



# Moosehaven News

## Heart of the Community

### ***New Life Admissions at Brandon Place***

As the calendar page turns, there's an unsettling realization that it's already December. In fashion with the season, thoughts are quickly flooded of the past year's events, and of course, reasons to be thankful. Glancing over the dates, the office phone rings from a family member whose mother made application into our New Life Program just this Fall.

Our discussion was familiar, as he repeated the very conversation his mother and I shared many times before. Moving to Moosehaven was a life-long goal for his parents, and one that his mother looked forward to the most. Within months of his parents' recent retirement, his father passed away leaving his mother to fulfill their dream alone.

Soon after his father's death, his mother visited Moosehaven on a determined mission. Traveling from California by train, she wasted no time upon her arrival in touring our campus and meeting new and familiar faces. Within an afternoon's time, she fully embraced the routine of her soon-to-be neighbors and felt right at home. It was obvious, Moosehaven was everything she had hoped for and finally, she would achieve her goal and call Moosehaven home. After a brief visit of the campus, she left for California to settle her affairs, visiting her children in various states along the way. Her enthusiasm and sheer determination to live at Moosehaven offered a renewed sense of purpose and encouraged every heart in her path. She was a warm and beautiful spirit, radiating in charm.

Days before returning to Moosehaven to complete the admission process and become the latest addition to our family, this sweet spirit passed away. No specific reason, no warning or issue, just God's need for her company. Unfortunately, it's a storyline with an all too familiar ending, yet we are never immune to the news, and the ensuing heart break.

Entering into the season of Christmas, it is common to count blessings in reflection of the past year. It's a blessing to broaden the scope of the value of Moosehaven, and to witness the elation of discovery or salvation for those we serve. Whether it's a moment gained, or a long season to enjoy together, each soul that enters our gates gives us yet another opportunity to fulfill the Fraternity's mission to seniors, and make an impact in the lives of others.

It's just one more reason to be thankful for the unique opportunity of Moosehaven.

***Gini Turner***

**Volume 11, Issue 12  
December, 2017**

**Newsletter Editor:  
Marina Mathews**

### **What's Happening?**

- Dinner Dance at Mandarin Lodge
- Holiday Festival
- Steak Night at Lakeshore Lodge
- Lakeshore Lodge Christmas Party for Moosehaven
- Christmas Concert at Shepherd's Center
- Christmas Carolling by Boy Scouts Pack 20
- GA Tree Lighting Events!
- Resident Christmas Party
- Island View Baptist Christmas Choir
- December Deck Dinner
- District Sports and Meeting at Macclenny Lodge
- Jax Zoo Night of Lights
- Fried Chicken Night at Lakeshore Lodge
- Merry Christmas!
- Day at the Movies
- New Year's Party at Lakeshore Lodge

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



# Just John

Well, it's December and I'm writing my 12th Just John of the year. I realized as I started to write that this concludes the 11th year of our newsletter. Perhaps that explains the increasing frequency of writer's block I am experiencing.

It has truly been a busy year at Moosehaven – some highlights:

In January we opened the final building in Brandon Place at Moosehaven – the St. Johns Apartments. Our very first admission to the St. Johns apartments moved in shortly thereafter and the census of Brandon Place at Moosehaven continued to grow throughout the year. The Moose Life (Traditional) census also grew throughout the year. Clearly at this rate of growth, Moosehaven will soon be full once again. Centennial Hall cannot be completed soon enough.

Speaking of Centennial Hall, March 5th saw the groundbreaking for this exciting new facility. Since then, the walls have gone up so that everyone can see the size, shape and scale of this new residence hall. The roof is on, patio doors and windows are in many of the apartments and wall studs are going up. Much of the work is now mostly out of view inside the building, but everyone can be assured that the work is proceeding on schedule for a late June completion.

We can't talk about Centennial Hall without a word or two about the Centennial Project fundraising effort, expertly guided by Moose Charities. Thanks to the generosity of the Associations, Lodges and Chapters and individual men and women of the Moose, the fraternity raised \$7,575,838 as of October 31. That's over ¾'s of the way towards our \$10M goal and we still have over a year to go. Additionally, Morrison Dining Services committed \$321,000 towards the cost of the kitchen and dining room and Crothall Healthcare \$50,000 towards the entrance hallway.

The next day after the groundbreaking saw everyone out at the golf course for our 10th annual Moosehaven Golf Outing to benefit the Centennial Project. This event continues to grow each year, both within the fraternity and throughout our neighboring communities. This year's event was our largest ever – 124 registered golfers.

Like politics, which I'm not going to write about, the weather has been the topic of many conversations this year. Numerous nor'easters along with tropical storm Irma and Hurricane Mathew impacted construction, facilities, events and residents this year. But, once again, God smiled on Moosehaven. Despite the wind, rain downed trees and limbs; no one was injured. While we did suffer the heartbreaking loss of our pier, the incredible Women of the Moose subsequently joined by Moose Riders and various lodges and individuals throughout this great fraternity committed to raising the necessary funds to repair it,

Our "Heart of the Community" events continue to grow. The Easter Egg Hunt and Sunrise Service, American Pride Fourth of July, Halloween and Chili Cookoff brought visitors to the campus from across the region. Changes this year included the addition of a VIP program for those Moose members who traveled from Tampa for the celebration. We featured two headline acts this year for the first time in honor of our fraternal visitors. We also offered two Nashville recording artists at the Chili Cookoff and almost 200 cars participated in the Classic Car Show. Fraternal Chili Cookoff contenders came from as far away as Connecticut and Illinois. Once again, we met our \$10,000 donation goal for K9's for Warriors.

We continued our commitment to the fraternity by our hosting various state associations for picnics and celebrations and offered training and Board meeting venues for Territory and Regional Managers, Women of the Moose, Supreme Council and the Moosehaven Board.

Now, December is upon us, which means Georgia Tree Lighting. As I write this, I expect to start seeing our Georgia friends at any moment. Soon the parties will begin followed by the Tree Lighting Ceremony itself. Once again, we will introduce something new. We will celebrate the season and the lighting of the campus with a program of song presented by residents and staff.

Finally, I wish to each and every one of you a very Merry Christmas and a safe and Happy New Year.

As always, I am...

*Just John*

# SIMPLY HELEN



I'd like to share the following prayer with all you. We recently completed a sermon series on this prayer. Each week we covered a portion of the prayer and realized how the prayer request should be our "daily" prayer and lifestyle.

The prayer was given to me on a yellowed newspaper clipping from one of our residents over 15 years ago. He found it in his mother's bible and at the bottom of the article in her handwriting she wrote, **"Let this be my daily prayer and testimony."**

When the resident gave it to me, he told me about his mother and the godly life she lived. He was so impressed by his mother's example that he said, "I know my mother is in heaven, but I can never be good enough to get to heaven." Of course, I realized he was comparing his life to his mother's and he was overlooking God's grace. I spent months ministering to him explaining God's forgiveness, grace and mercy. Before he passed, I knew his mother's prayers for her son were answered. He finally got to the point of understanding that it was impossible for him to change his past, but God's grace covers our past, present and future! I have no doubt he is in heaven with his mother today because he accepted the forgiveness that Jesus died to give. Speaking of his mother, it reminds me of a few lines in the chorus of a song that Randy Travis recorded, "Three Wooden Crosses" which says "I guess it's not what you take when you leave this world behind you, **it's what you leave behind you when you go.** May this prayer become your testimony, so the things you leave behind will be long remembered!

## ABIDING PRAYER

Father in heaven; grant to me a gentle heart of understanding and sympathy that is not quick to judge or condemn.  
May I love as Thou dost love, and have the patience  
to think a bit before speaking.

Give me courage to be meek and to not return harshness;  
the strength to calmly face the adversary, sure of  
Thy power to defeat his greatest efforts.

May I always have the peace of a heart that is free of guilt; and let not shame bow my head  
or avert the  
steadiness of my gaze.

Give me wisdom in the decisions I make,  
however small or great they may be.

Keep my heart pure, that my speech and every  
casual glance of eye and momentary thought  
may be acceptable in Thy sight.

May I never let the little irritations of my life with my friends and family result in unkind words or cold demeanor,  
but may I always be gentle of speech and manner.

And finally, my Father, may I have a character that is in perfect harmony with Thee  
and the angels of heaven, not waiting until I am in heaven, but now.

By Thy perfect love Thou didst draw men to Thee;  
make my love for Thee so perfect that others  
may be drawn to Thee because of me.  
So may I abide with Thee, now and forevermore.  
Amen

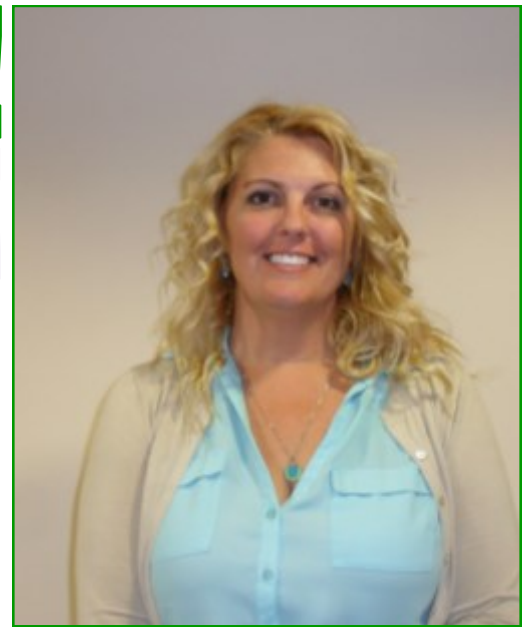
# Welcome Christina!

Moosehaven welcomes Christina Seaton, Director of Human Resources. Christina lives in Middleburg with her husband, Anthony Seaton. They are blessed with six blended children and one grandchild.

She enjoys gardening, family gatherings and riding motorcycles.

With over 20 years of Human Resource experience in the fields of healthcare, construction and manufacturing, Christina is a welcome addition to our Moosehaven family!

Quote: *A closed mouth doesn't get fed.*



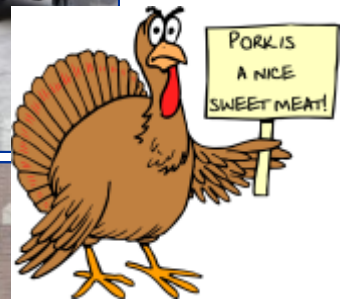
## Merry Christmas

### Moosehaven Supports Our Community

Moosehaven Executive Director, John Capes, and Tommy Moose present turkeys and cookies to the Town of Orange Park Police Chief, Gary Goble, and Fire Chief, Alvin Barker. These First Responders offer protection and service to our residents, helping to ensure Moosehaven remains a safe and secure home for our seniors.

### Staff Birthdays

Lydia Bagwell  
Janice Wilson  
Michael Teachout  
Cynthia Wagner  
Theresa Brown  
Wendell Johnson  
Yung-Li Sheng  
Maricar Smith  
Gregorio Trinidad  
Marie Cenatus  
Yolanda Manana  
Serge Milord  
Latorie Beckett  
Brianna Gibson  
Stephen Tayao  
Gloria Funderburk







## Christmas Traditions

Tradition. Who decides when something becomes a tradition? The dictionary <sup>1</sup> defines tradition as: *The transmission of customs or beliefs from generation to generation, or the fact of being passed on in this way.* The traditions we observe during the holiday season are varied and the holidays themselves can represent very different things to each of us.

Due to changes life can bring, sometimes traditions must change or new traditions must begin. For me, it is traditional to decorate my home on the weekend of Thanksgiving. I put up the tree, decorate the mantel and dining room and hang the lights out front....okay, I haven't gotten to the outside lights yet. I bake, presents are wrapped and placed under the tree and I play Christmas music whenever I can. I love this time of year!

My children are adults but still get excited at the prospect of Santa's visit. On Christmas Day we always say a prayer, wishing Christ a happy birthday and thanking him for the gift of life he sacrificed for us. The smells, the sounds and the fellowship are all part of the tradition and the memories made at Christmastime.

For some, this time of year is very difficult. They may have lost a loved one, may struggle with depression or may just be lonesome for those traditions they used to share with their own families. Whatever the reason, they may be withdrawn and not interested in celebrating in any way. We should offer our support, our compassion and our friendship to those who struggle through the holiday season. For those who simply don't like the holidays, for no particular reason, and prefer not to participate in any celebration whatsoever...well I suppose we should honor the wishes of each Grinch we know.

Moosehaven and our generous fraternal members make the holiday season very special for all of our residents. Beginning with Thanksgiving and the delicious home-made feast offered by the Macclenny Lodge all the way through the sumptuous resident Christmas party thrown by John and Tina Capes, the residents enjoy carolling by local church choirs and boy scout troops, picnics, teas, visits by Santa, Christmas lights and the 4-day event known as Georgia Tree Lighting hosted by the GA Moose Association. The end of December brings to a close a wonderful, fun-filled, over-eating, too-much-dancing, party-all-the-time month. The residents are full, tired and happy. There is no doubt whatsoever that they are supported and they are loved.

Working toward my 11th year at Moosehaven, I can still honestly say I love working here. I love what our fraternity is able to do for each and every resident who has ever come through our gates. We are the Moose and Moosehaven is the prize for our service, it is our reward!

I invite each of you to 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](http://www.moosehaven.org), to learn more or schedule a visit and personal tour.

Please join me in welcoming our newest arrivals to Moosehaven under the Moose Life Traditional Admissions Program: John Flynn from New Port Richey, FL and Shirley Thomas from Greenfield, MA. 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***

<sup>1</sup> Dictionary.com

# BILL'S BOARD

To everything there is a season, and a time to every purpose under heaven:

A time to be born and a time to die; a time to plant, and a time to pluck up that which is planted;

A time to kill, and a time to heal; a time to break down, and a time to build up;

A time to weep, and a time to laugh; a time to mourn, and a time to dance;

A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;

A time to get, and a time to lose; a time to keep, and a time to cast away;

A time to rend, and a time to sew; a time to keep silent, and a time to speak;

A time to love, and a time to hate; a time of war and a time of peace.

First of all let me ask how many of you could not read this passage without thinking “turn, turn, turn” at the end of every line? If you were like me you heard the lyrics from the song Turn, Turn, Turn by the Birds which was based on this section of Ecclesiastes 3:1-8. The song was written by Pete Seeger in the late 1950’s and the Birds turned it into an international hit reaching #1 on the Billboard charts in December 1965. In addition to the phrase “turn, turn, turn” the song lyrics added the phrase “I swear it’s not too late” after a time of peace. The song was viewed as a plea for peace and change which struck a chord with both young and old.

The passage in Ecclesiastes is of course much older and sends a more powerful message about life and perspective. But it is a message we have difficulty embracing. We are meant to experience the full spectrum of life. For all of us there will be distinct seasons, periods of time, whereby we will experience all things both wonderful and terrible. We will weep and laugh; mourn and dance each in its season, in its own time. When things are wonderful we think it will never end because we wish it to be so. When things are terrible we think it will never end because the pain tells us it is so. The Persian expression “This too shall pass” applies to all things regardless of what our minds and emotions tell us.

There are only supposed to be six season: summer, fall, winter, spring, holiday and football. Right? We don’t tend to think of life as a series of seasons. Even though the wisdom of Ecclesiastes tells us it is so. If we are able to embrace this concept it helps to keep life in perspective both when we are very happy and when we are very low. This too shall pass, the page will turn, life will go on, more and different things will come our way each in its season.

This might seem like a strange thing to be thinking about now in the middle of the “holiday season”, a time of celebration. But it is also a time of reflection and remembering. Perspective is especially important during times of reflection. Our remembrances are often of both love and loss and it is somehow comforting to recall that there is a time for both. Another message in Ecclesiastes is to give thanks in every season. As I am coming to the bottom of the page I want to wish everyone joy during this season and the seasons to come and I hope you find the perspective to be thankful in every season of life.

**Bill Tippins**

**Director of Operations**



# UP CLOSE AND PERSONAL WITH JEAN VALLEE

This month we get up close and personal with Jean Vallee. Jean was born on March 25, 1939 in Norwalk, CT to Jerald and Rita (Metivier) La Madeleine. She was one of 8 children and had 6 sisters and 1 brother. She remembers they use to love going swimming and ice skating. Jean went to Leavenworth High School where she enjoyed being a Cheerleader for two years. Her dad made her quit school so she could work at his garage where she would change flat tires and pump gas. She said she remembers gas was only \$.10 a gallon at that time.

She married her first husband in 1957 and they had three children. Jean married her second husband in 1963. Jean finally found the man of her dreams and married him on August 24, 1985 and was living happily ever after until he passed away on March 13, 1993.

It's not every day that one gets to live a dream, but that is exactly what happened to Jean. She told me that she has always seen color in things that don't have color. In 1990 she attended a seminar with painter Bob Ross, who hosted the television show, "The Joy of Painting" on the PBS channel. Jean told me how she needed to find courage, and she found it after attending her first seminar. Jean said that becoming friends with Bob Ross was one of the best experiences of her life. She went on to say that he was a very loving person who would always be hugging people and would make you feel so good about yourself.

Jean started teaching her own painting classes after Ross taught her his technique. She said that she was very proud of her accomplishments in becoming a Bob Ross technique painter. In 1977 Jean traveled to Europe, Germany, England and Holland teaching Bob Ross painting to people. She said she enjoyed teaching others how to sew at Jo Ann's Fabric until she retired in 2013.

Jean said that about five years ago she came for a visit to Moosehaven and was so impressed with everything here, especially the Life Care Center. She said she could not believe how clean and how fresh it smelled. Jean said that after watching what her mother went through while living in a nursing home, she knew that she wanted to retire to Moosehaven.

Jean decided to come to Moosehaven because she was having problems with her back and did not want to be a burden on her children. She said "I was just tired." Jean came to Moosehaven on December 7, 2016 with her canine companion, PITA. After arriving, she started having difficulty with her vision and realized that she had made the right decision. Jean said you would have never caught her riding a bike or playing Bingo but she enjoys both activities now. She said she really misses fishing off of the Moosehaven pier and cannot wait until it is repaired so she can go fishing again. Jean and PITA love their daily trips to the administration building to visit the office cat, Boo. She also loves volunteering in the Life Care Center. One piece of advice that Jean offers is, "Accept everything and I mean everything about yourself and have NO regrets." Find the color inside of you waiting to be unleashed upon your canvas of life.



**Donna Minigh**  
**Campus Activities Director**

**I dream my paintings,  
then I paint my dreams.**

**- Van Gogh**

# Therapy News

## Cultivating Gratitude

I recently read an article by Nick Polizzi that points out the fact that it is “impossible to be upset and grateful at the same time.” Being thankful is a bit like flipping a switch in your brain that sweeps away negative feelings. In fact, the article points to new research that shows that practicing gratitude consistently not only makes you feel happier, it also has positive effects on the physical body such as improved heart health, reduced inflammation and better sleep! Making a recognition of gratitude into a daily practice not only just takes a momentary spark, but requires commitment to make this practice a habit.

Here are some suggestions to help you do that:

- It sounds cliché, but simply saying a short prayer of gratefulness each morning when you first wake up makes a big difference on your outlook the rest of the day. You can also say things to yourself like “Wow, I wonder why I feel so healthy today?” or “I wonder why I am so happy?” Saying these out loud gives your brain a job for the day and can quickly make you feel better. Even if you have to fake it ‘til you make it, this practice works!
- Say a prayer of gratitude at each meal.
- Write down one thing you are grateful for each day over the next 10 days. Once you list them, you realize how much you have that you may not even have thought about.
- Ideas from the article to inspire you:
  - List what you like about yourself, inside and out.
  - List any wisdom you may have gained from the challenges in your life.
  - List your favorite people and what you love about them.
  - Think about your favorite color, a good book or movie or art you admire.

The opportunities really are everywhere. Look around and start recognizing how grateful you are! It’s good for you!

I want to leave you with one last thought. As the holidays are swiftly approaching, remember this: The very best gifts aren’t wrapped in boxes or colorful paper – The best gift you can give is a happier, healthier you.

*Jennifer Bothast, COTA  
Moosehaven/Rehab Director*

# Thank You

**To the**

**Georgia Moose Association**

**And all of the members who made the**

**Georgia Tree Lighting 3-day event such a success!**

**We are grateful for your support!**



# Georgia Tree Lighting



Residents enjoy the fun and fellowship with each other and the visiting fraternal family members from the Georgia Moose Association. For well over 25 years, the Georgia Moose Association has visited and celebrated the greening of the chapel and the lighting of the campus. Over the years, the event has grown into a 3-day extravaganza of parties, food and of course, a visit from Santa.

Thank you to our Georgia brothers and sisters, we love you!

# Hometown Heroes...Going The Extra Mile

We recognize residents and staff who go over and above and who, in their own way, are Moosehaven's own Hometown Heroes.

- ⇒ **Doris Pavan, Dining Services**, is recognized for going the extra mile in service to our residents.
- ⇒ **Joyceln Lim, CNA**, is recognized for her amazing work ethic and her generous and caring attitude.
- ⇒ **Robert Shay, Resident**, is recognized for his work and green thumb in caring for the plants at Ohio.
- ⇒ **Johnnie Snodgrass, Nursing**, is recognized for his patient and caring ways when dealing with residents.
- ⇒ **Sandy Topole, Activities Assistant**, is recognized for making sure that residents in the Life Care Center and Ohio Residence Hall are busy, happy and well-cared-for.
- ⇒ **Dining Services, Activities, Maintenance, Purchasing and Warehouse Departments** are all recognized for an amazing month of eats, treats, lights and trees, not to mention amazing events!

If you would like to add someone's name for our Home Town Heroes column, please contact Marina Mathews, Director of Admissions at x1214 or Nancy Coffman at x1217.

## Resident Birthdays In December!

Joyce Bell  
Paul Doll  
Linda Feagan  
Charlotte Helfer  
Shirley Mason  
Dale Parker  
Ruth Shields  
Crystal Winsor

Toby Campbell  
Jim Douberley  
Jo Ann Fissel  
Duane Hinz  
Junior Orr  
Margaret Rash  
Ronald Stocklose  
Arthur Woodward

Alda Carmisciano  
Mary Embrey  
Donald Frati  
Rod Krug  
Mary Orr  
Gary Sagen  
Nancy Van Beek

Karin Dixon  
Phyllis Engle  
Dorothy Goeke  
Brenda Long  
Anna Osborn  
Ruth Schrader  
Shirley Walters

## Resident Anniversaries In December!

Bob and Kathy Morris

Joe and Donna Noack

Junior and Mary Orr

**MOOSEHAVEN.ORG**

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!

**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