

Moosehaven News

Heart of the Community

Residents on the Go!

All too often, members I speak with on the phone or at Conventions tell me, "I'm just not ready to give up my freedom" or "I still want to travel." Well, welcome to retirement at Moosehaven!

Our residents may be ready to retire and slow down a bit but are anything but ready to quit living life! They travel, they play, they exercise and they shop!

Just a few resident travel stories from recent months:

- Joe Hapi travels to Australia to visit family!
- Bob DeSilva spends a month visiting Canada and touring China!
- Marge Walter and Bruce Pfarr travel the US visiting many historical sites including The Jefferson Davis Home!
- Suna Hall takes European vacations each year!
- New residents, Richard and Linda Darling leave soon on a trip to Ireland, Scotland and England.
- Jim Hoggatt spent some time in Norway!

Every week we provide transportation to the airport, the train station and the bus station for residents traveling 'home' to see family, friends, attend weddings or graduations, conventions, conferences and other special occasions.

When I see them upon their return home, invariably they tell me, "It's good to be home!" Moosehaven is their home, their haven.

If you'd like to keep up with our resident travels, most of them are on Facebook and make posts about their trips and about life here at home. It's a busy group, prepare for lots of posts! :)

Please join me in welcoming our newest arrivals to Moosehaven under the Moose Life Traditional Admissions Program:

Richard & Lorraine Upperman from Sebastian River #1767/#1764

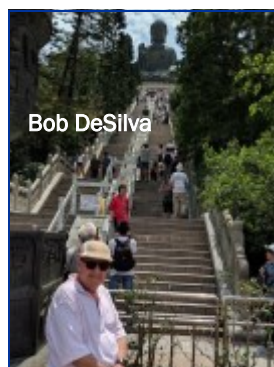
Charles Davidson from Zion, IL #667

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

Marina D. Mathews, Director of Admissions



Joe Hapi & Family



Bob DeSilva



President Jefferson Home

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Newsletter Editor:
Marina Mathews

What's Happening?

- District Sports & Meeting @ Moosehaven
- Steak Night @ Lakeshore Lodge
- Bowling League Dinner
- New Wood Burning Class!
- Night of Baseball with Lakeshore Lodge
- Island Community Theater
- John's Social
- Dinner/Dance @ Mandarin Lodge
- Movie Day @ Fleming Isl.
- Michigan Deck Dinner
- Fried Chicken Night @ Lakeshore Lodge
- Breakfast @ Mandarin Lodge
- Moosehaven's Got Talent
- Gym Equipment Safety Class
- Card Tournament

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



Just John

Isn't it amazing that with age how much more clearly we can realize all the things we could've/should've/would've done differently when we were younger that probably would have made our lives somewhat different as a result. Unfortunately, we don't get "do overs" when it comes to our misspent youth, but we can often use many of those earlier lessons to help us live happier, healthier and wiser lives today. For example:

Trust your gut. Sigmund Freud once commented...when making a really big decision and everything is on the line "go with your gut and never look back." How much time, pain and frustration could be avoided if we just trusted our gut, our intuition, our instincts or whatever you call it? It's that small whispering voice that always knows what to do. You know...it's the one that you say, "I should have just listened to myself."

Look before you leap. Even, perhaps especially, when your gut tells you to jump, take a moment to survey the landing zone. Remember the calm surface of the water may hide dangerous rocks beneath. Taking a moment to look around may reveal a better path to the same result.

The grass is NOT always greener. Just like a cow will stretch her neck as far as possible to get that one blade of grass outside a pasture full of clover, we sometimes view a different job, neighborhood, friends as a better deal only to find out just how much we actually sacrificed in the move.

Accept that you cannot please everyone. And, you certainly will never gain everyone's approval. Instead, be yourself. Don't sell out. Be determined about pleasing yourself before you please others.

Just say NO. Saying "no" leads to one minute of discomfort versus what is usually a longer period of frustration for regretfully saying "yes". When you say "no" to the things you don't want or that don't feel right, it provides opportunity to say "yes" to the things that you do want and that do feel right.

Find your passion. Life can be fulfilling with passion or just existence without it. What lights your fire? What makes you feel alive? Discover what you are passionate about and learn how to use it at work, with your family and in life?

Stand up for what is right. Anyone can be a leader but it takes courage to be a leader when it means others may think you're weird or unpopular or even threaten you. Franklin Roosevelt said it best. "Courage is not the absence of fear but the mastery of it." Stand up for what you believe in. You'll feel good about yourself.

Be grateful. Too often we focus on what we would like or don't have. Instead, take time to think about all the good things in your life, you'll see that you really do have more than you need. Enjoy and be grateful for your blessings

Be resilient. It's very tempting to look at successful people and think they've never failed. Truth is, everyone fails. As George Custer once said, "It's not how many times you get knocked down that count; it's how many times you get back up."

Learn from failure. People learn, grow, and ultimately succeed through failure. Leo Schlesinger said, "Failure doesn't mean the game is over, it means try again with experience." Experiencing failure helps us to better appreciate the sweetness of success.

Your legacy is largely out of your control. People usually do the best they can. However, other's perceptions often shape our legacy. You may not be happy about how you're actually remembered but you'll be dead. So, don't worry so much about it. Just live. In the words of Ralph Waldo Emerson, "The only reward for virtue is virtue."

Finally, the past is behind you. What is done is done and cannot be undone. Instead apply its lessons to tomorrow's challenges.

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland...Isaiah 43:18-19

I'm...

Just John

SIMPLY HELEN

The Moose Campaign this year is Moose on a Mission. I had the privilege of seeing many members at the International Convention in New Orleans. Let me tell you – the Moose ARE on a mission!

Being on a mission refers to acting in a determined way and so focused on doing something that one is oblivious of anything else.

I love the statement by Maya Angelou, *“My mission in life is not merely to survive, but to thrive.”*

The best way to compensate for your weaknesses is to find a friend who has strengths in those areas.

Eccl Chp 4:9-12 says, *“Two are better than one, Because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up. Again, if two lie down together, they will keep warm; but how can one be warm alone? Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.”*

I'd like to share an article I read titled, “Lessons from Geese.” Studies show that Canadian geese almost always travel together, usually in familiar V-formations. This is to provide help to one another unlike the sea gull which hinders other gulls from accomplishments.

As each bird flaps its wings, it creates uplift for the bird immediately following. By flying in ‘V’ formation, the whole flock adds 71% greater flying range than if each bird flew on its own.

Lesson: People who share a common direction and sense of community can get where they're going quicker and easier because they are travelling in the same direction and on the thrust of one another.

We need to continually reflect upon the direction of our fraternity and how we support one another in our sense of mission.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone....and quickly gets back into formation to take full advantage of the lifting power!

Lesson: If we have as much sense as a goose, we will stay in formation with those that share our vision.

Let's fly in the same direction and be willing to help and accept help as we journey together. When the lead goose gets tired, it rotates back into the formation and another goose takes the lead.

Lesson: It is sensible to take turns doing demanding jobs. With people, as with geese, we are interdependent on each other. Delegation and recognizing the gifts within each member are important for our effectiveness in completing our mission. In my words, let go and let someone else fly!

Geese honk from behind to encourage those up front to keep up their speed.

Lesson: We need to make sure our honking from behind is encouraging and not something else. As a fraternity we need one another for our mission to thrive.

When a goose gets sick, or is wounded and falls out of formation, two other geese fall out with that goose and follows it down to lend help and protection. They stay with that fallen goose until it is able to fly again or dies. Only then do they launch out on their own, or with another formation, to catch up with their group.

Lesson: If we have the sense of a goose, we will stand by each other through the good and bad. We are “Moose Strong” and we should be especially known for our mission – serving children, seniors and our communities.

How long has it been since you reached out to one of your fallen members? I hope each of you left the convention with a new sense of “mission” and while we all have our own agendas, may we never forget our mission – children, seniors and community!

Honor others as geese do!

Simply Helen

Calling All Cooks!!!

Do you, your lodge/chapter or your Association cook a mean bowl of chili? Then join the competition!



Pack up your Peppers and Load up your Ladles....
it's just around the corner...

Moosehaven 9th Annual Chili Cook-Off **A Heart of the Community Event**

Saturday, November 10th

Live Performances by Nashville Recording Artists

Chris Lane And Jimmy Allen

Community Breakfast - Car Show - Kids Zone

ALL PROCEEDS BENEFIT

For more info: 904.278.1234
rgibson@moosehaven.org



BILL'S BOARD

Here are a few scenes observed in the Moosehaven Health Care Center over the past year or so:

A Registered Nurse enters the living room area of Katherine Smith Hall. A small group of people are gathered, they all appear to be very upset and concerned. One resident pleads, "I don't think he is breathing, can't you do something?" The young nurse springs into action and he starts to breathe again.

Standing outside the spa tub room in the Paul P. Schmitz Skilled Nursing Facility, through the closed door an occasional small whimper can be heard. A staff member is giving a resident a special medicated bath. The recipient of the bath has been through a lot lately and is frightened and upset. He has only been at Moosehaven a short time and has recently lost his long term companion. Before coming to Moosehaven, he was living in a van. He needs serious medical attention.

A staff member received a doctor's order to obtain a urine specimen for testing. If she is unable to get the sample the resident will have to be hospitalized until they do. However, she is not receiving much cooperation. The resident wanders aimlessly and is not good at expressing when he needs to void his bladder. The staff member has to judge a time when the resident is likely to "go" and wait to try to get the sample. There is a great deal of coaching, begging, watching and waiting but eventually the sample is successfully obtained.

The nurse hears a clearly distraught family in the courtyard calling for help. She looks down and there is a body on the ground not moving. He does not seem to be breathing. She quickly gets information on what happened and starts compressions.

Now here is the rest of the story.

The group in Katherine Smith Hall was holding a fish from the large tank in the room. They were previously watching the fish as it took in food from the bottom of the tank. The fish started swimming strangely and then floated toward the top of the tank. The fish was handed to the nurse who squeezed the fish in just the right spot and a small rock from the bottom of the tank popped out of the fish's mouth. They put the fish back in the tank and it swam away. The nurse saved the day.

The staff member was giving a small dog a bath. Prior to coming to Moosehaven the dog lived with another older dog and their owner in a van. The older dog died shortly after coming to Moosehaven and this little dog needed special care while his owner received Skilled Nursing Care. The small dog had a serious skin condition, among other things, and the staff patiently provided medicated baths twice a week. The dog is doing well and has been reunited with his owner who is also fully recovered.

As you can probably guess by now the order for a urine sample was from a veterinarian and the resident is a dog. The staff member patiently and resourcefully found a way to get the sample and prevent the dog from having to leave his owner. To make getting the sample more difficult, the dog's legs are only about two inches long. Number four is also a dog. It seems the dog was playing and eating at the same time and got food lodged in his throat. The nurse performed a Heimlich-like maneuver and the dog expelled the food. He was as good as new, much to the relief of the resident and their family.

Now think about it. If this is the level of care and concern the staff provide for the pets living in the Health Care Center you know the care the human residents receive is top of the line. I am very proud of and want to say thank you to all of the Nurses, C.N.A.s, dietary staff, environmental services, activities, Social Worker, therapist, and all of the support staff that create the five-star service and treatment the Moosehaven Health Care Center is known for.

Please take time out to say thank you for all of the effort, energy and compassion these women and men give to our residents every day.

Bill Tippins, Director of Operations

UP CLOSE AND PERSONAL WITH F. ROSS FLEET, PSG

This month we get up close and personal with newly appointed Pilgrim Governor, F. Ross Fleet. He was born on February 1, 1938, in Winchester, Virginia where he lived for the first 36 years of his life. Ross came home to Moosehaven in 2013. He has done a lot in life and certainly much for the Loyal Order of Moose.

His father was Marvin Cooper Fleet and his mother, Dorothy Hall Fleet. They had a family business called Fleet & Company, Inc., which bought, slaughtered, butchered, (Ross says he considers slaughtered and butchered the same thing), sold and delivered beef, pork and lamb. After school, Ross would work at the family plant slaughtering. "Yes", Ross says, "in those days, it was fine and even expected for younger people to work in these positions." After high school, Ross took some college classes, including bookkeeping and business management. This further education was a benefit as it allowed him to work on the administrative side as well as the delivery side of Fleet & Company, Inc.. Ross sold the business in 1974 and became quite devoted to "Moose Life." More about that later...

Ross was blessed with two sons, Terry, 62, who lives in South Carolina and is retired from CSX and Frank II, 61, who lives in Ross' home state of Virginia. He is still waiting to see if they will retire to Florida. This particular published author (can I say that?) thinks everyone should live in Florida, but then, I could be biased.

Although his father was a Moose, it was the talks he had with a local restaurant owner that led him to join the local Moose Lodge on January 27, 1959. The reasons Ross made his decision to join were based on what Mooseheart does, what Moosehaven does and what the Moose do for and in the community. Ross enjoyed participating in the Enrollment Ceremony and as the Sergeant at Arms, won several state competitions. In 1961, while attending the convention in Chicago, he visited Mooseheart. A Mooseheart student gave him a tour of the campus, which Ross describes as 1200+ acres and over 900 of them are farmland! The first time Ross visited Moosehaven was during the 1972 convention when it was held in Jacksonville. From 1974-1978 he worked for Moose International as State Director, promoting Moose membership in West Virginia. From 1978-1985 Ross worked in Mooseheart and Moosehaven Admissions. From 1985-87 he was Moosehaven's Assistant Superintendent, which is the position that is now called the Executive Director. In 2001 Ross took an early retirement. However, in 2006 he decided to come back as Interim Executive Director until 2007. In 2009 Ross transferred to the Admissions Department, which is where he took his final retirement in 2016. He is a Pilgrim as well as a Past Supreme Governor. At the 2018 International Convention, his appointment as Pilgrim Governor was announced. As I write this, it seems to me, Ross has led a life of dedication to Moose empowerment. Certainly a lifetime of memories and moments to be proud of.

Now, in true retirement, Ross enjoys golfing at Bent Creek. I hesitate to include that he told me his handicap is 22, only because I am sure it's much lower than that (kind of like Bagger Vance). Ross really likes to spend time in the greenhouse, and confesses that his favorites are the palm trees.

Ross' advice for the next generation? Simple and smart: "Save for your retirement, pay yourself, and do not wait until the last minute. Social security won't take care of you and the companies that offer retirements are no longer around. JOIN THE MOOSE!!!"

Ross and I agree on many things Moose. This particular item is, well, something to think about. When Moose members come home to Moosehaven and their children, relatives or friends, etc., see what we do here for their loved ones they shockingly DO NOT ALWAYS BECOME MOOSE themselves. I think all should be Moose! As I stated before, I could be biased.

Coming to Moosehaven, for Ross, has meant peace of mind. It is knowing he will be cared for, whenever it is necessary. That he is not a burden to his family, now or ever.



Rachel Meierdierck
Resident Services

New Life Admissions at Moosehaven

One of the most memorable sermons of my youth continues to provide an enlightened perspective to this day. As the daughter of a Deacon in a southern Baptist church, it was important to know the stories of old. Adam and Eve, Noah and the Ark and Jonah and the Whale were mostly taught with an application of harsh discipline. Each Sunday school lesson offered a new reason to listen to my parents, teachers and most importantly, God in all his fury.

Knowing the next camping trip could land my smart mouth in the belly of a large fish, haunted me for years and kept me walking a straight line. Then one Sunday morning, a visiting pastor with a lighter message struck my heart with his insightful perspective of one of the great stories.

As the pastor introduced the story of Jonah and the Whale, I began to tune out and tune in to the pack of gum in mom's pocketbook. Any distraction that could waste a portion of the life-long half hour sermon was welcomed with open arms, as I was only allotted a finite number of nods each Sunday. Then, as I reached for the bright yellow pack of Juicy Fruit the pastor offered a term I hold dear to this day. "In the times of obscurity, you are not being punished, you are being preserved." Wait, a pastor at the pulpit NOT condemning a fallible young, determined, sometime rebellious, heart? My focus was sharpened, and my full attention absorbed every word from the podium.

According to the enlightened pastor, Jonah could have suffered a fate much worse than spending a couple of days covered in vomit, seawater and the undigested contents inside the large fish. Jonah may have drowned, been eaten by a shark or even killed by his estranged co-passengers in route. Instead, God provided refuge from the threatening turmoil, so that Jonah may complete his mission for the greater good. Jonah's success was preserved from possible destruction in the obscure moment; although, I often wondered what disparity Jonah felt as I'm sure he offered some lucrative deals with God at the time.

The optimistic account of such a beloved story often holds true in each trial faced through life. The positive perspective, considered in an obscure moment, can provide the encouragement needed to overcome. When life becomes challenging, consider the achievement that lies ahead. There is preservation in obscurity, and often enough, it is the defining element of our success.

Gini Turner
Marketing Director



Staff Birthdays

Cristina Seaton
Denise Blair
Vennette Rouzard
Robert David
Alison Emry
Christina Monte
Shane Cassata
David Thornton
Laura Denise Askew

Nieves Latuch
Carmen Tzan
Michael Thompson
Helen Taylor
Augusta Breval
Christina Gill
Faye Johnson
Ramona Suarez



Moose on a Mission...Going The Extra Mile

We recognize residents and staff who go over and above and who, have their eyes on the prize....who, in their own way, are On A Mission!

- ⇒ **Grounds Crew, Maintenance**, are recognized for keeping up with the abundant greenery growth on campus thanks to the many rain showers. Way to go crew!
- ⇒ **Terri Reed, Director of Nursing**, is recognized for her leadership and the guidance she provides to staff in the Health Care Center. She truly is a HERO!
- ⇒ **Resident Ambassadors**, are recognized for their commitment to Moosehaven and the programs and services we offer. They spread the word to their families, friends and fraternal brothers and sisters through social media, visits and welcoming guests to our campus. They get it and they share it!
- ⇒ **Resident Tour Guides**, are recognized for providing wonderful tours and information to our visitors.
- ⇒ **Dale Gebhard and Dave Thornton , Security**, are recognized for their devotion and dedication to keeping Moosehaven safe. Our entire security department are commended for the skill and dedication they devote to keeping Moosehaven and each of us safe.
- ⇒ **Delores Rockwood and Sandy Jones, Residents**, are recognized for their compassion and support with visits to residents in our Skilled Nursing Unit.

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 August!

Jackie Bramblett
Thyra Beaudrot
Peggy Janson
Joe Hapi
Sheryll Sherman
Margaret Neloff

Patricia Chisholm
Buddy Dunkle
Delores Rockwood
John Pimental
Pat McFarland
Inge Westmoreland

Peggy Trumble
Audrey Rundle
Lester Budz
Glynda Wright
Patricia (Lou) Thiel
Lori Benz

Margie Walter
Terry Bailey
Elsie Frisk
Anita Gettings
Ann Blankenship
Don Bell

Resident Anniversaries In August!

Bob & Carolyn Cox
Joe & Glenda Hapi
Don & Joyce Bell

Al & Marlys Shallbetter
Richard & Lorraine Upperman
Billy & Pat McFarland

Gary & Barbara Anderson
Nick & Carole Mehrtens

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