

Loch Haven Tymes

December 2020



Merry Christmas

A publication of

Loch Haven
Senior Living Community



December 2020 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All Activities are Subject to Change One on Ones Offered Daily	Bird of the Month: Raven Birthstone: Turquoise Flower of the	1 9:30a Nails 2p Concentration 3:15p Holiday Decorating	2 9:30a Coffee Club 10a Exercise 10:30a Book Club 2p Pitch 3:15p Holiday	3 10a Devotional 2p Callao First Christian 3:15p Art Club— Hol-	4 9:30a Coffee Club 10a Exercise 10:30a Book Club 2p Sunshine Squad 3p Christmas Music	5 10a Numbers 11a-1p One on Ones 1:30p BINGO (Gr1) 3p BINGO (Gr 2)
6	7 Wear Red, White & Blue Independent Activities	8 9:30-11a Holiday Photos 9:30a Coffee Club 10:15a Book Club 1:30p BINGO (GR1)	9 9:30a Coffee Club 10a Card BINGO 1:30p Holiday Photos 3:30p Resident's	10 10a Devotional 2p Pitch 3:15p Art Club— Na- tivity Scene	11 9:30a Coffee Club 10a Exercise 10:30a Book Club 2p Instruments	12 10a Movie and Popcorn: The Santa Clause 11a-1p One on Ones
13	Independent Activities	14 9:30a Coffee Club 10a Exercise 10:30a Book Club 1:30p BINGO (GR1) 2p Bible Study in RCF	15 9:30a Nails 2p Art Club—Snow Globes 3:15p Name that	16 9:30a Coffee Club 10a Pitch 2:30-4p Country Store	17 10a Devotional 2p Callao First Christian 2:30p Trivia Bowl	18 Ugly Holiday outfit Day 9:30a Coffee Club 10a Exercise 10:30a Book Club 2p Swan Water
20	21 Wear Red Independent Activities	22 Wear Green 9:30a Coffee Club 10a Exercise 10:30a Book Club 1:30p BINGO (GR1)	23 9a Caroling (North) 10a Caroling (South) 2p How the Grinch Stole Christmas	24 10a Devotional 10:30a Christmas Around the World	25 	26 10a Movie and Popcorn: Holiday Inn 11a-1p One on Ones 2p Pitch
27	Independent Activities	28 9:30a Coffee Club 10a Exercise 10:30a Book Club 1:30p BINGO (GR1) 2p Bible Study in RCF	29 9:30a Nails 2p Numbers 3:15p Universal Yams	30 9:30a Coffee Club 10a Community Service 2p Pitch	31 9:30a Reminisce and BINGO (2020 edi- tion) 2p Stretch and Flex	



A special treat was brought for our staff from our Mayor, Talt Holman for their hard work and dedication during this pandemic.

Thank you, Talt we appreciate you thinking of us during this time!



Congratulations to Katie Nelson (pictured left) and Crystal Bouman (pictured right) for receiving the Employee of the Year Award at our RCF Apartments. Kelsey Hinshaw, Administrator (pictured in the middle) was there to congratulate them both on doing a great job this past year!

Pictured below is the RCF employee's rallying around Katie and Crystal to express their support on their achievement's! Way to go girls, great job!



We Always Remember

Fred Schrader

Elizabeth Kelso

James Allred

Herbert Nanneman

Erma Moore

David Switzer

Ronald Franklin

Patricia Richmond

Those we hold closest to our hearts
never truly leave us.
have shared and the love they

thank you

Thank you, thank you to the many people who've donated money for us to provide Christmas gifts for all our residents. Your generosity has been so outstanding! We sure are going to be busy shopping for the residents, thanks to you! We've raised over 1,308.00 dollars. Thank you from the bottom of our hearts. ~Activities Dept

DECEMBER

BIRTHDAYS

2 J Biehl
5 Linda Miller
7 Orvel Helton
10 Phillip Smith
25 Louise Franks
27 Lou Tate

31 Jo Ann Young



Employee Spotlight



Sharon Thrasher Social Services/Transportation

Describe yourself in one word. Organized

What is the best place you ever went on vacation? Bennet Springs

What was your favorite subject in school? Business

Who is or was your hero and why? My mom, she was a very giving person and would help anyone.

Everyone has a talent, what's yours? Photography

What is one thing on your bucket list? Spending more time camping at Bennett Springs

How long have you worked at Loch Haven? Since 1986

What are your duties? Helping with transportation and admissions

Family: I'm married to my husband Leslie, I have three sons Sam, Nick—his friend Shelby and Shane. I have two grandson's Carson and Easton.

We live in Bevier.

One thing Sharon loves about working at Loch Haven is that “we’re all one BIG family.”



December 2020 Dining Calendar

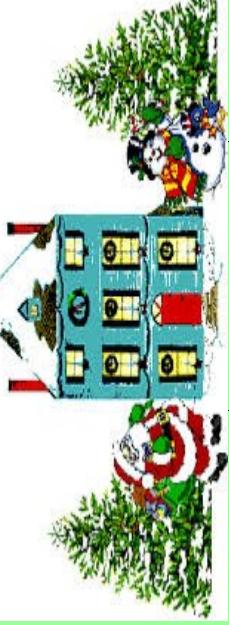
Sun	Sat
<p>6 Honey Dijon Garlic Chicken Baby Bakers Broccoli (A) Pie of the Day Dinner Roll/Margarine Beverage</p>	<p>7 Swiss Steak Mashed Potatoes & Gravy Buttered Carrots (A) Autumn Fruit Crumble (FR) Bread/Margarine Beverage</p>
<p>13 Baked Ham Sweet Potato Casserole (A) Buttered Cabbage Mock Pecan Pie Cornbread/ Beverage</p>	<p>14 Turkey Pot Roast Herb Stuffing Buttered Peas Peaches w/Whipped Topping Biscuit/Margarine Beverage</p>
<p>20 Fried Chicken Mashed Potatoes & Gravy Broccoli w/ Cheese Sauce (A) Garlic Bread Mandarin Oranges Milk/Beverage</p>	<p>21 Unstuffed Peppers Steamed Rice Buttered Carrots (A) Blushing Pears Bread/Margarine Beverage</p>
<p>27 Brown Sugar Pork Chops w/Garlic and Herbs Ranch Baked Potato Casserole Brussel Sprouts w/ Bacon Cheesecake Dinner Roll/Margarine Beverage</p>	<p>28 Herb Roasted Chicken Harvest Pasta Broccoli (A) Apple Crisp (FR) Dinner Roll/Margarine Beverage</p>
<p>1 Lasagna Buttered Peas Caesar Salad Banana Pudding Dessert Garlic Bread Beverage</p>	<p>2 Sweet & Sour Pork Steamed Rice Oriental Vegetables Marinated Slaw Mandarin Orange Cake Beverage</p>
<p>8 Marinated Pork Loin Yams (A) Roasted Brussel Sprouts Bread Pudding w/ Vanilla Sauce Bread/Margarine Beverage</p>	<p>9 Roast Turkey & Gravy Herb Stuffing Vegetable Blend Peach Crisp (FR) Dinner Roll/Margarine Beverage</p>
<p>15 Breaded Pork Chop w/Onions Mashed Potatoes & Gravy Spinach, Bacon & Onion (A) Cranberry Swirl Cake Bread/Margarine Beverage</p>	<p>16 BBQ Baked Chick-en Au Gratin Potatoes Buttered Carrots (A) Apple Chocolate Chip Crumb Dessert Bread/Margarine Beverage</p>
<p>22 Autumn Pork Roast (Apple Glaze) Mashed Potatoes & Gravy Mixed Greens (A) Chocolate Chip Cookie Bar Bread/Margarine Beverage</p>	<p>23 Roast Turkey & Gravy Baked Sweet Potato (A) Green Bean Casserole Fruit Cobbler (FR) Dinner Roll/Margarine Beverage</p>
<p>29 Lasagna Buttered Peas Caesar Salad Banana Pudding Dessert Garlic Bread Beverage</p>	<p>30 Sweet & Sour Pork Steamed Rice Oriental Vegetables Marinated Slaw Mandarin Orange Cake Beverage</p>
<p>5 Country Fried Steak Cream Gravy Mashed Potatoes Swiss Vegetable Medley Pumpkin Crumble Bread/Margarine Beverage</p>	<p>4 Creamy Mushroom Chicken Buttered Bowtie Pasta Italian Vegetable Blend (A) Crabapples Cobbler Bread/Margarine Beverage</p>
<p>10 Beef Stroganoff Over Noodles Broccoli Cauliflower Blend Mixed Fruit Cup Dinner Roll/Margarine Beverage</p>	<p>11 Fried Fish Tartar Sauce Macaroni & Cheese Stewed Tomatoes Peanut Butter Pie Beverage</p>
<p>17 Residents Choice</p>	<p>18 Spaghetti w/Meat Sauce Italian Tossed Salad Fruit Cobbler (FR) Garlic Bread Beverage</p>
<p>24 Salisbury Steak Hash brown Casserole Buttered Carrots (A) Banana Cake w/ Cream Cheese Frosting Bread/Margarine Beverage</p>	<p>25 Parmesan Lemon Baked Fish Tomato Rice Sliced Zucchini Pumpkin Cake (A) w/ Whipped Topping Bread/Margarine Beverage</p>
<p>26 Swedish Meatballs w/Sauce Parslied Buttered Noodles Steamed Vegetables Spiced Peaches Bread/Margarine Beverage</p>	



The residents
are enjoying
the magic that
the Christmas
season brings.



December 2020 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10a Sunday School 2p United Methodist	2 930a Coffee Club 10a Exercise 10:30a Book Club 2 BINGO 3:15 Residents Council	3 Nails 1p Country Store 2:30 What am I Holiday Tradition 3p Pitch 7p Ethel Amish	4 9:30 Coffee Club 10a Exercise 10:30a Book Club 2p Dick & Alvie Gospel Music 3p Numbers 7p Country Kickers	5 10a Bevier Baptist Church 2p Craft—Ornament Making 3p Soldier's Angels Project	6 9:30a Coffee Club 10a Exercise 10:30a BOOK CLUB 1p Bible study with Jim Bolin 2:30p Soldiers Angels Project	7 9:30a Bingo 1p Pitch
8 10a Sunday School 2p United Methodist	9 10 930a Coffee Club 10a Exercise 10:30a Book Club 2p Bingo 3p Universal Yams	10 10a Country Store 2p December Birthday Party 3:15p Name that Holiday Tune	11 9:30a Coffee Club 10a Flex & Stretch 2p Roy and Barb Music 3:30p Concentration 7p County Kickers	12 10a Bevier Baptist Bible Study 2p Mustache Mayhem 3:15p Pitch	13 9:30a Coffee Club 10a Exercise 10:30a BOOK CLUB 1p Jim Bolin Bible Study 2:30p What am I? Holiday Education	14 9:30a Bingo
15 10a Sunday School 2p Faith Baptist	16 9:30a Coffee 10a Exercise 10:30 BOOK CLUB 2p Bingo 3:15p Men's Social	17 9a Nails 1p Christmas shopping in Moberly 2p Pitch 6:30 Open Arms	18 9:30a Coffee Club 10a Bevier School Choir and Band Performance 10:45a BOOK CLUB 2p Music w/ Diana 3:30 Afternoon exercise 7p Country Kickers	19 10a Bevier Baptist Bible Study 2p David Foster & Friends 3p Holiday Parade	20 9:30a Coffee Club 10a Exercise 10:30a BOOK CLUB 1p Jim Bolin Bible Study 2:30p Ugly Sweater Contest ~Sing A Long Holiday Music	21 9:30a Bingo
22 10a Sunday School 2p Ethel Christian	23 9:30a Tea/Coffee 10a Exercise 10:30a BOOK CLUB 2p Bingo 3p Pass me a present card game	24 9a Ladies Tea 10 Deer Hunting 1p Holiday Party #1 2p Holiday Party #2	25 	26 10a Bevier Baptist Bible Study 10a MASS –RCF 2p Snow ball fight and smores 3p Pitch	27 9:30a Coffee Club 10a Exercise 10:30a BOOK CLUB 1p Jim Bolin Bible Study 2:30p Movie: Holiday Inn	28 9:30a Bingo
29 10a Sunday School 2 LaPlata Baptist Church	30	31	1	HAPPY NEW YEAR		



Our Activity Department is always having fun activities involving food. Who doesn't LOVE food? Especially when you have someone to sit and enjoy it with! So many of our residents look forward to making yummy treats together to share. Each month there is a box of food that comes from a different country. In that box is all kinds snacks like: chips, chocolates and candy. Several of our residents gather to learn about the different types of food that are in the box. It has become one of their "favorite" things that we do! They all enjoy trying the food and talking about it. Some are surprised by how everything tastes and how some of the things are similar to our food.



Oak View Cottage



The residents have had a lot of fun playing games this past month. We did some shooting, lots of crafts and pined some feathers on them birds! They all enjoyed getting to shop at the country store that Rachael set up for them.

Special Brook NEWS



NEWS from RCF



Christmas Symbolism



Star represents the bright star that shone the night Jesus was born. "Where is the new born king of the Jews? For we have seen his star in the east, and have come to worship him." Matthew 2:2



Candy cane represents the shepherd's staff. Christ is also called the Good Shepherd. And there were in the same country, shepherds abiding in the field, keeping watch over their flock by night. Luke 2:8



Gifts represent the gold, frankincense and myrrh.And when they opened they had opened their treasures, they presented him gifts: gold, frankincense, and myrrh. Matthew 2:11



Evergreen tree represents the eternal life. For God so loved the world that he gave his only begotten son, that whosoever believeth in him should not perish, but have everlasting life. John 3:16



Christmas carollers represent the multitude of angels that sang on the night Jesus was born. And suddenly there was with the angel a multitude of the heavenly host praising God and saying, "Glory to God in the highest..." Luke 2:13-14



Christmas candles and lights represent the light that Jesus has brought to the world. To give light to them that sit in darkness and in the shadow of death, to guide our feet into the way of peace. Luke 1:79



Holly Berries represent the blood that Christ shed for us. For this is my blood of the new testament which is shed for many remission of sins. Matthew 26:28



Nativity scene represents the scene in the manger where Jesus was born. And she brought for her firstborn son, and wrapped him swaddling clothes, and laid him in a manger, because there was no room in the inn. Luke 2:7



Christmas wreath represents the crown of thorns that Jesus wore when he was crucified. The soldiers made a crown of long, sharp thorns and put it on his head... John 19:2



Christmas Bells represent the call of mankind to worship the Lord. For the Son of man came to seek, and to save that which was lost. Luke 19:10

Prepared by Allison Hall

If you're a care taker of a family member and are looking into a long term care facility, call us today. We know that being a care taker is very challenging and we're here to answer any questions you may have. Our social service department would be glad to schedule an appointment with you to discuss the many options we have available.

Contact us today at 660.385.3113 and let us help you take care of your loved one.



Loch Haven would like to wish our residents, staff and community a wonderful Christmas! May this season fill your hearts Joy. ~Team Loch Haven

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. Crystal Smith, Marketing Director. Contact us at: 660-385-3113 or visit our website at www.lochhaven.com