

Loch Haven Times

April 2015



A publication of

Loch Haven

Senior Living Community

Macon, Missouri

Employee Spotlight

MEET: Mary Sivers, Hospitality Aide~Westbrook



- ♦ **Describe yourself in one word?** Caring
- ♦ **What kind of pet to you have?** Dogs, cats
- ♦ **What is your favorite movie?** Love Me Tender
- ♦ **What is the best place you've ever gone on vacation?** Hawaii
- ♦ **What was your favorite subject in school?** History
- ♦ **What would be your dream vacation?** Take a cruise to somewhere!
- ♦ **Who was your favorite celebrity as a child?** John Wayne
- ♦ **How long have you worked at Loch Haven?** 18 years
- ♦ **What are your duties?** I'm a hospitality aide for West Brook so I help out wherever I can.
- ♦ **Where do you live?** Macon
- ♦ **Family:** My husband Jim; children and spouses Sarah, Jimmy, Cindy, Mike, Gina, Jennifer; Grandkids Hunter, Bradley, Jarod, Lindsey, Karissa, and Lance.

"I enjoy working with all my co-workers" ~ Mary

Welcome to Team Loch Haven

Courtney Miller	Cottage PAL
Ronda Smith	Cottage PAL
Holly Norris	Mountain View
Dari Perrigo	Mountain View
Katelin Christy	Cottage PAL
Hadley Harvey	Cottage PAL
Terra Rasico	West Brook
Lesley Nash	Cottage PAL
Megan Jefferies	



Team PLAYER award Heather Ballance, RN



STAR AWARD WINNERS

February

*Chrissy Wood
Amy Repogle
Dana Morey
Terry Vaughn
Bernice Brunston*

Perfect Attendance

Tammy Rhodes



Congratulations & Good Luck to Tillie Christensen

on her retirement after 28 years of employment at Loch Haven

Loch Haven's Alzheimer's Support Group

Second Monday of each month

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

We welcome you to join this monthly support group.

MEET: Mary Fleming Carter Special Brook



Mary Fleming Carter was born on September 20, 1926, in Omaha, Nebraska, the daughter of Bernard and Irene Laughlin Fleming. She was the fifth of seven children with four brothers, (Bernard, John, Joe, Billy) and two sisters (Helen, Irene). By all accounts, they enjoyed their early years in Omaha with aunts, uncles and cousins nearby. But, as the Depression took its toll across the country, Mary's father moved the family to Kansas City, Missouri, where he had found better business opportunities to better support his large brood.

Mary and her sisters attended Loretta Academy. Her nickname was "Pee-Wee", as she was the smallest girl in the class. When the United States joined the Allies in World War II, Mary's brothers enlisted while she and her sisters went to work just as many young women did at the time to help at home and with the war efforts. Her work also allowed her to enroll and study at the Kansas City Art Institute. She enjoyed drawing and painting very much and always spoke fondly of her time at the Institute.

Mary embarked on the next phase of her life following a blind date. She considered herself to be a city girl and thought her date was a hick from the country. She had never heard of the town of Moberly and really wasn't too interested. But one thing led to another and on October 1, 1949, Mary Fleming and Charles Wilson Carter were married at Visitation Church in Kansas City.

The couple honeymooned in New Orleans then went to live in that small town of Moberly where Charles had a position with Wabash Railroad. Mary discovered she loved small town living, her in-laws and all the people she met, so was actually a bit disappointed to leave when Charles told her he had been transferred to Detroit, Michigan.



In the early 1950's, the Motor City was booming. They both found Detroit to be a very exciting place to live and more exciting with the arrival of their first child, a daughter they named Mary Susan. Two years later, Charles received another promotion with Wabash and the family headed to St. Louis where they welcomed four sons, Joseph, Timothy, Charles, Jr., and John. St. Louis was a fantastic place to

raise a growing family with the zoo, museums, theater, Forest Park and Busch Stadium all nearby. Mary loved it all except the "snake house" at the zoo where you could always find her waiting on the bench by the front door for her family to finish inside. She hated snakes and hated worms and she insisted during fishing trips to Forest Park that "spaghetti bait" would work just as well as worms. (Don't remind her that she was wrong!)

In 1963, Mary and Charles came full circle when then returned to Moberly and purchased Stevenson Memorials, now Carter Memorials. They found a home for their growing family in Urbandale which had plenty of room for Mary's garden, some ponies, dogs and cats and three more children, Daniel, Elizabeth and Sara.

The house was constantly filled with family and friends. Mary was a wonderful cook and entertainer and a meal from her kitchen was always a treat. Holidays were celebrated in style according to the traditions Mary learned from her mother. And St. Patrick's Day was always a reason to celebrate and sing. She was very proud of her Irish heritage and shared that pride with her children. In later years, she and Charles were able to join old friends from Kansas City to visit "The Old Sod" and have "a sip o' the barley".

Over the years, Mary was also very involved in her community. She was active as a CASA volunteer, member of the Sorosis Club, enjoyed golf and other activities at the Moberly Country Club and appeared onstage as a member of the Moberly Community Players. Mary was appointed by then Governor Warren Hearnes to the Missouri Prisoner Review Board and flew across the state with fellow board member, pilot and friend Don Orscheln to monitor state prisoner complaints. She and Charles were members of St. Pius X Catholic Church. Mary was "First Lady" of Moberly during Charles's tenure as Mayor.

Today, as a resident of Loch Haven, Mary enjoys visits from her 8 children, 12 grandchildren and 2 great grandchildren as well as other family and friends. She still likes to sing a song, join Blanche on a field trip or sneak a cookie. She and her family want to thank everyone at Loch Haven for their loving care and attention. She says she is looking forward to seeing the beautiful gardens bloom this spring.



A Warm Welcome to

Naomi Curtright

Hope Marino

Johnie Haynes

Carl White, Jr.

Monica Iwanowicz

Good luck to **Linda Christensen, Olivia Jacobs, & Eleanor Lenzini** who have returned home after a therapeutic stay.



We will always

Gene Day

Charles Fry

Remember

Naomi Edwards

Freddie Ricker

"What we have once enjoyed, we can never lose. All that we love deeply becomes part of us." -Helen Keller

OFFICE people make EVERYthing BETTER!



Dena Selmon
Accounting



Patty Lolli
Accounting



Amy Harre
Insurance



Paula Whisenand
Scheduling



Stephanie Adkins
Front Receptionist



Dianna Bowzer
Neighborhood Clerk



Tammy Rhodes
Neighborhood Clerk



Rosemary Jones
Neighborhood Clerk (Sub)



Helen McDuffee shows off a 9-patch quilt that she just completed. Her daughter-in-law, Betty McDuffee, who works for Christy Auction Company, bought a few blocks at an auction and knew that Helen would know just what to do with them. Helen lives in the Loch Haven Apartments.



Adios Casanova! Members of the Activity Department and residents had a going away party for Tabitha Candanoza (front center). Tabitha was the Activity Director for the Sunset Village Neighborhood. Good luck to Tabitha who has gone to work for the American Red Cross.

Oak View & Cedar View Cottage News



Beautiful weather is finally here. Geese flying over, robins a singing and flowers popping up and grass is greening up. Wonderful it is! The Cottages will soon be decorating for Easter. Oh how pretty they will be. Music groups that have come and entertained the neighbors this month were Jim Moncrief, Bill Lear, and Arnold Compton teaming up and singing and playing country and gospel music. Great job guys! Also neighbors enjoyed David Foster picking and singing the good oldies that they all like. Neighbors sure enjoyed Merlyn Amedei reading and telling her stories about Fanny Crosby, a blind woman who wrote hymns. Afterwards Brenda Morgan played the piano and Merlyn and all sang some of their favorite songs. More country and gospel music was so enjoyed with Earl Gibler, Barbara Jennings, and Roy Fancher picking and singing. What beautiful harmonizing they did. Super job! Loretta Thayer came and played the piano. What great hit songs she played. Could she ever rattle those piano keys! Mickey Gilley has competition! She even had some of the neighbors up "cutting a rug!" Thanks always to Clark Dobbs who faithfully brings Bible Study. Oak View Cottage celebrated their two year anniversary with neighbors, staff, and alumni by having a pizza party. Byron Freeman offered the prayer. The eleven point pitch game was played and the tie broken. Finally! But the game goes on. What funny stories we have heard when discussing chivalries. One was told by Daisy Tabor. She said Bill was put in a wooden crate, and he could see out but couldn't get out. When they got back they handed out candy. Lot of them said people would come and pound on the house until you came out. Wanda Vass said she and her husband were put in a wheelbarrow and pushed down the main street of Bevier. I bet that was a rough ride!!! On the first day of spring, I asked each neighbor what their favorite flower was and the color of the flower. Red roses won! Dorothy Johnson is shown pictured with three generations. Grandson Ryan and wife Taylor (Gorden) and twins, Grant and Landon and Ryder and Libby. Wishing each of you a beautiful spring time and a blessed Easter!

Susan Lenon, Activity PAL



Loch Haven's

A SENIOR Moment

April Episode

Kickin' Up Their Heels

Featuring Macon County Kickers

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.



- * Mela Linn for donating a sound system to the Special Brook neighborhood. The residents are enjoying listening to music throughout the neighborhood. They listen to music of their liking from their generation. Mela is a member of the Loch Haven Alzheimer's Support Group.
- * Nadine Weldon donated puzzles.

What is it worth to you?

Have you ever wondered if your grandmother's necklace was valuable? Curious about the china that has been passed down your family tree? Or what about your grandpa's old shotgun? Have you labeled items in your home to be given to your family members after your passing?

Will those intended actually receive your cherished items?

If you have some of these questions or would like information about how to transfer non-titled property, you are invited to attend a program that will help you sort it all out. "Who Gets Grandma's Yellow Pie Plate" will be presented by Wendy Brumbaugh, Family Financial Education Specialist with University of Missouri Extension, at the Loch Haven Apartments on Tuesday, May 5, 2015 at 11:30 a.m.

The program will include methods of distribution of personal property upon death and discussion of what is fair and equitable, and how to start a conversation with family members without sounding greedy.

"Wendy was a guest of ours on our radio program (A Senior Moment-On Air) which airs on KWIX the first Monday of each month. We talked about this subject, and felt like it was a program that we wanted to offer to the public at Loch Haven. Trying to figure out how to divide treasures can sometimes be overwhelming. This program makes that job just a little easier," says Mary Beth Truitt, Loch Haven Marketing Director. "We invite the public to come, bring a sack lunch and we'll provide dessert and beverage."



Birthdays

to celebrate

3	Arnold Truitt
6	Betty Teter
14	John Gaughan
16	Bernard Wilhelme
24	Mary Rodgers
25	Karen Ballew
25	Walter Davis
29	Mildred Phipps
29	Pat Sutton
30	Julia Caldwell
30	Doris Magers



Donations of bird feed would be SO appreciated. Our residents spend hours watching the birds at their bird feeders. Thanks!!



Thanks to Caleb Pagett who came to LH to talk to our residents about his experiences as a missionary.



join us on
facebook

March has been quite the busy month at the Apartments. We have seen a whirlwind of weather changes. On those nice days several of us enjoyed walking outside or sitting on the porch with light jackets. Then there were cold and breezy days. On those days we stayed super busy with activities inside. Some activities that we've participated in are watercolor and finger painting, seasonal crafts that were displayed in our dining room, and cooking. We have also become experts at Skip-Bo, dominoes, Pictionary, answering trivia questions and doing word search puzzles. **If you know of anyone who likes playing a game or two of Pinochle, please send them our way.** We are missing a few able bodies for that game and we sure miss it! We celebrated St. Patrick's Day with a fabulous party. Included in the festivities were "shamrock shakes", green cake, homemade candies, trivia questions all about the

holiday, a lively game of "Pass the Sack" and lots of laughter. We are now gearing up for a celebration of Easter.

Happy Spring
Everyone!
Janis Fraley



Special Brook News

We are getting spring fever!! We are very thankful for the sunshine. We have been able to go outside and enjoy our back porch and yard. SOON we will have flowers to enjoy as well. We have been very busy doing crafts, exercising, and playing games. We had a great St. Patrick's Day party. We had green grapes and ants on a log! We were all decked out in green! A special thanks to Dave Irvin (Marsha Irvin's husband) who has brought us our very own dog....well, she's a very large stuffed animal. Her name is Goldie, and she's a Golden Retriever. The residents have been enjoying her, and best of all....she doesn't bark OR eat too much! :-)




Wishing you a very
blessed Easter.

Blanche Neeson
Special Brook
Activity Director



April 2015 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	One on One activities offered daily to those unable to attend regularly scheduled activities		1 9:30am Flex & Stretch (DR) 10am Crafts w/ Janice (DR) 2pm Dick & Alvie (DR) 3:30pm Small Groups	2 FAMILY BREAKFAST (7-9a) 10am Bevier Baptist Bible Study (DR) 2pm Tell Me a Story (WB)	3 9:30am Flex & Stretch 10am Coffee Club & Sibling Day 2pm Carmen's Hour of Bible Stories	4 Independent Games
5 Easter Sunday 10am Sunday School 2pm United Methodist	6 10am Flex & Stretch 2pm Bingo 3:30pm Small Groups	7 10am Spa Morning 2pm Women's Tea 3:30pm Small Group 3:30pm Wii	8 10am Flex & Stretch 2pm Movie 3:30pm Group 4pm K-5 Alive Singers 6:15pm J12 Group Singers 7pm County Kickers	9 10am Bevier Baptist Bible Study 2pm Spelling Bee 3:30pm Small Group	10 9:30am Flex & Stretch 10am Coffee Club 2pm Spirit Day 3pm Carmen's Hour of Bible Stories	11 Independent Games
12 10am Sunday School 2pm Faith Baptist	13 10am Flex & Stretch 2p Bingo 3:30pm Small Groups	14 10am Concentration 2pm Birthday Party w/ Loretta 3:30 Small Groups 3:30pm Wii	15 10am Flex & Stretch 2pm Donny Roberts 3:30 Small Groups 7pm County Kickers	16 Family Breakfast (7-9a) 10a Bevier Baptist Bible Study 2pm How's Your Thinker	17 9:30am Flex & Stretch 10a Coffee Club 2pm Carmen's Hour of Bible Stories	18 Independent Games 10am Crafts w/ Women's Ministry Group
19 10am Sunday School 2pm Ethel Christian 6:30pm Callao Bible Study	20 10am Flex & Stretch 2pm Bingo 3:30pm Small Groups	21 10am Spa Morning 2pm Laughter with Susan 2p-4p Clothes to You 3:30pm Small Groups 3:30pm Wii 6:30pm Open Arms	22 10am Flex & Stretch 10am Atlanta Methodist Bible Study 1pm Wal-Mart (Moberly) 7pm County Kickers	23 10am Bevier Baptist Bible Study 1:30pm MASS 2pm Country Store 6pm Steve & Linda	24 9:30am Flex & Stretch 10a Coffee Club 2pm Who has it	25 Independent Games
26 10am Sunday School 6:30pm Callao Bible Study	27 10am Flex & Stretch 2pm Bingo 3:30pm Small Groups	28 10am Concentration 2pm Surprise Social 3:30pm Small Groups	29 10am Flex & Stretch 2pm Ice Cream Floats 3:30pm Small Groups	30 Family Breakfast (7-9a) 10a Bevier Baptist Bible Study		



VOLUNTEER BANQUET

Thursday, April 30, 2015
Dinner 6 p.m.
1st Church of the Nazarene Fellowship Hall
Highway 63 South Macon

Entertainment by
Jamee Nelson

RSVP by April 20th
by calling 660-385-3113





April 2015 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*all meals served buffet style with bread and beverage. Several choices available.</p>			1 Taco Salad Spanish Rice Corn Salad Peaches with Whipped Topping	5 Roast Turkey Turkey Gravy Cornbread Dressing Candied Carrots Pumpkin Pie	3 Polish Sausage Peppers & onions Fried Potatoes Sauerkraut Fruit Crumble	4 Vegetable Lasagna Italian Tossed Salad Banana Pudding cake Garlic Bread
5 Baked Chicken Mashed Potatoes Steamed Broccoli Dinner Roll Creamy Custard Pie	6 Salisbury Steak Brown Gravy Baked Potato Green Bean Frosted Marble Cake	7 Sweet & Sour Pork Steamed Rice Carrots Oriental Salad Fruit Cobbler	8 Breaded Chicken Livers Mashed Potatoes/Gravy Lima Beans Éclair Cake	9 Resident's Choice	10 Baked Fish Party Potatoes Brussels Sprouts Cheese Herb Biscuit Brownie	11 BBQ Chicken Baked Beans Potato Salad Mixed Fruit Cup
12 Pork Chop Mushroom Gravy Garlic Mashed Potatoes Dutch Cabbage Banana Cream Pie	13 Beef Stroganoff Noodles Mixed Vegetables Cheesecake Pie	14 Glazed Ham Yams Country Green Beans Fruit Cobbler Corn Bread	15 Roast Beef Roasted Redskin Potatoes Vegetable Medley Cranberry Swirl Cake	16 Turkey Tetrazzini Spinach, Bacon & Onion Garlic Bread Frosted Cake	17 Chicken Scampi Southern Diner Rice Okra & tomatoes Fruited Gelatin	18 Pork Tips in Gravy Buttered Noodles Braised Cabbage Corn Bread
19 Fried Chicken Mashed Potatoes/Gravy Corn Apple Pie Dinner Roll	20 Swiss Steak Buttered Noodles Zucchini Brownie	21 BBQ Pork Sweet Potatoes Green Beans Cream Cheese Cookies	22 Creamy Turkey Bake Carrots Garlic Bread Yellow Cake/Choco Icing	23 Glazed Ham Twice Baked Cauliflower Peas Corn Bread Peach Cobbler	24 Crunchy Baked Fish Mac & Cheese Mixed Vegetables Fruit Parfait	25 Chicken Parmesan Spaghetti Noodles Buttered Broccoli Lemon Cake
26 Roast Beef/Gravy Au Gratin Potatoes Green Bean Casserole Peach Swirl Cheesecake Bars	27 Country Style Ribs Baked Potato Casserole Brussels Sprouts Fruit Cobbler	28 Roasted Chicken Mashed Potatoes Sauteed Zucchini Mandarin Oranges & Pineapple	29 Pot Roast Carrots/Potatoes/Onions Cream Cheese Cake	30 Residents Choice		



Cooking Corner



PORTILLO SALAD

- 4 cups cooked Ditalini pasta (cooked)
- 1 cup cooked and crumbled bacon
- 3 cups chopped romaine lettuce
- 3 cups chopped iceberg lettuce
- 2-1/2 cups chopped red cabbage
- 2 fresh tomatoes, seeded and diced
- 1 cup sliced green onions
- 4 ounces crumbled gorgonzola cheese
- 2 cups cooked and diced chicken

Sweet Italian Dressing

- 1/4 cup balsamic vinegar
- 2 cloves garlic, peeled and minced
- 1 teaspoon sugar
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup olive oil

Combine romaine, iceberg, red cabbage, tomatoes and green onions in large salad bowl. Add cooled pasta, bacon and gorgonzola cheese to salad. Add chicken if desired. Add dressing to taste right before serving so that it doesn't get soggy.

For the Dressing: Place vinegar, garlic, sugar, oregano, salt and pepper in a blender. While the machine is running, slowly drizzle olive oil through the blender top or feed tube until dressing is combined and emulsified. Can store in airtight container in refrigerator for up to two weeks.



CARAMEL CROISSANT BREAD PUDDING

- 2 stale croissants
- 1/2 cup sugar
- 2 tablespoons water
- 1/2 cup heavy cream
- 2 tsp vanilla extract mixed with 4 teaspoons water
- 1/2 cup whole milk
- 2 eggs, beaten

Tear the croissants into pieces and put in a small, oven-safe dish. In a medium saucepan, mix the sugar and 2 tablespoons water. Cook over medium to high heat until the mixture turns a deep amber color, about 3 to 5 minutes. Make sure to keep an eye on the caramel so it doesn't burn. Remove the pan from the heat and carefully add the cream (it will bubble up like crazy). Then add the vanilla-water mixture and the milk, and whisk it all together. Still whisking, add the beaten eggs. Immediately pour the mixture over the croissant pieces and let steep for 10 minutes. Bake at 350° for 20 minutes; custard should be set.



Snow on the Mountain Green Beans Recipe

- 2 lbs fresh green beans
- 1 tbl extra virgin olive oil
- Black pepper (to taste)
- 1/2 cup crumbled feta cheese
- 2 tablespoons butter
- sea salt (to taste)
- 1-1/2 Tbl. lemon juice

Add green beans to boiling lightly salted water. Cook uncovered 4 minutes. Drain. In skillet, melt butter with the olive oil. Add green beans. Cook green beans about 2 minutes more. Season with salt, pepper, and lemon juice. Place onto a warmed serving dish, and sprinkle with crumbled feta cheese.

EASTER DINNER PORK TENDERLOIN

- 2 pound Pork Tenderloin
 - 1/4 cup low sodium soy sauce
 - 1 TBS Yellow Mustard
 - 2-3 TBS maple syrup
 - 2 TBS olive oil
 - 2 TBS Diced dried onions
 - 1 1/2 TSP Garlic Salt
- Place loin in Crock Pot. Mix ingredients together. Pour over Tenderloin. Cook on low for 6 hours.



Don't You Just Love This



Keys + Nailpolish = never fumble for a key again!

Website of the month
www.aaronsrecipes.com





Halleluiah, rejoice, and praise
Exalt the Savior-He is raised!

Let the songs of joy be sung
In the hearts of everyone
Victory has now been won!

Eternal life through Christ the Son.
Sing Halleluiah, sing!

Mark 16: 6 *He has risen!*

Happy Easter from the Loch Haven Family

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, sex, marital status, national origin, disability, veteran status, age or religion. Mary Beth Truitt, Marketing Director 660-385-3113 mbtruitt@lochhaven.com www.lochhaven.com

Loch Haven
701 Sunset Hills DR
Macon, MO 63552