

Loch Haven Tymes

December 2017



A publication of
Loch Haven
Senior Living Community
Macon, Missouri



Patricia Tooley

Assistant Laundry Lead

Employee Spotlight



- ♦ **What is your nickname?** Pat
- ♦ **Describe yourself in one word.** Workaholic. I would also describe myself as honest and friendly.
- ♦ **What is your favorite song?** We are Family and Lean on Me
- ♦ **What is your favorite quote?** Back in the day...
- ♦ **What was your favorite subject in school?** Spelling
- ♦ **Who is or was your hero and why?** My Momma. She was a strong and hard working woman. I got my baking talent from my mom. German Chocolate Cake and Pistachio Cakes are my favorites.

- ♦ **How long have you worked at Loch Haven?** I have worked at Loch Haven for almost seven years. I have seen lots of new and familiar faces. Friends tell me I never meet a stranger.
- ♦ **What are your duties?** Assistant Laundry Lead, Laundry Technician and I also work in the front office upon request.
- ♦ **Family:** Daughter: Cassondra Bradley 32 of Columbia, MO. She works in the Office of Admission at Mizzou and is currently taking RN classes in the evening.

My best half, Steve Rogers, is 69 years young and is retired. He does all the home duties that make it possible for me to work all I want.
- ♦ **Live In:** Macon

I want to say a special "Thank You" to a wonderful resident, Nellie Bagby. I remind her of a nanny she used to have and it fills my heart with joy and respect.

Welcome to Team Loch Haven

Erica Ford, NA	Westbrook
Adam Warren	Dietary
Kelli Gardner, CNA	Westbrook
Mindy Atkins, CMT	Special Care
Cory Foster	Dietary
Jami Jennings, CMA	RCF
Paula Haun, CMT	Cottages
Teresa Stacy, CNA	
Julie Holpuch, CNA	Cottages
Kristianna Mueller	Dietary
Judith Stevenson	Housekeeping
Myra Martinez, CNA	Sunset Village
Mechelle Martin	Housekeeping
Brook McEwen	Dietary





Jane Boulton

Oak View Cottage

Resident Spotlight

Jane was born October 1, 1921, to Frank and Ruby Cross southwest of Callao. My grandparents were Charley and Mildred Perrin and Tom and Martha Jane Cross. I was named Milly Jane after my grandmothers.

My mother had two sisters, Molie Hall and Josie Wiggins. Aunt Molie is Charles Halls mother.

Charles is in the room next to mine here at the Oak View Cottage and when we were born, we lived next door to each other.

My Aunt Josie married Everett Wiggins and went to Wyoming to homestead land. They built a log cabin and Everett went to a sand bank to get the last load of sand for the cabin. The sand caved in on him and killed him. Aunt Josie was alone out there. Mother and Daddy decided to go and live with her. I was six months old. We boarded a train and lived with her for a year. Daddy worked on the Custer Battlefield Highway. It was being built with horses and hand scrapers.

Aunt Jo remarried and dad got a job as foreman of a ranch called the -X- (Bar X Bar). Four years later we came back to Missouri and lived with Grandpa and Grandma Perrin. Three years after that, we moved to a farm northeast of Atlanta.

Our grandpa bought Charles and I each a Shetland pony. This was the beginning of my love of horses. After graduating from Oak Grove Rural Grade School, I went to Atlanta High School where I received an all expense paid scholarship to Kirksville Teachers College. On November 14, 1940, I married William Keel Watson. On April 9, 1941, we moved to our home after living with Bill's mother since our November wedding. This was next door to Bill's mother and our home of 47 years where we raised our five children. Jo Carol Watson Porter, John William Watson, Rebecca Sue Watson Hathcock, Frank Andrew Watson, and Charles Robert Watson. They are better known as Jo Carol, Johnny Bill, Becky, Sue, Andy and Charley Bob.

Johnny passed away in 1981 and Andy in 1987. Jo is married to Larry Porter. Johnny was married to Elsie Bury, Becky to Jim Hathcock, Andy was married to Linda Carter and Charley to Carolyn Snow. They are all very dear to my heart. In 1990, I married Mr. Ancil Boulton who passed away after seven years. I moved to Macon in 1997.

I love to quilt and cook. I've made 27 quilts. One for

each of my great grandchildren and I have just about finished one for each of my eight great-great grandchildren, along with many others to numerous to count.

While I was small, folks would say, "I bet you are spoiled because of being an only child". That made me so angry because I was not spoiled. Now, after 96 years, I am very spoiled and am loving every minute of it. This is truly a beautiful retirement home. I really love my nurses. The cooks try so very hard to please us, which is no small matter. There are 12 residents, all with different likes and dislikes and health problems to be considered.

I love my Jesus, my family and everyone I meet.

Thank you Loch Haven!!

Come see me sometime!!



Merry
Christmas



join us on
facebook

A Warm Welcome to

Sara Kidd
Shirley Shears
James Allred
Joseph Wright
Roy Hopkins

Harold Streight
Viterbo Zuccarini
Curtis Wood
Betty Strobietto
Ralph McElhaney

Thanks to those who joined us for a therapeutic stay at
Loch Haven: **Ella Hanley, Thomas Faylor, Dale
Kuhlman, Lisa Norden and Hubert Rosson.**

We will always remember

Thomas Carman
Janeva Goodson

Vivian Helm

When a loved one becomes a memory,
that memory becomes a treasure.

May friends comfort you,
Faith uphold you, and
Loving memories heal your heart.



Perfect Attendance Loretta Lewis



We Give Thanks

- * I am thankful for my family. **Paula Whisenand**
- * I am thankful for the Residential Care Facility and all the good food. **Phyllis Tuttle**
- * I am thankful for my mother. **Bruce Bouman**
- * I am thankful to be alive. **Norman Burk**
- * I am thankful for a warm home. **Sandy Roberts**
- * I am thankful my family. **Bonita Pennington**
- * I am thankful that I am still alive.
Laverne Heaton
- * I am thankful for my job. **Sandy Ralston**
- * I am thankful for my health. **Monica Iwanowicz**
- * "I am thankful, today and everyday, for each and every employee, resident, and family member that are part of the wonderful team of Loch Haven! Together you make a difference every day!!" **Kelsey Hinshaw, Administrator**
- * I am thankful for my grandchildren and great grand children. **Cheryl Albright**
- * I am thankful for my family. **Tonya O'Haver**
- * I am thankful for my health, family and work family. **Jeanie Nail**



HONORING OUR VETERANS



Oak View & Cedar View COTTAGES



Susie's Musings



Hello again from the Cottages! Where did our summertime go? All sure enjoyed the flowers and then BOOM, the trees were so beautiful with their fall colors. Now we're going into ole' winter. YUK! The last two months have been busy for all. The cottages have been busy with families and friends coming for visits. Several residents have celebrated birthdays with company and enjoyed cake & ice cream with wonderful fellowship. They sure enjoy Clark Dobbs coming and sharing Gods Word with them. Thanks Clark! They also love the music with Roy Fancher and Barb Jenkins singing some of their favorite oldies. Most of the time, the residents are singing along with them. Neat it is... David Snarr comes and entertains all with the wonderful gospel and country music. Some are clapping and keeping time to the music. Our many thanks to them. Residents had fun making a fall tree and adding the colored leaves. I think we have some artists and didn't know about them. We sure have enjoyed the MACC nursing students coming to the cottages for some of their training. While visiting with residents, a person can sure learn something interesting. We talked about who all served in the armed services. So many were drafted and a lot volunteered. We so appreciate our veterans. Our many thanks to them for their service. Their favorite card game this month has been Skip-Bo. The residents played it everyday. We need to have a tournament because they are goood. We had a good time at Halloween, seeing all the funny getups some were wearing. It would have been hard to pick a winner. B-O-O-O. We had lots of laughs when we had PJ and Hat Day. What fun that was. Our thanks to Randy & Karla Britt for the pizza lunch they provided at Cedar View. Randy's mom, Mary Britt, said now that's good! Lots of families came and enjoyed Thanksgiving dinner with their loved ones. Thanks to all the cooks and other staff who helped. Well now, it's time to deck the halls for Christmas. The cottages will be so P U R T Y so stop by and check them out. Our many thanks to everyone who helped out or provided anything this past year. Lots of memories made and we pray for a great year in 2018. Merry Christmas to all with our love and blessings.

Susan Lenon, Activity PAL

Susie's Slogan: Be IN STYLE....Wear a SMILE!

DECEMBER

Birthdays!!

2 J. Evans Biehl
4 Naomi Curtright
10 Jean Naughton

10 Phillip Smith
15 Allen Murphy
20 Nellie Bagby
22 Ervin Fugate



- ♦ Judy Rushton for donating crafting supplies, greeting cards and wrapping paper.
- ♦ Beverly Moore for donating magazines.
- ♦ Janet Ryan for donating Rice Krispie Treats.
- ♦ Beverly Howe for donating to the bird seed fund.
- ♦ Harriet Rush and her family for donating bird seed.
- ♦ Randy & Karla Britt for donating Christmas decorations.
- ♦ Bucklin Auxiliary Unit 57 for donating Lap blankets, walker bags, catheter bags and wheel chair bags.



Thank You to all who supported Loch Haven's Cow Chip Bingo! Thank you to MFA for providing the fencing, to Loch Haven's maintenance crew for setting up the fencing, to Chris Sumpter for hauling the fencing to and from MFA, to Bevier C-3 for providing the chalker and

also to Chad Primm and his family for bringing Hershey, Patriot, and Genlee (the cows). The first place winner of \$1000 was Danny Primm. 2nd place and \$500 went to Trayla Lowe. 3rd place and the winner of \$250 was Ashely Powell. Mary Summers was the winner of the Employee Incentive for selling the most deeds. We would also like to thank all Loch Haven staff who helped with chalking the grid for the deeds. All proceeds go to the Loch Haven Foundation and directly benefits the residents residing there.

Don't Go It Alone!

Loch Haven's Alzheimer's Support Group

**2nd Monday
of each month
5:30 p.m. light supper
6 p.m. meeting**

**For more information call
Stacy Wood, RN at 385-3113**

Year End Giving



As we approach the end of 2017, we ask that you consider Loch Haven Senior Living Foundation as part of your year-end giving! Every penny received directly benefits the residents of Loch Haven.

**God Bless everyone who has
donated in any way to Loch
Haven or to the Foundation this
past year.**

You are so appreciated!!



SPECIAL Brook NEWS



Hello everyone! It's starting to look a lot like winter. This fall we have been enjoying exercises, movies, art, a Halloween party and even a little music from our very own Mr. Bill Burk. We would like to say Happy Holidays to all!
By Amy Howlett



News from RCF



Hello everyone! We began the month with an Art Class with Twyla Sarazine. She always has us painting a picture each month. Thank you, Twyla!! We went to Mark Twain Casino in La Grange, MO. We always have a good time at the casino. We honored our Veterans on November 10th with a ceremony in the Activity Room. We enjoyed a pickle party too! We sampled one pickle made by our own Mary Summers and a store bought pickle. We also ate potato chips with the pickles. Try it the next time you're looking for a good snack idea.

We are fortunate to have two different gentlemen lead Bible studies for our residents. They are Bill Lear and Clark Dobbs. The residents look forward to them coming each month.

One of our residents has a son who comes in and reads short stories to the residents monthly. Butch Naughton reads anything from poetry to Dr. Seuss and everything in between.

We also enjoyed our usual monthly activities, such as: Bingo, Wheel of Fortune, Numbers Game, Happy Hour, L-R-C and Noodle Ball. We do trivia or educational activities in the mornings such as State Trivia, Short Stories, Let's Talk Turkeys and many other fun subjects.

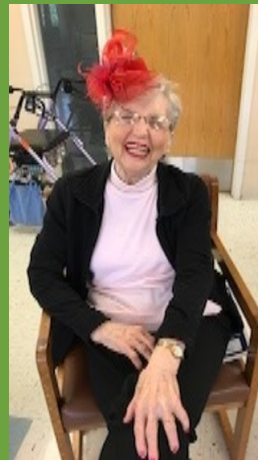
We hope everyone had a Happy Thanksgiving. See you soon!!

by Katie Nelson


December 2017 Activity Calendar

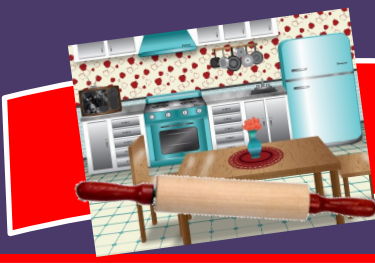
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30a Exercise 10a Community Meeting 2p Bible Study 2p Art	2 Weekends with Sherry Bingo @ 9:30 Carolers @ 5
3 10a Sunday School 2p United Methodist 6p Callao Bible Study	4 9:30a Coffee Time 10a Exercise 2p Bingo 3:15p Dominoes 5:30p Carolers	5 9:30a Table Talk 10a Concentration 2p Craft 3:15p Pitch 7p Ethel Amish	6 9:30a Donuts & Apple Cider 10a Exercise 2p Alvie & Dick 3:15p Noodle Ball 7p County Kickers	7 10a Bevier Baptist Bible Study 10a MASS 2p Social 3p Pitch	8 9:30a Exercise 10a Community Meeting 2p Bible Study 2p Art	9 Weekends with Sherry Bingo @ 9:30
10 10a Sunday School 2p Faith Baptist 6p Callao Bible Study	11 9:30a Table Talk 10a Exercise 2p Bingo 3:15 Games	12 9:00a Nails 2p Birthday Party 3p Pitch (Christmas Lights)	13 9:30a Coffee and Cookies 10a Exercise 2p Craft 7p County Kickers	14 10a Bevier Baptist Bible Study 2p Concentration 3p Games (Christmas Lights)	15 9:30a Exercise 10a Community Meeting 2p Bible Study 2p Art	16 Weekends with Sherry Bingo @ 9:30
17 10a Sunday School 2p Ethel Christian 6p Callao Bible Study	18 9:30a Coffee Time 10a Exercise 2p Bingo 3:15p Games	19 9:30a Table Talk 10a Concentration 2p Floor Hockey 3p Pitch 6:30p Open Arms	20 9a Nails 2p Nails 3p Games 7p County Kickers	21 10a Bevier Baptist Bible Study 2p Music with David & Arlene Foster 3p Pitch	22 9:30a Exercise 10a Community Meeting 2p Christmas Party	23 Weekends with Sherry Bingo @ 9:30
24 10a Sunday School 6p Callao Bible Study 31 10a Bible Study 2p Atlanta Methodist		26 9:30a Coffee 10a Concentration 2p Bingo 3:15p Pitch	27 9:30a Apple Cider 10a Exercise 2p Roy & Barbara 3p Games 7p County Kickers	28 10a Bevier Baptist Bible Study 2p Kick Ball 3p Pitch	29 9:30a Exercise 10a Community Meeting 2p Bible Study 2p Art	30 Weekends with Sherry Bingo @ 9:30

Remembering



December 2017 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
<p>*All meals served buffet style with bread and beverage. Several choices available.</p>						
3 Pot Roast w/gravy Roasted carrots, potatoes & onions Pie of the day	4 Baked Crusted Tilapia Garden Blend Rice Broccoli with cheese Lemon Cream Cake	5 BBQ Chicken Au Gratin Potatoes Buttered Peas Frosted Chocolate Cake	6 Country Ham Slice Baked Sweet Potato Fried Cabbage Peach Cobbler	7 Chicken Alfredo over Fettuccini Carrots, Broccoli, Cauliflower Apple Brown Betty	8 Meatloaf Mashed Potatoes w/gravy Roasted Brussel Sprouts Orange Brownies	9 Herb Roasted Pork Loin w/ gravy Buttered New Potatoes Mixed Veggie
10 Roast Beef w/gravy Baked Potato w/sour cream Carrots Creamy Custard Pie	11 Oven Fried Chicken Broccoli Rice Casserole Beet & Onion Salad Caramel Pear Pudding	12 Lasagna Cauliflower Side Salad Strawberries & Bananas	13 Cranberry Glazed Ham Noodles Romanoff Lima Beans Jell-O Cake	14 Roasted Turkey Cornbread Stuffing Candied Carrots Tossed Salad Pumpkin Mousse	15 Fish of the Day French Fries Creamy Cole Slaw Cinnamon Baked Apples	16 Beefy Pepper Bake Vegetable Medley Cookies
17 Baked Ham Candied Sweet Potatoes Country Green Beans, Bacon & Onions Side Salad Apple Pie	18 Creamy Mushroom Chicken Mashed Potatoes Carrots/Broccoli/Cauliflower Peaches	19 Cranberry Glazed Pork Roast Scalloped Potatoes Brussel Sprouts Pear Cobbler	20 Bacon Cheeseburger French Fries Citrus Fruit Cup	21 Roasted Turkey w/gravy Herb Stuffing Broccoli Autumn Fruit Crumble	22 Baked Fish Rice Pilaf Confetti Cole Slaw Creamy Lemon Pie	23 Bacon Wrapped Beef Roasted Red Potatoes Mixed Greens Frosted Cake
24 Fried Chicken Potatoes & Vegetables Cherry Pie	25 Pork Tips in Gravy Steamed Rice Steamed Broccoli Ambrosia	26 Salisbury Steak Baked Potato Cheesy Spinach Pineapple Upside-down Cake	27 Cornflake Chicken Cheesy Mashed Potatoes Glazed Carrots Peach Cobbler	28 Resident's Choice	29 Spaghetti/Meatballs Italian Blend Veggies Fruit Shortcake	30 Sliced turkey w/gravy Candied Yams Buttered Corn Applesauce Cake
31 Pot Roast, Carrots, Potatoes & Pie						



Cooking thru the Ages!



Caramels

- 2 cups white sugar
- 1 cup packed brown sugar
- 1 cup corn syrup
- 1 cup evaporated milk
- 1 pint heavy whipping cream
- 1 cup butter
- 1 1/4 teaspoon vanilla extract

1. Grease a 12x15 inch pan.
2. In a medium-size pot, combine sugar, brown sugar, corn syrup, evaporated milk, whipping cream and butter. Monitor the heat of the mixture with a candy thermometer while stirring. When the thermometer reaches 250 degrees F (120 degrees C) remove the pot from the heat.

3. Stir in the vanilla. Transfer mixture to the prepared pan and let the mixture cool completely. When cooled, cut the caramel into small squares and wrap them in wax paper for storage.

*Recipe courtesy of Allrecipes.com



Pecan Tassies

For the dough

- 1/2 cup pecans
- 1/2 cup (4 oz) mascarpone or cream cheese
- 1/4 cup (1/2 stick) unsalted butter, softened
- 3/4 cup all-purpose flour
- Pinch of salt

For the filling

- 1 large egg
- 1/4 tablespoon pure maple syrup
- 2 teaspoons pure vanilla extract
- 1 tablespoon unsalted butter, softened
- 1/4 teaspoon salt
- 3/4 cup pecans, toasted and coarsely chopped

1. Preheat oven to 350 degrees. Make the dough: Process pecans in a food processor until finely ground (you should have about 1/2 cup); set aside. Put mascarpone or cream cheese and butter into the bowl of an electric mixer fitted with the paddle attachment. Mix on medium-high speed until well blended. Add flour, ground pecans, and salt; mix just until



dough comes together.. Stir together ingredients with a wooden spoon in a large bowl.

2. Roll dough into eighteen 1-inch balls and press into bottoms and up sides of cups of mini-muffin bowl.
3. Make the filling: Whisk the egg, sugar, maple syrup, vanilla, butter and salt in a small bowl. Stir in pecans. Spoon about 1 1/2 teaspoons filling into each muffin cup.
4. Bake pecan tassies until crust begins to turn golden, about 20-22 minutes. Let cool completely in tins on wire rack. Unmold. Pecan tassies can be stored in single layers in airtight containers up to 3 days.

*Recipe courtesy of
Martha Stewart



Chocolate Covered Cherries

- 60 maraschino cherries with stems
- 3 tablespoons butter, softened
- 3 tablespoons corn syrup
- 2 cups sifted confectioners' sugar
- 1 pound chocolate confectioners' coating



1. Drain cherries and set on paper towels to dry.
2. In a medium bowl, combine butter and corn syrup until smooth. Stir in confectioners' sugar and knead to form a dough. Chill to stiffen if necessary. Wrap each cherry in about 1 teaspoon of dough. Chill until firm.
3. Melt confectioner's coating in a heavy saucepan over low heat. Dip each cherry in by its stem and place on waxed paper lined sheets. Chill until completely set. Store in an airtight container in a cool place. Best after 1 or 2 weeks.



If you are having surgery in the near future, please contact Social Service Director Julie Mason to find out about the exceptional after-hospital-stay care and therapy at Loch Haven Senior Living Community. We will have you home in no time!!



The Loch Haven Tymes is the monthly newsletter of Loch Haven Nursing Home in Macon, Missouri. **If you would like to subscribe to this newsletter OR have your name removed from this mail list, please contact us.** The editorial staff is led by the Marketing Department. Photography is by the Marketing/Activities Departments. You are welcome to submit articles or news items for consideration. Send items by mail, email or deliver to Loch Haven by the third Monday of the month before publication. Resident admission, room assignment, and patient services are provided and employee/applicants are treated on a nondiscriminatory basis without regard to race, color, creed, gender, marital status, national origin, disability, veteran status, age or religion. Mary Beth Truitt, Marketing Director 660-385-3113 mbtruitt@lochhaven.com www.lochhaven.com



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