

Loch Haven Times

January 2016



A publication of

Loch Haven

Senior Living Community

Macon, Missouri



Jeanie Nail

Sunset Village Activity Director

Employee Spotlight

- ♦ **Were you named after anyone?** Yes, my mother.
- ♦ **Describe yourself in one word:** Dedicated
- ♦ **What is your favorite movie?** Sweet Home Alabama
- ♦ **How long have you worked at Loch Haven?** 6 years.
- ♦ **What are your duties?** Planning and executing activities with our residents.
- ♦ **Where do you live?** Cairo

Family: My husband, Larry. Our children Heather, Terra, and Brandon. Grandchildren Justin, Jarrett, Jaden, Darien and 3 honorary grandchildren, Ellyen, Alana and Gracyn.

- ♦ **What is the best place you ever went on vacation?** Ireland
- ♦ **What was your favorite subject in school?** English
- ♦ **If you could be someone else, who would you be?** No one! I am happy with myself.
- ♦ **What would be your dream vacation?** I have already been there! Ireland!!
- ♦ **What is your favorite saying?** Smile and be kind.
- ♦ **Who was your favorite celebrity as a child?** Not sure I ever had one!

"I have made wonderful new friends, reestablished old friendships, and have gained lots of "extended family"! ~~Jeanie~~

Jeanie was nominated by her supervisor and co-worker Cameron Christoffer who said: "Jeanie always goes above and beyond her duties to make sure that everything is taken care of. She is always there to help and follows through with everything. I can always count on her when I need help. We're a lot alike, and it's funny that we think alike as well! She is so good with our residents and makes sure that they are taken care of. She has a heart of gold. Thanks for all you do!" **Cameron**

Welcome to Team Loch Haven

Heather Dunham
Kristina Purdy

RCF Apartments
Dining Services



A Happy Family!! :-)

STAR AWARD WINNERS

Katie West
Frankie Kennison
Pat Tooley
Terry Vaught
Cindy Riley
Deidre Head
Rosemary Jones

Perfect Attendance

Wendy Crabtree

Team PLAYER Michelle Woodruff



If you are interested in becoming a team member at Loch Haven, please stop by and fill out an application or download it from our website at:
www.lochhaven.com





Finis & Betty Faught

West Brook

Resident Spotlight

Finis Odel Faught

I was born to Glenn and Juanita Faught in Atlanta on May 5, 1933. I had one brother, Cleo Faught, and one sister, Lois Arnold. We grew up on a farm in the Ten Mile area. I enjoyed working with the animals and with the soil. I went to the Van Vleet school and then graduated from Macon High.

I joined the Air Force right out of high school. My basic training was at Whiteman Air Force Base. I was in the Air Force for ten years, and was stationed in many different places. I was lucky not to see any wartime action.

After the Air Force, I worked with gas lines for the City of Macon for about nine years. I then worked for Macon Ready Mix for about 20 years, and then worked at Con Agra for another five years. I always stayed busy, and I was a hard worker.

Sue Blackorby Faught

I was born in Kane, Illinois on March 9, 1944. My parents were Harvey and Francis (Ross) Blackorby. I had two sisters, Lucille and Jean, and one brother, Bob. We moved to Bevier, Missouri in 1955. I went to Bevier Public Schools until 1963. I married my first husband, and we lived in Shelby. While in Shelby, I worked at the MFA Poultry and Ag Division as well as in a restaurant.



Finis and Sue Faught

Finis and I knew each other prior to dating and marrying. Finis was working at Ready Mix, and I was at Toastmaster here in Macon when we started seeing each other. We dated for about five years and during that time we both tended bar at

a place called "Jess' Bar" here in Macon. We really enjoyed bartending and getting to know everyone and serving them.

We each had prior marriages and children. Finis has two daughters, Janice Wine (currently living in Florida) and Joyce Kidwell (currently living in Florida). He has four grandchildren and six great-grandchildren. I have two children Cheryl Stevens (currently living in Colchester, Illinois) and "Lou" Smith (currently living in Moberly). I have five grandchildren and nine great-grandchildren. Together we have a very large and loving family. We were married by a family friend up by Macon Lake. We have been married for forty years. It has been some of the best years of our lives.

It was when Finis was working at Con Agra that he had a stroke. I tried to care for his needs the best that I could. When we got the news from the VA Hospital that he needed more care than I could provide, Finis moved into Loch Haven Senior Living Community. He has been here since January 2013.

I lived by myself then, at Ranchland Apartments here in Macon. One night I fell and hit my head. If it wasn't for my cell-phone, I wouldn't be here today. I had to have surgery, and ever since then I can't care for myself the way I should. I moved to Loch Haven just a few months back in May.

We both stay very busy here. I currently enjoy making quilts out of old blue jeans. I also love to sew and cook when given the opportunity. I just have to be busy with something. Finis takes part in almost all of the activities that are provided here at Loch Haven. He especially likes the music programs and preaching programs.

We are very happy here. We get real good care. People are nice to us and help us with things we can no longer do ourselves. We sure feel lucky to be together and here at Loch Haven.

by Janis Fraley



A Warm Welcome to



Patsy Harris
Evelyn Oliver
Hellena Reed

Marjorie Stow (RCF)
Ray Williams
Lauretta Yutz (RCF)

Good luck to **Gerry Stone & Cindy Lunsford** who have returned home after a therapeutic stay.

If you are considering **after hospital care**, please contact Julie Mason, our Social Service Director, for your options here at Loch Haven Senior Living Community. It is our goal to get you back home as quickly as possible.

We will always remember



Vera Atkins
Jackie Fristoe
Mary Gadberry
Merle Pillers

Frances Schwind
Dorothy Swift
Effa Walker

Those we hold closest to our hearts never truly leave us. They live on in the kindness they have shared and the love they brought into our lives.

Activity Directors Sowers of Sunshine



Cameron Christoffer
Activity Director/Mountain View



Katie Nelson
RCF Apartments



Sandy Ralston
West Brook



Blanche Neeson Special Brook



Jeanie Nail
Sunset Village



Susan Lenon The Cottages

From **MORNING** 'til
NIGHT.....

...they make EVERY DAY A **LITTLE**
BRIGHTER!

Family & friends make our day!



Oak View & Cedar View COTTAGES

Susie's Musings



Well it was Ho, Ho, Ho and Away We GO and now December is NO MO!! Our thanks to all the volunteers that came this year for the residents. Keep coming in 2016! ~~Oak View & Cedar View Cottages held their Holiday Dinners for the neighbors and families. What wonderful food was enjoyed and lots of fellowship and reminiscing. The dinners were well attended at both Cottages. The Cottages were decorated for the season. ~~ Katie Nelson drove the bus for an outing to see the Christmas lights. Got to see Mickey Mouse at Latchfords' in Callao. Beautiful they were! Bruce handed out candy canes to all. Thanks Katie! ~~ We've been singing Christmas carols, and in the song, *Grandma Got Run Over By A Reindeer*, well we think Grandma and Grandpa were on the way to our house. Grandpa was driving, and he ran off in a ditch, so Grandma got out of the buggy and was so mad she walked home. That's when a deer hit her and knocked her down. BUT she wasn't hurt. SO we think Grandpa was already lit on eggnog and couldn't see the road and was pulling on the reins the wrong way. That's our story and we're sticking to it. No horse sense used there!!! ~~ We all shared a Christmas story from our past. The Christmas story shared by Bertha Deveno was for their Christmas dinner her dad got a big chicken and stood it on a post. He stood back and shot it, but he only shot off the legs, and the chicken just went down on the post like it was sitting on it. So her mom was mad and grabbed the gun and shot off its head. She was a poor shot, also. What a way to go. Poor ole' hen. Wanda Vass said their were 10 kids in her family, and when they went in the wagon it was sure crowded, but there were happy kids! ~~ Thanks for all your caring and sharing and any way you helped make it a remarkable 2015. Hats off to all the staff for their hard work at the Cottages. Until next time....stay warm and we'll see you in 2016. Love and thanks for the memories!!

Susan Lennon, Activity PAL



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

Loch Haven's

A SENIOR Moment

January Episode

Cinderella's Boutique

With Debbie McVicker & Volunteers

Every Wednesday on CVTV
(Channels 22 & 64)

Listen for *A Senior Moment on Air*

Hosted by Mary Beth Truitt, Barbara Primm & B.J. Roberts

On KWIX 1230 AM/92.5 FM First Monday of each month live at 8:30 a.m.



- ⇒ Betty Rector for donating a television.
- ⇒ Mary Ann Jenkins for donating magazines.
- ⇒ American Legion Auxiliary Post of Bucklin for donating 35 lap robes for our Veterans.
- ⇒ Donald Rodgers for donating his time and talents by making small, wooden bears to decorate the Apartments dining room tables.
- ⇒ **(Picture Below)** The NE Missouri Combat Veterans Motorcycle Association played Santa Claus to our residents in December. The group came bearing gifts as they walked through the halls and delivered presents. The group consists of veterans from all branches of the United States Armed Forces who ride motorcycles as a hobby. With chapters in nearly all 50 states, the group's mission is to support and defend those who have defended our country and our freedoms. This group gives back 100% of proceeds raised to area veterans.



Loch Haven's

Alzheimer's Support Group

2nd Monday of each month

5:30 p.m. light supper 6 p.m. meeting



Birthdays

| | |
|----|-------------------|
| 6 | Harold Bond |
| 7 | Bert Clark, Jr |
| 16 | Helen McDuffee |
| 16 | Wanda McLeland |
| 22 | Delia Cochran |
| 26 | Cheryl Albright |
| 29 | Bonita Pennington |
| 30 | Bertha Deveno |
| 30 | Dorothy Johnson |
| 30 | Ralph Schmedake |
| 30 | Vernon Barrow |
| 28 | Marjorie Stow |

to celebrate



Yes.....that is Callie (our cat) in the nativity scene! Even though Callie has a nice, warm house to take refuge from the weather, throughout the Christmas season, she has much preferred to take up residence in the Nativity Manger.

A Note of Thanks

Mark Neeson would like to extend his sincere thanks and gratitude to the staff and administration of Loch Haven. During the time that Mark was a resident at Loch Haven, he received superior care and attentiveness. He is happy to report that his health has grown in such a way that he can now live and care for himself. Mark's sister, **Wendy Bouman**, would also like to extend her thanks to Loch Haven. She is pleased with the kindness, strategies, and support Mark's family received during this time.



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News from RCF



December presented us with wet and brisk weather. Those at "the Apartments" welcomed many winter activities which warmed our hearts and souls. We first created Christmas tree decorations, and our common rooms took on a festive look. Then many of us went to the First Baptist Church and saw a lovely Christmas Pageant that was presented there. What a wonderful and spiritual experience! ~~ We also went to see the beautiful Christmas lights at Callao. An entire busload of us went out and "ooo-ed" and "ahh-ed" at the glistening lights and neat mechanical decorations. We even had Mickey Mouse come on the bus with us and pose for a few pictures! ~~ On December 18th the residents welcomed family and friends for a

Family Christmas Dinner. What a great time we had! Delicious food, laughter and fellowship helped us create some special memories with our loved ones. ~~ We enjoyed Christmas caroling by the students of Immaculate Conception School. Students of their choir also came to give us a musical program. Thanks so much! ~~ So there were crafts that helped decorate our home, travels that got us out in the community, visitors that warmed our hearts with their presence, and celebrations that reminded of us the reason for the season. We have been very blessed here at Loch Haven. Here's wishing you a healthy and happy 2016! **by Janis Fraley**

SPECIAL brook NEWS



Hope everyone had a wonderful Christmas. Ours was very, very nice! We enjoyed so much our outing to see the Christmas lights. And of course Santa came to see us....that means we have been very good this year. He brought us so many wonderful gifts. We enjoyed visiting with our family members, especially family members that we don't get to see very often. Thanks for brightening our day! We also had a very nice party

with lots of goodies. That is what Christmas is all about! We continue to exercise, play bingo, do crafts, and cook to stay busy. We had a great game of Pin the Nose on the Snowman!! Wishing everyone a Happy New Year. Hope everyone stays safe and warm! (But we do enjoy watching the snow from the inside!). We'll let you know next month about our New Year's Party!
by Blanche Neeson



January 2016 Activity Calendar

| | | | | | | | | | | | | | |
|----|---|----|---|----|--|----|---|----|---|-----------------------|--|----|--|
| 3 | 10a Sunday School 2p United Methodist 6p Callao Bible Study | 4 | 10a Flex & Stretch 2p Bingo 3:30p Small Group | 5 | 10a Concentration 2p How's your Thinker 3:30p Small Groups 3:30pWii | 6 | 10a Flex & Stretch 2p Dick and Alvie 3:30p Small Groups | 7 | 10a Bevier Baptist Bible Study 2p Frozen Movie | 8 | 9:30a Flex & Stretch 10a Coffee Club 2p Carmen's Bible Stories | 9 | Independent Games |
| 10 | 10a Sunday School 2p Faith Baptist 6p Callao Bible Study | 11 | 10a Flex & Stretch 2p Bingo 3:30p Small Group | 12 | 10a Spa Morning 2p Birthday Party 3:30p Small Groups 3:30pWii | 13 | 10a Flex & Stretch 2p Trivia 3:30p Small Groups 6p County Kickers | 14 | 10a Bevier Baptist Bible Study 2p Burge Ministries Music 3:30p Small Groups | 15 (National Hat Day) | 9:30a Flex & Stretch 10a Coffee Club 2p Carmen's Bible Stories | 16 | Independent Games 2pm Jehovah's Witnesses Bible Study |
| 17 | 10a Sunday School 2p Ethel Christian 6p Callao Bible Study | 18 | 10a Flex & Stretch 2p Bingo 3:30p Small Group | 19 | 10a Concentration 2p Laughter with Susan 3:30p Small Groups 3:30pWii 6p Open Arms | 20 | 10a Flex & Stretch 2p Donny Roberts 3p Men's Social 6p County Kickers | 21 | 10a Bevier Baptist Bible Study 2p Winter Drive 3:30p Small Groups | 22 | 9:30a Flex & Stretch 10a Coffee Club 2p Carmen's Bible Stories | 23 | Independent Games 2pm Jehovah's Witnesses Bible Study |
| 24 | 10a Sunday School 6p Callao Bible Study | 25 | 10a Flex & Stretch 2p Bingo 3:30p Small Group | 26 | 10a Spa Morning 2p Ladies Tea 3:30p Small Groups 3:30pWii | 27 | 10a Atlanta Methodist Bible Study 2p Roy Flancher & Barbara Jenkins 3:30p Small Groups 6p County Kickers | 28 | 10a Bevier Baptist Bible Study 2p Heart Craft 3:30p Small Groups 6p Steve & Linda | 29 | 9:30a Flex & Stretch 10a Coffee Club 2p Carmen's Bible Stories | 30 | Independent Games 2pm Jehovah's Witnesses Bible Study |



YEAR

NEW

HAPPY

31
10a Sunday School
2p Atlanta Methodist



RCF resident, Ruth Irwin Glatz of Clarence, Missouri had an article published in "Kerosene Lamps and Grandma's Washboard", A Living History of Northeastern Missouri in 2014. We are reprinting the article with Ruth's permission.

Sorghum Sure Was Good

By Ruth Irwin Glatz of Clarence, Missouri Born 1926

I went to a two-room schoolhouse, four years in one room, and four years in the other. I walked 1-3/4 miles each way to school. On Fridays, we did a lot of ciphering on the blackboard. The school was heated with a large coal stove, one in each room. We had to go outside to the bathroom, called the outside toilet or outhouse. We didn't have a refrigerator. We drank water from a well. After eighth grade graduation, I stayed home, because there wasn't any way to get to high school, although the next year I rode into town and roomed with different families until graduation. I graduated after four years, second student, and salutatorian of the class.

When we got home from school we had chores to do, which included filling the oil lamps and getting coal and kindling for the Warm Morning stove in the living room. We also had to take out the ashes from the stove. Electricity came within a mile from our house during wartime. I didn't want a fireplace in my home for many years because of getting rid of the ashes and keeping it clean. Our refrigerator had a block of ice brought from five miles away, and it was half melted by the time we

had gotten it home.

In the winter, we had a sorghum trough to freeze ice in the crank in the White Mountain freezer. We had a sorghum mill near us. I hoped the wagon would jolt some cane off so we could chew on it. It was sure good!

We later had a refrigerator with a kerosene motor. When we got electric, I wanted to have plenty of ice for ice tea and Jell-O. Then came the wringer washer with the Briggs and Stratton motor. We had it on our screened in back porch. The machine would vibrate so much it would give us a headache, but it sure got our clothes clean. We made lye soap to use in the washer.

Then came the time for the print feed sacks at the feed store. It took two or three feed sacks to make a lady's dress or apron. Many a man had to buy the sacks that matched and trade with the neighbors to have enough to make a dress. Feed sacks were used to make school clothes, dresses, aprons, or whatever was needed. I have a tablecloth made from one. My mom had a loom to weave for us.

My dad and brother sheared sheep and doctored stock. The vet from town would call Dad, making a stock call to insure driving from town to the country.

We used to dry apples and peaches on the smokehouse roof. If a rain would blow up, we had to go get the fruit and take it in the shed.

We didn't have a basement for years. My dad and brother dug under one room for hours using a horse and scoop. We had an inside entrance and an outside entrance with the stairs. We called it a cellar. We used a pressure canner for fruits and vegetables for storage and use in the winter months.

We had the wooden wall telephone that took two batteries. We unhooked the line coming into the house sometimes when it stormed. Sometime we also took the battery out of the car to finish the program over the battery radio.

We went swimming in the creek or the big sandstone stock pond.

On Halloween, the neighbor boys and my brother put the neighbor's farm wagon in the pond. The wagon didn't show up until the pond went dry and showed the wagon.






Extra-Special Visits!

(l) **Doris Lewis** reunites with her son after 20 years. Jeanie Nail accompanied Doris to Wright City where Doris and her son, Ed, had a long overdue visit.

(r) **John Schultz** had a special visit from his niece (far right) and her family. They were visiting from Minnesota. It had been 17 years since John had seen her. It was a happy reunion.



January 2016 Dining Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|---|---|--|
| <p>*All meals served buffet style with bread and beverage. Several choices available.</p> | |  |  |  | | |
| 3 Rosemary Herbed Baked Chicken Rice Pilaf Buttered Peas Pie of the Day | 4 Grilled Sausage Cuts Garlic Mashed Potatoes Braised Sauerkraut Fruit Cobbler | 5 Stuffed Shells w/ Sauce Caesar Salad Garlic Toast Apple Crisp | 6 Smothered Chicken Bread Dressing Peas & Mushrooms Fruited Gelatin | 7 Swiss Steak Baked Potato California Vegetables Pumpkin Pan Pie | 8 Pork Tips in Gravy Steamed Rice Candied Carrots Iced Oatmeal Cake | 9 Pepper Beef Patty Roasted Potatoes Side Salad Lime Sprinkled Pears |
| 10 Fried Chicken Twice Baked Potato California Vegetables Chess Pie Dinner Roll | 11 Meatloaf Mashed Potatoes Gravy Spinach Bake Mandarin Oranges | 12 Herbed Pork Roast Creamy Rice Carrots Pudding Parfait | 13 Onion/Sage Chicken Oven Roasted Potatoes Cauliflower/Cheese Sau Iced Gelatin Poke Cake | 14 Fish of the Day French Fries Cottage Cheese Cole Slaw Bread Pudding w/Vanilla | 15 Chicken & Dumplings Buttered Broccoli Pickled Beets Chocolate Layer | 16 Spaghetti w/ Meat Sauce Italian Vegetables Frosted Cup Cake Garlic Bread |
| 17 Baked Ham Sweet Potato Cass Mixed Vegetables Mock Pecan Pie Dinner Roll | 18 Grilled Liver & Onions Fried Potatoes Green Beans Blonde Brownie | 19 Pork Loin/Gravy Stuffing Brussels Sprouts Frosted Spice Cake | 20 Creamy Chicken Spaghetti Carrots Diced Tomato Salad Chocolate Chip Cookie Garlic Bread | 21 <p>Residents Choice</p> | 22 Baked Cod Cheesy Hash Brown Casserole Mixed Vegetables Lemon Bars | 23 Swedish Meatballs Buttered Egg Noodles Zucchini & Tomatoes Tossed Salad Buttermilk Pie |
| 24 Roast Beef Roasted Potatoes 31 Rosemary Herbed Baked Chicken | 25 Lemon Chicken Garden Blend Rice Twice Baked Caulif. Fruited Gelatin | 26 Ham Steak Scalloped Potatoes Blackeyed Peas Corn Bread Fruit Shortcake | 27 Sliced Turkey Baked Sweet Potato Squash Medley Pudding Cream Pie | 28 Lasagna Green Beans Tossed Salad Garlic Bread Cheesecake | 29 Pork Cutlet w/ Dijon Sauce Mashed Potatoes Carrots Frosted Cake | 30 Salisbury Steak Creamy Noodles Spinach Bake Fruit Crumble |





Cooking thru the Ages!



Blueberry Croissant Breakfast Bake

1 tube crescent rolls (cold)
3/4 cup Blueberries (Fresh or Frozen)
8 oz. cream cheese
2/3 cup sugar
2 eggs
1 tsp. vanilla
1/4 cup milk

Preheat oven to 350°. Beat cream cheese, sugar, and vanilla until creamy. Add eggs, and while beating slowly incorporate the milk until creamy. Set aside. Roll up crescent rolls and curve into crescent shape. Place rolls in an ungreased 9x9 pan. Pour blueberries over the crescent rolls. Pour cream cheese mixture over rolls and blueberries. Bake for 35 minutes or until rolls have become golden brown. Top with powdered sugar and enjoy!



In your slow cooker, whisk together the gravy packets, cream of chicken soup, and water until smooth. Add the seasoned chicken breasts. Be sure to get them covered in gravy. Cover and cook on low for about 6-8 hours. Once cooked, break chicken up into chunks using a fork. Stir in sour cream. Serve over rice, mashed potatoes, biscuits, or noodles.

Cold Winter Day Crock Pot Chicken & Gravy

2 (0.87 oz.) packets dry chicken gravy mix
1 (10.75 oz.) can cream of chicken soup
2 cups water
1 lb. boneless, skinless chicken breasts
garlic powder, salt & black pepper, to taste
1/2 cup sour cream

Season chicken breasts (both sides) with garlic powder, black pepper and just a tad bit of salt. *Note:* the chicken gravy and cream of chicken soup already have salt in them so don't go overboard on seasoning with salt.



Mushroom Pasta Carbonara

2-1/2 cups uncooked mostaccioli
8 bacon strips, diced

1 jar (4-1/2 ounces) whole mushrooms, drained
3/4 cup half-and-half cream
1/3 cup butter, cubed
1 teaspoon dried parsley flakes
1 teaspoon minced garlic
6 to 8 drops hot pepper sauce
1/2 teaspoon salt, optional
1/3 cup grated Parmesan cheese
1/4 cup sliced green onions



Cook mostaccioli according to package directions. In skillet, cook bacon until crisp. Drain on paper towel. Brown mushrooms in drippings; remove to paper towels. Drain drippings from pan. Add the cream, butter, parsley, garlic, pepper sauce and salt if desired to the skillet; cook and stir over medium heat until butter is melted. Drain mostaccioli; add to cream mixture. Stir in the bacon, mushrooms and cheese; heat through. Remove from the heat. Sprinkle with green onions. Yield: 4 servings.



Mittens + Wreath Ring =
Mitten Wreath

Mrs. Pierce's Peanut Butter Pie Recipe

Pie Filling

8 oz. Cream Cheese, softened
1 c. creamy Peanut Butter
3/4 c. Sugar
1 tbsp. Vanilla
8 oz. Cool Whip

Crust

24 Nutter Butter Cookies
5 Tbs. Butter, melted

Crush cookies and mix with butter. Press into bottom and sides of 9 in. pie plate. Mix cream cheese, peanut butter, sugar and vanilla until well blended. Stir in 1-1/2 c. Cool Whip. Spoon into crust. Freeze 4 hours. Let sit out 30 minutes before serving. Garnish with remaining whipped topping and additional cookies if desired.



Blog of the month
www.cookinupnorth.blogspot.com



Celebrating Extraordinary Birthdays! We had some very special birthdays at Loch Haven in December. (pictured left) Naomi Curtwright celebrated her 107th birthday on December 4th surrounded by family, friends and staff. (pictured right) Pearl Hauptmann who lives in the LH Apartments celebrated her 104th birthday on December 29th with a special dinner attended by family and friends. Both of these ladies are full of life, love, and laughter. **Birthday CHEERS to Naomi and Pearl!!**

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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