

Moosehaven News

Heart of the Community

GOLF!!



Teams prepare to enjoy the 11th Annual Moosehaven Golf Invitational. This year's Invitational has a record number of golfers and raised over \$32,000! Thank you to all who sponsored and/or played and helped make this event a SUCCESS!



Above left: Elsie Frisk and her friend Trudi Puda celebrate Mardi Gras!

Above right: Residents and staff enjoy dressing up Mardi Gras style for our Ice Cream Social.

Right: Crothall Healthcare

Anthony, a floor tech, brought Mardi Gras to Moosehaven by decorating his ride on carpet extractor and driving it through the resident's ice cream social! Way to make us #ProudToWorkHere Anthony!



**Volume 12, Issue 3/4
March/April, 2018**

Newsletter Editor:
Marina Mathews

What's Happening?

- Ladies Paparazzi Jewelry & Wine Social
- Dinner Dance @ Mandarin Lodge
- Dinner Show @ Lakeshore Lodge
- Camp Blanding Museum
- Lunch @ Jax Beach Lodge
- Michigan Deck Dinner
- St. Patrick's Day Dance
- Tour/Lunch San Sebastian Winery in St. Augustine
- Easter Kids Fest
- Sunrise Easter Service
- Clay County Fair
- Steak Night @ Lakeshore Lodge
- Spring Fling!
- Crescent City Lodge
- FBMA Mid-Year

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

Florida-Bermuda Moose Association

Our Residents Thank You!
for a wonderful
FL Days weekend,
picnic and fellowship!



Just John

Recently, as I was rushing around and unsuccessfully trying to do about three things at once in the midst of multiple interruptions, I remembered something from a fairy tale. Lewis Carroll's White Rabbit (Alice in Wonderland) is credited with saying, "The hurrier I go, the behinder I get" as he frantically rushes around just before disappearing down the rabbit hole. Despite its fractured grammar, his observation can be found in a multitude of places including on bumper stickers and coffee cups.

The phrase usually means that when you hurry, and especially when you have many urgent tasks to complete, you get flustered and your thought processes get scattered with the usual end result that you actually accomplish less. In fact, it's been my experience to sometimes end up worse off than before I started. Certainly, it's better to not get yourself into that situation, but sometimes it's unavoidable. One thing is for sure - rushing to get something urgent or many things done at once is a frustrating and non-productive behavior.

Another time the phrase may apply is when you have a goal that you are passionate about or a really big challenge to overcome. Whether it's working to achieve your goal or preparing to overcome your challenge, the demands on your time often increase to the point where you become overwhelmed. Then it's time to slow down and enjoy the journey you're on.

Of course, there are the self-help gurus who insist that you can do a lot more than you think if you simply implement some time management program they offer. Listen carefully now - time cannot be managed, controlled or manipulated in any way. No one is capable of controlling or managing time. It rolls forward – tick, tock, tick – no matter what you do.

What you can do is manage yourself. Nothing separates successful people from unsuccessful people more than how they use their time. When you have a huge list of tasks, the best approach is to prioritize, delegate (if possible), and then tackle each task one at a time—giving your full attention to each in turn.

Life is not supposed to be about running around in circles like that poor White Rabbit. As Ann Voskamp (One Thousand Gift Devotional) says, "Haste makes waste. The hurry makes us hurt."

We sabotage our own days when we hurry through them:

Forgetting things we need,
misplacing what we had,
missing out on details,
accomplishing mediocrity,
redoing what we could have done right the first time,
eating poorly,
exhausting our minds and bodies,
staying irritable with people who aren't in the same hurry . . .

Surely, by now, we've learned we can't do it all.

Life is short, enjoy it.

As always, I am...

Just John

*The hurrier I go,
the behinder I get*



Simply Helen

What about you?

"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results." - Andrew Carnegie

When reading different quotes and scriptures about working together, I'm reminded that no one is exempt. It's about us - Moosehaven and our entire fraternity. Sure, it defines some, not all. Notice I said "some," not all. Can you imagine what we could and would accomplish if "all" members exercised teamwork as it is defined?

When individuals work together, they can double their strength and productivity. They also reap the value of having worked in unison, thus creating harmony instead of confusion. Working as a team begins with the efforts of each person, as they work with others to accomplish the task at hand.

Ecclesiastes 4:9-12, "Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken."

Proverbs 27:17 gives us great advice about teamwork. "Iron sharpens iron; so a man sharpens the countenance of his friend." A team is made up of many people with different personalities and strengths. You've heard many times, "There is no 'I' in team." That's right; it's just like a friendship. A good friend isn't someone who always agrees with everything you do or say. A real friend is someone that is willing to challenge you to be better as a person. A team player encourages his fellow team mates to be better players. Teamwork and friendship both work in very similar ways.

It's sad, but true, that many people on the same team spend so much time and energy in opposition with one another. Opposition takes more energy than working together! We need to get over ourselves! We need these people in our lives to challenge us to get off our little Islands and into the real world and get involved with those who share a common purpose.

Each person has something unique and special to offer, so we must recognize the many gifts that have been created through God's love. Together, our team has many options and great things to share with one another.

What about you?

It's me - Simply Helen

Moosehaven Heart of The Community

Easter Kid's Festival



With 2500 attendees, our Easter Kid's Fest was another huge success in our Heart of the Community event schedule.

Kids and parents alike enjoy our safe, family-friendly events and look forward to meeting Mr. and Mrs. Easter Bunny every year!

Easter Sunrise Service on the riverbank was a beautiful and well-attended event. This service has been offered at Moosehaven for over 30 years.

Moose Life Admissions Program

Silver Linings!

How do you tend to 'see' events in your life?

I find that I try to find the bright side, the silver lining, in every negative situation or occurrence life throws my way. It's not easy and I don't always succeed at first. This mindset doesn't change the situation or the event. It changes me, or my outlook anyway. We can do nothing to change an event that has already happened. All we can do is control how we react to that event. I choose to look on the bright side, to find the silver lining!

As an example, a friend of mine had an accident in his new car. Someone hit him and totaled the car that he'd had for only 14 days. He wasn't seriously hurt, thank goodness, but he did have to endure a frustrating few weeks dealing with the insurance company of the other driver, the GAP insurance company and the dealership. After several weeks, however, he wound up with another new car, which was an upgraded model that has more features than his previous model. Silver lining!

I've often asked residents how they are doing and been told, "No so great today," or 'My arthritis is acting up,' or 'I'm getting old,'" and my response is always, 'It's better than the alternative!' Silver lining!

My uncle had a very bad respiratory infection and they took x-rays. He had to endure a brief hospital stay and an intensive round of medications. The good news? The x-rays revealed a spot on his lung which was caught early and treated. Silver lining!

Every situation has something positive to grab hold of, even if it is only that walking through the experience helps strengthen our characters. We shouldn't fear life and all that comes with it. Life isn't what happens to us, it is how we live with what happens to us. Life is what we make of it.

I speak to members of our fraternity every day and hear all to often, "I guess I'll have to come to Moosehaven one day, when I can't take care of myself." The reality is that Moosehaven is truly a haven for our residents. Moosehaven allows our senior Moose members who are approved for residency to enjoy a safe, worry-free, top-rated retirement community thanks to the generosity of our great fraternity.

We provide 5-star services on our beautiful, river-front campus.

Moosehaven offers a future that can alleviate all your worries, your doubts, your stress and your fear. I invite each of you to come for a visit to learn what we do and what we offer at Moosehaven. Come for a visit; stay for a lifetime. Please visit our website, 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 Admissions Program: Frank and Christine Nutter from Winter Haven, FL and Iris Odle from Rapid City, SD. 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 Program**

**April Showers
Bring May Flowers**

BILL'S BOARD

I had the pleasure of attending the Mississippi Moose Association Mid-year Convention in Gulf Port Mississippi March 15-18. I thoroughly enjoyed being there for good meetings, nice hospitable people, great fellowship and really great food. We had homemade fried catfish, hushpuppies, cole slaw, french fries, fried pork chops, field peas, chicken creole, sandwiches, nachos, meatballs, sliced cold cuts, cheese, lump crab meat Chimneys and deserts. Wow, I guess I sound like Bubba Blue describing how many ways you can prepare shrimp to Forrest Gump. If I do, it is not really my fault. You see, on my way to Gulf Port, I drove past the exit to Bayou La Batre, Alabama, Bubba's home town and the original location for the Bubba Gump Shrimp Company. I know Bubba and Forrest were not real, but that does not really matter to me. It still triggered a set of memories. The book and the movie were very funny but they actually dealt with important issues that created many interesting conversations in the late 1980's and early 1990's. The author touched on topics of race, Vietnam, drugs, prostitution, politics, values and sexual and physical abuse.

The love of Forrest's life was a girl named Jenny. His love for her was constant throughout the book and movie, even though she was not with him for most of their time after high school. Jenny's mother died when she was five and she lived with her father and sisters in an old farm house. It is strongly suggested in the movie that Jenny was physically and sexually abused by her father. Jenny set out on a journey of self-discovery that leads her from one bad relationship to another involving drugs, prostitution and thoughts of suicide. She, at length, returns to her home town and Forrest. One day, the two of them are out for a walk and they come upon the old farm house where Jenny grew up. Overcome by emotion she throws first her shoes and then rock after rock at the house until she collapses in tears. Later in the movie, after Jenny dies, Forrest speaks at her grave side saying he had that house bulldozed to the ground. He tried to make a gesture to change the situation, but obviously the gesture could not help in any real way.

As we grow older, we tend to spend more time thinking about our past. Often this can be very pleasant. However, it is all too easy to get caught up in thoughts of loss and pain. It can become a very dark place where we place blame either on ourselves or others leading to feelings of shame or anger, depending on who we blame. The most common advice is to just forget about it, let it go. It is in the past and there is nothing you can do. Some of the best advice is to look for forgiveness and reconciliation. You can learn to forgive yourself and others through understanding and perspective.

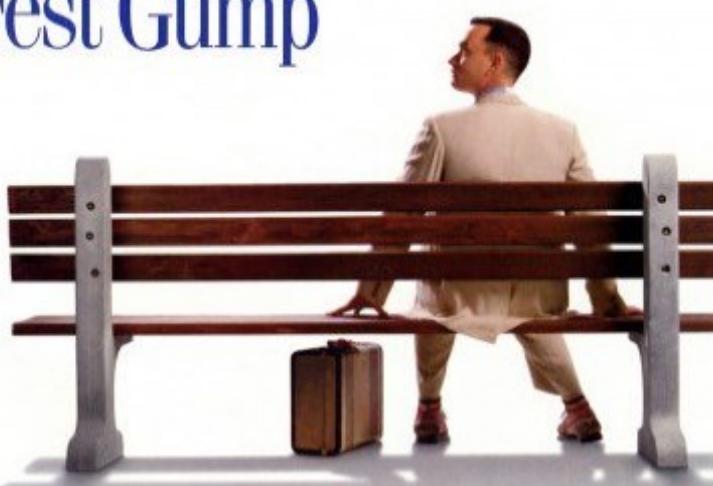
Our society is changing and, as it changes, painful reminders of the past are being removed. This kind of change is not easy and is not acceptable to all members of the community. I don't intend to take a position in this controversy. But, I think it is the same as when an individual looks back on a painful part of their past. Golda Meir said, "One cannot and must not try to erase the past merely because it does not fit the present." In a similar vein, Nelson Mandela said, "True reconciliation does not consist in merely forgetting the past." What this

means to me is that dealing with the past is not about forgetting that it existed, erasing every trace or bulldozing the house to the ground. It is more about reconciliation and forgiveness. Of course this is much more difficult, but truly important things generally are.

"My Mama always said you have to put the past behind you before you can move forward." –Forrest Gump

Bill Tippins
Director of Operations

Forrest Gump



UP CLOSE AND PERSONAL WITH WILLIAM D HOLT, JR.

This month, we get up close and personal with William "Bill" D. Holt, Jr. Bill was born on April 5, 1931 in Mullins, SC to parents David William Holt, Sr. and Merle (Phillips) Holt. Bill and his sister, Doris, grew up during the depression. He remembers that times were very tough then. At the age of 6 his mother became very sick and was bed-ridden for months. He would help her and take care of his sister while his father worked as an aircraft mechanic for the military.

When he was 9, his family moved to Jacksonville, FL. Life started getting better. He had a newspaper route and would deliver papers every day before school. Bill graduated from Robert E. Lee high school in Jacksonville in 1949.

Bill joined the United States Army after graduating from high school. His goal was to become a Paratrooper, and he achieved what he set out to do. He had over 80 successful jumps and was part of the 508th Airborne Regimental Combat Team. After serving in the Army for 8 years, he transferred into the Air Reserve. Bill said he could pack a parachute.

When he returned from the military he went to Clemson University. Bill and his friend Ed Selby, both ex-paratroopers, started what he called the "Dixie Skydivers." Bill said that they did it to defray their expenses for collage. They would make delayed parachute jumps from mile-high airplanes during their exhibitions. Between jumps they would pass the hat for voluntary donations. At one time someone said to him "Don't you think that's a pretty hazardous way to get an education?" He replied, "It's not any more dangerous than driving a car on highway 29."

Bill said that being a Paratrooper was the highlight of his life. He has jumped out of a plane 250 times during his life and said he would still do it today at age 86 if he had the opportunity. He said his first marriage was in 1953 and second was in 1977 but neither of them gave him the thrill or joy like jumping from an airplane.

He lived in Atlanta, GA for about 20 years with his second wife and that is when he joined Moose Lodge #1875 in Forest Park, GA. Bill managed a shoe store for a while then went to work for Lance Inc. where he retired in 1986. After retiring he said he was so happy to move back to Jacksonville where he had so many good family memories.

Bill and his canine companion, Tinker Bell, arrived at Moosehaven on January 18, 2018. He said, "In life we are all afraid of the unknown but coming to Moosehaven was the best decision I ever made." Bill looked at me with tears and said that Moosehaven has done more for him in the past few weeks than anyone has in many years.

In closing, I asked him what advice would he leave to the next generation and he replied, "It's the oldest saying in the book, but there's no doubting it's true... Honor your mother and father. Be thankful you have

parents and the ability to improve your life as well as the lives of others. Always value the life you live."

 "We are the men in chutes, tough men in jumping boots. Jumping down to victory. Stand up, hook up; hit the door and go! Downward, earthward, our silken banners flow. Lift up your heads and shout it, there is no doubt about it. We're jumping to victory, GERONIMO!"

**Donna Minigh
Activities Director**

Therapy News

I recently attended several workshops on myofascial release. What is that you ask? Well, let me try to explain what fascia is first before I tell you how it can be released.

Fascia is a connective tissue that is embedded within and all around every structure in the body, right down to the cellular level. Using a strong microscope, it has been discovered that fascial tissue is actually fluid-filled tissue that moves with your body and it is all connected as one sheath. You ever notice the clear layer of strong, sinewy tissue you see on a piece of chicken between the skin and meat? That is an outer layer of fascia.

John Barnes is a physical therapist and licensed massage therapist who teaches manual therapy techniques with prolonged holds which serve to release fascial restrictions throughout the body. A restriction can occur because of trauma from an accident or injury, because the normally fluid-filled fascia thickens and hardens and doesn't move with you as it should when you move. Restrictions can also occur from repetitive micro-traumas such as wear and tear type injuries. It can even be caused by emotional trauma because of the way we carry our emotions in the way we hold our postures or as a reflection of fear or pain.

Because all fascia is connected and interwoven together as one piece, it acts as a pull in a sweater. The pull may occur at the bottom, but it pulls a whole area up through the whole sweater. So if you have pain in one area of your body, its cause may actually be somewhere else entirely. Therefore, multiple areas of restriction need to be released in order to create effective change. Myofascial release occurs through gentle, sustained pressure of trigger areas, and is better maintained through stretching and strengthening exercises in order to regain lost motion with less pain.

I have taken four 20 hour workshops so far, and I am still learning everyday how to better release fascial restrictions and help others' heal. At this point, I am still considered to be a novice, but I am bridging into being an intermediate level therapist with this particular modality, and hope to someday become an expert in the field.

Now comes the hard part of my writing this article. Because of my level of interest and practice in this type of therapy, I was recently offered a position in a private outpatient clinic which almost exclusively offers this type of treatment. I had wanted to try and work part time here and part time there, but as it turns out, they really need me full time there now. This has been SUCH a difficult decision because I have been working at Moosehaven for almost eight years and you all are a huge part of my heart. Still, I need to be able to work full time and making this move is the only way I can accomplish this.

You are my family and I will still try to get in to work and maybe even just visit now and then, but unfortunately, this is my last month in the therapy department. I wanted to put it in writing because I didn't want to just disappear without saying goodbye. April 30th is my last scheduled day in the therapy department. I love you all so much. I will always consider myself a part of this Moosehaven family.

*Jennifer Bothast, COTA
Moosehaven/Rehab Director*

Staff Birthdays

Tonda Britton
Gary White
Faye VanMeurs
Debbie Spears
Eric Colvin
Dale Gebhard
Shenell Anderson
Brenda Jewell
Susan Luke
Donna Minigh
Patricia Reid
Juseliennne JeanBaptiste
Caleb Silcox
Brittani Rumpff
Ellen Huff
Charles Scrivens
Judith Emami
Darlene Frazier
Sandra Gravatt
Brent Tull
Ashley Silcox



Save The Date!

Moosehaven Heart of the Community
Breakfast and Car Show!
Saturday, May 19th
7:30-10:00am / 10:00am-2:00pm

New Life Admissions at Brandon Place

The arrival of spring is announced on the warm afternoon breeze stretching across the river. With fragrant affirmations of rebirth and abundance, the season of renewal is boldly framed by longer days and soothing sounds of whippoorwills off in the distance.

Enticed by the warmer temps, I indulge in a stroll along the campus field. The impressive evening skyline yields to memories of my youth. As the sun sets, the glistening rays reflect silhouette images across the river, and my mind races through echoes of time spent with my late grandfather. Recalling nautical excursions across the Great Lakes with my grandfather at the helm, the recent loss of his presence begins to sink in.

Although my aching heart longs to hear his voice reprimanding my sister and me for burdening our, “poor, poor mother,” I take solace in the reflection of my grandfather’s full life. From sailing adventures, to racing Indianapolis and golfing across the US, he lived a life much larger than his 5’2” frame. My grandfather was jovial, kind and rooted in rich nostalgic tradition, which provided the foundation for our family. His legacy is embodied in bold tales, fond memories and in the lives left behind.

My thoughts turn to recent months, and my grandfather’s waning health. The scene provides sharp contrast in comparison to services and lifestyle of our own Moosehaven program. Although I have always championed our unique care for seniors, it wasn’t until my recent experience that I discovered the true value of Moosehaven. What my grandfather’s retirement care lacked, Moosehaven provides effortlessly – and that is heart.

Each day visitors arrive and spend time with our residents and take in the sights of our expansive campus. Although all are impressed by whispering scenes of the serene landscape, it’s truly the level of care displayed in each interaction between staff, residents and visiting guests that offer testament of our commitment to family. Even pets prove content as tails wag and cats purr in affectionate display.



“This” – this is the scene I longed for my grandfather; the familiar scenes of a caring staff, and compassionate services that pave a path of contentment in health and in twilight of days. “It” is unique, “it” is part of a family commitment, “it” is what Moosehaven offers to all who enter our gates: love, opportunity, contentment. “It” is the best gift you can ever give yourself, or offer your loved ones.

In the blossoming season of renewal and rebirth, learn more about Moosehaven and thrive again. Gain independence, freedom and opportunity, from a loving staff with endless heart and start making precious memories of happiness and contentment for generations to come.

**Gini Turner
Marketing Director**

A-A-R-P! I wanna join the A-A-R-P!



The Retirement Village People

A NEW MONTH
PUSH YOURSELF
REJUVENATE
INSPIRE OTHERS
LAUGH LOTS

“At the end of your life, you will never regret not having passed one more test, not winning one more verdict or not closing one more deal. You will regret time not spent with a husband, a friend, a child, or a parent.”

Barbara Bush

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.

- ⇒ Carol Ann Olsen and Carole Mehrten, residents, are recognized for going the extra mile in their roles as volunteer librarians for the Brandon Place Clubhouse.
- ⇒ Diane McMillan, resident, is recognized for her friendly attitude and great memory when she serves ice cream!
- ⇒ Tillie Graves, resident, is recognized for going the extra mile in her role as volunteer librarian for the Campus library.
- ⇒ Jack Diebold, resident, is recognized for donating his time to assist with the Catholic Services.
- ⇒ Bob Shay, resident, is recognized for always helping other residents who live in Ohio Hall.
- ⇒ Margo Abel, Resident Services, is recognized for her positive attitude and friendly demeanor to all who visit or call the Resident Services Department.

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 March/April!

Patricia Campbell	Tillie Graves	Ruth Wingard	Rita Gabbert
Carol Bailey	William Jones	Dorothy Keim	Jackie Shea
Virginia Gage	Bernadette Plowden	Paul Moore	Edward Harper
Albert Shallbetter	Freda Vertigan	Therese Wheeler	William Beard
Howard Olsen	Glenda Hofer-Hapi	Betty Bunn	Harold Embrey
Cora Sparrow	Donald Gettings	James Gottlof	Gertrude Puda
Drena Jenkins	Jean Vallee	Howard Mathias	Rosemary Taylor
Bessie Buhr	Charles Huston	Sandra Balestracci	William Holt, Jr.
Brenda Barclay	David Gage	Edith Layton	Glennah McClain
Dorothy Sokol	Elsie Fifer	Adah Reed	Nicholas Mehrten, Jr.
Norma Rainard	Thomas Allen	Herbert Phillips	Kenneth Rowden
Joseph Venuto, Jr.	Shirley Thomas	Hinson Stephen	Philip Stack

Resident Anniversaries In March/April!

Frank & Christine Nutter	Edward & Edith Layton
Jim & Linda Reynolds	Billy & Phyllis Engle
William & Margaret Lazuka	Cager & Patricia Campbell

MOOSEHAVEN.ORG

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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!

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