

Volume 13 | Issue 8  
July 2019



# Moosehaven News

## Heart of the Community

Moosehaven will be a vendor at the **Active After 50 Senior Expo** being held at Thrasher Horne on Wednesday, August 14th. If you are in the area, please be sure to stop and say hello, we'd love to see you!

[Visit our Website](#)

### Upcoming Events

- Steak Night at Lakeshore Lodge
- Wood Burning Class
- Pool Day at Mandarin Lodge
- Dinner Dance at Mandarin Lodge
- VETS4VETS Event
- Trip to Island Theater
- Golf at Bent Creek

[August Activities Calendar](#)

[Heart of the Community  
Events](#)

- Dance at Lakeshore Lodge
- District Meeting & Sports at Moosehaven
- Shopping at Argyle
- The Springs Gospel Quartet
- San Sebastian Winery Tour & Lunch
- Hawaiian Luau
- Breakfast at Mandarin Lodge
- Moosehaven's Got Talent Show
- Veterans' Social
- Dinner Dance at Sanford Lodge



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## Don't Be Left Wondering "If only"...

Fast forward 10, 15 or 20 years time. Your health will not be what it is today.

Regardless of what age you are when you're reading this, you will not be in as good a physical shape as you are right now, today. So when you look back on your life in 10, 15 or 20 years time, what will you say to yourself? Will you find yourself regretting not doing things, regret not making some decisions?

When you really think about it, it's not all that often that you look back and wish you *didn't* do something. Don't let one of the things you regret not doing be making the decision to take advantage of Moosehaven as your retirement choice.

For those members who *did* make the decision to move to Moosehaven, I applaud your initiative to decide for yourself how your golden years will be spent. I've heard many of you say, "I wish I'd have come sooner" but at least you did come. That's the important part.

If you know someone who could use a stress-free, worry-free retirement lifestyle in a gated, waterfront community, spread the word! Invite them for a visit, share the beauty and tranquility that is our paradise!

**Marina Mathews**  
Director of Communications



[Click Here to Visit our website](#)

**Look Who's Talking**



**Just John**  
**John Capes, Executive Director**

Just John will continue next month in the September issue of the Moosehaven News.

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**Bill's Board**  
**Bill Tippins, Chief of Operations**

My wife, Theresa, is a paralegal at a law firm here in Jacksonville. She has worked in the legal field for as long as I have known her, which is about 30 years. She says she started when she was 9. I think she is not remembering this correctly, but I don't mention it. Well, I don't mention it to her anyway. Except I guess I just did. But I digress.

From time to time we "gather socially" with people from her office. This is OK with me because a "social gathering" is law office talk for getting together to eat and drink with the emphasis on the later. At one of these "social gatherings", my wife was telling a story about her brother. One of her colleagues said something about my having an affinity with my brother-in-law and I said, "No not really." He replied, "Of course you do" and I said, "No I really don't." He said, "You don't understand, by definition you have an affinity with your wife's brother." I said, "You don't know this guy." He said, "That does not matter." I am getting irritated now and say, "I will not have an affinity with him and you can't make me," or something a little more mature sounding. As it turns out in lawyer talk having an affinity for someone means you are related to that person, who is not your spouse, by marriage. So in legal terms I have an affinity for my brother-in-law whether I like it or not.

You have to forgive my misunderstanding. In my career the word affinity means that you like someone; you have empathy and sympathy for them. Sometimes it just means you are comfortable with them and feel relaxed around them. Having this type of affinity with someone has been essential in my work in all the different paths my career has taken me. It is something I was taught in school to cultivate. I thought I knew what affinity meant. So I looked it up. Sure enough I was right; affinity means exactly what I thought. But then there was listed a definition in law and it was exactly what my wife's colleague thought. Then there was a definition of how affinity is used in chemistry. Apparently affinity also means how well atoms, molecules and substances combine together. Then there was a definition that said affinity means having similar form or characteristics that suggest a relationship, like between animal species.

So here is a fairly simple word that has several very different meanings depending on the person you are talking with and what you are talking about. If you assume you know what someone is trying to say you could wind up looking very silly like I did in the hypothetical “social gathering” I described earlier. If you find yourself thinking someone is not making sense in a conversation ask them questions. Make sure you are on the same page and talking about the same things.

You all knew my story about my brother-in-law was hypothetical right? Right, Theresa? I sure hope we are on the same page or its sleep on the couch for me.



## **SIMPLY HELEN**

**Helen Taylor, Director of Resident Services, Chaplain**

**Thriving Moose!**

The following article “Frailty, a growing threat but not inevitable, in older adults, caregivers advised,” written by Richard Ofori-Asenso, Ph.D was recently published in McKnights Long Term Care News.

*“Frailty is a significant threat among the elderly, particularly women, but it is not inevitability and interventions should be undertaken to keep it at bay, experts say.*

*Frailty is a distinct medical condition, not necessarily a result of old age, that involves more than 4% of individuals 60 or older each year, wrote Richard Ofori-Asenso, Ph.D., of Monash University, Australia. If not prevented, it leads to higher odds of disability or death.*

*In a meta-analysis of worldwide studies involving 120,000 people, Ofori-Asenso and colleagues found frailty to be associated with falls, a lower quality of life and higher risks of death, hospitalization and institutionalization.*

*“This is a worldwide problem and highlights a major challenge facing countries with aging populations,” Ofori-Asenso said.*

*He recommends that older adults be regularly screened to assess their vulnerability to frailty. Strength training and protein supplementation have been shown to help prevent or delay its progression. In fact, in previous studies, the authors have found evidence that frailty may be reversed.*

*To date, there is no strict definition of frailty, but clinicians tend to regard it as a condition that meets three out of the following five criteria: Low physical activity, Weak grip strength, Low energy, Slow walking speed and Non-deliberate weight loss.” The study was published in the July issue of JAMA Network Open.*

Our residents are fortunate at Moosehaven to have the many disciplines in place to help prevent “frailty.”

We have an excellent on-site Therapy Department that offers physical, occupational and speech therapies. Physical Therapy promotes the restoration of normal physical function that may have been impaired due to an illness, injury or general decline. Occupational Therapy strengthens and prepares a person to resume those activities of daily living that may have been impaired due to an illness, injury or general decline. Speech Therapy improves speech, swallowing and cognitive functions that have been impaired due to an illness, injury or general decline as mentioned in the frailty criteria above.

Therapies are just one of the many ways we fight frailty and promote a healthy, active lifestyle for our residents. We also have a registered dietician on site to address individual nutritional needs as well as reviewing our menus to ensure the meals are well balanced and meet the nutritional requirements.

Our activities programs are designed to keep residents active and involved in the many opportunities offered at Moosehaven. These activities include swimming in our indoor therapeutic pool, bowling, shuffleboard, darts, fishing, ceramics, bingo, card games, exercise programs, chapel service and bible study as well as off campus trips to local lodges, shopping and other excursions.

Moosehaven strives for excellence in caring for our seniors and we couldn't do it without you! Each of you should be “Moose Proud” for your part in providing a place for our senior moose members to thrive in their golden years! They paid their dues and many worked tireless volunteer hours in their home lodges and chapters, as well as serving in many capacities, and today they are reaping the benefits!

“Give to others, and God will give to you. Indeed, you will receive a full measure, a generous helping, poured into your hands—all that you can hold. The measure you use for others is the one that God will use for you.”

*Luke 6:38 – GNT*

**Remember.....what you make happen for others, God will make happen for you! Live to give!**

Thank you for keeping Moosehaven and Moose heart close to your hearts and for doing all you do to keep them thriving!

*\*McKnights Long Term Care News*

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**Up Close and Personal with  
Jeff & Ethel Weiskopf**  
by Rachel Meierdierck



This month we get up close and personal with Jeff and Ethel Weiskopf. Jeff was born in Milwaukee, Wisconsin and Ethel was born in Marinette, Wisconsin. Though these towns were not so far apart, Jeff and Ethel did not meet until she moved to Milwaukee and they both worked at Allen Bradley. They made Wisconsin their home until they moved to Florida in 1984.

Jeff's parents, Allen and Muriel, had 3 sons. John Scott joined the Marines and served 2 tours in Vietnam and sadly passed away from the effects of Agent Orange. Michael is retired and currently resides here in Florida. Ethel's parents are Henry and Rose. Her brother Gerald is retired and lives in Wisconsin. Ethel recently lost her sister.



After high school, Ethel headed off to Milwaukee for work. Jeff enlisted in the US Army. In 1962 Jeff and Ethel worked at the same company, Allen Bradley, when one of Ethel's friends set them up on a blind date. A couple of things to note about that first date: 1) Jeff took two dates to the same dance that evening. Although both ladies worked at the same company, they had never met because they worked different shifts, and 2) Ethel thought Jeff had the most handsome eyelashes. Things may have been a little bumpy on that first date but it worked out perfectly. Two years later Jeff and Ethel were married and now they celebrate **55 years!** Ethel still goes gaga for those eyelashes.



Jeff and Ethel have three daughters, Tari, Tina and Deana as well as 6 grandchildren. Throughout the years, Jeff and Ethel never stopped working. Jeff's first career was the US Army. During his years of service, Jeff earned the sharpshooter badge. In 1976 they bought a supper club called "Country Inn" where Ethel was the cook. They sold the club in 1984 and decided to own and operate a small motel in Siesta Key. In 1994 they got out of the motel business and Jeff began his last career as Assistant Superintendent of the Maple Leaf Golf & Country Club. After retiring in 2014, Jeff was called back 3 times for consulting work through 2018. Jeff's last position was as bar manager for the Am-Vet Post in North Port that served 900+ members. Ethel started her last career in the home healthcare industry from which she retired fully in 2018. During those years they were able to travel to Jamaica and owned 4 snowmobiles.



They managed to build, with their own hands, a 49 ½' catamaran in 2002. Why not a nice even 50' you ask? Their research showed that there are different laws and regulations for vessels over/less than 50'.

Jeff says he originally joined the Moose in 1992 because his dad told him to. HAHA! But really, his dad brought him to a Lodge, sat him down and proceeded to let him know all the benefits of membership. He really had no choice! Ethel signed up with the

WOTM shortly after as she wanted to attend an event and couldn't unless she was a Moose. She wasn't letting anything hold her back! The Weiskopfs travelled with 5 Lodges on a bus trip to tour Moosehaven. Ethel says "We knew immediately, this is where we wanted to be. Moosehaven was it." They came back for an individual tour and started their application process right away.

Jeff and Ethel enjoyed bingo and dances at their local Lodge and these activities continued when they came home to Moosehaven. They love being active which includes playing golf, bingo, cards, and dancing. Sometimes relaxing with a good book is on the agenda.

Jeff and Ethel decided to come to Moosehaven to retire and thrive, to enjoy every day to the fullest and for future healthcare and security. For the Weiskopf's, being at Moosehaven means "peace of mind" as well as "not being a burden on their kids, should that time come."

Jeff and Ethel advise, "Don't forget to put in your application to join the Moose and don't forget to pay your dues!"



**Be sure to LIKE our Facebook page to see posts about all of our events and resident activities!**



#### **RESIDENTS**

Dan Phillips	Jackie Bramblett
Patricia Chisholm	Peggy Trumble
Margie Walter	Thyra Beaudrot
Buddy Dunkle	Audrey Rundle
Terry Bailey	Peggy Janson
Delores Rockwood	Lester Budz
Joe Hapi	John Pimental

#### **RESIDENT COUPLES**

Raymond & Virginia Winkler  
Bob & Carolyn Cox  
Gary & Barbara Anderson  
Al & Marlys Shallbetter  
Joe Hapi & Glenda Hofer-Hapi  
Richard & Lorraine Upperman

Glynda Wright  
Grace Labossiere  
Pat McFarland  
Marge Neloff  
Lori Benz

Anita Gettings  
Sheryll Sherman  
Patricia (Lou) Thiel  
Inge Westmoreland  
Don Bell

Nick & Carole Mehrtens  
Don & Joyce Bell  
Billy & Pat McFarland

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Congratulations to Lorraine and Richard Upperman who celebrated their  
71<sup>st</sup> wedding anniversary on the 15th!

A nice celebration was given in honor of the beautiful couple.



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## Stand Up and Be Recognized!

- All of the staff and residents who helped with the Ms. Moosehaven Pageant are recognized as helping serve others with a great attitude and willing hands!
- The Purchasing and Warehouse staff are recognized for their efforts in keeping our residents and staff supplied with all that they require every day.
- Dimple Brown is recognized as going above her job duties when it comes to the care and service to our residents. She has served at Moosehaven for 23 years!
- Nettie Radford is recognized for all of her hard work and extra hours keeping the residents' laundry current.
- Dave Thornton and all of the Security staff members who work the night shift are recognized for being so helpful to the nurses and aides when healthcare issues arise with our residents.
- Robert 'Bob' Shay is recognized for his volunteer efforts in keeping the Ohio Residence Hall dining room clean and the flower beds in great shape!
- Therapy Management Corporation, our on-campus therapy group, is recognized for the excellent service they provide to our residents. They offer speech therapy, occupational

therapy and physical therapy. One resident is not shy about telling anyone he can that the efforts of our therapy department brought healing that he never expected. Rebecca Matos, Michelle Bull, Ashley Fragan, Beth Markey are all to be commended.