

Just John

I recently read a story about an elderly woman who sat alone on her balcony for two months before a neighbor discovered she was dead. The woman was found sitting in a chair, dressed in a coat and hat, her forehead leaning against the railing. The neighbor realized something was wrong when she saw the woman sitting on her balcony around the clock, despite freezing temperatures. What a dreadful story?

One of the most prevalent and pernicious conditions of old age is isolation. Most don't chose to be isolated. When they were younger, they visited the lodge often, maybe every week. As they aged, it lessened to once a month and then every once in a while. Oh, they were missed and even came up in conversations, such as, "I wonder what happened to old George. I haven't seen him in a while." Or, perhaps, "Did you hear what happened to poor old Helen? She got scammed out of her life savings by some shyster. What a shame!"

How many of our aged members are sitting home alone right now – vulnerable to frauds, isolated because they are afraid or unable to go out? How many have to decide whether to eat or buy their medicines? In this bitter cold winter, how many live in homes with poor insulation and insufficient heat? Do we have homeless members? Yes, we do. Several years ago, I was called about a man found living under an underpass in Jacksonville. His membership card said "Life" member. He, like a number of other residents who came to us after living in their cars or in other difficult circumstances spent his remaining years in the comfort and security of Moosehaven.

"When you receive your Moose membership card, it will be only inches high but miles wide."

It is said that few, if any, join the Moose to secure a retirement option at Moosehaven. That is probably true. But when you consider that no one can predict the twists and turns of fate that life may hold, it becomes abundantly clear that the promise of Moosehaven is a value that exceeds all of the other privileges of membership.

Are you actively promoting Moosehaven to our aged members or are you wondering whatever happened to "old George?" Sure it's a difficult conversation to hold, because it's a difficult decision for someone to make. There are myriad excuses. "I don't want to give up my car." Or, "I can't leave my friends, family or home." But, all the excuses usually boil down to a common denominator. "I'm just not ready yet."

Well, that reminds me of another story I read recently. A couple was considering moving to a senior living community, but declined, saying, "We're not ready for that yet."

The person speaking to them considered their objection and then told them about a flat tire she found on her car that morning. "When should I have bought new tires?" she asked. Laughing, the husband answered, "Well, you should have bought new tires long before they went flat! You should buy new tires when you notice your tread is low and you're susceptible to a flat." She replied, "Exactly! Because I did not do that, I got a flat and it altered my entire day. It was a stressful event that could have been avoided. It's very similar to choosing to move to a retirement community. You realize that you're more susceptible to major life-changing events, and make a choice to be prepared."

They signed the check that day.

I encourage each of you to actively promote Moosehaven. And, if you are eligible, consider Moosehaven for retirement - be prepared before the flat tire happens. The benefits are truly immeasurable.

Just John

Simply Helen

Do you Label or Love?

When the disciples met a man who was blind from birth, they asked Jesus, *'Whose sin caused this blindness - his own or his parents?'* John 9:2 (Paraphrased.)

What a question for the disciples to ask. Where was their concern and compassion? It doesn't appear they were concerned that the man couldn't see and wasn't compassionate enough to see if he needed help. Instead, they immediately discussed his shortcomings. The disciples labeled him in a negative way. We do the same thing, jump to conclusion without having **any** facts.

Does your first impression of others result in labeling or in love? What do you think when you hear the words from someone who "appears" perfectly healthy, say "I'm disabled?" Label - They are probably on worker's comp; Love - I wonder if they need help with anything? What about, "I'm *unemployed*?"

Label - You think they are probably too lazy to hold down a job; Love - What can I do to lighten their burden at home? So how'd you do - Label or Love?

Aren't you glad God doesn't judge you by your appearance, where you grew up, your job title, the mistakes you've made - or even some of your recent circumstances and attitudes? I sure am.

Jesus didn't see this man as a victim of fate or as a beggar like the disciples did. He saw him as an *"opportunity waiting to happen."* He told His disciples, *"You're looking for someone to blame - Look instead for what God can do."* (John 9:3 Msg).

The message is the same for us today. "Stop looking for someone to blame, instead look at what God can do in you and through you!" Let's stop labeling others and start looking for opportunities to love rather than label.

Valentine's Day is a perfect opportunity for us to brighten someone's day. We do well to remember our "Sweethearts" and children on this day, but rarely go beyond that. Think about those around you who may no longer have that special someone to shower them with love and be open to what God can do through you to brighten their day! It's amazing what love can do.

Simply Helen



Why do they call it “Falling In Love?”

Have you ever wondered why it's called Falling in Love? In reality, falling is not usually a good thing, often resulting in bruises, bumps and embarrassment at the least and serious injury at the worst. Who in their right mind would want to willingly go into a situation that starts with a fall? And yet, as humans, we go willingly into our falls, again and again.

I have an aunt and uncle that fell in love on their first date. Towards the end of their date, they decided to get married. They have been married over 50 years. They are still very happily devoted to each other and can't imagine life without the other. How does this happen? How did they know they were in love and that their sudden love would last? How do any of us know? The answer is we can't. The term *falling in love* implies taking a risk, taking a plunge, leaping without a safety net in spite of the lack of assurances in the end result.

There are no guarantees in life, unless you count taxes and death. In most everything we encounter, there is some aspect of “a leap of faith.” Sometimes you just know, deep in your gut, that you need to act, need to do, need to make a decision. Falling in love can happen with your spouse or significant other, with your children, with your pets, with anyone you can unconditionally love and it can happen daily. Be resolved to make a leap of faith and make it often. Fall in love with your job, your situation, your friends and your husband/wife on a daily basis. If you never take a risk, you deny yourself a wonderful reward. We want to be loved and so, we are willing to fall, over and over again, so that others may do the same for us.

According to 1 Corinthians 13:4-8(NIV) Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres.

Happy Valentine's Day!



Marina Mathews
Director of Marketing
Brandon Place at Moosehaven

Up Close & Personal with GARY SAGEN



Gary Sagen is a new resident who lives in Chancellor Hall. He moved to Moosehaven October 27, 2014. Gary was born to Agnes and Arnold Sagen on December 26, 1945 in Spokane, Washington. He has one sister Karen who lives in Pennsylvania. When he was six his family moved to Connecticut where he went to school. During his school years he played some football and was in the drama club. After high school he attended Sacred Heart University for a year then went to work as an apprentice pattern maker. Gary was in the Connecticut Army National Guard for eight years. He was able to do some traveling during that time.

Gary met his wife Carolyn through a friend. They dated about a year and a half. They enjoyed going to New York and going dancing and to the local soda shop. They were married on May 11, 1967. Her last name was Applebee so she was known as "Apple". They were married for thirty years.

Gary has five children. Carrie Ann, Mark and Stephanie live in Connecticut, Gregory lives in Utah and Mark lives in Illinois. There are nine grandchildren. The ninth one was actually born the morning we did this interview. Be sure and congratulate him on his new granddaughter when you see him.

Gary's profession has mostly been in construction. He worked at a remodeling company and was head of maintenance departments. You might say he is a jack of all trades. He joined the Loyal Order of the Moose in 1988 and held every office. He loves it at Moosehaven. Still settling in, he plans to do some work at the wood shop eventually. Gary likes to play games on the computer and loves old classic country music. He likes to watch action movies and loves a good grilled steak with lemon meringue pie for dessert. He likes Nascar and football. He is a Yankee and Giants fan. Gary used to love to ride his motorcycles and was a Moose Rider in years past.

Gary's advice to the next generation is to "Go out and have fun and don't let anyone know you have any money." He said he has been well off and dirt poor and money doesn't matter. He believes you should do something good for someone every day.

Gary is looking forward to all of the activities around Moosehaven and is looking forward to meeting his fellow residents and getting involved. So get to know Gary. He is easy to talk to you and would love to swap stories with you.

Paula Wrye, Medical Records

BILL'S BOARD



The big holiday season is over. So now I need to take a vacation to recover from my holiday time off. I am tired. Apparently watching football, eating sweets, going to dinner parties, having drinks with friends, spending time with family, opening presents, shopping and cooking are very hard work. Some people call it the holiday blahs. This kind of fatigue becomes more common as we get older. What do I mean by fatigue? If you are being very literal and look in the Merriam-Webster dictionary I mean the noun not the verb. Since I am talking about people I do not mean the uniform a soldier wears when they are doing physical labor or the tendency of a material (such as metal) to break after being bent or moved too many times. I do find it amusing to apply these definitions to people, such as checking to see if they are wearing camouflage or wondering what part is about to fall off when someone says they are fatigued. But I digress; I am talking about the state of being very tired or extreme weakness. In keeping with my football watching, I remember that Vince Lombardi famously said, "Fatigue makes cowards of us all". Harvey Mackay said "Fatigue makes fools of us all. It robs you of your skills and judgment and it blinds you to creative solutions. It is the best conditioned athlete not the most talented who generally wins when the going gets tough". Even Napoleon Bonaparte said, "The first virtue in a soldier is endurance of fatigue, courage is only the second virtue".

It is easy to see how the extreme physical exertions of athletes and soldiers would cause fatigue. But for most of us it comes from a different source. It can be the day to day grind of work and other labors. But for many people, particularly around the holidays, it is more like what Dale Carnegie said: "Our fatigue is often caused not by work, but by worry, frustration and resentment". Fatigue has many other sources including health problems. It is likely that at some point, particularly those of us past middle age will feel fatigued.

So what do you do about fatigue? Well two articles, [9 Ways to Get Your Energy Back](#) by Peter Jaret on WebMD and [Top 10 Ways to Reduce Fatigue](#) on Livestrong.com, say pretty much the same thing. First see a doctor and rule out health problems. Paradoxically exercise is a great way to beat fatigue and from more than one point of view. Exercise reduces stress, uses your muscles in different ways and can also make your body more efficient helping you to be less easily fatigued (like the athletes we talked about). Exercise like Yoga and Tai Chi have proven to be very effective. But so is walking, swimming, biking and any other activity that gets you moving. You should drink plenty of water, eat a balanced diet including fish, eat smaller meals more frequently to keep your blood sugar even, and lose weight. You should plan your day to include a good night sleep. Do things to de-stress like getting outside in the sun, be with friends and laugh more. Avoid sugar and excessive alcohol. All of the things people tell us make up a healthy life style are fatigue busters.

So as you can see the sugar, extra holiday food, drinking, sitting in front of the TV, weight gain and the stress of expectations and disappointments we experience during the holidays really do lead us to feelings of fatigue. So make a plan to live healthy and beat the fatigue that can go along with the post-holiday blahs.

P.S. I was just kidding about the vacation Boss.

Bill and Bernadette Plowden from the Orlando, FL lodge and chapter were admitted on January 22nd. They both were very active in their lodge and chapter since joining - Bill with 56 years of membership and Bernadette with 47 years. Moosehaven welcomes the Plowden's.

The Moosehaven Admissions Committee met on January 28th and approved three single and three couple's applications. Donald & Barbara Bell from Longmont, CO will be admitted on March 11th and Robert & Darlene Monteith from Lebanon, OR will be admitted on March 12th.

R. Ross Fleet
Semi-Retired
Director of Admissions

VALENTINE'S DAY



BECAUSE LOVE ISN'T QUITE
COMPLICATED ENOUGH AS IT IS.

**Happy Anniversary to
our newest residents
William & Bernadette
Plowden.**

Welcome!



Resident Birthdays In February !

***Margaret Baumann
Patricia Campbell
Rena Croft
Violet Infinger
Bill Lazuka
Billy McFarland
Edna Olle
Bob Powell
James Rhodes
Robert Shay
Joseph Vorndran***

***Ruth Bennett
Jerry Christen
Marvin Davis
Doris Johnson
Berval McAleer
Mary McGinnis
Carol Olsen
James Reynolds
Donald Scheer
Paula Thompson***



Make sure you visit the Moosehaven website where you can see information about all of our Upcoming Events. Copies of the monthly newsletter are also kept on the website under the Moosehaven News page!

MOOSEHAVEN.ORG

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

Therapy News

Do you ever find yourself walking into a room and you cannot recall why? Do you have difficulty remembering familiar faces and names? We all experience episodes of forgetfulness; however, if this occurs on a consistent basis and to a degree that it bothers you, then it may be time to take some steps toward exercising your brain! Developing your cognitive function and taking action to maintain your mental edge is essential to a better memory and the ability to carry out tasks over your lifetime.

Your brain is capable of many functions and, just like every other muscle in the body, it must be trained and challenged in order to stay strong. Some everyday tips that may assist in improving or maintaining your brainpower include:

Eating dark chocolate



Just in time for Valentine's Day comes information about eating chocolate! When we eat dark chocolate (not milk chocolate), not only does it taste good, but it provides some health benefits, including activating systems in our brains that enable one's ability to learn and to memorize. Epicatechin, the chemical responsible for this effect, is also found in tea and apples. This is probably part of the reason for the proverb "An apple a day keeps the doctor away." I am wondering if we can double the benefit by eating a dark chocolate covered apple while drinking tea?



Get a good night's sleep

Think of your body as a battery, at night we have to recharge ourselves to make the most out of our days and to learn new information. Scientists believe and research has proven that our brains consolidate information during the hours we sleep. If you have trouble sleeping, you may need to evaluate your environment. Make sure your room is quiet and dark, remember to be relaxed, and avoid caffeine in the evening.



Turn down the volume!

When watching television, try to slightly decrease the volume and see if you can follow your shows and hear just as well. Challenge yourself to match your television volume with a typical conversational level. Doing this may help retain your listening and interpreting skills.

Exercise! Exercise!

Keeping your brain trained and up to par will help keep you in good health for years to come. Aerobic activity can assist with new cell growth as well as improving function in your hippocampus, the part of your brain that helps retain information and learn new information.

Exercise is one of the BEST methods to improve your memory and to decrease the likelihood of cognitive decline, even in the case of certain diseases such as Alzheimer's and Parkinson's. Exercise can also reduce the odds of experiencing depression. Training all muscles, including your brain, is vital to overall health and productivity.

Challenge yourself by working on a jigsaw puzzle, learning a new language or skill and trying to use your opposite hand. By taking on new tasks, your body and brain are working out of their "comfort" zone and abilities, which allows you to grow your mental capacity and cognitive abilities. We are never too old to challenge ourselves to learn and grow.

I want you to try all the ideas mentioned in this article to help you be the best you and keep your brain power strong. Love yourself enough to use these gifts that are readily available every day. Get out, meet people and form and maintain relationships. Studies show that people with more active and meaningful social calendars also have less forgetfulness and depression.

By the way, therapy is offering a free cognitive wellness class here at Moosehaven in the Life care activity room on Feb 11, 2015 at 2 o'clock. Come, mingle, and learn other things you can do to keep your brain active. I promise it will be informative and fun. Maybe I'll even have some dark chocolate, tea and apples to snack on while you do!



Jennifer Bothast, Therapy Director

Basic-ally Awesome!

- Bob David, Security and Kurt West, RN are basically awesome for their quick response in evacuating the residents of Chancellor Hall when a water pipe broke. The residents appreciate you both!
- When a resident's scooter broke down Jim Jarvinen, IT & Bike Shop stopped what he was doing to fix it right away. Jim you are basically awesome!
- Doreen Vance, Resident Services is basically awesome for jumping in and helping out with the leak at Chancellor. The entire Maintenance department thanks you.
- Donna Ward, Nettie Radford, Dudley Williams and Walter Addison, Housekeeping all reported to work early to assist with the Chancellor water leak clean up. All of you are basically awesome. Great teamwork.
- Jessica McFarland, OT is basically awesome for her detail oriented and thorough treatment of our residents.
- Nikki Clark, Rehabilitation Technician is basically awesome for somehow always making the schedule work. It makes the rest of our jobs much easier.
- Megan Rhodes, Rehabilitation Technician your amazing organizational skills are basically awesome.
- The entire Therapy Team is basically awesome for your dedication to service excellence every day in all you do, on and off the clock!!!

If you know of someone who is Basic-ally Awesome, contact the Executive Director's Assistant ext. 1210 and turn in their name as being someone "Getting Back To Basics!"

Staff Birthdays in February !

Nadine Castillo

Annie Williams

Ross Fleet

Pamela Lundy

Ralph Brooks

John Capes

Gabrielle Saunders

Valerie LaFortune



Staff Birthdays in January Cont'd !

I missed two very important Birthdays in January.

Bob Fell and Terri Reed