



Happy Memorial Day!



Community Service, Family, Fraternity

Volume 5, Issue 5

May, 2011

UPCOMING EVENTS

- **Cinco de Mayo Party**
- **Mandarin Dinner Dance**
- **North Florida Higher Degree**
- **Middleburg Steak Night**
- **Lakeshore Breakfast**
- **Hot Off The Grill With Chef Dave**
- **District Meeting @ Mandarin**
- **Jacksonville Beach & Picnic**
- **Opportunity Lodge/Chapter Hobo Dance**
- **Heart Of The Community Breakfast**
- **Lakeshore Dinner Dance**
- **District 12 Picnic**
- **Spring Fling!!!**
- **Fleming Island Fast Food Run**
- **Clark's Fish Camp**

**Newsletter Editor:
Marina Mathews**

Until It Happens To You

It used to feel like heaven, it used to feel like May, I used to hear those violins play heartstrings like a symphony, now they have gone away, nobody wants to know the truth, until their heart is broken, don't you dare tell them, what you think to do, till they get over, you can only learn these things from experience, when you get older, I just wish someone would have told me, Till it happens to you, Till it happens to you, Till it happens to you.

These are some of the lyrics from a song called (in case you couldn't guess) Till It Happens to You by Corinne Bailey Rae. As John pointed out in last month's newsletter, one of the powerful things about well-written songs or poems is their ability to make me reflect on life in general but usually on my own life. Ms. Rae is singing about the heartbreak of a lost love, a relationship ended. Now, as you can probably guess, it has been a few years since a woman broke my heart. But I sometimes think of the different ways my heart has been broken, of how a love was lost, a relationship ended. I am sure you can think of ways your heart was broken that never crossed your mind, until it happened to you.

How significantly one person can change your life. It is impossible to describe the feelings brought on by one person ceasing to be a part of your life. Or the pain of a dramatic change in how they are able to participate in your life. Or how you thought life was going to be. The greatest heartbreaks are not for the young lovers, we save those up for later in life. As the song says, you can only learn these things from experience, as you get older.

So life is full of heartbreaks, but still we carry on. Life is not meant to remain gloomy, there is always a sunny day following the storm. If you care to go out in it. Moosehaven is filled with people who have experienced life with its ups and downs. People with knowledge, empathy and compassion. There are many pleasant hobbies, activities and pursuits. There is so much beauty and life here. There are friends who will help you find a way to understanding and then to enjoyment. Moosehaven is a perfect place to hear the symphony, to feel like heaven, to feel like May, well if not May maybe August. It is hard to describe how wonderful it is to rediscover the joy in life. Until it happens to you.

If you have already found the beauty, help someone else rediscover the joy in life.

Bill Tippins, LCC Administrator

Just John

May brings Memorial Day, a date originally set aside to honor our nation's war dead. Today, it is still about honoring them but it seems almost secondary to the celebrations of the beginning of summer. Therefore, I am going to focus this month's Just John exclusively on our military men and women, especially those who made the ultimate sacrifice. In doing so, I am going to a portion of a speech by presented by General John Kelley, USMC on November 13, 2010. What makes this so especially poignant is that General Kelly's son, First Lieutenant Robert Michael Kelly, USMC, was killed in action in Sangin, Afghanistan only four days before he gave this speech.

"The protected can't begin to understand the price paid so they and their families can sleep safe and free at night. No, they [our service men and women] are not victims, but warriors, your warriors, and warriors are never victims regardless of how and where they fall. Death, or fear of death, has no power over them. Their paths are paved by sacrifice, sacrifices they gladly make...for you. They prove themselves everyday on the field of battle...for you. They fight in every corner of the globe...for you. They live to fight...for you, and they never rest because there is always another battle to be won in the defense of America.

I will leave you with a story about the kind of people they are...about the quality of the steel in their backs...about the kind of dedication they bring to our country while they serve in uniform and forever after as veterans. Two years ago when I was the Commander of all U.S. and Iraqi forces, in fact, the 22nd of April 2008, two Marine infantry battalions, 1/9 "The Walking Dead," and 2/8 were switching out in Ramadi. Two Marines, Corporal Jonathan Yale and Lance Corporal Jordan Haerter, 22 and 20 years old respectively, one from each battalion, were assuming the watch together at the entrance gate of an outpost that contained a makeshift barracks housing 50 Marines. The same broken down ramshackle building was also home to 100 Iraqi police. Yale was a dirt poor mixed-race kid from Virginia with a wife and daughter, and a mother and sister who lived with him whom he supported as well. He did this on a yearly salary of less than \$23,000. Haerter, on the other hand, was a middle class white kid from Long Island. They were from two completely different worlds. Had they not joined the Marines they would never have met each other, or understood that multiple Americas exist simultaneously depending on one's race, education level, economic status, and where you might have been born. But they were Marines, combat Marines, forged in the same crucible of Marine training, and because of this bond they were brothers as close, or closer, than if they were born of the same woman.

The mission orders they received from the sergeant squad leader I am sure went something like: "Okay you two clowns, stand this post and let no unauthorized personnel or vehicles pass." "You clear?" I am also sure Yale and Haerter then rolled their eyes and said in unison something like: "Yes Sergeant," with just enough attitude that made the point without saying the words, "No kidding sweetheart, we know what we're doing." They then relieved two other Marines on watch and took up their post at the entry control point of Joint Security Station Nasser, in the Sophia section of Ramadi, al Anbar, Iraq.

A few minutes later a large blue truck turned down the alley way-perhaps 60-70 yards in length-and sped its way through the serpentine of concrete jersey walls. The truck stopped just short of where the two were posted and detonated, killing them both catastrophically. Twenty-four brick masonry houses were damaged or destroyed. A mosque 100 yards away collapsed. The truck's engine came to rest two hundred yards away knocking most of a house down before it stopped. Our explosive experts reckoned the blast was made of 2,000 pounds of explosives. Two died, and because these two young infantrymen didn't have it in their DNA to run from danger, they saved 150 of their Iraqi and American brothers-in-arms.

What we didn't know at the time, and only learned a couple of days later after I wrote a summary and submitted both Yale and Haerter for posthumous Navy Crosses, was that one of our security cameras, damaged initially in the blast, recorded some of the suicide attack.

You can watch the last six seconds of their young lives. Putting myself in their heads I supposed it took

Continued on Next Page....

Just John Continued.....

about a second for the two Marines to separately come to the same conclusion about what was going on once the truck came into their view at the far end of the alley - exactly no time to talk it over, or call the sergeant to ask what they should do - only enough time to take half an instant and think about what the sergeant told them to do only a few minutes before: "...let no unauthorized personnel or vehicles pass." The two Marines had about five seconds left to live.

It took maybe another two seconds for them to present their weapons, take aim, and open up. By this time the truck was half-way through the barriers and gaining speed the whole time. Here, the recording shows a number of Iraqi police, some of whom had fired their AKs, now scattering like the normal and rational men they were-some running right past the Marines. They had three seconds left to live.

For about two seconds more, the recording shows the Marines' weapons firing non-stop...the truck's windshield exploding into shards of glass as their rounds take it apart and tore in to the body of the son-of-a-bitch who is trying to get past them to kill their brothers-American and Iraqi-bedded down in the barracks totally unaware of the fact that their lives at that moment depended entirely on two Marines standing their ground. If they had been aware, they would have known they were safe...because two Marines stood between them and a crazed suicide bomber. The recording shows the truck careening to a stop immediately in front of the two Marines. In all of the instantaneous violence Yale and Haerter never hesitated. By all reports and by the recording, they never stepped back. They never even started to step aside. They never even shifted their weight. With their feet spread shoulder width apart, they leaned into the danger, firing as fast as they could work their weapons. They had only one second left to live.

The truck explodes. The camera goes blank. Two young men go to their God. Six seconds. Not enough time to think about their families, their country, their flag, or about their lives or their deaths, but more than enough time for two very brave young men to do their duty...into eternity. That is the kind of people who are on watch all over the world tonight-for you."

May God Bless and Keep our Military Men and Women!

Just John

Buddy Dunkle, pictured below, is excited with the newly renovated Maintenance Trash Cart. Buddy works picking up trash from the campus as part of the Sunshine Job Program for our residents. Buddy is proud of his stylish ride for his duties!



The winners of our Best Dressed contest at the April John's Social are as follows from left: Lois Hammer, Rena Croft, Emil Kotik and Jacqueline Bramblett. As you can guess, the theme was 50's Rock and Roll Sock Hop! Congratulations to all our winners!

Up Close And Personal With Margaret VanDemark

When Marina asked me to write an article about myself, I told her it would be different than the majority of articles that other people wrote. My name is Margaret VanDemark. I came from a small town in Michigan (Mt. Morris). I am the youngest of 5 children. My father worked at Buick Motor Division and my mother worked later in life, in a photo processing shop.

I came from what you would call a dysfunctional family. Some of you may have heard of this. If you have never lived or been around people that didn't have the Lord in their life you would be shocked at the way they lived. Growing up we didn't know one day from the next what would happen. When you have no love or attention while growing up you try to find it when you get older. There was no stability. I did graduate from high school. The only thing that kept me in school was being able to play sports.

When I got out of high school, I didn't even think about going on to college, that was for someone else, not me. Most of us did what our parents did, get married and have children. I married my first love. I thought that getting married it would be like a fairy tale, boy was I mistaken. It did last 20 years. Most of my life I was searching for love and happiness, but I didn't realize it was right in front of me, I was searching for the Lord.

I never had a close relationship with the Lord up until about 5 years ago. What a change in my life. You have heard the old saying, if I knew then what I know now. I do have 3 great children, they did turn out good. I went to work at the Post Office in our home town. I transferred to Titusville, Fl. Post Office in July 1979. That is where I retired. I went to work in a small contract Post Office in a drug store. I worked there many years. I was working at Royal Caribbean Cruise lines as a check in agent before coming to Moosehaven.

I joined the WOTM many years ago in Merritt Island, Fl. I was so impressed when I came to Moosehaven. I felt so secure and taken care of. I couldn't believe how friendly and good all the staff were. No stress or loneliness. I have a deeper relationship with the Lord. I thank Him every day for carrying me all these years. I'm thankful for the person I am today. I love what I do here and I love the people here.

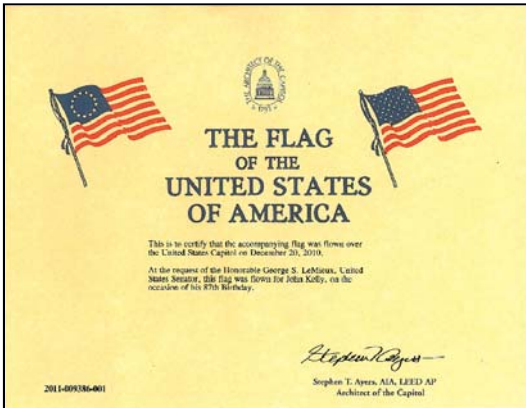
Margaret VanDemark



Jack Kelly is Honored

Pictured left is a certificate certifying that the United States flag that belongs to Jack Kelly was flown over the United States Capitol on December 20, 2010 in honor of Jack's 87th Birthday.

In memory and honor of all Veterans, Jack will be flying the same flag this Memorial Day, May 30th at the Chancellors Hall. We have an active group of Veterans here at Moosehaven and I know they will appreciate Jack's thoughtfulness on their behalf.



Fishy Business!



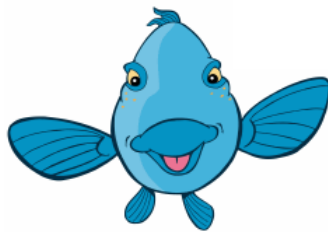
Our resident fishermen stay busy reeling them in! Mr. Bill Lazuka (*pictured left*) shows off his big Red Bass and Mr. Herb Lewis (*pictured right*) shows off his large Flounder, both caught off the end of the Moosehaven pier. According to staff members who have been here for over 26 years, this is the only Flounder that has been recorded as being caught from our pier.



Moosehaven sponsors a year-long fishing tournament for our residents with Biggest Fish money prizes awarded for First, Second and Third Place.

THREE, IF BY MOOSE

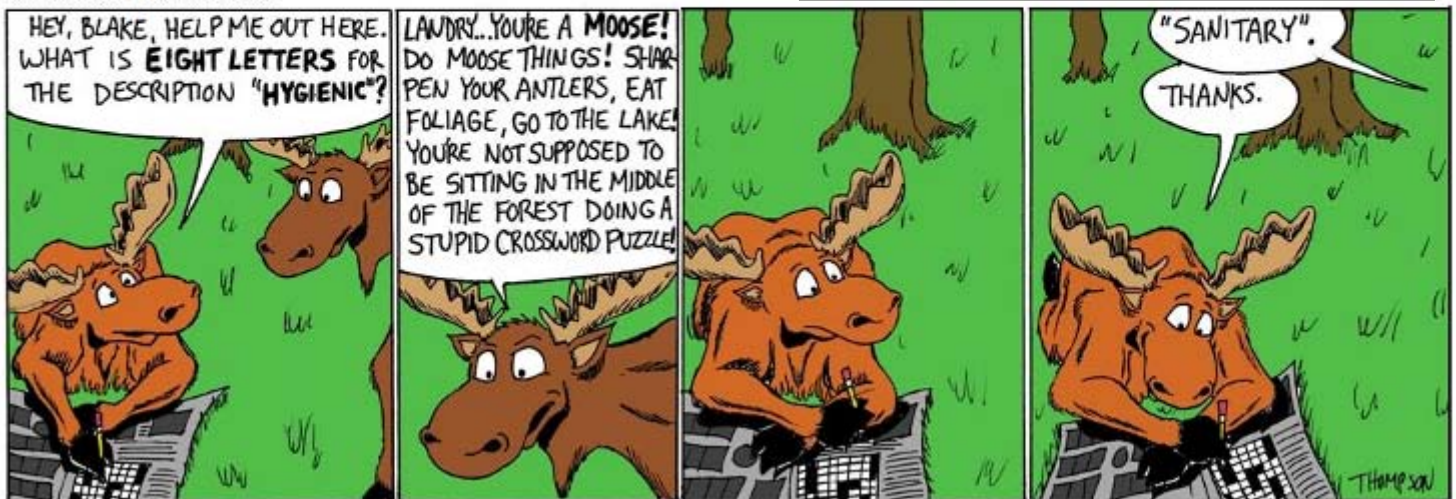
BY MIKE THOMPSON



How could the dolphin afford a house?
He prawned everything!

1st Kipper: "Smoking is bad for you!"
2nd Kipper: "It's okay, I've been cured."

What fish can perform operations?
A Sturgeon!



Simply Helen

“April Showers, bring May Flowers”

Isaiah 58:11 says, “The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.”

Can you believe it, it's already May. It's kind of like all the other months, they sneak up on us. I thought, “I have to submit an article, what should I write?” My thoughts went to what a pretty time of the year it is and this phrase came to mind, “April showers, bring May flowers” and that thought birthed this article.

Moosehaven's rose garden has been redesigned and it looks beautiful. In the center of the garden there is a gazebo with river-rock walkways entering from the North, South, East and West. Besides how nice it looks, I also noticed something else—the grass surrounding the garden. About 5 feet of the grass surrounding the rose garden is as green as green can be. Not only are the roses blooming, but the grassy area surrounding the garden is thick and lush. It is now evident how dry our soil is, because the area that hasn't benefited from the daily watering is scattered and green and brown in color as are much of the lawns at this time, due to the lack of rain.

It's amazing what water can do. It refreshes, revives, and restores. How about you, are you refreshing, do you bring life and cause those around you to bloom where they are planted?

Zechariah 10:1 speaks of restoration. *“Ask the LORD for rain in the spring, for he makes the storm clouds. And he will send showers of rain so every field becomes a lush pasture.*

You and I are in contact with people every day who are parched from the cares of life. We have the power to shower them with hope and renewed strength, and they can leave our presence feeling refreshed, like a fresh watered garden, or leave them feeling the effects of a lack of rain; dry, parched, and thirsty.

If you look at the grass around the rose garden, it's easy to see what water can do. When you think of water in this way – “how do we make others feel when they leave our presence” I have to ask you, is it raining in your circle of influence?

I hate to say it, but often we are insensitive to how we make others feel. If all you do is whine and complain I can tell you, those around you are praying for rain! But if you are uplifting, helpful and encouraging, I'm sure they leave your presence feeling like a well watered garden, and besides that you've got some pretty flowers around you.

Remember that April showers bring May flowers. Let those around you shine, rain on them! Help them to blossom, let it rain!

Simply Helen



'Old Timer's' or Alzheimer's Disease

There has been some new information released on diagnosing Alzheimer's disease. It basically outlines levels of diagnosis prior to what we commonly think of as Alzheimer's disease. It is hoped that this will lead to earlier diagnosis and treatment. There is no cure for Alzheimer's disease and other dementias at this time. There are medications that help to slow the process, but the primary need of people with Alzheimer's disease or other dementias is individual care suited to their special needs. No two people are the same and so there is no single approach that will always be effective. Alzheimer's disease is progressive and as the disease follows its course in the brain, the individual's needs change. I will talk more about care provision in a separate article.

Dementia is a loss of brain function that occurs with certain diseases. Alzheimer's disease is one form of dementia that gradually gets worse over time. Memory impairment, as well as problems with language, decision-making ability, judgment and personality are necessary features for a diagnosis. Alzheimer's disease is not a part of normal aging although your risk for developing the disease increases, as you get older. There are risk factors that increase the likelihood that someone will have Alzheimer's disease such as: close blood relative who had the disease, certain genetic combinations, longstanding high blood pressure, history of head trauma, and being female. The causes of Alzheimer's disease are not entirely known.

In early onset Alzheimer's disease symptoms first appear before age 60. This is much less common, but it tends to progress quickly. Late onset Alzheimer's disease is the most common and begins after age 60. Alzheimer's disease and other dementias involve the ongoing death of brain cells and loss of neurotransmitters that help nerve cells send messages to one another. How quickly Alzheimer's disease gets worse is different for each person, however in general if it develops quickly it is more likely to worsen quickly.

Mild cognitive impairment is the stage between normal forgetfulness due to aging and the development of Alzheimer's disease. Not everyone with Mild Cognitive Impairment will develop Alzheimer's disease. Symptoms of Mild Cognitive Impairment include: forgetting recent events or conversations, difficulty performing more than one task at a time, difficulty solving problems, and taking longer to perform more difficult tasks.

Early symptoms of Alzheimer's disease can include: language problems, difficulty finding the name of familiar objects, misplacing items, getting lost on familiar routes, personality changes, loss of social skills, losing interest in things previously enjoyed, depressions, and difficulty performing tasks that once came easily. As the Alzheimer's disease becomes worse, symptoms are more obvious and interfere with your ability to take care of yourself. Symptoms can include: forgetting details of current events, forgetting events in your life, losing awareness of who you are, changes in sleep patterns, difficulty reading or writing, poor judgment, using the wrong words or mispronouncing words, withdrawal from social contact, having hallucinations, arguing or striking out, delusions, depression, agitation, difficulty doing basic activities of daily living. People with severe Alzheimer's disease can no longer: understand language, recognize family members, eat without assistance, may be incontinent of bowel and bladder and may have swallowing problems.

Although there is no proven way to prevent Alzheimer's disease, there are some practices that are recommended. Talk to your doctor about any of these approaches. To reduce your risk consider: a low fat diet, eat cold water fish, reduce intake of butter and dairy, eat more fruit and vegetables, maintain a normal blood pressure, stay mentally and socially active.

**Excerpted from the article Alzheimer's disease-PubMed Health

Bill Tippins, LCC Administrator

News From Admissions

On February 18th the Admissions Committee approved four new applications and two applications that had been tabled from a prior meeting. Four singles and 1 couple have been admitted from the February meeting.

On April 19, 2011 the Admissions Committee met to consider eight applications for a total of nine possible residents. The committee approved six applications for seven possible new residents and declined two applications.

I am continuing to work on new applications and have 3 applications that are very close to being completed and will be going to Committee before the end of May. Single male members who dance are hard to come by.



Heart Of The Community Breakfast And Yard Sale Saturday, May 21st



Moosehaven Salutes Its Residents With 50 Or More Years In The Moose!

Carrie Aurand
Mickey Bergfeld
Charles 'Pete' Conn
Rena Croft
Robert Elliott
Barbara Grubb
Lawrence Kearby
Syble Medlock
Charles Wildsmith

Joseph Banks
Charles Brice
Amelia Cook
Stanley Dubicki
Mary Ellithorpe
Raymond Hall
Judy Kelly
Reggie Parkhouse
Luther Wilson

Margaret Baumann
Alda Carmisciano
Stacy Croegaert
Frances Elliott
Eva Glenn
Elmer Jones
Mary Kurey
Rosemary Taylor
Verna Wilson

**The following individuals were spotted “Making A Difference.”
Thank you all for your outstanding contributions!**

- **Jim Carson** was spotted Making A Difference with his prompt and professional response to work orders.
- A member of the **Tree Amigos Lawn Maintenance** group was spotted Making A Difference when he stopped his lawnmower in order to let the dust settle so that a resident could walk by.
- **The Easter Bunny, Dennis Miller**, was spotted Making A Difference in the lives of all the children who visited our campus during the 4th Annual Heart Of The Community Easter Egg Hunt.
- **Mr. Peep, Rick Duley**, was spotted Making A Difference in the lives of all the children who visited our campus during the 4th Annual Heart Of The Community Easter Egg Hunt.
- **Tommy Moose, Bill Tippins**, was spotted Making A Difference in the lives of all the children who visited our campus during the 4th Annual Heart Of The Community Easter Egg Hunt.
- **The Leadership Team, IMS Staff, Maintenance Staff, Dietary Staff, Security Staff, Doreen Vance, Nancy Coffman, Amber Seiverd and ALL of our volunteers** were spotted Making A Difference with their dedication to making the 4th Annual Heart Of the Community Easter Egg Hunt the success that it was!
-

Remember to notify Doreen, Helen or Marina if you want to recognize someone for Making A Difference!

Polly's Place

With Easter just passed, let us live each day by following Christ's example of how to treat our fellow brothers and sisters in our daily lives and activities. Treat each other with respect and honor showing mercy when necessary, never return rudeness for rudeness always show love and compassion. A soft answer always turns away wrath if we will be slow to speak and swift to hear we will have the right soft words. Christ was our perfect example of how to live a full and active life in peace and harmony, especially in our golden years. No matter how bad he was treated he never spoke back in anger for the way he was treated.

Treat others as you want to be treated. Because we are entering into summer time when there are outside activities and the weather gets pretty hot, our tempers can seem to follow the temperatures and flare out of control. It is then when we must remember whose example we are following. Always remember you're never too old or too young to try something new!

Stay active and lets have fun this summer!

Polly Rhoden, Campus Activities Director

A Little Humor...

There were 11 People On A Rope.... Eleven people were hanging on a rope under a helicopter. 10 men and 1 woman. The rope was not strong enough to carry them all so they decided that one had to leave, because otherwise they were all going to fall. They weren't able to choose that person, until the woman gave a very touching speech. She said that she would voluntarily let go of the rope, because, as a woman, she was used to giving up everything for her husband and kids or for men in general. And she was used to always making sacrifices with little in return.....as soon as she finished her speech, ALL the men started clapping.

Submitted by Chuck Wildsmith