May 12, the final day of National Nurses Week, is the birthday of Florence Nightingale (1820-1910). The English nurse became known as the founder of professional nursing, due to her pioneering work during the Crimean War (1853-1856). Nightingale became known as "The Lady with the Lamp" because of her habit of making rounds at night.

National Nurses Week was first observed in October 1954, the 100th anniversary of Nightingale's mission to Crimea. May 6 was introduced as the date for the observance in 1982.¹

Moosehaven provides 24-hour nursing care for our residents who live in the Paul P. Schmitz LifeCare Center. Campus nurses are available as needed for all residents, regardless of where they live. There are 20 Licensed Practical Nurses and 12 Registered Nurses that deliver a major part of our top-rated healthcare. Nursing Assistants and other staff contribute the support needed for the excellent care shown to each senior Moose member that resides on our campus.

We are proud of our nursing staff. During the upcoming Nurses Week, take a moment to recognize them, to honor them and to thank them for the never easy, but always loving care that they provide.

Marina Mathews
Editor

¹ www.timeanddate.com
On March 3, 1993, shortly before his death, James “Jimmy” Valvano gave a dramatic and inspirational speech at the ESPY Awards. In accepting the Arthur Ashe Award for Courage, Jim Valvano delivered his “Don’t Give Up....Don’t Ever Give Up” speech. Those famous words “don’t give up...don’t ever give up” represent a powerful strategy for coping with adversity. While that famous quote became the byword of his speech, Mr. Valvano addressed many important things beyond dealing with adversity. Today, I will focus on what he said about living.

“To me, there are three things we all should do every day. We should do this every day of our lives. Number one is laugh. You should laugh every day. Number two is think. You should spend some time in thought. And number three is, you should have your emotions moved to tears, could be happiness or joy. But think about it. If you laugh, you think, and you cry, that's a full day. That's a heck of a day. You do that seven days a week; you're going to have something special.”

Laughter is defined as a “successive, rhythmic, spasmodic expiration with open glottis and vibration of the vocal cords, often accompanied by baring of the teeth and facial expression.” That doesn’t begin to tell the story of what laughing does for us, however. Dr. Gulshan Sethi, head of cardiothoracic surgery at the Tucson Medical Center and faculty at the University of Arizona’s Center for Integrative Medicine says, “Laughter activates the body's natural relaxation response. It’s like internal jogging, providing a good massage to all internal organs while also toning abdominal muscles.”

Laughing makes people feel good for a reason. Studies show that laughter boosts the immune system and triggers the release of pleasure-inducing neurochemicals in the brain. In the central nervous system, the brain releases powerful endorphins as a result of laughing. Endorphins are natural, morphine-like compounds that raise the pain threshold, produce sedation and induce euphoria (commonly called a “natural high”). In other words, we feel better when we laugh because endorphins reduce physical and mental pain. While this may be a wonderful feeling, laughing has other benefits as well:

- During a laugh, respiration, heart rate and blood pressure temporarily rise. This causes oxygen to surge through the bloodstream lowering blood pressure.
- Laughter improves the function of blood vessels and increases blood flow, which can help protect against a heart attack and other cardiovascular problems.
- Laughter reduces blood sugar levels, increasing glucose tolerance in diabetics and non-diabetics alike.
- Laughter relaxes the whole body, relieving tension and stress.
- Laughing burns calories – laughter is sometimes referred to as “inner jogging.” A hearty laugh gives the muscles of the face, chest, shoulders, stomach and diaphragm a good workout.

So, how do you laugh every day?

- Make it a priority - read a funny book, watch a comedy, listen to your favorite comedian.
- Share it with friends – spend time with people who have fun.
- Remember that life is funny - Find time to be silly. Remember laughter, like smiling, is never depleted when you share it.
- Know what isn’t funny - laughing at the expense of others isn’t funny. Laugh with—not at—people.

Well, I've run out of room in this month’s edition of Just John. Jimmy Valvano’s other suggestions for living - “spend some time in thought” and “have your emotions moved to tears” will be topics for a future Just John.

http://www.caregiver.com/articles/general/laughter_best_medicine.htm
http://www.chopra.com/ccl/6-reasons-why-laughter-is-the-best-medicine
http://www.caregiver.com/articles/general/laughter_best_medicine2.htm
http://www.chopra.com/ccl/6-reasons-why-laughter-is-the-best-medicine

Just John
Life isn't a matter of milestones, but of moments.

Rose Kennedy

On May 8, 1985 I started my journey at Moosehaven. It's been an incredible journey filled with both fulfillment and amazement. As I reflect on the years, it occurred to me that I've been at Moosehaven for over half of my life! It's no wonder why Moosehaven is such a huge part of my life. I've met so many people over the years and I'm blessed with many fond memories. I've also learned many life lessons in the past 31 years. One lesson at the top of my list is to “seize the moment.” While it's important to recall those memories, it is more important to “create” new memories each and every day.

“So teach us to number our days that we may get a heart of wisdom.” Psalm 90:12

Over the years of loving and losing I’ve learned that too many people put off something that brings them joy simply because they haven’t thought about it, don’t have it on their schedule, didn’t know it was coming or are too set in their ways to modify their routine.

“When you arise in the morning think of what a privilege it is to be alive, to think, to enjoy, to love …”

Marcus Aurelius

I’ve shared this before, but all too often I have to go back to the questions to get my priorities in check. If I knew I had 30 days to live, how would my life change? How would I spend my time? The things I “must” do; will I still do them? All those “important” things that keep me from doing something special or spending time with someone special, would I still consider them to be important?

“It’s when ordinary people rise above the expectations and seize the opportunity that milestones truly are reached.” Mike Huckabee

While we all have agendas and responsibilities that must be taken care of, we also have ample time to love those around us. Our residents and co-workers all have needs, some greater than others. It is important to me to make the “time” to help meet a need in some small way. After all that’s what we are here for.

1 Corinthians 15:58 says, “Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labor is not in vain in the Lord.”

Ephesians 5:16 reminds us to “redeem the time, because the days are evil.” Redeeming the time, means to reach out and grab it! (At least that is my definition.) We have to capture moments in order to redeem our time. We may not have an hour to spend with someone but we do have a few minutes.

I’m a very fast paced person and I have to be reminded all of the time to redeem the time. It’s important to slow down and consider what is most important in our day to day agendas.

May we all stop complaining about how fast-paced the world has become and learn to slow down and capture each moment, every minute of each day. Remember, you may be that well of life to the person next to you, so reach out and grab those opportunities to love and serve another.

“At the end of the day, let there be no excuses, no explanations, and no regrets.” Steve Maraboli

Simply Helen
A speaker is standing in the front of an auditorium filled with excited listeners. Immediately before him is a table covered with a long cloth reaching to the floor. On top of the table is a large glass aquarium. The speaker calls for a volunteer from the audience. An eager and extroverted young man comes quickly to the table and stands in front of the transparent aquarium. The speaker takes a bag of large gray river stones from underneath the table and instructs him to put it into the aquarium with the stones. When the young man says he can fit no more stones in the aquarium he is dismissed and a young woman reports to the audience. An eager and extroverted young man comes quickly to the table and stands in front of the aquarium with the stones and gravel. The speaker gives volunteer number two a bag of blueish gravel from under the table and instructs him to put it into the already stone filled aquarium. When number two says he can fit no more gravel in the aquarium he is also dismissed. A third volunteer is requested and a young woman reports to the front. The speaker produces a bag of fine white south Florida sand and asks number three to put it in the aquarium with the stones and gravel. She sifts the sand in around the rock and when she can fit no more into the aquarium she is also dismissed. To make it an even number, the speaker calls for a fourth volunteer and repeats the procedure this time giving the volunteer a pitcher of murky creek water to add to the rocks and sand.

The task is completed, aquarium is filled to the brim with water, stone and sand, and number four is dismissed. Now the speaker asks the audience “what did you learn from this little exercise?” He gets answers like “no matter how busy you are you can always fit more things into your schedule”, “you can do more than you think you can”, and “there’s always room for Jell-O” (there is one in every crowd). The speaker says “think about it, what would have happened if you filled the aquarium with water or sand first? There would be no room for the stones and gravel.” If you assume you need some of all of these items (why else would you have them at all) you have to start with the big stones first, then the gravel then the sand then the water otherwise something would be left out. It is a metaphor for making sure you start with the things that are most important and work your way down. The first time I saw this story was in one of Steven Covey’s books. I have since read that other authors and speakers have used this story and possibly even before Covey.

Many people continue to use it when describing how to “put first things first”. This concept is utilized for things as complex as business planning and life planning or as mundane as day to day scheduling. The trick to being effective with this idea lies in how well you define what things represent the large stones for you. Can you identify the things that are really most important for your success or more importantly for long term happiness for yourself and your family? Can you put those things in the forefront of how you really live? It will change how you interact with others and how you spend your time and energy.

I very much agree with this concept of identifying the things that should come first. In fact, as several people at Moosehaven can attest, it is one of my favorite stories. Lately I have been thinking about this whole “filled aquarium” idea in a different way. In previous newsletters I have quoted John Milton, George B. Shaw, Mark Twain, Henry David Thoreau, and the authors of Philippians and Proverbs regarding how an individual’s thoughts create their perception of the world. If you fill your life (or your head if you prefer) with negative thoughts and emotions you have no room left for joy, beauty or anything else. It seems ludicrous to think people would cause themselves pain and misery when they have a choice. But we see it every day. People become overly focused on changes or rules they don’t like and completely lose sight of everything else. Someone is rude to them and the thought of that experience fills their mind to the exclusion of everything else around them. People get caught up in the drama of tiny details that are not to their liking and lose touch with everything else. OK, sometimes the things we don’t like are not so tiny. But are they the most important things? Learning to keep the most important things in the forefront of our thoughts and give everything else only the amount of left over space that is necessary can change how we live. The “first things first” concept applies to our daily thoughts, words and actions as surely as it does to our plans and schedules. Maybe managing our thoughts is one of the “large stones” and a key to consistently moving toward that long term happiness mentioned earlier. Your thoughts create the world you live in more surely than anything else. Don’t waste your time filling your head with things that are not really important to your long term happiness. It may be easier said than done but most things worth doing are. You do find what you look for.

Bill Tippins
Director of Operations
What a great Mid-Year Conference! Our Marketing on the Move staff members were on hand to provide information to the Florida Bermuda members and answer questions about Moosehaven. Executive Director, John Capes presented information about the Centennial Project, which was very well received.

Members are excited about the project which will benefit our Traditional Admission residents. The project includes construction of a new 3-story residence hall, which will include a beautiful dining room, activities rooms, laundry rooms on each floor, private balconies and patios as well as indoor scooter parking and charging stations.

The project will also include converting the Vivian Borom Hall to a Resource Center which will contain the computer shop, tailor shop, ceramics rooms, library, activities rooms and beverage/snack bar. Residents will have convenient access to many of the activities they enjoy everyday at Moosehaven.

Pictured above right: John and Tina Capes enjoy the karaoke competition.

Pictured below right: Bill Tippins, Director of Operations, and Jeanenne Lautzenheiser having fun in between acts.

Pictured below: The Centennial Project residence hall.

Marina Matthews
Director of Marketing

Staff Birthdays

Jim Jarvinen
Maria Kingston
Ashley Nguyen
Tina Clark
Ritchy Lafortune
Carmencita Summa
Charnika Marshall
Nancy YuChua
Nichole Smith
Doreen Vance
Bill Frick
Chelsea Waters
Linda Briley
Donnette Ward
Whitney Gapen
Delia Dadetto
Patricia Flanley
Sandy Treffinger
Pam Wilcox
Christina Addison
Louvenia Reese
Christina Rivera
Ashley Loupe

MOOSEHAVEN CENTENNIAL PROJECT
The mission of the Law Enforcement Torch Run is to increase awareness and raise funds for the Special Olympics movement.

Members of our local law enforcement agencies as well as Special Olympians and their families and friends met at Moosehaven’s Riverfront Pavilion on Thursday, April 21st, to begin the Law Enforcement Torch Run in support of Special Olympics.

Moosehaven was proud to offer our campus as a staging area for this worthwhile event.

Welcome to Judy’s Place!

Judy’s Place is now open! Serving members of our community, Judy’s Place offers adult daycare managed by the Clay County Council on Aging.
Up Close And Personal With Bob Acor

This month we get up close and personal with Duane “Bob” Acor. Bob was born to Clarence and Clara Acor on August 3rd in the small town of Waterloo, New York. Bob grew up with 4 siblings: an older brother named Sonny, a younger brother named Fred, and two younger sisters named Shirley and Helen. Bob grew up on the family dairy farm helping with 200 Holstein Friesian cattle.

Bob attended Waterloo High School and was a member of the cross country team. After graduation, Bob enlisted in the United States Army. He worked as a demolition expert and says the best part of his job was getting to blow up bridges and train tracks. Bob served in Vietnam for 18 months and was a Green Beret. He served for a total of eight years, nine months, and twenty seven days.

Bob then moved from Waterloo, New York to Lakeland, Florida to be closer to his parents, who had moved to Lakeland during his time in the service. Bob loved to help people so he pursued a career as a firefighter for the Orange County Fire Department. After working for the fire department 25 years, Bob retired as Deputy Chief. For the next 30 years, Bob worked as an electrician for the Polk County School Board.

Bob met the love of his life at the Lakeland VFW during a game of bingo. The couple married on September 19, 1969 and spent 41 beautiful years together. He said being married to Betty was like being married to his best friend. They spent most of their time together at the Lakeland Moose Lodge.

Bob’s friend and fellow fireman, Allen, introduced Bob to the Moose. When asked why he joined the Moose, he replied that it was the best place to go after a long day’s work. As an active member of the Moose, Bob earned his 25 Club, Fellowship Degree and numerous awards for his dedication to improving his lodge. On May 17th Bob will celebrate being a Moose member for 37 years.

Bob and Betty were very familiar with Moosehaven; they had visited eight to nine times during Florida Days. They knew all along that when it was time, Moosehaven would be their home. As a Moosehaven resident, Bob takes pride in his home. Five days a week Bob is in charge of cleaning the benches and signs around campus. When he is not busy making our campus look beautiful, Bob enjoys playing card games on his computer and relaxing in his room with a cold Coca-Cola and a piece of chocolate.

When asked what advice he would like to leave the next generation, Bob replies saying “Keep working towards your goals and dreams, life is too short to quit. I have lived a long happy life; I wouldn’t be where I am today if I was a quitter.”

Bob says that he loves it here at Moosehaven; coming to Moosehaven has meant complete happiness. Moosehaven was and still is the best decision he and Betty ever made. “I couldn’t think of any other place I’d rather be, if my wife were still here today she would tell you the same.”

Sarah Hapner
Marketing Assistant
One of our biggest common adult fears has to do with memory loss as we age; specifically to Alzheimer’s disease and other dementias. It is currently believed that Alzheimer’s disease is triggered by the abnormal build-up of proteins in the brain which clump together and cause sticky tangles which then leads to nerve cell death and neurodegeneration. By combining tests which identify the decreased levels of certain biomarkers, researchers have reported impressive accuracy in predicting which people with mild cognitive impairment will go on to develop Alzheimer’s. It is hoped that these same techniques used to identify and diagnose individuals will be used before they begin to demonstrate cognitive decline.

With all the new research and identification of amyloid build ups, genes and other causative factors for developing Alzheimer’s disease, there has been a lot of talk on ways you can work to reduce your risk of developing the disease. This is where we can at least put the fear aside and become active in advocating for our own improved health. This information is taken directly from the articles reference at the bottom of this therapy article.

1. Know your enemy. There are lots of available useful resources such as through the Alzheimer’s Association, Cure Alzheimer’s fund and the National Institute on Aging.

2. See your doctor. Medications currently on the market work best when the disease is still in the early stages.

3. Cognitive Reserve. It is possible to compensate for gradual cognitive decline by building up a reserve of synapses and nerve cell networks to make up for the ones that die due to the disease.

4. Social networking and intellectual stimulation. Seek out new educational experiences such as lectures, seminars and going to museums. All learning is tied together, based on making associations with what you already know.

5. Manage weight. Adults who are classified as obese in middle age are twice as likely to develop dementias in later life. Also, those who had high blood pressure and high cholesterol were six times as likely to develop dementia.

6. Eat a brain healthy diet. Studies show that eating foods which are high in anti-oxidants may work to protect brain cells.

Exercise! Exercise has not only been shown to reduce depression and muscle atrophy, but studies show that individuals who were exercising regularly exhibited less lost brain tissue in the areas associated with learning and memory.

Jennifer Bothast, COTA
Moosehaven/Rehab Director
Residents Howard and Carol Ann Olson recently visited the Anna Maria Island Lodge #2188 in Bradenton, Florida. The Lodge opened in 1968 and is still going strong.

Having their Lodge directly on one of the most beautiful stretches of Florida beach isn’t a bad thing either!

Check out our website www.moosehaven.org for more information on our July 4th event!
Resident Birthdays In May!
Erna Allen  
John Diebold  
James Hoggatt  
Andrew Nissen  
William Puda  
James Bailey  
Evelyn Diebold  
Jeanette Mathias  
Henry Pelletier  
Dorothy Williams  
Lloyd Davis  
Maxine Ferrell  
Robert Morris  
Gloria Peterson  
Robert Woodworth

Resident Anniversaries In May!
Harold and Mary Embrey  
William and Jean Lemon  
Andrew and Doris Nissen

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.

- **Bey-Li, IMS**, is recognized for the excellent job she has done holding it all together in her department.
- **Teron Haywood, Clinic Driver**, is recognized for the respect and courtesy he shows to all of the residents.
- **Nettie Radford, Environmental Services**, is recognized and appreciated for the wonderful job and quick turnaround in laundering the tablecloths for the Michigan Building after an event.
- **Caleb Silcox and Alan Wittkamp, Maintenance**, are recognized for their courteous treatment of residents and staff members.
- **Anne Cronin, Life Care Center**, is recognized for continually going above and beyond in her duties to staff and residents.

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.

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!

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.

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