

Moosehaven News

Heart of the Community

Chili Cook-Off

Once again, our Chili Cook-Off was a huge success! With the help of our sponsors, our fraternal competitors, our volunteers and our attendees, Moosehaven was able to raise \$10,000 for K9s FOR WARRIORS!

This worthwhile organization provides and trains canine companions for veterans who suffer from a variety of service-related issues. With a beautiful fall day full of classic cars, great chili and awesome entertainment; what's not to love? Residents and visitors alike enjoyed a fantastic event held in support of our veterans; our heroes. The winners of the People's Choice Division are as follows:

Overall People's Choice

1st Place: Moonshine Chili – North Carolina Moose Association

2nd Place: GA Classical Gas – Georgia Moose Association

3rd Place: TGL's Green Chili – Local Competitor

People's Choice Fraternal

1st Place: Moonshine Chili – North Carolina Moose Association

People's Choice Fraternal Fundraising

1st Place: Virginia Moose Association

People's Choice Moosehaven Department

1st Place: Tomahawk Chili – Moosehaven Clinic

People's Choice Best Decorated Booth

1st Place: GA Classical Gas – Georgia Moose Association

People's Choice Blind Judging

1st Place: FBMA Women of the Moose



Volume 12, Issue 11
November 2018

Newsletter Editor:
Marina Mathews

What's Happening?

- Community Breakfast, Chili Cook-off & Car Show
- Happy Thanksgiving!
- Dinner Dance at Lakeshore Lodge
- Island View Church Choir
- Georgia Moose Pizza Party
- Georgia Moose Ladies Tea Party
- Georgia Moose Men's' Social
- Georgia Moose Wine & Cheese Party
- Georgia Moose Picnic
- Georgia Tree Lighting Ceremony & Reception
- BINGO, BINGO, BINGO!

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


Moosehaven
City of Contentment

Just John

Things Are Not Always As They Appear

A woman was flying from Seattle to San Francisco. Unexpectedly, the plane was diverted to Sacramento along the way.

The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft the plane would re-board in 50 minutes.

Everybody got off the plane except one lady who was blind.

A man noticed her as he walked by and could tell she was blind because her guide dog lay quietly underneath the seat in front of her throughout the entire flight. He could also tell she had flown this very flight before because the pilot approached her, and calling her by name, said, "Kathy, we are in Sacramento for almost an hour, would you like to get off and stretch your legs?"

The blind lady said, "No thanks, but maybe Buddy would like to stretch his legs."

All the people in the gate area came to a complete stand still when they looked up and saw the pilot walk off the plane with a guide dog! Even worse, the pilot was wearing sunglasses!

People scattered. They not only tried to change planes, but they also tried to change airlines!

Remember....

1. Things are not always as they appear, and,
2. A day without laughter is a day wasted.

I'm...

Just John



More Chili...

SIMPLY HELEN

I'd like to share a poem with you written by one of our 20- year employees, Ramona Suarez. It's titled, "The Recipe for a better you." One thing for sure, if we add these ingredients to our lives, we certainly will become a better person. During this Thanksgiving Season is a good time to evaluate our lives and I think this recipe will help us to become a better person and will reveal how truly blessed we are. I hope you enjoy the poem and I wish you and your family a Happy Thanksgiving.

"The Recipe For a Better You."

The first thing you have to do is realize that you have some faults. Once that has been accomplished you can start making a better you. Get yourself a big mixing bowl and follow the recipe below.

The main ingredient is peace. You will need to take one cup of peace and place it in your bowl.

Next add two cups of happiness.

Eliminate the four cups of regret you've been hauling around, for you can't have happiness if you have regret in your bowl.

Now omit the three cups of anger that your heart holds at times. For when you have anger there can be no peace.

Next, please add three cups of love, for now that you have no regret or anger you can learn to love again.

This next ingredient is very valuable.

You will need a scoop of never forget. Never forget is very important over the course of one's life. We must never forget those who have helped us along the road of life and helped us get where we are today.

Now add three spoonfuls and then an extra dash of forgiveness, because as long as you can't forgive, you will not be able to be happy.

Now stir in two tablespoons of empathy; you will need this to be able to understand what others feel.

Put $\frac{1}{4}$ cup of learn to overlook other faults and add $\frac{3}{4}$ cup of focus on your own faults. Add $\frac{1}{2}$ cup of don't let the burdens of life overload you.

Add two teaspoons of each of the following. patience, faith, and thankfulness.

Now shed away the guilt and toss in an ounce of cream of smoothing the rough edges.

Mix it all together and top it off with a wonderful prayer and over time you will become a better you with a better outlook on your life. -Ramona Suarez-

Simply Helen



HR NEWS....WHAT'S NEW?

Tips for taking care of YOU this holiday season

The holiday season can be stressful and overwhelming at times. Financial pressures, overbooked calendars, and unhealthy habits can chip away at the joy of the holiday season. Use the tips below to help promote a more balanced and healthy season. Remember that YOUR happiness is important, too!

Get enough sleep

Leave your work at the office (when you can) but try to get a healthy amount of sleep even if work comes home with you. Don't overburden yourself with holiday social obligations that cut into much-needed time to recharge.

Don't be afraid to say no

If overbooking your social calendar with holiday parties and charity events causes you stress, don't be afraid to politely decline in order to save your sanity. Saying yes when you should have said no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in everything.

Make healthy food choices

Pre-snack on healthy foods to avoid overindulging at holiday parties. Eat a balanced breakfast every morning. Splurge on holiday treats and meals, but try to stick to a balanced diet the rest of the time.

Fit exercise into your day

Schedule time for fitness, even if it's just for 15-20 minutes and a low-intensity activity such as walking or yoga. Exercise is a great way to keep holiday (and general) stress in check.

Schedule quiet time alone

Get up early for coffee and a book, or listen to some music while you make lunches for your kids—whatever gives you a few peaceful moments to mentally prepare for your busy schedule or to unwind at the end of a long day.

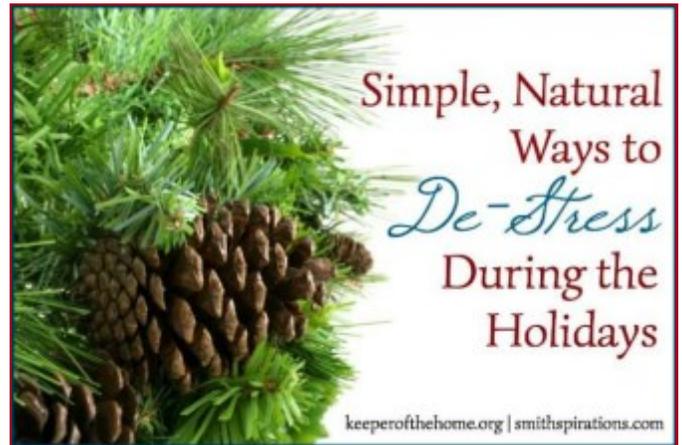
Spend time with people you enjoy

Make an effort to see the people in your life whose company allows you to decompress and relax. Reach out to them if you're feeling particularly stressed or lonely during the holidays.

Use positive power

Stress often is associated with negative, critical thinking. Focus your attention on positive thoughts about yourself, those around you, and any stressful situations that arise.

Cristina Seaton
Human Resources Director



BILL'S BOARD

“We should be careful to get out of an experience all the wisdom that is in it. The cat having sat upon a hot stove lid will not sit upon a hot stove lid again. But he won't sit upon a cold stove lid either.”

This is one of many Mark Twain quotes I love. Some people leave off the first line and start with the cat who briefly takes a seat on the stove. That is kind of ok because you still clearly get that there is a lesson to be learned here. I know a few wise guys who think my buddy Mark is saying that cats are smarter than people (and he may be). However, most folks get the underlying meaning that you should not get more out of an experience than is in it; just because one stove lid was hot and burned your furry little tail when you sat on it, and should therefore be avoided, does not mean that all stove lids are hot and should be avoided. That alone is a good message. The best of the comedian /philosophers like Mr. Twain have layers of meaning embedded in what they say, but you have to think about it. The first line of the quote is almost saying “Ok pay attention; I am talking about wisdom here; think about this.”

So the first level is easy: don't be afraid of every stove lid you see; learn to differentiate between a hot stove lid and a cold one. From there it is not difficult to make the jump to other life experiences. Failure at one job does not mean you will fail at all jobs and should stop trying. If you have problems with one school subject it does not mean you will have problems with all school subjects and should avoid trying to learn. If a man is mean to you it does not mean all men will be mean to you and should be treated accordingly. If you are hurt in a relationship it does not mean you should avoid all relationships. The list goes on and on. Each experience in life carries a lesson and if we are wise we discover that lesson and grow from it finding direction. Getting burned is a signal to stop and look at what happened and move on wiser from the specific experience. It is not a signal to avoid all stoves, people who use stoves, houses with stoves and maybe even start a movement to have all stoves banned to protect your furry little tail.

Some people are hot stove lids. We call them hot heads with hot tempers. They bluster, bully and are bellicose. They control others through this behavior. It works for them; they get what they want, for a time. They push people to get what they want, but they also push people away. When you speak of this type person you usually don't say they can be a bully you say they are a bully. You don't avoid them when they are in a bad mood you avoid them all the time. It is too difficult to tell if the stove lid is hot or cold so you avoid the stove whenever possible. The hot stove lid pushes more people away than it attracts. What if you are the hot stove lid? Most hot stove lids don't think of themselves as being that way. They just think they are assertive or some even think they have the right to behave this way because it gets results. Some go as far as to say others make them behave this way so it is not their fault. Another word for this behavior in a relationship is abusive.

Mark Twain sent us deep messages, or maybe he was just trying to be funny. Either way it may be worth thinking about.

Bill Tippins, Director of Operations



UP CLOSE AND PERSONAL WITH ELSIE WEAKLEY

This month we get up close and personal with Elsie Almira Weakley. She was born on July 11, 1951 in Bloomington, Illinois to father Edgar Monroe and mother Doris Irene Fitchhorn. Elsie was the baby and only daughter of five children including, Edgar, Marvin, Vernon and Thomas. Although she was born on July 11th, she says she has never tried to combine her birthday with Independence Day for the fireworks. Also, though she was born in '51, Elsie says she was always "hip" but never a "hippie"! I really attempted to get her to elaborate.

Elsie entered Mooseheart at the tender age of 10, in November 1961. She really enjoyed Camp Ross, even volunteering each summer in high school as a counselor for the younger children. Elsie graduated from Mooseheart in 1970 and started taking accounting courses at a nearby college. She became a personal attendant for a woman who was disabled and confined to her wheelchair.

In 1982, Elsie returned to Mooseheart and for the next 36 years had a very active role as a member of the Moose. She worked in different capacities including laundry, phone operator, security, mail clerk, and transportation. Elsie really enjoyed driving the children to and from the airport.

Elsie first joined the Loyal Order of Moose in December 2000. She knew about Moosehaven because her mother, Doris Weakley, was a resident here. Elsie remembers her mother telling her, "If you get the chance, "GO TO MOOSEHAVEN." When Elsie felt it was time to retire, where else would a Moose go?

Elsie came to Moosehaven for the sunshine and the security. When I asked if she had any worries, she said she'd have to think on that and get back to me. Elsie's hobbies include reading (she likes the suspense and young adult novels), knitting, crocheting, and gardening. Elsie's advice to the next generation is, "Keep moving and do something physically! Find something you really enjoy and do it."

Elsie is a genuine lady. Her smile lights up the room and her heart is true. You know when she laughs; it's not at you, it's with you. I am so happy to have her home at Moosehaven.

Rachel Meierdierck
Marketing/Admissions Clerk



THERE IS
always, always,
ALWAYS
something
to be thankful for

Pictured left: The staff members of our Maintenance Department get into the Christmas spirit by decorating their tree with their own ornaments. Looks fantastic!



Pictured above: Elsie Weakley arrived at Moosehaven on September 20, 2018. She resides in Chancellors Hall and is doing well.

Marketing & Admissions at Moosehaven

Worry less...

I was shopping for Christmas this past weekend when I spotted a little, grey, decorative stone on which the words "Worry Less," were etched. Worry less. A small sentence, only two words, and yet they were a directive, a command that sounded loud to me. Worry less.

So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today." Matthew 6:25-34

Don't worry about tomorrow. Don't worry about a future we can't change. A future that we've built up in our minds as having anything that can go wrong will. In fact, most of what we worry over, never comes to pass!

The past three years have brought many changes to my life. Some I fought hard against and some I worried over. At the end of the day, not a moment of worry changed any of the trials I had to face. In fact, it was in the trials themselves that I learned to trust, to have patience and to wait upon the timing of the Lord. In essence, I was forced to worry less, to trust more.

I speak with members every single day who have decided to plan their retirement future so their children and families will not have to worry over them. They are making the decision now to retire to Moosehaven and live a worry-free lifestyle. Worry less.

So many of life's details cause us to worry. "Don't sweat the small stuff," is a quote that caught on a few years back and was shown everywhere, on cards, on books, on television, on Facebook, on just about everything you can imagine. Essentially, that quote is telling us not to worry. Don't waste precious time on worrying, time you could be enjoying life, enjoying the company of loved ones, enjoying each day as the gift that it is.

Wishing you and your loved ones a Happy and Blessed Thanksgiving. Worry less!

Marina Mathews, Director of Marketing



Staff Birthdays

Kristi Creeks
Johnnie Lee Snodgrass
Darlene Rosier
Connie Munn
Sandra Rousseau
Melissa Calvillo
Celeste Mansfield
Shimeka Everett
Patty Horner
Diane Wright
Kirk West
Althea Artis
Carmel Clemente
Aida Carter
Jennifer Miller

Worrying won't stop the
bad stuff from happening
it just stops you from
enjoying the good.

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!

- ⇒ **Nettie Radford, Environmental Services**, is recognized for winning the GEM (Great Employees Make Magic) of the year award for Crothall at Moosehaven. Nettie was awarded a \$250 gift certificate.
- ⇒ **All staff members, residents and volunteers involved in the planning and execution of the Halloween Trick or Treat event**, are recognized for their hard work and dedication to ensuring that Moosehaven is the Heart of the Community.
- ⇒ **All staff members, residents and volunteers involved in the planning and execution of the Chili Cook-off event**, are recognized for their hard work and dedication to ensuring that Moosehaven is the Heart of the Community.
- ⇒ **Cristina Seaton, Human Resources**, is recognized for her support and encouragement of staff for their commitment to Moosehaven and dedication to helping with additional tasks while managers were out.
- ⇒ **Moosehaven Resident Drivers**, are recognized for their assistance and cooperation to ensure residents get to all of the scheduled events both on and off campus.
- ⇒ **Edith Doe, Morrison Dining Services**, is recognized for her excellence in providing service at private catered events on campus.

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 November!

**Shirley Biegas
Billy Engle
Bob Dussinger
Gloria Frati
Rose White
John Flynn**

**Fred Greene
Glenn Thurow
Richard Westgate
Marlene Groves
Bill Plowden**

**Lou Millson
Fran Elliott
Carole Mehrrens
Donald Shepard
Ellen Arsenault**

**Norma Hawkinson
Bruce Pfarr
Marie Taylor
Douglass Myers, Jr.
Gary Bookless**

Resident Anniversaries In November!

Kenneth and Sharon Sanders

Ronald and Elsie Fifer

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