

Moosehaven News Heart of the Community

News Update!

What's new on our campus? There are so many exciting things happening at Moosehaven that it seemed a good time to offer an update.

Judy's Place: The Knaack Building, which will house the Judy's Place adult day program, is complete! The funds for this building came from a generous donation by the Knaack Family Trust. Moosehaven has a lease agreement with the Clay County Council on Aging, who will manage the Judy's Place program. The program will serve members of our community not only in the Town of Orange Park but throughout Clay County.

St. Johns Apartments: We have been anxiously awaiting the opening of the St. Johns Apartments at Brandon Place and are steadily moving towards that goal. As workers install the interior finishes and we move forward with landscaping, the St. Johns Apartments look more and more like home. We do have our one- and two-bedroom models furnished and ready for viewing and are in the process of planning the Dedication Ceremony to be held in early March.

Centennial Project: Moosehaven is always growing, changing and adapting to meet the needs of our residents with a commitment to excellence. The Centennial Project is an example of that commitment. This project will result in a new residence hall for our independent Traditional residents. The building will have 105 apartments and will include many benefits for our residents. Some examples are scooter parking and charging stations for each apartment, a patio or balcony, an in-house kitchen and beautiful dining room, internet available throughout the building and multiple laundry rooms. This building is modern, beautiful and designed to allow our senior Moose members to age in place longer. For more information on our Centennial Project, please visit www.moosecharities.org.

Marina Mathews
Moosehaven News Editor

Volume 10, Issue 2
February, 2016

Newsletter Editor:

What's Happening?

- Bent Creek Golfing
- Alabama Days!!
- Super Bowl Party
- Mardi Gras Parade and Ice Cream Social
- OP Kennel Club
- Dairy Queen
- Pecan Park Flea Market
- Valentine Dinner Dance at Lakeshore Lodge
- Michigan Deck Dinner
- District 13 Sports and Meeting at Moosehaven
- Dinner Dance at Mandarin Lodge
- Opportunity Lodge Valentine Dance
- Bingo! Bingo! Bingo!



Many thanks to the
Alabama Moose Association for a
great weekend!
We appreciate you!



ROLL TIDE!

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

Just John

Recently, I got some confused looks from my staff when I told them that we would be successful if we took care of the “shuns.” By the looks on their faces, I could tell they didn’t know what I was talking about. In case you are also wondering what the “shuns” are, there are five of them and they are necessary to achieve success.

The first is InspiraSHUN. While somewhat different than the other “shuns,” inspiration awakens us to new possibilities. It motivates us to try new ideas and create new opportunities. Inspiration is described as a surprising interaction between your current knowledge and the information you receive from the world. While inspiration cannot be willed, it can be experienced by anyone. Research shows that preparation (work mastery), openness to experiences and a positive attitude can increase the likelihood of inspiration occurring.

Next, is AttenSHUN. There are things you can't control: the family you are born into or your genes are examples. But that's not important. What is important is what you do attend to. You must focus your attention on the right things, at the right times, and in the right way to achieve your goals. If your attention is scattered, lost in an avalanche of interruptions like emails, text messages, an attractive passers by, or a thousand juicy thoughts and mental images you are not likely to be successful.

Then there’s PerspiraSHUN – sometimes called “hard work.” No one ever lost weight without decreasing calories and/or increasing exercise, got smarter without studying or got promoted without hard work. There are always difficulties along the way and some may seem like good excuses to quit, but the challenges must be met head-on with courage and determination to succeed. What makes a man truly worthy of the success he attains is his ability (willingness) to keep struggling until he reaches his goal(s).

And, there’s CommunicaSHUN. One’s ability to communicate can spell the difference between success and failure in all aspects of living. Those who are successful in their endeavors usually are excellent communicators while those who are not, are not. Communication in its various forms spreads knowledge and information among people. Books and teachers impart knowledge. Friends and co-workers share ideas. The Internet provides access to knowledge and information and makes it easier and faster to communicate with people around the world. Knowledge and information cannot be shared without communication. Communication not only facilitates the sharing of information and knowledge, but also helps people form relationships.

Finally, there’s DedicashUN. Dedication is the obsessive application of attention, perspiration and communication to the goal(s) you wish to achieve. For example, you cannot learn a foreign language by simply hearing someone speak it - attention. You must apply effort to learn it – perspiration. You will likely need to take a course and practice with someone who can speak it - communication.

INSPIRATION, ATTENTION, PERSPIRATION, COMMUNICATION and DEDICATION are truly the ingredients of success.

I’m....

Just John



SIMPLY HELEN

Every February 14th, across the United States and in other places around the world, candy, flowers and gifts are exchanged all in the name of "love and romance." Valentine's Day is right around the corner and while it is considered to be a celebration for lovers, I think we owe it to one another to expand our love to those around us.

There are so many people around you that need you. They may be a neighbor, co-worker or someone at your church. For many people Valentine's Day brings sadness or loneliness so I'd like to encourage you to make it a point to be an encourager this Valentine's Day. Encourage someone on purpose!

Proverbs 17:22 says, "A merry heart does good, like medicine, But a broken spirit dries the bones."

All of us go through times of discouragement – stuff happens and life does not always hand us what we consider to be a good hand. Discouragement has a way of making us feel that we are all alone in the world and that no one is on our side. There will always be times in our lives that our circumstances cause us to feel down and out and even forsaken. But Jesus said, "In this world there will be trouble but be of good cheer – I have overcome the world!"

There are going to be times when we have a broken spirit, but it's then that we have to refuse the gloom and doom that leaves us bone-tired and weary. It's quite possible someone you know may feel bone tired and weary this Valentine's Day and you may be the vessel that God wants to use to encourage them.

God loves each of us and His love is not conditional. His love is a regardless love. If you are a follower of Christ, you have it in you to share God's love with the very person that needs it the most. You may be the very one to help pull them out of the pit of discouragement. Christians are powerful people! Not because of who we are, but because of the greater one that lives within us.

1 John 4:4 reads, "You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world."

Hebrews 10:24 tells us, "And let us consider how we may spur one another on toward love and good deeds." Get creative this Valentine's Day; get out of the box of your definition of Valentine's Day. Reach out to someone and allow God's love to be real, through you! Everyone needs encouragement.

Proverbs 15:23 says, "A man has joy by the answer of his mouth, And a word spoken in due season, how good it is!"

God gave a mandate to the church that goes far beyond the preaching and the music – it's fellowship.

It is to love and be loved.

It's to know and be known.

It's to serve and be served.

It's to celebrate and be celebrated.

It's to encourage and be encouraged.

Jesus told us in John 13:34-35, "Let me give you a new command: Love one another. In the same way I loved you, you love one another. This is how everyone will recognize that you are my disciples, when they see the love you have for each other." Jesus has loved us without reservation and without limit. The New Testament uses the phrase "one another" many times. Love one another. Forgive one another. Serve one another. It's been said, "You can impress people at a distance; but you can only impact them up close." We need encouragement in the here and now. Those kind and encouraging words shouldn't be saved for a funeral; we won't need them then, we need them now! Reach out and be an extension of God's Hand.



Happy Valentine's Day!
Simply Helen

Therapy News

Quiet commonly, I choose the topic for my article to be about the upcoming holiday for that month. This month is no exception as we are getting very close to Valentine's Day. My first thought surrounding this holiday is about gifts of flowers and chocolates and childhood valentine cards that are exchanged with a grade school class. Typically, our first thought of sharing love most often centers on the love we have for others; our spouses, children and friends. But perhaps a more important precursor to that love is the love that we have and express for ourselves. This is something that is often lost or forgotten, or even non-existent.

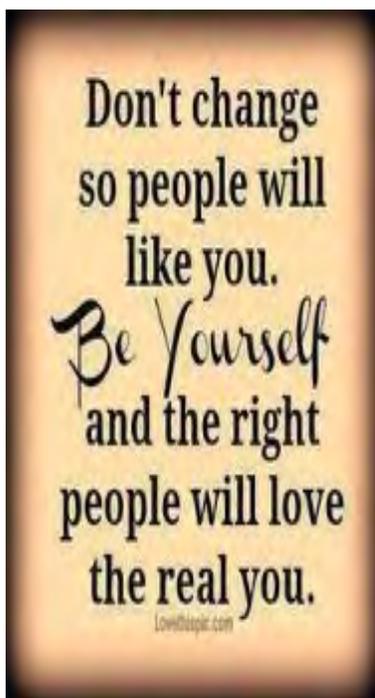
Many of us, from an early age, are taught to always put another's needs before our own. We believe that in being self-sacrificing, we are demonstrating a pure love. We are taught that giving priority to our own needs ahead of others is selfish behavior and is unkind. The problem with this is that when we consistently put others' needs ahead of our own, we set ourselves up for damaging self-sacrifice and co-dependence. We live out our lives defined by who and what others think of us without truly getting to know our own heart. We are so conditioned in this belief system that we don't even know how to love ourselves when we realize it is necessary. How many of us can look at our own reflection and honestly say that we love the person who is staring back at us?

In my ever evolving quest for improved balance, I am learning to honor myself as much as I also give myself away. As I grow older, I am better able to understand that in order to truly love each other, I also need to part of the equation. For improved health, you have to be able to fill up your own cup before pouring yourself out to others. So what exactly is self-love and how is it expressed?

According to author, Mark Nepo, "loving yourself requires a courage unlike any other. It requires us to believe in and stay loyal to something no one else can see that keeps us in the world- our own self-worth." For me, because I have been conditioned since early childhood to give of myself til depleted, I need frequent reminders. I have put myself on a calendar and balance my time caretaking to also honor my own needs. I spend more time in solitude these days. I read, I paint, I pray, I write. I am learning more about who I am separate from the perceptions of others and I greet my reflection with kindness. This isn't just necessary to remain sane, it is also important for physical health as well.

I have read countless articles about the importance of balanced self-love and its relationship to cardiac health. In documented studies, it seems as important as a healthy diet and exercise. This Valentine's Day, I may still buy a small token and express loving compassion for my family and friends, but I also set aside time to nurture myself as well. I highly recommend you do the same. It is only in knowing our authentic selves, that we can be open enough for all love to enter.

Jennifer Bothast, Therapy Director



Staff Birthdays

Christina Griffin
Synquis Thornton
Juan Pelayo
Judita Brown
Debra Murray
Lynn Fischer
Ross Fleet
John Capes
Nadine Castillo
Annie Williams
Ralph Brooks
Lawrence Curtis
Gabrielle Saunders
Valerie Lafortune
Kyle Viau

Up Close and Personal with Karin Dixon

This month we get up close and personal with Karin Dixon. Karin was born to Joseph and Marianne Butz on December 17th in Stuttgart, Germany. Karin grew up with two older brothers, Lothar and Winfried Dixon. Karin was born during World War II. She told me that she doesn't remember much about Lothar because when he was 16 years old he was sent to Russia to serve in the war and never returned. Karin's father, Joseph, also served during WWII and passed away in Berlin the day before the war ended.

Karin started to train to be a gymnast when she was six years old. She would train once a week and would compete in gymnastic competitions on the weekends. Karin attended Wagenschule grade school until she was 14 years old. After school, Karin attended a trade school and learned typing and stenography techniques. She earned her diploma and worked for a department store in the textile industry for the next three years. Karin said she didn't particularly enjoy working in the textile industry but said it was a job and she was glad to have one.

Karin left the department store to train to be a performing acrobat. Karin trained with a man named Argos from Hungary and their act was called "Gloria and Argos." Karin explained that when you are a performer you are known by your stage name and "Gloria" was Karin's stage name. Karin practiced acrobatic stunts with Argos for two months before setting out on the road to perform in front of an audience. Karin said they traveled to Barcelona, Madrid, Belgium, Berlin, and many other places. She really enjoyed performing for the USO because after every show they would provide them with dinner. Karin laughs at the memory of trying ketchup for the first time after performing for the American troops.

In 1960 Karin was performing in Spain with Argos when a couple approached her after the show and offered her a job in their act back in the United States. Karin said this was a very big decision for her because if she decided to go with them back to America she would be leaving her country and family as well as the Gloria and Argos act. Karin went back home to ask her mother for advice. Her mother told her to go; her mother explained to Karin that America would provide her with a safe home and a better life.

Karin joined the Charly and Mae act but decided to keep her stage name, Gloria. She signed a three year performing contract and moved to Farmingdale, New Jersey. She said that as soon as she moved to America she knew she would never leave, she loves it here. Karin performed with the Charly and Mae act for the next six years and as part of that act, appeared on the Ed Sullivan Show. After breaking her arm and falling numerous times, Karin decided it was time to hang up her hat and call it quits. Karin decided to move to Venice, FL. When asked what made her want to move to Venice she said she loved the warmer Florida weather. During the winter months the Charly and Mae act would travel to Florida and practice their performances in the warmer climate.

After moving to Venice, Karin found a job as a waitress in a local restaurant. She had a lot of fun waitressing and said it was one of the best jobs she ever had. In 1975, Karin met her husband Charlie Dixon at the restaurant where she worked. She said that he came in and was seated at one of the tables she was waitressing and they clicked instantly. Karin was married to Charlie for five years.

Karin was introduced to the Moose while she was working as a waitress. After her shift was over they would go to the local Moose Lodge to enjoy an adult beverage. She explained that the lodge was really the only place that would stay open after the restaurant closed. One of the waiters she worked with introduced her to the Moose and they had a mutual friend who agreed to sign Karin up to become a member. In 1985, Karin joined Chapter 758 in Venice, FL.

In March of 2011, Karin's lodge took a bus to Moosehaven to visit for Florida days. She was able to see firsthand what Moosehaven was like. She was very impressed with the community and surprised to find it nothing like the "old folks home" rumor she heard back at the lodge. Four months later she became a resident.

As a Moosehaven resident, Karin enjoys her Sunshine job as one of the campus shuttle drivers. She also loves to play cards and says poker is her favorite game. She enjoys bowling, bingo and watching sports on television. Karin said her favorite sport to watch is tennis and said that she will not come out of her room or even answer her door if a match is on.

When asked what advice she would like to leave the next generation she replied, "Do not wait too late, come to Moosehaven earlier in life. There is so much to do here. Come when you turn 65 while you can still enjoy all the great things Moosehaven has to offer. If I could do it all over again, I would have come to Moosehaven earlier in life."

Sarah Hapner, Marketing Assistant



BILL'S BOARD

It is February and you know what that means. It is time for a very special holiday celebration. I am not talking about Groundhog Day, Chinese New Year, Mardi Gras, Ash Wednesday, President's Day or even National Margarita Day. Mardi Gras and Chinese New Year are huge community celebrations in specific areas, Ash Wednesday is a significant religious event for many, Groundhog Day features a weather predicting rodent (and a hit movie), President's Day is a national holiday and Margarita Day well it speaks for itself. But none of these is "the big day" in February. No sir that honor goes to a day revered by florists, chocolatiers, Hallmark shop owners and jewelers around the world. That's right we are talking about Valentine's Day. It is a day to declare boundless love for your special someone usually requiring a purchase from one or more of those referenced earlier as holding the day in reverence. Not to mention romantic dinners, extravagant trips, skywriting hearts and dancing elephants (I don't know what dancing elephants have to do with anything but it sounded big). I'll bet even this newsletter is covered with hearts, flowers, cupids and stuff like that. It's a lot of pressure. Pressure like this produces diamonds and coal dust.

Did you know that somebody has actually made a chart depicting the day on which the largest number of relationships break up.

Really it is true and they got paid to do it. There are three times a year that break ups peak. The biggest peak is at spring break. We have to discount that one because it is dominated by college students and teens whose hormones go wild at that time of year. In fact significant amounts of money have been made on documentaries depicting the dangers of "spring break gone wild" behavior in an effort to prevent it. At least that is what I think the videos must be for. But I digress. For everyone else the two weeks before Christmas and the two weeks around Valentine's Day are the peak times for break ups. One study says that couples are twice as likely to break up during these four weeks as at any other time of the year. Events during these two times of year cause people to look at their relationships more critically. Is this someone who I want to be a part of my family, is this true love, is this what I really want, do I really want to spend this much time and money on him/her? Statistics say the answer is frequently no.

So can you name one of the most famous break up lines of all time? You just can't beat "It's not you. It's me." It is a classic. While many times it is said insincerely by the break up initiator who is at best trying to reduce the sting of the breakup, it still holds a lot of truth. The person is thinking of themselves. This is not right for me, she/he is not the one for me and I am not ready for this type of relationship. When you are thinking I and me a break up is on the way and probably should be. The social pressure makes coal dust.

What about those people who stay together and are happy. You could translate what they are saying to each other in their words and deeds as "It's not me. It's you." This is for you, I want you to have

this, I want to make you happy, I want to take care of you, and I want to build my life around you. Pretty soon everything changes from I and me to we. The pressure of their commitment makes diamonds.

You can apply this concept to non-romantic relationships. I recently attended a Moosehaven Leadership Team dinner. At the end of the dinner the staff stood and made brief statements describing how they feel about working here. Almost all spoke of others they work with, no I statements. There is a feeling to the group that is hard to describe but is clearly solid. It will not be easily broken. We frequently have visitors who comment that it takes very special people to do the work at Moosehaven and it does. But once again the staff can say to the fraternity "It's not me. It's you." It is the commitment of the fraternity that makes it possible for the staff at Moosehaven to perform their mission. It is the commitment of the fraternity that provides the opportunity for Moosehaven residents to experience a healthy engagement in life. Members of the fraternity demonstrate they believe "It is not about me. It is about the wellbeing of others." The fraternal commitment to the wellbeing of others has a feeling that is hard to describe but it is solid. It will not be easily broken. With the alternatives of diamonds and coal dust, we at Moosehaven are presented with diamonds.

Bill Tippins
Life Care Administrator





Above: Karen Dixon at 7 years old (left) and 18 years old (right.)

Below left: Part of Karin's balancing act.

Below right: Karin's performance on the Ed Sullivan Show in 1962.



Below left: Acrobatics were all part of the act!

Below right: Karin moved to the United States and performed with Charly and Mae for 3 years before retiring.



Pictured left: Karin caught the big one! Karin has always loved to fish and still does. At Moosehaven residents all have the "biggest fish story."



Two Mothers Remembered

by Joann Snow Duncanson

I have two Mothers – two Mothers I claim
Two different people, yet with the same name.
Two separate women, diverse by design,
But I loved them both because they were mine.
The first was the Mother who carried me here,
Gave birth and nurtured and launched my career.

She was the one whose features I bear,
Complete with the facial expressions I wear.
She gave me her love, which follows me yet,
Along with the examples in life that she set.

As I got older, she somehow younger grew,
And we'd laugh as just Mothers and daughters should do.

But then came the time that her mind clouded so,
And I sensed that the Mother I knew would soon go.
So quickly she changed and turned into the other,
A stranger who dressed in the clothes of my Mother.
Oh, she looked the same, at least at arm's length,
But now she was the child and I was her strength.

We'd come full circle, we women three,
My Mother the first, the second and me.

And if my own children should come to a day,
When a new Mother comes and the old goes away,
I'd ask of them nothing that I didn't do.

Love both of your Mothers as both have loved you.

This poem touched me deeply. Dementia is a difficult disease, most especially for the family who watches their loved one change into someone new. Our Moosehaven staff at Katherine Smith Hall, our Memory Support Hall, do a wonderful job of caring for and loving our residents who have memory related difficulties. We can fall in love with our new mothers and fathers, just as we fell in love with those parents who spent their lives loving and nurturing us as we grew. Have hope because, although the person you now see may not be the mother or father you have known all your life, this new person, this new parent, loves you just as much.

To both of my Mothers with love,
Marina Mathews
Editor, Moosehaven News



Building Our Foundation...Hard Hat Awards

We recognize residents and staff who go over and above and who, in their own way, are helping keep our foundation strong by giving them their own hard hat award.

👷 **Bill Tippins, Terri Reed and Ramona Suarez and Darlene Frazier, Althea Artis and Violet Tamplin**, Life Care, are appreciated for their willingness to support other departments when the need arises.

👷 **Sarah Hapner, Helen Taylor and Ross Fleet**, are recognized for their help with touring 70 Field Managers around our campus

👷 **Synquis Thornton**, Housekeeping, is recognized for her outstanding work ethic in keeping the Marketing offices and models spotless.

👷 **Ken Rowden and his cronies**, NY Sports Complex afternoon gathering, are recognized for their positive comments and attitudes when guests are touring our campus.

If you would like to add someone's name for our Basically Awesome column, please contact Marina Mathews, Marketing Director at x1281 or Helen Taylor at x1217.

Resident Birthdays In February!

Margaret Baumann
Rena Croft
Violet Infinger
Billy McFarland
Carol Ann Olsen
Raymond Shaw

Patricia Campbell
Marvin Davis
Doris Johnson
Mary McGinnis
Robert Powell
Robert Shay, Sr.

Wilma Chestnut
Ross Fleet
William Lazuka
Robert Monteith
Jim Reynolds
Paula Thompson

Jerry Christen
Janice Hardesty
Berval McAleer
Edna Olle
Donald Scheer
Joeseph Vorndran

Resident Anniversaries In February!

Austin & Melba Montgomery

William & Bernadette Plowden

Make sure you visit the Moosehaven and Brandon Place websites 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!

MOOSEHAVEN.ORG
BRANDONPLACE.ORG



Be sure and visit **YouTube.com** and search Moosehaven to see promotional videos about Moosehaven and Brandon Place at Moosehaven.

It's your future, your retirement so be sure to check us out! You can also visit www.moosehaven.org or www.brandonplace.org for more information.

Facebook

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You can find all the latest news on our Heart Of The Community Events