

# Moosehaven News

## Heart of the Community

Volume 10, Issue 1  
January, 2016

Newsletter Editor:

### What's Happening?

- New Year's Day Dance
- OP Kennel Club
- Metro Diner
- Dinner Dance at Mandarin Lodge
- Higher Degree Meeting at Lake City Lodge
- John's Social - 50's Dance
- Dairy Queen
- District Sports & Meeting at Kings Bay Georgia Lodge
- Mystery Dinner at Lakeshore Lodge
- Michigan Deck Dinner-Russia
- Fried Chicken Dinner at Lakeshore Lodge
- Orange Park Community Theater
- Mandarin Shopping & Bob Evans
- Jacksonville Corvette Show at Moosehaven
- Bingo! Bingo! Bingo!

### *My New Year, My New Life*

1. *Smile more*
2. *Laugh longer*
3. *Love more*
4. *Love deeply*
5. *Live simply*
6. *Stare into the eyes of your loved one...really see them*
7. *Hold your sweetheart's hand more*
8. *Age gracefully and with peace...the clock cannot be turned back, no matter how hard you try*
9. *Let it go...don't hold a grudge*
10. *Life is short, enjoy every step of the way!*

Although I don't make New Year's resolutions, I do believe in starting the New Year out on a positive note. Enjoy your new beginning! Take advantage of your clean sheet of paper, write down your dreams and start living!

Have a blessed and prosperous New Year!

Marina Mathews  
Editor



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

# Just John

In mountaineering, a false summit is a peak that appears to be the pinnacle of the mountain but upon reaching, it turns out the summit is higher. False summits can have significant effects on climber's psychological state. After all the hours perhaps days or even weeks of hiking, all the work, all the toil, all the sweat; the realization of no discernible progress can induce feelings of dashed hopes or even failure. The psychological letdown can be deadly.

And yet, this is an experience we've all had even if we've never set foot on a mountain.

Ah, finally done with the laundry! Oh my...the kitchen is a mess.

Yes, finally finished college! I'm \$100,000 in debt and need a job.

So often the successful completion of one goal leads to innumerable others that expand before you.

We accomplished much in 2015 and looking even further back throughout the past eight years:

We implemented Brandon Place,

We renovated Peeler Hall and transformed Buckeye Hall into an affordable Brandon Place option,

We built Katherine Smith Hall and the Knaack building,

We completed an agreement with Clay County Council on Aging to implement Judy's Place, which will provide adult day care services to the surrounding communities,

We installed a New Campus WiFi and TV system,

We've had successful surveys and impressive financial performance,

There's so much more we could add to this list.

Just like a false summit for mountain climbers, each success brought new challenges. However, we've had no dashed hopes or even feelings of failure. Why, because we've had a mighty vision; one worthy of stretching toward. Our vision throughout these years is fully described in the goals for our Centennial Project. Improve the quality of life for our residents, improve the quality of the programs and services we provide, and improve our operating efficiencies. So, we keep stepping forward.

As we enter 2016, it is important for each of us to understand that to keep stepping forward in life we need a mighty vision; to keep advancing upward requires a vision so meaningful we continue even when things get painful. To keep climbing onward demands that we know our work, our lives, our next step matters profoundly. And, to keep ascending, we must choose to see possibilities as we climb.

Rather than being disappointed when we experience a false summit, we must choose to realize it was never about getting to the top; it was always about enjoying the journey toward it.

Yes, we've accomplished much, but there's so much more to be done.

Have a happy, healthy and successful New Year.

I'm...

*Just John*



Accomplishments

# SIMPLY HELEN

## A Mystery

*"Yesterday is history, Tomorrow is a mystery and Today is a gift"*

Mystery novels can be some of the most entertaining books, keeping pages turning long into the night. For avid readers, finding a series you love is especially nice, providing easy entertainment without the risk that the book will be a dud. When the main character is interesting, the mystery is suspenseful and the pace is fast, leaving you with wanting more when the book is done. That's why a series is so great! There is more where that came from!

You read page after page with great anticipation of what is going to happen next only to find that while the next chapter was interesting, you still haven't found out what you want to know. Chapter after chapter, you get a little tidbit, yet it's not until you get to the last chapter that things begin to unfold. Then you can't wait until the next series is published.

Does this sound familiar? Yes, I'm talking about your life!

If you are reading this article you've finished writing your mystery novel titled "My Life, 20.15" and you are now penning the pages in your newest novel, "My Life, 20.16."

I'm not sure how many curves, roadblocks or tunnels you had to cross in your mystery series "My Life, 20.15" but regardless of how each chapter began or ended, it is now history.

If your book was anything like mine, I opened some chapters with great hope and enthusiasm that ended with disappointment and apathy, while others opened with disappointment and ended with triumph. Each chapter takes us on a lot of twists and turns, ups and downs, and most of the time leaving us in suspense; what happens next, how will this end, where am I going, where have I been and others with much disappointment only to find at the end of each chapter it took a lot of twist and turns from the beginning to the end. I'm sure you didn't have to get to the end of your book to reach the ah hah moment.

Probably, because you are writing a series of mystery novels and while you have ah hah moments, you will never know the amazing finish until you reach the final page of the last "My Life." It is then that the mystery will unfold.

***"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us." Hebrews 12:1***

The best part about reading a mystery book is not being able to put it down. Even though the year has already wrapped up, these books will keep you completely engaged until you get to the last sentence of the last series titled, "My Life - 20??"

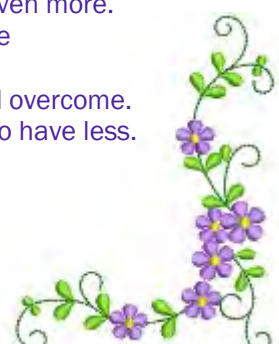
My hope is that we too can pen the words as the Apostle Paul in, 2 Timothy 7-8, "I have fought the good fight. I have completed the race. I have kept the faith. The prize that shows I have God's approval is now waiting for me. The Lord, who is a fair judge, will give me that prize on that day. He will give it not only to me but also to everyone who is eagerly waiting for him to come again."

As you pen the pages of your mystery, "My Life 2016" I pray God richly blesses you with enough.....

I pray you enough sunshine to keep your attitude bright and warm  
no matter how gray and cold the day may appear.  
I pray you enough rain to quench your thirst and appreciate the sunshine even more.  
I pray you enough joy to give you strength and keep your spirit alive  
no matter your circumstance.  
I pray you enough pain not to discourage you but to make you persevere and overcome.  
I pray you enough gain to satisfy your needs and have more to help those who have less.  
I pray you enough loss to appreciate all that you already have.  
I pray you enough hellos to get you through the final good-bye."

Wishing you all a happy, healthy and meaningful New Year!

*Simply Helen*



# Therapy News

Why do we make New Year's resolutions? Studies show that they are seldom effective and most of us abandon our lofty goals by early February. Yet, there is something magical about starting off a new year with a clean slate, a fresh start. There is also the positive allure of being motivated to better ourselves each year.

According to an article by Margarita Tartakovsky, MS in PsychCentral, there are 10 helpful hints in being able to make this year's resolutions more successful.

- Set your intentions which serve as an aim for the direction in which you are heading.
- Connect with your why so that you remember the reason for setting the intention in the first place. For example, WHY do you want to lose 10 lbs.?
- Believe in your eventual success and get rid of any negative self-talk.
- Create a theme, a one or two word mantra that keeps you motivated.
- Set goals which are in line with your values. Success is more likely when your personal values are closely linked to your intention.
- "Ditch Deprivation." Working toward your goals should feel good, not make you miserable.
- Celebrate your successes each week, marking your progress all along the path.
- Be sure to break up big goals into smaller, more attainable bits.
- Don't try to be perfect. God made us each perfect in our own imperfect, human ways.
- Create an environment that supports the success of your intentions. In other words, if your intention is to lose some unwanted pounds, don't surround yourself with cookies and cakes. Gather the tools you need to be successful and ditch the ones that sabotage your efforts.

As for myself, I have a lot of reasons to celebrate the successes I've attained over the last year and so I think it is helpful to also be able to take a look back and be grateful for those. I've made some goals for myself that I've accomplished and others which are still works in progress. And of course, I have my 2016 New Year's Resolutions already formulating in my brain. But after reading several books lately (among them a novel on the life of St. Francis) I am learning something very important, which has helped me keep things in a healthier perspective. I'll share this little shift here in hopes it is as meaningful to you as it is to me.

As we move forward into another year, another clean slate, remember this: You are loved because of who you ARE and not just by what you DO. There is nothing you have to prove to anyone or anything to make you worthy of love. We are, as Dr. Wayne Dyer puts it simply, spiritual beings having a human experience. We aren't loved for our physical beauty or intelligence or accomplishments of any kind. We are loved because we are born from love, because we ARE love. It is where we come from and where we go when our physical bodies die.

So go ahead and be ready to start this new year with an intention or two to be better than you were the year before, but don't forget who you ARE.

*Jennifer Bothast, Therapy Director and Mary Lynn Allen, OTAS*



**THANK YOU**

**GEORGIA MOOSE!**

**On behalf of the residents and staff of Moosehaven, we thank you for another year of blessings, good food and fine fellowship.**

## Up Close and Personal with Jim Reynolds

This month we got Up Close and Personal with Jim Reynolds. Jim was born to Ralph and Barbra Reynolds in Jackson, Michigan. Jim had two sisters, one who is 13 years younger, and a brother. Jim lost his father and one of his sisters but his mother, brother, and remaining sister are still living.

Throughout his time in high school, Jim participated in various activities like bowling, theater and Junior Achievement. While Jim did not graduate from college, he did attend the University of Arizona for a time. He had a few different jobs throughout his life, mainly working in the field of electronics. Jim was a communications technician in the Navy for 4 years and one of his tours was served on the USS Gurke destroyer in the Vietnam War. He also worked for a company installing closed circuit surveillance camera systems in Mom and Pop stores and even prisons. At one point in the 1990's Jim and his wife Elmira were the owners of a bar for about six years.

Jim was married twice before meeting and marrying, in his own words, "his soul mate Elmira." They were able to spend 21 years together before she passed away from cancer. They each had two children from previous marriages that they raised together, and now they have eight grandchildren. The oldest grandchild is a senior at the University of Arizona where Jim attended for a time.

Jim originally joined the Moose in 1970 but he was involved in the Moose through his parents while growing up. His mother was a member of the Grand Council and his father was the second New Mexico-Arizona State Association President. While growing up Jim would participate on the ritual team with his father. Eventually, Jim became the thirty-third New Mexico-Arizona State Association President making him and his father the first father and son to both hold the position of Association President. Jim also held other offices in the Moose such as Governor two times and District President. He helped start North West Tuscan Lodge in 1999, White Mountain Lodge in Show Low Arizona in 2006 and was a part of the administration at White Mountain Lodge for eight years before moving to Moosehaven.

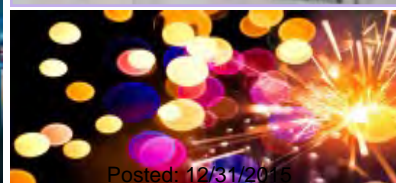
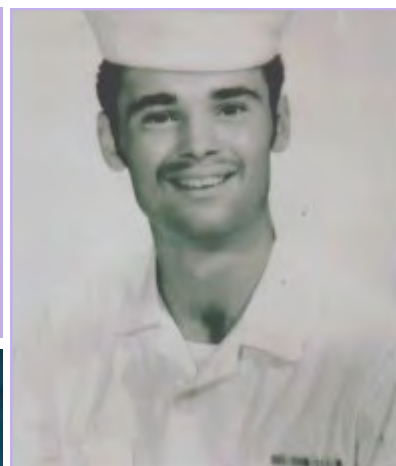
Jim decided to make the move to Moosehaven because of the financial security, health care, and various activities that are always going on. He likes to play darts and pool, fish occasionally off the pier and enjoys his Sunshine job working in the computer shop with Jim Rhodes. He attends most events and District Meetings and is active in the off-campus trips to local lodges. When asked what advice he would like to leave the next generation, Jim said he would tell them to, "Bring back traditional family values."

*Alison Brady, Marketing Department*



*Pictured Left:* Jim Reynolds and his "soul mate" Elmira.

*Pictured Right:* Jim during his service as a communications technician in the Navy for 4 years. One of his tours was served on the destroyer USS Gurke during the Vietnam War.





## BILL'S BOARD

Have you noticed how we use language differently at this time of year? For at least six weeks starting around Thanksgiving and lasting into the first week or two of January we change the way we speak. Think about it. Children say please and thank you a lot more frequently trying to impress Santa with how nice they are and enhance their gift receiving potential. Teenagers curb their sarcasm and try to hide the disdain they feel for their ignorant parents for essentially the same reason as the younger children except skipping Santa of course. Most adults try to be nicer, kinder, gentler and sometimes even sentimental in their conversations. Everybody tries to reduce the amount of swearing except during football games. But that is not really what I am talking about. In our cards, letters and even advertisements we write "We wish you a Merry Christmas and a Happy New Year". At what other time do we wish anything for anybody else? I don't think most people even know what a wish bone is for any more. Birthday wishes, make a wish foundation and things like that come to mind but they just don't have the volume that we see in holiday wishes. Another idiosyncratic form of speech is the New Year's resolution. I don't think Americans have said they were resolved to do anything in the past century. Maybe that is the problem with keeping them, our resolutions lack resolve.

A wish is a hope. A resolution is about determination. As we end one year and start a new we focus on our hope and our language reflects that hope (wish). We hope for better things to come for ourselves and for others. To start a new year we set a resolution that we are going to work with determination towards making something better. Usually our resolutions have to do with personal change but they can apply to change that affects others. What a wonderful few weeks filled with hope and determination.

But therein lays the difficulty. After a few weeks we stop expressing what we wish for others. We rarely even express what we wish for ourselves. After a few weeks of acting on our resolutions our resolve turns to indifference. As our language changes back we also lose our focus on our hope and our determination to make change. What would it be like if we wished each other a Merry Monday and a prosperous new week? What if we made new day's resolutions? Would our hope remain a focal point? Would our determination to achieve our goal be maintained? Maybe. We know that language can have a powerful effect on people. It has also been said that language is a window to the mind. I doubt that Merry Monday and a prosperous new week will catch on. But what if we found ways to keep our hope and our resolve in focus all year long? What if it is as simple as how we speak of hope and renew resolve or how often we speak of them? What benefits would we see for ourselves, our families, our communities and our fraternity? What could you accomplish with more hope and more resolution?

May the force of your resolution be with you. (Sorry about that, too much Star Wars this week.)

*Bill Tippins*  
*Life Care Administrator*



*Photo above: Albino moose picture taken in Greenville, ME. Submitted by Rick Duley.*

*Photo below: John Capes and Tommy Moose present turkeys and Christmas cookies to the Orange Park Fire Rescue and Orange Park Police Department in gratitude for all the support they provide to Moosehaven and the residents who live here.*





Members of Anchorage Lodge 1539 recently visited Moosehaven. Lodge members brought with them multiple bags of pop tabs for Moosehaven resident Phil Stack. Last year Mr. Stack collected and donated 120,187 pop tabs to the Ronald McDonald House. After making the donation Mr. Stack started over in hopes of making another donation.

*Pictured Left:* Dimple Brown, CNA, Susie Hopkins, Director of Social Services, Diana Harrell, RN and Phil Stack, Moosehaven resident.

## Staff Birthdays

Shona Gibbs  
Lillian Jordan  
Lisa Anders  
Teron Haywood  
Marie Celestine  
Cathy Joslin  
Terri Reed  
Doris Pavan  
Sarah Thompson

Angelina Alquiros  
Marcus Johns  
Cheryl Hutchinson  
Gregory Kent  
Louise Funches  
Bob Fell  
Lettie Neguse  
Lilia Lee  
Mark Granito

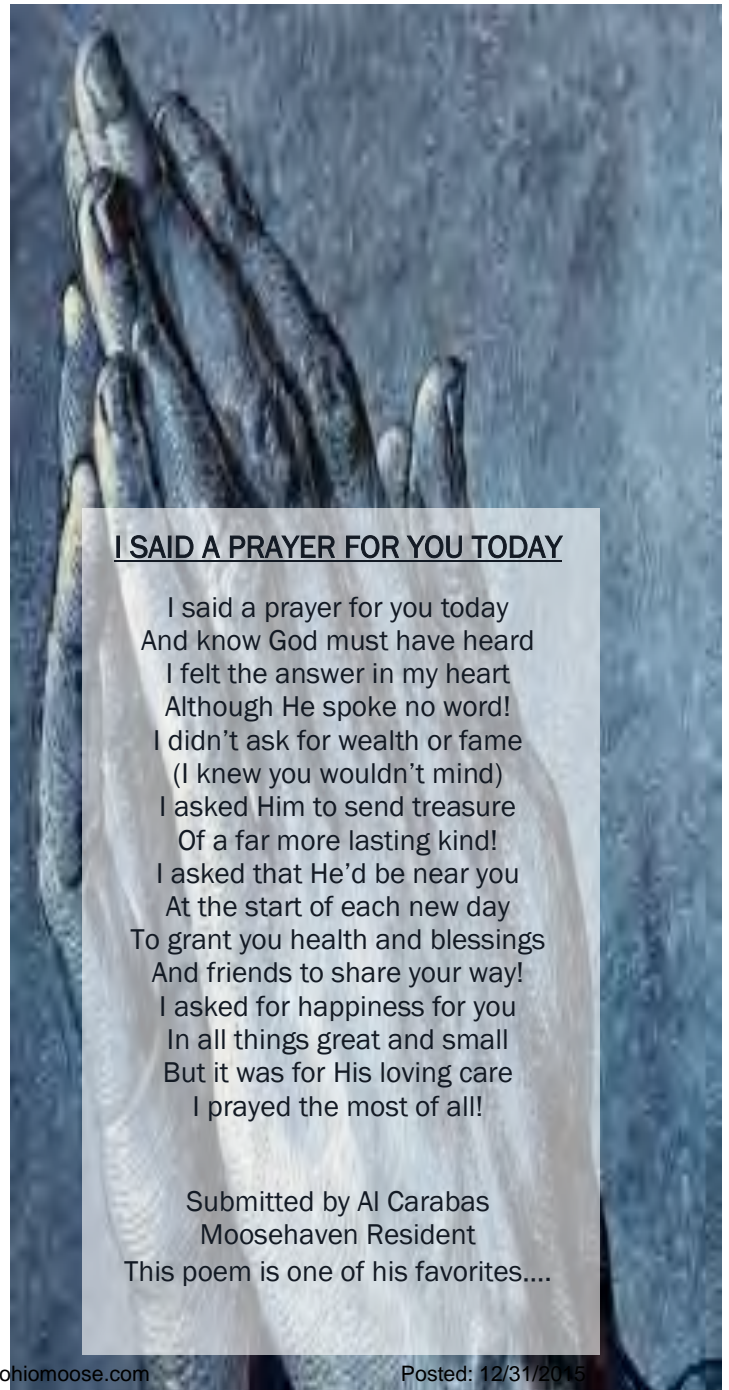
## ADMISSIONS

The Moosehaven Admissions Committee met on December 1, 2015 to consider one couple and three single applications.

Two single applications were approved along with the one couple. Two of the single applications have already been admitted. Past Grand Regent Wilma Chestnut from the Fayetteville, NC Chapter 1292 was admitted on December 11th and Everett Goodwin from New Smyrna Beach, FL Lodge 1835 was admitted on December 14th.

Many of our residents might remember Everett as the Chairman of the New Smyrna Beach Lodge and District Fruit for Moosehaven Committee who brought oranges and grapefruits to Moosehaven for so many years. New Smyrna Beach Lodge will sorely miss Everett for his leadership as well as sponsoring 858 members into the fraternity.

*F. Ross Fleet, PSG  
Director of Admissions*



### I SAID A PRAYER FOR YOU TODAY

I said a prayer for you today  
And know God must have heard  
I felt the answer in my heart  
Although He spoke no word!  
I didn't ask for wealth or fame  
(I knew you wouldn't mind)  
I asked Him to send treasure  
Of a far more lasting kind!  
I asked that He'd be near you  
At the start of each new day  
To grant you health and blessings  
And friends to share your way!  
I asked for happiness for you  
In all things great and small  
But it was for His loving care  
I prayed the most of all!

Submitted by Al Carabas  
Moosehaven Resident  
This poem is one of his favorites....

# 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.

- 👷 **Mike Thompson**, Security, is recognized for his willingness to go over and above when assisting residents and staff members.
- 👷 **Polly Rhoden**, Activities, is recognized for all she does for the residents and especially for her help and expertise with the ceramics program!
- 👷 **Bob Dussinger**, Resident, is recognized for coming quickly to the aid of a fellow resident and saving his life.
- 👷 **Georgia Moose Association Members**, are recognized for their fraternalism and unwavering support of Moosehaven and the residents who live here.

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 January!

Annette Barbour  
Carol Gilbert  
Karen 'Sue' Moody  
Rosalea Suter

Robert Burlingham  
Ruby Hekkel  
Joan Peteroy  
Reta Trentt

Alexander Carabas  
Barbara Leger  
Douglas Ruth  
James Westmoreland

William Cherry  
Darlene Monteith  
Dorothy Storey  
Eva Zuleger

## Resident Anniversaries In January!

None!

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](http://MOOSEHAVEN.ORG)  
[BRANDONPLACE.ORG](http://BRANDONPLACE.ORG)



Be sure and visit [YouTube.com](http://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](http://www.moosehaven.org) or [www.brandonplace.org](http://www.brandonplace.org) for more information.

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