

Moosehaven News

Heart of the Community

Centennial Project is Right on Schedule!

Every apartment has either a patio or balcony, so can enjoy the beautiful Florida weather. The new building will have a beautiful dining room with large windows so residents can enjoy the view of the pond and river.

This \$10M project is possible because of the commitment of our fraternal brothers and co-workers, who are dedicated to improving the quality of life for our senior Moose members. We thank you for your support!



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Newsletter Editor:
Marina Mathews

What's Happening?

- Palatka Golf Tourney
- Opportunity Lodge
- Mother's Day Dance
- Mother's Day Luncheon
- Community Breakfast and Carr Show
- Golf at Bent Creek
- District Sports and Meeting at Mandarin Lodge
- Circus - Residents Free
- Corky Bell's Seafood
- Michigan Deck Dinner
- Dinner and Dancing at Mandarin Lodge
- Fried Chicken Dinner at Lakeshore Lodge
- Breakfast at Mandarin Lodge
- Memorial Day!
- Memorial Day Picnic & Fun Day at Lakeshore Lodge

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



Just John

We have an "All Staff" meeting the first Monday of every month. This month the meeting fell on May 1st so I mentioned that it was May Basket Day. Guess what? No one knew what I was talking about. I explained that when I was a kid we made little paper baskets, filled them with flowers, candy and popcorn and hung them on the doorknobs of the homes of people we liked on May 1. We also took them to school and placed them on the desks of our friends. I was astounded that no one in the meeting knew anything about May Basket Day and a few suggested I might be "losing it." Someone even made the comment that it was probably a "really old tradition."

OK...I may be a little old but some research proved that I am not losing it.

May Day – an ancient spring festival in the Northern Hemisphere – is an astronomical holiday. It's one of the year's four cross-quarter days, or a day that falls more or less midway between an equinox and solstice, in this case the March equinox and June solstice. The other cross-quarter days are Groundhog Day on February 2, Lammas on August 1 and Halloween on October 31. May Day also stems from the Celtic festival of Beltane, which was related to the waxing power of the sun as we in the Northern Hemisphere move closer to summer.

While it's unclear exactly how or when the May Basket Day ritual began, it is clear that celebrations took place all across the United States throughout the 19th and 20th centuries. What we do know is that as the month of April rolled to an end, people would begin gathering flowers and candies and other goodies to put in homemade baskets to hang on the doors of friends, neighbors and loved ones on May 1. Stories and articles from the period tell of the spirit and tradition of May Basket Day.

A reporter in the Sterling, Ill., Gazette in 1871 explained the seasonal ritual this way: "A May Basket is – well, I hardly know how to describe it; but 'tis something to be hung on a door. Made of paper generally, it contains almost anything, by way of small presents you have in mind to put in it, together with your respects, best wishes – love, perhaps. It is hung after dark at the door of anybody the hanger fancies. Which done, the said hanger knocks and scampers." The writer went on to say, "that if a boy hangs a May Basket on a girl's door and the girl catches him, it's a great disgrace. If a girl is the hanger, it disgraces the boy again not to catch her."

OK...before someone says, "1871!" No, I'm not that old. I chose this quote because Sterling, IL is my wife's hometown.

The Taunton, Mass., Gazette in May 1889 told the story of a young man who got up very early and walked a mile and a half to hang a basket on his sweetheart's door, only to find another basket from another beau already hanging there.

The Indiana, Pa., Gazette reported that two bold children hung May baskets on the White House front door on May Day 1925. First lady Grace Coolidge found her admirers and gave them flowers she had picked.

Observing May Day traditions on May 1, 1963, an Associated Press reporter in Providence, RI wrote that there were only a "few May baskets hanging from door knobs" that year.

May Basket Day has faded away over time but we're really not too far away from a time when people left homemade May baskets filled with spring flowers and sweets on friends and family's doorsteps. I can remember doing this as a child and I'm really NOT THAT OLD. By the way, to you southerners who say you never heard of the ritual...during my research, I found pictures and references to May Basket Day celebrations across the south, including Florida, and as recently as 2012.

So what happened? Maybe the ritual receded because of our nation's fall from innocence, or an increased desire for "get off my lawn" privacy. Whatever the case, Madonna Dries Christensen, a writer in Florida, is not totally sure she wants the ritual to flourish again. "I harbor a fear that some major company will rediscover May Basket Day and mar its simplicity with commercial baskets, cards and trinkets," she writes in her 2012 memoir, [In Her Shoes: Step By Step](#).

Where did our innocence go?

I'm...

Just John



Simply Helen

Are you a winner or a loser?

Many of the Lodges and Chapters are starting their new year with new officers and new ideas, so I encourage you to have a winning attitude as you begin your year. Pay close attention to the following and see which fits you best.

Winners vs. Losers

A winner is always part of the solution. A loser is always part of the problem.

A winner always has a plan. A loser always has an excuse.

A winner says: "Let me do it for you." A loser says: "That's not my job."

A winner sees an answer for any problem. A loser sees a problem for any answer.

A winner sees a green near every sand trap. A loser sees two sand traps near every green.

A winner says: "It may be difficult but it's possible." A loser says: "It may be possible but it's too difficult."

Author Unknown

Well, what's the verdict?

People are depending on you to have a winning attitude in your home, workplace, church, Lodge or Chapter and so forth. They need winners to lead! A winner must meet the challenges of life with hope, courage, determination and a can-do attitude. Another key to having a winning attitude is to choose your words and your thoughts carefully.

The following quote explains.

Your Destiny

Watch your thoughts, They become your words.

Watch your words, They become your actions.

Watch your actions, They become your habits.

Watch your habits, They become your character.

Watch your character, It becomes your destiny.

Unfortunately, negative and doubtful people are everywhere – they're contagious. I'd like to offer you this "truth vaccination" to protect yourself from the deadly virus, "Loser Mentality" which has the potential of attacking your winning attitude!

The vaccine can be found in Philippians 4:8 "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are

of good report; if there be any virtue, and if there be any praise, think on these things."

I urge all of you to have a zero tolerance for the loser mentality in your Lodge and Chapters. Congratulations to all of the new officers and I encourage you to lead with a winning attitude for a successful year and remember, there is no "I" in "Team."

God Bless,

Simply Helen

WINNERS

**SAY "IT MAY BE DIFFICULT
BUT IT IS POSSIBLE."**

SEE THE GAIN.

SEE POSSIBILITIES.

MAKE IT HAPPEN.

LOSERS

**SAY "IT MAY BE POSSIBLE
BUT IT IS TOO DIFFICULT."**

SEE THE PAIN.

SEE PROBLEMS.

LET IT HAPPEN.

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



BILL'S BOARD

It is well past the time that I am supposed to give Marina something to put in the Moosehaven newsletter. So she sent me an email reminding me. I sent back "sorry, I got nothing." So a couple of days later I get another email, still I got nothing. Then a couple of days later I get a phone call. Still I got nothing. Since I cannot come up with something to say on my own I am going to have to settle for a few quotes I have been thinking about lately. Some of the people you will have heard of and others you probably don't know.

Persons of high self-esteem are not driven to make themselves superior to others... Their joy is being who they are, not in being better than someone else. Nathaniel Branden

Associate yourself with people of good quality, for it is better to be alone than in bad company.

Booker T. Washington

If you want to make enemies, try to change something. Woodrow Wilson

Few will have the greatness to bend history itself, but each of us can work to change a small portion of events and in total all those acts will be writing the history of this generation.

John F. Kennedy

When you like a flower you pluck it. When you love a flower you water it daily.

Buddha

The trouble with getting quotes from the internet is you never know if they are genuine.

Abraham Lincoln

The answers to life's great questions may not be at the beach. But shouldn't we at least check?

Marina Mathews

Ok. I'll try to do better next time until then I am...

Bill's Board

Wait that didn't work like it does for John and Helen. Dadgum.

Bill Tippins

Director of Operations

Life Care Administrator



Happy Mother's Day
To All Mothers In The World

UP CLOSE AND PERSONAL WITH BETTY PAULSEN

This month we get up close and personal with Betty Paulsen. Betty was born in Cook County Illinois on October 15, 1934 to Esther and Ernest Sohmer. Betty attended York High School with her one sibling, Marge who still lives in Illinois.

After graduating high school, Betty started waiting tables and continued to work as a waitress until she retired from the Hillside Bowl. Married twice, Betty and late husband, Roger Paulsen, had four children together. Out of the two boys and two girls, only one child lives in Florida and the rest reside in Illinois. She looks forward to visiting her family and Illinois each year and is planning her next trip this July. In the heat of the Florida summers, she enjoys the cooler temps up north.

Betty discovered Moosehaven before joining the Fraternity. She knew instantly this was where she wanted to enjoy her retirement and the care-free lifestyle Moosehaven offered. Every day at noon, you're sure to find Betty taking in her afternoon stories of Young and the Restless and Bold and the Beautiful.

Seems like fitting titles for life at Moosehaven!

Betty has served in many capacities in her Chapter during her years with the Moose and here at Moosehaven. She continues to be surrounded by friends in Chancellor II and Ohio Hall where she now resides. Always happy to help in any capacity, Betty certainly is thriving here at Moosehaven where she encourages all Moose members to never let their membership lapse. She reminds everyone that "You certainly don't want to miss the opportunity to live here at Moosehaven!"

**Angela Wood
Marketing**



My Uncle Raymond, PFC US Army WWII, a Purple Heart War Hero

Growing up, I heard many stories of my uncle Raymond Marsh. No one shared my red hair color except my uncle Raymond, a Purple Heart Medal Hero, a combat fatality just days before the end of WWII. Mama shared his letters, even the last one (as letters always took awhile to arrive you see). Letters that described how he walked for miles to hear a sermon, about his wet feet and need for "galoshes," and of how much he missed his bride Julia, who he married just before he left.

Back in that era, since he was the only male of 5 children with older father of poor health, it could have been requested that uncle Raymond not serve when drafted but remain home. Instead, he and his father thought he should serve.

Mama shared the last letter, written the Christmas before he was killed by a sniper in Luxembourg. Tearfully, Mama told how she had a bullet proof New Testament on lay away, making payments on it, and was to make the last payment and send it for its arrival by Christmas. Before she could do that, a letter came from uncle Raymond asking if she could please send him "galoshes" for his cold wet feet as a Christmas present. My mama didn't have the money to afford both and the store allowed her to move the lay away money from the bullet proof New Testament to the galoshes instead so he could have them by Christmas.

Upon his death, personal items returned included his old New Testament Bible with a bullet hole in it. Mama was unsure then if he had even received the Christmas galoshes but then the last letter arrived describing how much he appreciated the galoshes and how they were keeping his feet dry. She realized that the bulletproof New Testament would have arrived before his death and could have saved him. She would explain to me that God has a plan for everyone, and God's plan for Uncle Raymond was not to return, but to be remembered.

I searched out his Arlington cemetery grave, share his story proudly, serve veterans and have a red headed son that I imagine looks like my uncle Raymond, the war hero.

**Amy Holland
Marietta, GA**

Therapy News

In church this past Sunday, the pastor was speaking about what happens to a baby giraffe right after it is born. I hadn't known this before, but it turns out that right after the baby giraffe drops to the ground from the mother's womb and begins to try and stand for the first time, the mother giraffe kicks it down. She kicks it hard enough to send it across the floor, tumbling head over feet. She waits until it is feebly standing again and then kicks it over and over so that it has to keep falling and getting back up again.

Interestingly, even though this sounds cruel, the mother does this so that the baby is able to stand quickly in order to stay with the herd and avoid being eaten by predators because a baby giraffe is easy prey. I'm sure there are many times you have felt you were kicked down in life. But the struggle did make you stronger didn't it? Didn't you learn a lot by the choices you made...or in some cases, by the choices you avoided? Certainly, if you had to do it over again, you wouldn't make all the same exact choices the first time around, would you?

Have you ever played the 'what if' game and wondered how your life might have been different if you had made different choices? For example, what would your life have been like if you didn't marry your spouse or gone to the exact high school or college you attended? What would your life have been like if you had chosen a completely different career? What would it be like now if you hadn't chosen to join the Moose?

Every choice we make has consequences; some big and some small. Hindsight is said to be 20/20, but hopefully we learn from the mistakes we make along the way. In fact, another way to perceive our "mistakes" is to consider them "growth opportunities." At least that is what my immediate supervisor calls them ;) All kidding aside, we SHOULD look at all our life choices as opportunities for growth.

I read an interesting book last week which was actually written by a friend of my mom. The author's name is Linda Blesser and book is titled The House of Cry. The storyline in the book follows a similar theme to what I am talking about in this article whereas the main character learns of alternate realities created by her life choices. Only in this book, the alternate realities exist all at the same time and the main character travels from one to another, learning how each of the possibilities of her life have had an impact and led to completely different outcomes, perspectives, personalities, trials and triumphs. It reminded me a little bit of the movie "It's a Wonderful Life" where the main character gets the opportunity to see what life would have been like if he had never been born, except the tangents just keep going on and on indefinitely and the choices are laid out like the branches of a tree.

One choice leads us down a path that then leads to other choices and so on and so on. We get kicked down, we learn from it and we (hopefully) make different choices the next time. But here's the thing. Our reality is formed by every choice we make, every moment, every day. It isn't necessarily dependent on the big events. We have the choice to define ourselves by how many times we were kicked down and live in the past or we can try to be present and choose to smile at our neighbor and raise each other up. We can choose to try and make a difference in the lives of everyone we touch. It's often the simplest choice; a small act of kindness that can make the biggest difference.

How do you choose each moment going forward? The choice, the perspective, the lesson, and the impact... all of this is completely up to you. Recognizing these opportunities is truly a gift.

Jennifer Bothast, COTA

Let's be awesome.

Let's break down barriers.

Let's invigorate each other.

Let's ask "**What If...?**"



New Life Admissions at Brandon Place

It's amazing to see Brandon Place continue to grow and expand. Each month, we greet a new neighbor or two with every move in. It's truly an exciting time to be part of Brandon Place.

To accommodate the diverse interest of our residents, we have included an education series to the list of events hosted in Brandon Place at Moosehaven. From financial planning to essential oils, the topics vary, and are presented by professionals in each field.

Most seniors are looking for more than just physical activity, and enjoy the diverse options Moosehaven offers Brandon Place residents. With seniors retiring at an earlier age, it's important to offer educational outlets relevant to their lifestyle and interest. Identifying the emotional, physical and mental needs of residents, Moosehaven offers well-rounded activities that are beneficial to retirees.

Our educational series also provides an opportunity for the community to connect with residents and learn from a first-hand account the benefits of services provided by Moosehaven. There is no better way to get to know Moosehaven than from an insider's gain. Getting to know our residents helps those considering Brandon Place the opportunity to acclimate to the Moosehaven lifestyle and become engaged.

For a list of upcoming topics available through the educational series, visit our website at www.Moosehaven.org or follow Moosehaven on Facebook. There, you can reserve your spot, or learn more about the activities offered at Brandon Place. It's a great time to consider Brandon Place at Moosehaven. Join us for our next event, and learn what makes Moosehaven a unique retirement community.

Gini Turner
Marketing Director



HAPPY BIRTHDAY

Staff Birthdays

Cristina Rivera	Jennifer Riblet
Marquis Pierre	Jim Jarvinen
Maria Kingston	Ashley Nguyen
Tina Clark	Jessica Dixon
Chamika Marshall	Nancy Yu Chua
Nicole Chadduck	Doreen Vance
Bill Frick	Carmencita Summa
Donette Ward	Whitney Gapen
Delia Daddetto	Pat Flaney
Pam Wilcox	

Wishing you a beautiful Memorial Day weekend.



In honor of all the veterans as well as the active service members. Thank you for all you do.

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.

- ⇒ **Toby Campbell, Resident**, is recognized for the great job he does in the Tailor Shop.
- ⇒ **Vennette Rouzard Barnett, CNA**, is recognized for always thinking of opportunities to enhance the quality of life for our residents.
- ⇒ **The Maintenance and Warehouse Staff Members** are recognized for their tireless work to setup and teardown for the events we host on campus. These folks are not on the front line and are not always seen, but we could not do what we do without them.
- ⇒ **The Moosehaven Security Team Members** are recognized for the great job they do daily as well as working events. 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 May!

Erna Allen	Lloyd Davis	Albert Delio	Evelyn Diebold
Jack Diebold	Patricia Gorden	James Hoggatt	Bob Morris
Larry Nissen	Hank Pelletier	Gloria Peterson	Bill Puda
Dorothy Williams	Robert Woodworth		

Resident Anniversaries In May!

James & Myra Douberley	Harold & Mary Embry	Harry & Margaret Gilpin
Preston & Jean Lemon	Larry & Doris Nissen	

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](#)

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