Moosehaven News
Heart of the Community

Visit our Website

Upcoming Events
Due to precautions in response to the COVID-19 crisis, all communal activities are discontinued. Information changes daily and we will continue to keep you informed.

April Showers Will Bring May Flowers If We Don't Drown First

"April showers bring May flowers. Every cloud has a silver lining. There's light at the end of the tunnel. Absence makes the heart grow fonder. Tomorrow's a new day."

These, and so many more, are sayings we've heard all our lives from our mothers, grandmothers, neighbors, well-meaning friends and family members. But why do these 'messages' hang around for generations and why are they so relevant for so many situations in everyday life?

Some research suggests that humans are 'hard-wired' to think negatively. 'Earlier in human history, paying attention to bad, dangerous, and negative threats in the world was literally a matter of life and death. Those who were more attuned to danger and who paid more attention to the bad things around them were more likely to survive.' They call this trait or tendency Negative Bias.

The machinery by which we recognize facial emotion, located in a brain region called the amygdala, reflects our nature as a whole: two-thirds of neurons in the amygdala are geared toward bad news, immediately responding and storing it in our long-term memory. This is what causes the 'fight or flight' reflex – a survival instinct based on our ability to use memory to quickly assess threats. Good news, by comparison, takes 12 whole seconds to travel from temporary to long-term memory.

I believe that our natures yearn for the positive, the good news, the silver linings. I believe we are designed to believe in and hope for a positive outcome, a happy ending, THE happily ever after. We all know individuals who are eternally hopeful, always positive and constantly looking 'on the bright side.' If they aren't 'born' that way, then why are they as
they are?

I think every single day those people **make a decision** to have a good day. They decide to be positive, they actively pursue happiness and practice positive attitudes. We are the only ones who can control our attitudes and determine the outlook on our circumstances.

When we seem to hear only the bad news, only the frightening statistics, only the negative bias, I challenge you to change your attitude. Refuse to give in to the bias. Make a stand against negativity and choose positivity!

"The only difference between a good day and a bad day is your attitude."

**Marina Mathews**

**Director of Communications & Events**

1 [https://www.verywellmind.com/negative-bias](https://www.verywellmind.com/negative-bias)
2 [https://aeon.co/essays/humans-are-wired-for-negativity-for-good-or-ill](https://aeon.co/essays/humans-are-wired-for-negativity-for-good-or-ill)

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**Look Who's Talking**

**Just John**

**John Capes, Executive Director**

*It ain’t over till it’s over.*

I said this recently in answer to a resident’s question about how much longer this coronavirus epidemic will last. Later, I got to thinking about my response and recalled my boyhood baseball hero, Yogi Berra.

Now, before I go any further, I grew up at a time when boys collected, traded and horded baseball trading cards. In fact, I’m somewhat surprised that I still have teeth for all the bubble gum I chewed chasing favorite player’s cards. I remember trading cards with friends on summer afternoons when it got too hot
to actually play ball. Since I was usually the youngest and smallest kid in the
group, I not only got to play deep right field but also sometimes got taken
advantage of in trades – whatever was I thinking trading away that Mickey
Mantle card? But, there was one card that I never surrendered no matter what
was offered – Yogi Berra.

Now Yogi was truly one of the greatest Yankees of all time despite being a
most unlikely big league catcher or any kind of major league player at all. He
stood just 5’7, “weighed about 185 pounds and got his nickname as a teenager
because he resembled a yogi. He was a notorious bad ball hitter, reaching for
pitches outside the strike zone, and yet he won the American League MVP
award three times, and played on 10 world championship teams and 14
pennant winners (both major league records) in the course of his 19-year
career.

Though I’m not sure I understood it until later, Yogi Berra truly represented
opportunity for me and therein lies what I believe to be the true meaning of his
most famous turn of phrase, “It ain’t over till it’s over.” Sure, it can be applied to
almost any form of competition, baseball, tennis, boxing, etc., but it’s a
dehensively simple statement of depth. What he meant was that we need to
stay aware, to stay focused and most important, not to give up. Stand for your
values, stand up for yourself.

That message resonates especially now, during a time when life as we once
knew it is changed and continues to change to meet the challenge of
coronavirus.

First of all…stay aware. Challenge what you hear about the length, depth and
breadth of this virus. Remember, this is as much a political event as it is a
health care and economic issue.

Next, it’s tough right now. Life has changed, but don’t give up. We will get
through this and be stronger for it.

Stand by your values. Values are especially important when things get
difficult. Those values that motivated and guided you through difficult times in
your life will strengthen and guide you through this time also.

Finally, stand up for yourself. OK no fistfights please, but, let’s face it,
cooped up together is likely to generate some misunderstandings. However,
standing up for yourself doesn’t mean you have to confront, contradict or
challenge every negative comment. Sometimes the very best response is none
at all. You can simply walk away. The dignity found in simply walking away is
often immeasurable. However, if you must stand up for yourself; choose your
words and posture carefully, listen to what’s being said, then carefully and firmly define your position. Most importantly, once done, let it be done.

For now, I am… Just John

Bill's Board
Bill Tippins, Director of Operations

“Look but don’t touch. Touch but don’t taste. Taste but don’t swallow.” This is a quote from the movie “The Devil’s Advocate.” The movie revolves around a lawyer from Jacksonville Florida, Keanu Reeves, being tempted by and essentially selling his soul to the devil, Al Pacino. The movie has all kinds of moral implications related to trust, greed, power, arrogance, lust and the battle between good and evil. But it all begins and ends with succumbing to temptation a little at a time without recognizing what you are doing.

Outside of Hollywood, it is still easy to rationalize doing something you know you are not supposed to do by doing it just a little at a time. “What ever you do, don’t eat the apple.” “Well, what if I just look at it but don’t touch it?” The next thing you know, you are sitting there with apple juice running down your chin, the victim of temptation and your own desires. Then you have to face the music and pay for your decisions. The payment is usually on demand and in full, not a little at a time.

About now you may be thinking something like, “Here I sit on safer-at-home isolation and this guy is talking about temptation and consequences; doesn’t he know about the new corona virus?” Well, I was just coming to that part. We have all dealt with social isolation since March 15th. They are projecting we will reach the peak in the number of people who have the virus somewhere between April 21st and early May. So we have 2-4 more weeks before we reach the summit of that bell curve we have all worked so hard to flatten. That doesn’t sound so bad but, remember, once we reach the summit we have to come back down the other side. We have a long way to go before this is over. There will come a day when we will all be back fishing or having a party together at the Michigan building but a lot of water will flow past the pier before that.

It is very tempting to say, “What if I just get together with a few friends? What is wrong with a little poker game? What If I just talk to one person from off campus? What will it hurt to have a visit with my family from out of state, who knows when I will see them again? I just want to eat with my friends one time. What is wrong with that?”

Remember the last paragraph from last month’s article: “The primary things you can do is WASH YOUR HANDS frequently for at least 20 seconds, clean surfaces touched by
others, cover your cough or sneeze with a cloth or tissue or your elbow. Keep your six foot
distance from others with no group get togethers. Don’t forget why we are doing all of this. You are the person who can do the most to make sure you and those around you stay healthy. Don’t get bored and lose focus.”

As is true for all things, this too shall pass. We have been very fortunate so far and have not faced any cases of the virus and the consequences that come with it at Moosehaven. We have been blessed. But we still have to be mindful of what helped us get here. Thank you for everything you are doing and hang in there. We will make it as easy as we can to stay safer at home.

Bill Tippins

SIMPLY HELEN
Helen Taylor, Director of Resident Services, Chaplain

It seems like we are all spinning our wheels ninety to nothing and going nowhere. During these times, it may be difficult for you to “feel” grateful. Noticed I said, “feel.” It’s important to be grateful. Studies show when we feel really grateful, we’re more likely to show random acts of kindness.

It’s a difficult time right now. People are lonely and are missing socialization with friends. People feel isolated from everything that’s important to them so it’s crucial that we remember the power of one small act of kindness. With every positive behavior, we have the potential to make a difference in someone’s life as well as encourage those around us to act in the same way.

A few things we can all do to change the atmosphere:

- **Be Positive.** Add more optimistic news and ideas to your life. It’s easier to promote kindness when you’re surrounded by it.
- **Laugh.** It really does work.
- **Take Notice.** Rather than pointing out the negative actions of others, look for the positive and compliment their positive actions. Don’t overlook the seemingly insignificant kindness of others and make a point to show appreciation.
- **Be creative.** You may not be able to sit and have a meal or a cup of coffee with a friend, but you can let them know you are thinking about them. A simple phone call works wonders, send a card, a virtual hug or an appreciative text – anything to let them know that you miss them and are thinking about them.
• **Use your talents.** No one is good at everything, but everyone is good at something. Take what you do well and then add kindness.

A wonderful example of kindness is when a group of our residents decided to make face masks for staff and other residents. They used their time and talent for a cause! Thank you ladies for your act of kindness, hard work and dedication to meet a need!

Another great example of kindness. “A teacher asked one of her young students to tell the class the meaning of "kindness and loving kindness. A little boy jumped up and said, "Well, if I was hungry and someone gave me a piece of bread that would be kindness; but if they put a little peanut butter and jelly on it, that would be loving kindness."

I think that's a pretty good example! May each of us be positive, take notice, be creative and use our talents for the sake of spreading kindness and making a difference in these tough times!

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Stay positive even when it feels like your life is falling apart!

*Simply Helen*

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**Anxiety weighs down the heart, but a kind word cheers it up. **Proverbs 12:25**
This month we get up close and personal with Audrey Rundle. Audrey was born and raised in Florida. Audrey explained she was raised in the same house her father was born. She even remembers having electricity installed but running water was not added until later.

Audrey’s parents were Grady and Myrtle and she had 5 sisters, Francis, Thelma, Faye, Sylvia, Audrey and Christine. Her sister Christine still lives nearby.

Audrey was a high school senior in 1950 and she estimates her class size was about 40 students. College was not a consideration because of finances, so Audrey went straight to work after graduation. She secured a position in the accounting department of Southern Bell, now known as AT&T. Audrey worked with Southern Bell until she married, at which time she became a wonderful homemaker and eventually mother of 4.

Audrey has four children, Patty, Rocky, Mike and Lori. Patty and her family live in Jacksonville, Rocky lives in Orange Park, Mike and his family live in North Carolina and Lori and her family currently reside in Virginia. Audrey has 10 grandchildren! Having Rocky and Patty living nearby makes for outstanding Taco Tuesday gatherings! Audrey married Floyd in 1965 and they shared 48 years together. She stated, “He was very intelligent and I was smart enough to attract him.”

Audrey encountered the Moose Lodge at a polling precinct years ago when she lived in Virginia. Years later, when her daughter Patty was doing the research on places in this area for Audrey to retire, Moosehaven was certainly on the list! Audrey flew to Jacksonville and she and Patty had at least 2 appointments booked every day to tour communities during her visit. On the last day of her stay Audrey visited Moosehaven...and loved it! When she asked Patty why she kept it until last, Patty said, “I didn’t want you to ever wonder what else was out there.” Audrey likes the location of the City of Contentment, enjoys being close to her family and loves the campus as a whole. She loves Moosehaven and is so happy to have made it
Audrey had a knack for growing a garden. All her life, she was able to supply her family with many fresh, home-grown fruits and vegetables. She still enjoys gardening, though not on the same scale. Audrey also likes to take walks, participate in exercise classes, and join in on socialization around campus. Audrey plays bridge every Sunday at 3 pm and invites others to join the group. “If you are not comfortable with your card playing skills, there is a beginner’s bridge group on Thursday at 2 pm.” Audrey feels spending time with her family is a special joy!

Audrey’s advice to the next generation, “Be honest and truthful. Trust God and everything will work out according to God’s wishes.”

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**April Resident Birthdays**

- Bessie Buhr
- Sandra Balestracci
- William Holt
- David Gage
- Edith Layton
- Paul Gonyon
- Glannah McClain
- Elsie Fifer
- Adah Reed
- Nicholas Mehrtens
- Thomas Allen
- Herb Phillips
- Ken Rowden
- Joey Venuto
- Shirley Thomas
- Hinson Stephens
- Richard Darling
- Richard Upperman

**April Anniversaries**

- Bill & Maggie Lazuka

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Every now and then someone does something 'more' or 'goes above and beyond' in their daily jobs. For those people, we give a SHOUT OUT and say thank you!!!

- We recognize every single staff member on this campus for the
Thank You!

A HUGE thank you to the Vietnamese Association of Jacksonville for their donation of handmade face masks. As the effect the Coronavirus had on the availability of Personal Protective Equipment for workers in the healthcare industry became evident, Mike Phu Le, President and Tina Pham, VP of the Association decided to help.

They raised $6,000 to purchase supplies and then worked with over 30 volunteer members providing the supplies so that masks can be sewn.

Mike and Tina personally delivered 150 masks to Moosehaven and other communities around Duval, Clay and St. Johns counties.

Thank you so much for your generosity and support!

Did You Know...?

- We currently have 123 men and 177 women living at Moosehaven
- We currently have 47 married couples living at Moosehaven
- Our oldest resident is Rodney Krug at 98!
- Our youngest resident is Corey Werrbach at 62!
- Our longest married couple is Jack & Louise Purtee at 74 years!

Please remember to vote for Moosehaven as Best In Clay! Click the link below to vote. :)

We are Moose Proud! When there is a need, what do Moose members ALWAYS do? Step up and serve! When members retire to our Moosehaven paradise their commitment to service doesn’t stop.

Protective equipment has become extremely important during the current crisis, Our residents decided to help and are making face masks for other residents and for staff members. Those who are helping are: Charlotte Shedd, Corey Werrbach, Ginny Gage, Grace LaBossiere, Trudi Puda and Betsy Ireland. Not pictured: GuyNell Haynes.

Thank you for your support ladies!!!
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