

# Moosehaven News

## Heart Of The Community

### Life Care Center, FULL of LIFE!

*Just what is the Life Care Center? The Life Care Center, known to some as LCC, represents residents living in different levels of care. It ranges from Assisted Living, Enhanced Assisted Living, Memory Care Unit, Nursing and Rehabilitation.*

*I was recently talking with one of the Independent Congregate Living Residents who was here for rehabilitation and their comment was, "I thought some of these people were dead...I'm glad to see they are still here."*

*Well, they're not only here, they are living and enjoying life. Maybe not in the way you imagine it should be, but who made up those rules anyway? I challenge you to come to the Friday Activity Luncheon, monthly Birthday Party, bowling activity or the monthly Wine and Cheese Socials and you will find a group of residents enjoying life.*

*These residents have so much to teach us about perseverance, long suffering and joy. I watch as some of them go to the beauty shop, country store and physical therapy. They are propelling in their wheelchairs and I will ask them if they would like a push and most times they will say, "No, I can do it myself." They endure disabilities, pain and loss. But guess what? I have learned many jokes that make me laugh told to me by those residents as they focus on what they still have, a smile, a laugh, and an embrace.*

*Ancient cultures embrace and honor the elders; they do not focus on their infirmities, but embrace the wisdom and example that is displayed by the elders. With that in mind I am honored to be a part of the elders of the Moose.*

*I would encourage all of you to come for a visit and sit for a while. You might smile, laugh and sometimes cry; but rest assured, those living in the LCC will touch you.*

**Terri Reed, Director of Nursing**

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Editor: Marina Mathews

### What's Happening?

- Middleburg Steak Night
- Moose Legion Celebration at Palatka Lodge
- Broadway Kids Stars
- Girl Scouts Christmas Party
- Island View Church Concert
- Georgia Tree Lighting
- Lakeshore Christmas Party
- St. John's Country Day School Christmas Concert
- Moosehaven Resident Christmas Party
- District Sports & Meeting at Lakeshore Lodge
- MERRY CHRISTMAS!
- New Year's Eve Dance at Lakeshore Lodge
- HAPPY NEW YEAR!



# Just John

Our director, John Capes, and his beautiful wife, Tina, are currently on a well-deserved vacation. So the Just John portion of the newsletter will resume with our January, 2012 issue. I'm sure you will all welcome an account of the adventures John and Tina will have, they are usually very entertaining. We do wish them a safe and enjoyable trip and look forward to their return.

Marina Mathews, Loyal Assistant :)



## What's New in Life Care Activities?

The director ☺ Brenda Jewell.

I would first like to thank everyone at Moosehaven for such a warm welcome. Everyone (both staff and residents) has gone out of their way to introduce themselves and to help me acclimate to the new environment. It makes it feel like home and I very much appreciate that.

My name is Brenda Jewell. I have lived in the area since 1978. I graduated from Middleburg High School and then attended college. I got my Bachelor's from the University of North Florida, and my Master's from Florida State University. I have worked in therapeutic recreation for the past 20 years, although it has been in a variety of settings.

I came here from All Saints Early Learning and Community Care Center, Inc. It is an Adult Day Care in Jacksonville. It is unique in that it has an intergenerational program. There is an early learning center (children from 6 weeks old through pre-school age) located at the same facility. The children and the adults would interact daily. This is where I found my passion for working with seniors. I learned so much from each of our participants and became very close to many of them.

After 10 years at All Saints ELCCC, I made a difficult decision. I decided it was time I needed to grow and expand my horizons. All Saints was a wonderful place, but it is very small and very limited in resources. I saw Moosehaven as an opportunity to grow and reach more of my potential.

On a personal note, I am married and have a 10 year old son, Kyle. My husband also grew up here. We love spending time outside and staying active. I have a passion for horses, that I sometimes share with my son. The horses are my escape and my therapy. I also utilize them (the horses) in helping others. I, and sometimes my son, volunteer on a search and rescue team. Our team goes out and searches for missing people in the area. We also do community training on safety and what to do when you get lost.

I thank you again for making me feel so welcome and like part of the family. I look forward to getting to know everyone better and providing many years of service here.

**Brenda Jewell, CTRS**  
**LCC Activity Director**

# Simply Helen



Here we are at the close of 2011. As I sat down to write this article, I realized something.....I feel like I'm wearing the last 11 months of the year! I don't know about you, but it seems like by the time December arrives, I'm dragging. I feel all used up, my energy is low, my thoughts are foggy and I find myself almost dreading to do the things I love. It's a joy to put up a Christmas tree, to plan our Annual Christmas Program for our Georgia Tree Lighting, to attend our Resident's Christmas party and to attend the many gatherings of friends and family. All of those things ARE truly a JOY.

It was just two years ago; when I was laid up in Mayo Hospital, that I realized just how much joy the busyness of the Holiday Season is. I had expected to be home for Christmas, but that wasn't the case. Christmas passed me by, as did New Year's, in fact one month passed by, before I made it home. But the key here is, I made it home

It's funny how one minute you can feel worn out with nothing left to give, and the next minute something crosses your mind and suddenly your reenergized. Those momentary thoughts were enough for me, to get me out of my slump. What thought reenergizes you? Think about it, it's good for you.

I look forward to putting up my tree at home and at the Chapel. I eagerly look forward to all the wonders the Christmas Season brings. It's easy for us to dread something, but when we look at it through another set of eyes, that dread quickly turns to wonder...the wonder of life and the amazement of our many, many blessings. If you are feeling all "used up" I encourage you, to look through another set of eyes – the eyes of gratitude!

I wish each of you a joyous Christmas Season and may the wonder of the birth of our Savior, Jesus Christ, bring you a renewed faith and confidence in His love.

Remember, happiness is a journey, not a destination. "Live well, love much and laugh often."

I'd like to leave you with these thoughts to ponder.

The Sociology Department of Duke University did a study on "peace of mind" and several factors were found to contribute greatly to emotional and mental stability, they are:

**Forgive.** Rid yourself of suspicion and resentment. Nursing a grudge was a major factor in unhappiness.

**Forget.** Live in the present. An unwholesome preoccupation with old mistakes and failures leads to depression.

**Accept life.** Don't waste time and energy fighting conditions you cannot change. Cooperate with life, instead of trying to run away from it.

**Stay involved.** Force yourself to stay involved with the living world. Resist the temptation to withdraw and become reclusive during periods of emotional stress.

**Roll with the punches.** Refuse to indulge in self-pity when life hands you a raw deal. Accept the fact that nobody gets through life without some sorrow and misfortune.

**Be old-fashioned.** Cultivate the old-fashion virtues -- love, honor, compassion and loyalty.

**Be reasonable.** Don't expect too much of yourself. When there is too wide a gap between self-expectation and your ability to meet the goals you have set, feelings of inadequacy are inevitable.

**Go outside yourself.** Find something bigger than yourself to believe in. Self-centered, egotistical people score lowest in any test for measuring happiness.

*Merry Christmas,*

*Simply Helen*



Resident fisherwoman, Maggie Lazuka, proudly shows off the enormous catfish she caught in the St. John's River off of the Moosehaven Pier.

# A BIG Thank You

To Our Fraternal Family, Residents And Staff Who Volunteered Their Time and/or Money And To Those Who Donated Candy To Make The 5th Annual Halloween Trick or Treat Event  
The **HUGE** Success That It Was!

## Senior Olympic Games

ers

## Moosehaven Bowl-



Senior Olympic Bowlers: Back row from left: Blanche Bade, Jan Janson, Margaret Vandemark, Bob Burlingham, Buddy Dunkle, Ellen Arsenault. Middle row from left: Glennah McClain, Lillian Lussier, Sharon Bailey, Gloria Peterson, Elsie Frisk, Marge Carr, Karin Dixon. Front row from left: Ruth Wingard, Norm Vertigan, Jim Thomas, Lois Hammer.

A candymaker in Indiana wanted to make a candy that would remind people of the true meaning of Christmas; so he made the candy cane to incorporate several symbols for the birth, ministry, and death of Jesus Christ. He began with a stick of pure white, hard candy. White to symbolize the Virgin Birth and the sinless nature of Jesus, and hard to symbolize the Solid Rock, the foundation of the Church, and the firmness of the promises of God.

The candymaker then shaped his cane into the form of a "J" to represent the precious name of Jesus, who came to the earth as Savior. It could also represent the staff of the "Good Shepherd" with which He reaches down to to reclaim the fallen lambs who, like sheep, have gone astray.

Thinking that the candy was somewhat plain, the candymaker stained it with red stripes. He used three small stripes to show the stripes of the scourging Jesus received. The large red stripe was for the blood shed by Christ on the cross so that we could have the promise of eternal life.

## **A Visit To WWII Memorial in Washington, D.C.**

On Friday night, I was taken to the Holiday Inn on Wells Street in Orange Park, FL, for a meeting of veterans for a flight to the WW II Memorial in Washington, D.C. After an excellent presentation by members of the Rotary Club at Orange Park, at sunrise, we WWII vets were assigned a Guardian. A Guardian was assigned to me and another veteran for the trip, and he advised us about what to expect on the trip. We were given a bag containing a T-shirt, a poncho, and snacks, as well as a Name Badge. There were approximately 50 veterans in the flight, some in wheelchairs. After the meeting, there were snacks provided for our flight which left on Saturday, October 1st at 5:30 A.M.

We were leaving the hotel on a chartered bus when I noticed police cars, fire trucks and emergency medical vans with lights flashing out in front. Also along the side of the motel there were a lot of motorcycles. We soon found out that these were our escorts to the Jacksonville airport. When we arrived at the airport, the motorcyclists were our Honor Guard inside the airport. As we entered the airport to board our plane, we were surprised by the Honor Guard and a lot of other passengers lined up as a welcoming group. The attendant and other airport personnel were very nice. We were placed on the plane (Southwest Airlines) first, and then other passengers were boarded. We were treated like royalty!

The flight took just over two hours. During this time, we had a mail-call. I was also advised that I would be making a presentation, along with three other veterans (one from each service: Air Force, Navy, Army, and me, a Marine). We were also told that our first stop off would be at the Unknown Soldier Memorial. Previously unknown to us four veterans, we were informed that we would be placing a wreath at the Memorial.

Then, at 11:50, we were escorted into the Memorial during the change of the Guard. Facing the Memorial, at the precise time of NOON, two of us (another veteran and I) were given a wreath, and we placed it in front of the Memorial. We then went back to the other two veterans (both in wheelchairs) at the change of the Guard, and Taps were played. We were then escorted out of the Memorial enclosure. (NOTE: It was raining all this time). There were between 500 and 1,000 persons watching this presentation. By the way, the Memorial is in an enclosure, with only one soldier pacing 21 steps each direction, back and forth, for hours (21 steps because the highest salute to honor anyone is a 21-gun salute). This presentation almost brought me to tears to be so honored! We again boarded the bus and were taken to the World War II Memorial.

At the WW II Memorial, I received a surprise visit from the Governor of Verona Lodge of Virginia, his wife and daughter, and five motorcyclists. They braved the rains to meet me. The Lodge has adopted me as their Grandfather. After many pictures were taken, my day was complete. Other pictures (group) of the Veterans and the Guardians were completed (which took an hour); then we were taken back to the Airport for our flight home.

No matter where we went, we were treated very well, with applause and handshakes and thanks. During the flight between Baltimore and Nashville, one of the Guardians opened a suitcase filled with candy, chips and other goodies. We changed planes in Nashville and were back at the Holiday Inn in Orange Park at approximately 9:45 P.M.

NOTE: On the plane we had a mail call. I received ten cards and notes from my daughters. I would like to thank once again the Rotary Club. They were very nice and made us feel like someone special. Upon exiting the bus, I received a note back with 100 notes from the history class, 8th grade, from Asbury Junior High. Also I found out that Marina Mathews, Executive Assistant to Moosehaven Director John Capes, was involved with the letters. Someday I would like to meet everyone that was involved and shake their hands for making this a very outstanding trip.

All my love to all for what you did for us and thanks again,

*Lloyd W Davis , Moosehaven Resident*

## UP Close and Personal with Joan Dover

Joan Dover is a lovely lady with a strong faith. I really enjoyed getting to know her. Joan was an only child born on June 29, 1943 to Ruth Gorman who worked at American Can Company and her father; Joseph Perry Jr. who was in the military. Her grandparents came all the way from Turkey. Joan joined the Loyal Order of the Moose, Chapter #502 in Sidney, New York in 1977 where she held the office of Academy of Friendship. The Moose Lodge is where she met and married William Dorak.

Joan worked at a chemical plant where they made copy machine cartridges. She was also a CNA for four years. Bill was a window washer in New York City. They have two daughters, Sheila and Tracy and one son, Allen. They all live in New York. There are also three grandchildren.

Joan lived with a cousin for five years prior to moving to Moosehaven. They had two poodles, Rusty who was red and Dusty who was white. Joan moved to Moosehaven in September of 2008. Her time at Moosehaven have been some of the happiest times of her life. When she first moved here she loved taking the trips to Wal-Mart and was involved in a lot of the activities. She was also an alto in the choir. Her hobbies used to be bowling, playing pool, darts, swimming,

and cards, especially canasta. Jigsaw puzzles were another favorite hobby of hers. Joan has been prevented from participating in a lot of these activities now because of health problems.

Joan loves people and considers the people here at Moosehaven her family. And like a family, she looks out for other residents. She can tell by looking at someone's expression if something is wrong and she will do what she can to help or see to it that they get the help they need. She is very compassionate and a very good listener.

Joan's favorite food, believe it or not, is waffles. We share the same love for chocolate. You can never go wrong with chocolate.

If you see Joan in the hallways, stop and talk to her. You will find her to be a real blessing.

*Paula Wyre, Medical Records*



*Joan Dover, above, has enjoyed many hobbies here at Moosehaven including bowling, pool, swimming, cards and canasta.*

## Opportunity Speaks

Fall has arrived; at least it has been cool in the mornings. Of course, the people from up north wouldn't think so. What's happening around our lodge? Our last Lodge dance was held on October 28<sup>th</sup> with music provided by the BoCats. At that time we had a Founder's Day Ceremony, which was a joint presentation with the men and the women.

We also had a drawing for \$10. The Opportunity Lodge usual \$5 drawing was increased to \$10 thanks to a \$5 donation from our illustrious Jr. Past Governor, Jim Rhodes.

The State Convention in Tampa was a success. The Lodge sent two officers to represent Opportunity Lodge. I had a chance to go to the Pilgrim Presentation in Merritt Island on October 15<sup>th</sup>. There were a total of 8 members from our area that attended. Fred Jewel was honored at the reception. The District Sports and Meeting were held here on campus during October. Hope you all enjoyed the great food and company. Our next District Sports and Meeting in December will be held at Lakeshore Lodge on December 17<sup>th</sup> and 18<sup>th</sup>.

Activities had a group come in to entertain us on November 15<sup>th</sup>, A Song in your Hearts singers. The Lodge furnished the snacks at this event and it was well attended.

Lloyd Davis, one of our residents and Lodge members, had the opportunity to go to Washington D.C. with the HonorAir program. He visited the grave of the Unknown Soldier and had the honor of laying a wreath on the memorial. He told about his experience at our last lodge meeting and in an article also included in this newsletter.

Opportunity Lodge made a donation of \$200 to the computer room to purchase adapters for the residents.

We will not be holding a meeting in December.

As always my friends,

*Dan Spisak, Administrator*



## BILL'S BOARD

According to the National Alliance on Mental Illness website, depression affects more than 6.5 million of the 35 million Americans aged 65 or older. That is just under 19%. It goes on to say that depression in older people is closely associated with dependency and disability. The article describes symptoms of depression, how it can be distinguished from normal sadness and grief, its causes and treatments.

Now as you can all imagine, there are a wide variety of treatments for depression in people over 65. Some are common and some sound like science fiction. They run from medications to electric shock therapy to transcranial magnetic stimulation. With all of these options, they still say psychosocial treatment plays an essential role in the lives of older people. Psychosocial treatment includes having natural support systems, supportive group activities and relationships. I translate this to mean you get out and spend time with your friends. You play cards, pool, watch movies and play games with others. You sit around and talk, write letters, eat together, and all kinds of

things that involve making contact and spending time with others. You might recall seeing newsletter articles on the health benefits of being active, exercising, laughter and generally taking care of yourself. Well that is what we are talking about yet again. Residents at Moosehaven have lots of opportunities to spend time with their fraternal brothers and coworkers and doing so helps your physical and mental health.

I was watching TV a couple of weeks ago and saw what they passed off as a football game between the University of Georgia and the University of Tennessee. The announcers were talking about how the new coach at Tennessee had kicked several players off the team because they were bad for morale and broke down the team spirit. He referred to them as “energy vampires” because they sucked the energy out of the team. I really liked that phrase, “energy vampires”.

Do we have “energy vampires” at Moosehaven? I bet every single resident can name at least one person on their hall who can bring the energy of the group down. So what we need to do is avoid the “energy vampires” right? Well, not always. Sometimes they are the people who are feeling depressed and need help and support but don't know how to ask for it. Sometimes these are the people who need us the most. Be aware of the people who have a tendency to be negative and try to make their life more positive.

However, make sure you also spend time with people who replenish your energy, who help you to feel content. Keep a balance and be positive. If you think you might be the “energy vampire” make a concerted effort to be positive and get along with others. It might help you feel better too.

Energy vampires, I wonder if they had any of those in the Haunted Hospital?

*Bill Tippins, LCC Administrator*

## Admissions News

**Applications for the Traditional Admissions plan have been coming in very slowly. I sent out only 3 applications in October and as of November 21st I have sent out 5 applications .**

**However, the presentation that John, Sandy and I have been making at various State Association meetings has gone very well. In the month of September John was in Alabama, Georgia and Canada, Sandy was in Colorado and I was in Missouri. We feel the meetings will pay dividends in the future. The Admissions Committee approved 4 new residents on November 10th and Admissions dates have been set for November 28th, 29th and December 1, 2011. Only one dancer out of the three.**

*Ross Fleet,*

*Director of Admissions*







# Halloween!



The 2nd Annual Moosehaven Chili Cookoff, A Heart Of The Community event, was a success! This International Chili Society (ICS) sanctioned event drew cook teams from as far away as Texas. Close to 3,000 visitors attended and were able to taste some of the best chili around. Many local and fraternal cook teams entered the People's Choice competition, with the Georgia Moose Association's Classical Gas Cook Team, taking home First Place. The Inventory Management Department, Moose Lee's Chili, won First Place in the Department Division. The winners from the ICS Division were as follows: Red Chili First Place Tim Nunn, Chili Verde First Place Larry Weltikol, and Salsa First Place Tim McAfee.





With the help and coordination of the Azalea City Cruisers, the Chili Cookoff also boasted one of the best car and bike shows of the year. With cars coming from all over Northeast Florida, there were cars of all types for the crowds to view and judge. This year's cookoff was a fundraiser for the Wounded Warrior Project. Our event was able to raise \$8,000 to donate to this worthwhile project. If you would like more information on this project, please visit [www.woundedwarriorproject.org](http://www.woundedwarriorproject.org). A BIG thank you to all of our judges, all of the cook teams who participated, all of the visitors who attended and 'tasted,' and to all who worked tirelessly to make this one of the best cookoffs in the area. Mark your calendars for next year and plan to come and enjoy!



# CSI: Turn Someone In!

- Rick Duley was 'Turned In' for helping free a little dog that was stuck in between the fence posts along River Road. The dog's owner was very appreciative.
- Debbie Changary was 'Turned In' for generously loaning out all of her Halloween costumes for all of the dress up events on campus during Halloween.
- Elsie Frisk was 'Turned In' for helping Dorothy Williams and others in Ohio dining room and assisting them with coffee, etc.
- Ellen Arsenault and Buddy Dunkle were 'Turned In' for their unselfishness in pushing residents to Bingo and generally going out of their way to help other residents.
- Judy Sheng was 'Turned In' for the great job "over and above" that she does for the Chancellor 2 residents.
- Verna Wilson was 'Turned In' for offering her own supply of candy when the Ohio Residence Hall ran out of candy at Halloween.
- Dennis Miller and the IMS Staff, Polly Rhoden, and Ralph Brooks, were 'Turned In' for all of their hard work in getting Academy Hall decorated for the Halloween Trick or Treat event.
- Rick Duley, Jacob Briley and Al Moore were 'Turned In' for their timely response and quick resolution of the broken water pipe at Peeler.

Remember to notify Doreen, Helen or Marina if you want to recognize someone

for going Above and Beyond!

## Resident Birthdays In December!

Virginia Hollon, 3rd  
Ruth Shields, 5th  
Blanche Bade, 6th  
Anna Osborn, 6th  
Dorothy Goeke, 11th  
David Coldren, 13th

Lois Hammer, 15th  
Karin Dixon, 17th  
Stanley Dubicki, 17th  
Joyce Elmore, 19th  
Alda Carmisciano, 20th  
Jack Kelly, 20th

Jim Fitzgerald, 21st  
James Grandy, 22nd  
Crys Winsor, 24th  
Daniel Spisak, 27th  
Jeanette Winiarski, 30th



Happy Birthday!

## THREE, IF BY MOOSE

BY MIKE THOMPSON

