

Loch Haven Tymes

October 2018



A publication of

Loch Haven
Senior Living Community



EMPLOYEE SPOTLIGHT

Meranda Gholston

CNA, Cottages

- ♦ Describe yourself in one word. Diligent
- ♦ If you were an animal, what would you be? Unicorn
- ♦ What is your favorite movie? The Shawshank Redemption
- ♦ What is the best place you ever went on vacation? KC Renfest
- ♦ What was your favorite subject in school? English
- ♦ Who is or was your hero and why? My grandmothers because they've overcome a lot and done so with an amazing amount of grace and sass.

- ♦ Everyone has a talent. What is yours? Finding uplifting words.
- ♦ What is one thing on your bucket list? Take a ride on a hot air balloon.
- ♦ Who was your favorite celebrity as a child? Cicely Tyson
- ♦ How long have you worked at Loch Haven? It will be 3 years this month.
- ♦ What are your duties? A little bit of everything that includes house keeping, caring for residents and activities.
- ♦ Family: My autistic son, Travis who's 10 years old.
- ♦ Live In: Macon
- ♦ Positive quote about working?

Working hard for something we don't care about is called stress. Working hard for something we love is called passion!

Star Award

was awarded to...

Blanche Neeson

for the month of
September



Perfect Attendance

was awarded to...

Brenda Akens

for the month of



We will always remember...

Steven Kindell

May the comfort of God help you during this difficult time. May the God of all comfort bring you peace and healing.



A warm welcome to....

Vickie Fugate
Henry Putnam

Welcome to team Loch Haven

Devonnie Smith—Dietary
Irma Lopez—Dietary
Courtney Dodd—Dietary
Haley Rhoades—Dietary
Roberta Lucas—Nurses Aid
Alicia Gladbach—Nurses Aid
Cheyenne Downing—Certified Nurses Aid

Doris Magers

Resident Spotlight

Doris (Do Do) Magers was born April 30, 1931 in LaPlata, Mo to Seth and Gladys Rowyie. She married Harry Dean Magers on September 1, 1949. They had three children Sheri, Kathy and Daryl. Her husband passed away on May 3, 1967. They farmed until they moved to Macon in 1963 when she started working for McGraw-Elison, Toastmaster and she worked for them for 36 years. Doris enjoys square dancing. Whenever she was growing up her parents would take her to barn dances where she learned to dance. She loved spending time with her family, especially her grandchildren and great grandchildren. She has 6 grandchildren and 10 great grandchildren. Nothing made her more happier when one or more grandkids and later great grandkids spent the night with her. She also enjoyed playing cards and putting puzzles together.



OCTOBER BIRTHDAYS

1	Jane Boulton	15	Tom Linhardt
2	William Stroud	19	Ireta Lee
5	Doris Bond	19	John Schuldts
7	Jack Crooker	22	Velma Hinds
7	Laura Burch	30	Wanda Henry
8	Marie Miller	31	Janet Wadlow
12	Larry Biehl		



Dinning Service Team Members.....



Day Shift

Back row: (L to R) Rhian Beldon, Davie Willis, Destiny Mason, Jennifer Stivers, Heather Eakins, Drew Hasselbring and Mindy Young.
Front row: (L to R) Kaitlyn Edwards, Devonnie Smith, Kim Smith, Irma Lopez and Ariel Beers.

A special **"thank you"** to our Dinning Service Staff team for making sure our residents have exceptional service and delicious meals!



Night Shift

Pictured L to R: Hannah Beadles, Triston Adkins, Haley Rhoades, Michaela Brammer, Stella Armstrong and Kaitlyn Edwards. Not pictured: Craig Voyles, Sherry Hollis, Geri Lake, Brooke McEwen and Vicki Pinkerman.

THANK YOU, Mindy & Andrew for the fantastic meal you prepared for our employee picnic!



WHERE: CAFÉ— Dinning Room
TIME: 5:30PM Registration—6:00PM contest
Age requirement: birth to 12 years of age
Trick or Treaters are welcome to visit our residents and attend our **TRUNK OR TREAT!**



www.lochhaven.com



Oak View & Cedar View COTTAGES

Susie's Musings



It's now fall, so hello to all! Looking forward to cooler weather and all the fall colors. It's sad to think our humming birds will be leaving us soon. A long trip they will have and I've always heard they catch a ride on the geese backs that are going the same direction. If I could fly I'd know if that was actually true!

Thanks to all who brought in fresh veggies, fruits and watermelons this summer. The residents said they could eat watermelon everyday! Also, we'd like to thank our regular volunteers for coming each week. A special "thank you" to Betty Rayfield's girl for redoing the Oak View patio benches, they are just beautiful! Skip O is still the #1 game we play. This past week we started making crafts and we made some fall leaves together. Beings its back to school time we discussed what their school days were like. Most everyone attended a rural country school and remembered their teachers names. Berneal Hardwick said that she walked 5 miles to school and back each day in every weather condition. Wanda Vass went to the New Fairview School on Axtel road and walked 1 mile to and from carrying her lunch pale that had either peanut butter or a baloney sandwich. If she was lucky she'd have some fruit too! She mentioned her drinking water was from a well that she had to get with a bucket on a rope. They usually played tag or dare. Paul Barnes said that the toilet was a ways away from the school house and that he can picture the path now. Everyday they raised the flag with everyone circling the flag pole saying the pledge of allegiance. They recalled how they all had to use a hand pump to get their drinking water which was hard water and they all had to use the same dipper to drink from, they all lived! There was a big pot bellied stove in the middle school house for winter time. Back then we had PTA with box suppers and pie! Does anyone remember those good ole' days? We sure do and love sharing them.

We had a great night at Oak View Cottages celebrating Assistant Living Week. Keota came and played for a few hours. There was lots of clapping, dancing and fellowship for all to enjoy!

We had our employee picnic the last day of summer. It was a HOT one but just perfect for our FIESTA themed party! They served tacos with all the fixings! There were games for the kids to play and they really enjoyed the piñata. We honored several employee's for their years of service. The lip sync contest was the highlight of the night! We had some employees that formed a band and they really ROCKED some songs for us!

Our many thanks to all who has brightened our loved ones with your visits, smiles and your acts of kindness. Love and many blessings to all.

Susan

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

SPECIAL Brook NEWS

Alzheimer's Neighborhood

This month we've been sitting outside on the days when the weather wasn't so HOT. We've been watching the birds who have been keeping us busy filling their feeders! We've been keeping busy playing games and have been doing several art projects. We're looking forward to what fall brings us and we're ready to see the many beautiful colors it brings.

~Amy Howlett



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,**
LPN at 385-3113

Judy Senholtz, Linda Reynolds,
Crystal and Kora Smith,
enjoyed the nice sunny day out at
Long Branch for the
Alzheimer's Memory Walk.



Our SCU team received yellow flowers the day of the walk to honor them for their care to our Alzheimer's residents. Thank you ladies for being such wonderful caregivers to our residents.

Pictured from left to right:
Blanche Neeson, Debbie Carpenter,
Chris Riekeberg and Cheyenne Maloney.

Loch Haven's Alzheimer's team will be accepting donations until December of 2018. Stop by our front office to make a \$2.00 donation. Each pledge receives a donation card that will be displayed in the Alzheimer's Neighborhood.

**I PROMISE TO HONOR.
REMEMBER. CARE. FIGHT**



News from RCF



RCF~ Celebrated National Assisted Living Week this past month. Thank you to ALL our staff who poured their hearts into making sure our residents had a **WONDERFUL** week!

In the thirty days of September, residents of the apartments kept busy with many exciting activities and guest speakers. Our biggest September event was the celebration of National Assisted Living Week. This was our fifth year celebrating at our facility. We kicked off our week with a helium balloon launch, where most of all of our residents came out to join in the fun! Another wonderful adventure during this week was a trip to Columbia's Shelter Gardens. Residents loaded up on a bus, took a sack lunch and spent most of the day walking around the beautiful gardens and structures.

Besides our regular speakers and guests, we had two additional visitors this month. Marianne Nelson came out and shared her experiences of a recent trip to Israel. She had a slide show and great stories to compliment her program. Then, Johnna Bixenmann Clarke came and shared beautiful quilts in a program called History of Little House Quilts. We're so thankful for all of our special visitors, speakers and guests. They truly made it a unforgettable week!

At the end of the month we rooted on the Macon Tigers as they played their Homecoming Football Game against Clark County. A yummy luncheon with a football tailgating theme was enjoyed, then several residents went to watch the Homecoming Parade. ~Janis Fraley



October 2018 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Activities are subject to change</p>	<p>1 9:30p Coffee Club 10a Exercise 2p Bingo 3:30p Resident Council</p>	<p>2 8:30a Coffee 9a Nails 2p Pitch 7p Ethel Amish</p>	<p>3 9:30a Chit Chat 10a Exercise 2p Alvie & Dick 3:30p Games 7p County Kickers</p>	<p>4 10a Mass 10a Bevier Baptist Bible Study 2p Pitch 3:30p Dominoes</p>	<p>5 9:30a Coffee Club 10a Exercise 1p Bible Study/Jim Bolin 2:30p Games</p>	<p>6 Bingo With Sherry @ 9:30a</p>
<p>7 10a Sunday School 2p United Methodist 6p Callao Bible Study</p>	<p>8 9:30a Coffee Club 10a Exercise 2p Bingo 3:30p Dominoes & Numbers</p>	<p>9 10a Concentration 2p Birthday Party 3p Pitch</p>	<p>10 9:30a Chit Chat 10a Exercise 2p Craft 7p County Kickers</p>	<p>11 10a Bevier Baptist Bible Study 2p Sing Along 3p Pitch</p>	<p>12 9:30a Coffee Club 10a Exercise 1p Bible Study/Jim Bolin 2:30p Games</p>	<p>13 Bingo With Sherry @ 9:30a</p>
<p>14 10a Sunday School 2p Faith Baptist 6p Callao Bible Study</p>	<p>15 9:30a Coffee Club 10a Exercise 2p Bingo 3:30p UNO</p>	<p>16 8:30a Coffee 9a Nails 2p Pitch 3:30p Dominoes 6:30p Open Arms Baptist Church</p>	<p>17 9:30a Coffee Club 10a Exercise 2p David Snarr 3:30p Numbers 7p County Kickers</p>	<p>18 10a Bevier Baptist Bible Study 2p Arlene & David Foster 3:30p Skip-Bo</p>	<p>19 9:30a Coffee Club 10a Exercise 1p Bible Study/Jim Bolin 2:30p Games</p>	<p>20 Bingo With Sherry @ 9:30a</p>
<p>21 10a Sunday School 2p Ethel Christian 6p Callao Bible Study</p>	<p>22 9:30a Coffee Club 10a Exercise 2p Bingo 3:30p Dominoes</p>	<p>23 10a Chair Chi 2p Pitch 3:30p Left, Right, Center</p>	<p>24 9:30a Coffee 10a Exercise 2p Roy & Barb 3:30p Horseshoes 7p County Kickers</p>	<p>25 10a Bevier Baptist Bible Study 2p Concentration 3p Pitch</p>	<p>26 9:30a Coffee/Tea 10a Exercise 1p Bible Study/Jim Bolin 2:30p Games</p>	<p>27 Bingo With Sherry @ 9:30a</p>
<p>28 10a Sunday School 6p Callao Bible Study</p>	<p>29 9:30a Reminisce 10a Exercise 2p Bingo 3:30p Ring Toss</p>	<p>30 8:30a Coffee 9a Nails 2p Pitch</p>	<p>31 Halloween 9:30a Hot Cider 10a Exercise 2p Halloween Party</p>			<p>One on One activities offered daily to those unable to attend regularly scheduled</p>

We CELEBRATED the last day of summer at our annual picnic, **FIESTA** style!



October 2018 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7 Spaghetti w/meatballs Italian Vegetables Tossed Salad Boston Cream Pie	1 Broccoli Chicken Divan Buttered Pasta Side Salad Frosted Red Gelatin	2 Ham & Beans Fired Potatoes Mixed Greens Fresh Fruit Cup Cornbread	3 Chicken & Dump- lings Carrots Fruit Crumble	4 Meatloaf w/gravy Mashed Potatoes Buttered Peas Cream Cheese Brownie	5 Turkey Ala King over Biscuit Green Beans Marinated Cucumber & Onions Lemon Pie	6 Cheeseburger Steak Fries Iced Raisin Bars
14 Beef Pot Roast w/ gravy Carrots, Potatoes, Onions Fruit Cobbler	8 Sliced Turkey Baked Sweet Potato Brussel Sprouts Fruit Crumble	9 Fiesta Hamburger Steak Roasted Potatoes Confetti Corn Frosted Gelatin Cake	10 Sliced Baked Ham Au Gratin Potatoes Steamed Vegetables Carrot Cake	11 Grilled Salmon Long Grain & Wild Rice Steamed Yellow Squash Cinnamon Apple Gelatin	12 BBQ Pork Chop Baked Beans Potato Salad Peaches	13 Chicken Piccata Spaghetti Noodles Broccoli Mixed Berry Crisp
21 BBQ Chicken Corn on the Cob Green Beans Fruit Cobbler	15 Country Style Ribs Baked Potato Casserole Green Beans Peach Pound Cake	16 Roasted Chicken Creamy Risotto Peas & Carrots Mandarin Oranges & Pineapple	17 Beef Stroganoff over noodles Steamed broccoli Tossed Salad Cheesecake	18 Resident's Choice	19 Pork Loin w/ gravy Apple Stuffing Brussel Sprouts Pineapple Upside Down Cake	20 Smoked Sausage Casserole Vegetable Blend Brownie
28 Orange-Rosemary Pork Baked Sweet Potato Vegetable Blend Angel Peach Dessert	22 Pork Chop w/gravy Sweet Potato Casserole Buttered Cabbage Lemon Cream Pie	23 Salisbury Steak Oven Brownd Potatoes Spinach Salad Peanut Butter Brownies	24 Sliced Roast Turkey w/gravy Garlic Mashed Potatoes Sauteed Fresh Zucchini Orange Drop Cookies	25 Pork Lo Mein Broccoli Fruit Crisp	26 Crunchy Baked Fish Macaroni & Cheese Mixed Vegetables Glazed Lemon Cake	27 Hawaiian Meatballs Steamed Rice Carrots Tropical Fruit
	29 Broccoli Chicken Divan Buttered Pasta Side Salad Frosted Red Gelatin	30 Ham & Beans Fired Potatoes Mixed Greens Fresh Fruit Cup Cornbread	31 Chicken & Dump- lings Carrots Fruit Crumble	*All meals served buffet style with bread and beverage. Several choices available.		

A Mission To Serve

The Loch Haven Senior Living Community

Foundation assists in raising funds for the Macon County Nursing Home District (Loch Haven) which serves area citizens. The Foundation received its 501 (C) 3 status in August of 2016. The Foundation will accept and steward charitable gifts for the benefit of the residents of



Loch Haven. Gifts support special projects, programs, and capital improvements that cannot be funded by the regular operating budget. Some special projects we are preparing for are the addition of a spa tub in the Legacy Building, new sitting furniture, and walking trails. All gifts are **tax deductible**.

The Foundation members: B J Roberts, Kelsey Hinshaw, and Richard Waller.

Loch Haven is grateful for all past donations, but the need continues to grow. Improving the quality of life for our residents is our goal...everyday. Please consider making a **tax-deductible** gift to the Loch Haven Senior Living Community Foundation. We pledge 100% of your donation will be used to help our residents and to improve their quality of life.

If you would like to make a donation, please fill out the pledge card below, make checks payable to Loch Haven Senior Living Community Foundation, and mail to:

Loch Haven Senior Living Community

PO Box 187

Macon, MO 63552

Name _____

Address _____

City, State Zip _____

Phone # _____

Email _____

We/I pledge our/my one time gift of: _____\$25_____ \$50_____ \$100 _____ \$150 Other \$ _____

May we acknowledge your donation contribution in our newsletter Yes _____ or No _____

CRRAFT FAIR



OPEN TO THE PUBLIC
Loch Haven's Annual Craft Fair
Friday, November 9th — 5PM — 7PM ~ Preview Show
& Saturday, November 10th — 10AM — 3PM ~ Craft Fair
Fair will be held in: Cafe & North Brook Activity Room

Vendor space is limited, contact Jeanie Nail at 660.385.3113 for questions or to reserve a booth today!
Our Activities Team will be serving lunch in the activity room on Saturday from 11:30AM - 2PM as well as refreshments throughout the day!

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 660-385-3113 csmith@lochhaven.com www.lochhaven.com



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