Moosehaven, wrote an article for the Moose Leader recently that is too good not to share with all. I've added my two cents worth, so I hope you enjoy.

Summer is here and many families are making vacation plans to go camping, visit family members, a theme park or other special places of interest. My family didn't have planned summer vacations, but we always had a good time being off from school and enjoying family activities.

Everyone has their favorite time of year. Whether it's the nostalgia of another moment in life, or a new opportunity to spend time with loved ones, there's always a reason favorite seasons tug at the heart strings. In almost everyone's favorite choice, the underlying theme of family and friends is the reason time together is so special. It's certainly one of the reasons Moosehaven residents look forward to Summer.

Each summer, the campus comes alive with visits from Mooseheart Boys and Girls. The residents are eager to celebrate their time together, and have a full schedule of socials, events and sporting competition for their guests to enjoy. Recently, the Mooseheart boys visited the Moosehaven campus and were greeted with an ice cream social and dance. The dance floor was filled with laughter and excitement as young and old alike showcased their moves in celebration.

As you passed by each table lined with new and familiar faces, stories reminiscing of time spent in the Fraternity, and in support of the Child City, resonated throughout the night. For every reason given as to why a resident joined the Moose, was an equally impressive reason why they supported Mooseheart. It was an insightful discussion among the participants, with a great appreciation for the benefits of continued Moose membership. In retrospect, it was profound to realize Moosehaven residents represented countless prayers of intercession, and years of support for the children of Mooseheart. The night was truly a family reunion.

The following days were filled with visits to neighboring Lodges and Chapters, and special time together on campus. From beach parties to cook-outs, residents took delight in hosting the boys and forging new friendships. It was an experience for all, with memories and moments encouraging our guests to come back for another visit, and to continue the goodwill of the Fraternity as an adult.

We are now gearing up for our next visit, when the Mooseheart girls come to celebrate Independence Day at Moosehaven. Again, it's a time of excitement and celebration; and is one of our most favorite times of the year.

Summer also gets us "Moose" eager to get together at the "Annual Moose Convention" with thousands of other Moose from around the United States and Canada. Look out Tampa, here we come!

May your summer be filled with memorable moments and may each destination bring you to an opportunity to make a difference!



Simply Helen

PLAN TO ATTEND THE 2017



AMERICAN PRIDE

4th of July

BROUGHT TO YOU IN PART BY GORDON CHEVROLET

ON TUESDAY, JULY 4TH!

Gates open at 2pm • Featuring Live Entertainment
Food & Vendors • Kids' Zone • Fireworks at 9:20pm
No coolers or pets • Located at Moosehaven

GORDON
CHEVROLET - ORANGE PARK



6:15 PM

RUNAWAY JUNE



8:00 PM

MICHAEL RAY



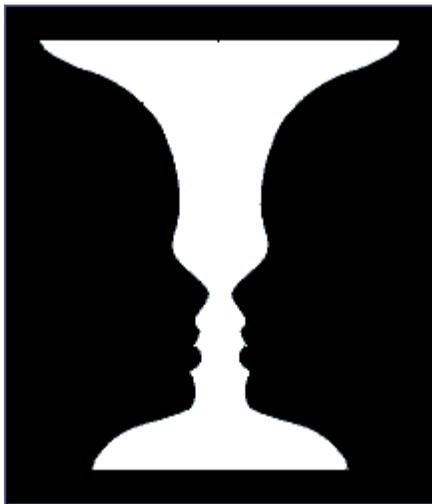
Summer is here, and in Florida that means a lot of front porch sitting, reminiscing old memories and making new ones. It means lots of sweet tea and mosquito repellent and afternoon rain showers. As a Florida native, in fact I have lived here all of my life, I appreciate the summer traditions and love the chance to gather with my family and laugh over our childhood stories.

One thing I made note of the last time we got together was how different our memories were regarding the same story. Our memories varied drastically in some instances. Why? It seems the memories of our childhood escapades varied depending on how we felt or how the escapade affected us personally. In one such escapade, I relayed it with much laughter and enjoyment at the walk down memory lane. My sister, however, remembered the event quite differently and wasn't so amused. (I think she was the object of a practical joke my brother and I played...The Black Wig Escapade!! Funniest story ever!!!) That will be a future article for sure.

The actions of others, the casual comments of friends and co-workers, the laws we must abide by affects us. Our perception and reaction to them depends on how it impacts us personally. We don't react to how the action or comment was intended by the other person, we react to how we received it. Much confusion and hurt feelings can occur because of it.

Perception refers to the set of processes we use to make sense of all the stimuli you encounter every second, from the glow of the computer screen in front of you to the smell of the room to the itch on your ankle. Our perceptions are based on how we interpret all these different sensations, which are sensory impressions we get from the stimuli in the world around us. Perception enables us to navigate the world and to make decisions about everything.

Have you ever looked at an optical illusion and seen one thing, while a friend sees something completely different? Our brains engage in a three-step process when presented with stimuli: selection, organization, and interpretation. For example, think of Rubin's Vase, a well-known optical illusion depicted below. Some individuals organize the dark parts of the image as the foreground and the light parts as the background, while others have the opposite interpretation.



Most of us are ruled by our feelings and our feelings are affected by our perception. When faced with something new or a change of the way it's always been done, try looking at it from other angles, from another's point of view. You may be surprised that the other view has its merits too!

*"We don't see things as they are. We see things as we are."
Anais Nin*

*Marina Mathews
Director of Admissions
Moose Life Traditional Program*



Employee Appreciation!



BILL'S BOARD

In June 2015 I centered an article for this newsletter around the golden rule; do unto others as you would have them do unto you. A form of this saying is known to cultures around the world and I gave nine examples. Ideas that are expressed in multiple cultures and religions are sometimes referred to as wisdom sayings. They carry universality of meaning that touches people, not intellectually but in a deeper way. When put into practice they change lives regardless of where you are. Character is something understood in any language.

I have another wisdom saying I want to talk about. Here are a few examples of how it is expressed:

Be careful of your thought for your thoughts become words, be careful of your words because your words become actions, be careful of your actions because your actions become habits, be careful of your habits because habits become your character, be careful of your character because your character becomes your destiny. Chinese proverb

Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny.
Mahatma Gandhi

But I tell you that anyone who lusts for a woman in his mind has already committed adultery with her in his heart. Matthew 5:28

Anyone who hates a brother or a sister is a murderer... 1 John 3:15
(not to be confused with the more famous John 3:15)

When I was studying to be a Psychiatric Social Worker we were taught there are three escalating stages of intentions: you think a thing, you say a thing and you do a thing. These quotes tell us that our thoughts are very powerful. Our thoughts control our destiny. The idea that a sinful thought is itself a sin and hateful thoughts are murder, clearly demonstrates the belief that thoughts and actions are directly related. Therefore, a key to controlling our life is in our own thoughts. If we allow our thoughts to be negative, hateful, spiteful, degrading and depressing our words, actions and habits will follow our thoughts. Fortunately the opposite is also true. But how do we manage this? Some use meditation to clear their mind. Some focus on religious principles to keep their mind moving in a direction they want, maybe even the golden rule. For some it is simply a conscious decision to pursue positive thoughts made hundreds of times a day until it becomes a habit and then their character. Many make no conscious decision about focusing their thoughts at all and they too develop habits and character but of a very different nature - one they did not consciously choose.



It brings me back to Milton who said, *"The mind is its own place, and in itself, can make heaven of hell or hell of heaven."*

Your thoughts create the world you inhabit.

Bill Tippins

*Director of Operations
Life Care Administrator*

UP CLOSE AND PERSONAL WITH THE GETTINGS

This month we get up close and personal with Don and Anita Gettings. Don was born to parents John and Delia (Devine) Gettings in Boston, MA. He played football during his years in high school. After high school he started night classes then decided to go into the United States Navy. Don served his country honorably for 35 years as an Aviation Equipment Specialist before retiring in 2008. Don became a Life-time Moose Member about 28 years ago. He said that a friend of his, Jordon Simpson, would ask him every day to become a Moose member; he said that he finally said yes because he was tired of Jordon asking.

Anita was born to parents Eugene and Kathleen Cox in Amityville, NY. She attended an all-girls school in New York. Anita went to Real Estate school and earned her Realtor license. She went to work for Watson Realty. She worked as a Realtor for 30 years and retired in 2010.

Don and Anita met each other at a night club in New York while out on the dance floor. They dated and then Don asked her to marry him. After they were married Anita said they went out on a date, she said she told Don that she wanted to dance. Anita said that Don asked her if he had to dance and she said YES if you want to stay married. Needless to say he has been dancing her off her feet for the past 52 years.

They both said that traveling was and still is their hobby. Don said they have traveled all over the world and that traveling helped build their relationship through new experiences. Anita said that she would highly recommend river cruises wherever you decide to travel.

They came to Moosehaven mostly because of their dear friend Rose White. Anita said they have been friends since 1971 and that Rose and her husband Sam had plans to retire here at Moosehaven. Unfortunately Sam passed away before they could come, but Rose made it here and loved it. Don said that after all the good things Rose had to say they decided to make the move.

Anita and Don said they have peace of mind here at Moosehaven and we all know achieving that is a major life accomplishment. They said that if anything happened to one or the other they have inner peace knowing they would be in good hands. Love and peace of mind protect us and it gives us the ability to live life without worry. They have a sense of contentment here and all the staff is the kindest people they have ever met. Anita said that the maintenance department is the best group of people she has ever met. Everyone seems to be so happy working here.



I asked them what advice they would leave the next generation. They both agreed to be kind to each other and always have a smile for your neighbor. Always take time to enjoy your life and people in it. The world will only become a better place if we make it better. Everyone has the opportunity to change how things are, so don't wait. Take a trip with someone you love. Gain as much knowledge as you can and always try to achieve more and more. Remember you are the only one that controls your life, but it's up to us to make that change.

Donna Minigh
Resident Services Assistant



Employee Appreciation!

Therapy News

I have been writing these article for the therapy Department for over three years now and I thought it seemed like a good time to switch things up a bit...for the next couple of months anyway. I decided it is high time I turn the mic over and let my co-workers tell you a little bit about themselves, their history, talents and quirks. I work with the absolute best team and I'd like to show them off a bit, featuring the first three this month and the other three next.

Here they are in their (mostly) own words:

Jordan Nelsen is a very young and amazingly talented, intelligent, and compassionate PT (OK, I added that part in myself). She is originally from Wichita Kansas, where she lived until she married her husband Brent, who is a Navy pilot. She graduated from Wichita State University with her B.S. in Exercise Science and then attended the University of St Augustine where she earned her doctorate in physical therapy in 2014. Besides her love of PT and Moosehaven residents, Jordan also enjoys running marathons, travelling, volunteering at her church, coaching youth soccer, and cheering on the Shockers in basketball.

Kathleen Hansen has been a Physical Therapy Assistant for over 38 years! Even though Kathleen hails from Jacksonville, she has lived in a lot of different places, including Massachusetts and New Mexico. She is currently back in Florida caring for her aging mother with the help of her husband of 23 years as well as her brother and sister-in-law. Kathleen and her husband are both ministers and have launched their own ministry. She has a big birthday coming up soon which she is thankful for as she has overcome cancer in the past. Kathleen doesn't have a lot of spare time, but she is enrolled in ministry school online, enjoys reading and blogging, and she hopes to finish a book in the future about her experiences of going through the battle and overcoming cancer.

Eric Sarrett was born on a mountaintop in West Virginia in the early 1970's to a father who thought leisure suits and muttonchops were great fashion statements and a mother who saw said leisure suits and thought: "I have to marry this man." After Eric graduated high school in '91 to thunderous applause from relieved teachers, he attended Concord College where he majored in English. After receiving his Master's in English at Radford University in 1997, he taught at several community colleges before he returned to Virginia Commonwealth University and earned his Master's in Occupational Therapy in 2001. Eric's interests include music, writing, cooking, travel, pina colodas, and getting caught in the rain. (He is obviously also an amateur comedian, in my opinion.) In his spare time, he likes to raise money for the historic preservation of leisure suits and volunteers at a rescue mission for neglected and abandoned pet rocks.

Next month you can learn more about Nikki, Rebecca and ...myself of course.

Jennifer Bothast, COTA
Moosehaven/Rehab Director

Employee Appreciation!



New Life Admissions at Brandon Place

As of June 1st, Florida embarks on another Hurricane Season. For many families, this can create anxiety and fear when creating a contingency plan for evacuation and safety. Ask yourself, "Do I really want to worry with a catastrophe at this point in my life?"

Brandon Place was created on the premise of being prepared; to encourage seniors to downsize when the time is right, not during a traumatic event. To promote family discussions for future health care and make provisions - before a life takes a turn. To keep seniors safe, by providing a secure environment for day-to-day living, and contingency plans in the event of tragedy. To reduce the stress of liability and up-keep, by providing on-call and preventive maintenance on homes and surroundings, keeping residents safe and care-free. Brandon Place was created to provide peace of mind, not only for the seniors we serve, but for their loved ones as well. Nothing creates a content heart more, than knowing you or your loved ones have the best resources available in a thriving environment.

If you have any fears about the upcoming hurricane season, and wonder what you would do in the midst of evacuation and recovery, make plans now to learn more about Brandon Place at Moosehaven. Now is the time to act, not in the face of a hurricane or life-altering event that jeopardizes your retirement options. Be prepared, be informed, but most of all, be safe during this hurricane season.

To learn more about the active, unique retirement lifestyle Moosehaven has to offer, call the marketing office at 904 278-1281 for additional details.

Gini Turner
Marketing Director
New Life Brandon Place Program



HAPPY BIRTHDAY

Employee Appreciation!

Staff Birthdays

Anne Cronin	Polly Rhoden	Debbie Changary
Drew Kingston	Luis Santos	Clint Cornwell
Suzanne Hopkins	Sameena Khanam	Sharon Adams
John George	James Brew	Jocelyn Lim
Diana Harrell	Marina Mathews	Jim Haddock
Karina Taylor	Brandon Bailey	Christina McAllister
Bridgett Barker	Sandra Tapole	Lavern Stone-McGraw
Rachelle Derisma	Andrea Barraza	Janice Cieplinski



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.

- ⇒ *Bill Tippins, Darlene Rozier, Sandra Russo and Terri Reed, Life Care Center, are recognized for the great job they do every day!*
- ⇒ *Bike Shop Staff Members are recognized for the timely and efficient way they take care of resident bikes.*
- ⇒ *Helen Taylor, Doreen Vance, Donna Minigh and Nancy Coffman are recognized for their hard work and support of the Campus Activities program while Polly has been out of the office.*
- ⇒ *The Housekeeping Staff Members are recognized for the great job they do daily. They are always helpful and willing to pitch in wherever needed to get a job done.*

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 June & July!

Carrie Aurand	Isabella Coolidge	Jack Ely	Avis Ferguson	Harry Gilpin
James Hurd	Ed Layton	Maggie Lazuka	Ruby Lee	Joyce Leonhardt
Arnold Love	Melba Montgomery	Gene Moody	Sylvia Mosley	Keith Neal
Jack Reavis	Linda Reynolds	Marlys Shallbetter	Pamala Shook	Lenore Simon
Anita Smith	John Vojnovski	Dorothy Allen	Dan Bramblett	Charles Caswell
Carolyn Cox	Beverly Davis	Delbert Delagrance	Margaret Gilpin	William Glassman
Margaret Glens	Amanda Heckle	Toga Janson	Sandra Jones	Ann King
Daniel King	Jean Lemon	Preston Lemon	Robert Mach	Nellie Manning
Gifford Nevins	Emma Pearson	Sharon Sanders	Emma Smith	Edward Stickles
Arthur Thompson	Dolly VanHorn	Norman Vertigan	Gary Wagner	

Resident Anniversaries In June & July!

Dean & Ann Blakenship	Dan & Jacqueline Bramblett	Jack & Evelyn Diebold
Neal & Norma Hawkinson	Gene & Sue Moody	Howard & Carol Ann Olsen
Charles & Maria Bailes	William & Trudy Puda	

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



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 and more!**