

Loch Haven Tymes

July 2020



A publication of
Loch Haven
Senior Living Community
Macon, Missouri

Casey Little– Activities Assistant Employee Spotlight



- ♦ **What is your nickname?** Barbara
- ♦ **Describe yourself in one word.** Vivacious
- ♦ **If you were an animal, what would you be?**
Unicorn
- ♦ **What is your favorite movie?** The Blind Side
- ♦ **What is the best place you ever went on vacation?** I can't choose because each place has been unique, I love to travel
- ♦ **What was your favorite subject in school?**
Weightlifting/Gym

- ♦ **Who is or was your hero and why?** My mom, she's strong, selfless and the most supportive person. She's always there right beside you, always
- ♦ **Everyone has a talent. What is yours?** I can do the splits & headstands
- ♦ **What is one thing on your bucket list?** Road trip across the US or rappel down a waterfall
- ♦ **Who was your favorite celebrity as a child?**
Michael Jordan
- ♦ **How long have you worked at Loch Haven?**
Since November of 2019
- ♦ **What are your duties?** Assist in activities for the residents
- ♦ **Family:** Married to my husband Kyle and we have a daughter named Harli Ruth Ann, we reside in Shelbina

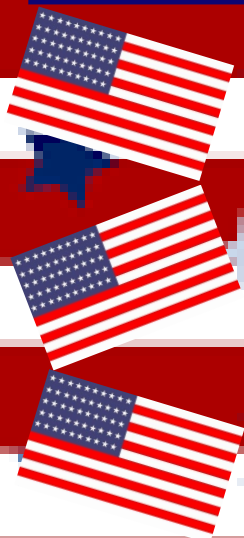
One of my favorite quotes:

"We delight in the beauty of the butterfly but rarely admit the changes it has gone through to achieve that beauty."
Maya Angelow



Thank you, Dianna Resa for blessing us with your music! We're glad you're here to be able to sing and play to our residents.

A big thank you to Sharon Thrasher for bringing in lettuce and green onions from her garden. The residents always enjoy home grown vegetables. Sharon's husband, Leslie, works really hard in their large garden and it certainly shows.



THE COTTAGES...



There's been a lot of front porch sitting going on at the cottages! Summer is finally here and a few of the residents have spent some of that front porch time snapping green beans! They've also been doing some art work and some outdoor bowling too!



Meet Bo, he's a four month old yellow lab. He recently came out for a visit and he certainly got some attention from many of our residents. We hope he comes back real soon!





Making window art out of tissue paper was such a fun project/craft for our residents. They sure enjoyed the beauty of the colors when the sun shinned in the windows.



CRAFTING
is the best
medicine



Helen, Janet and Mary really enjoyed making peanut butter cookies to share with their friends. They sure were GOOD, fresh out of the oven!



This lilac bush was donated by Donneta Givens and family. It's planted by our Welcome sign in our circle drive. We thank you for your thoughtful donation.



Enjoying some banana splits in celebration of Father's Day!



JULY Birthdays

1 Joanne Bollinger	28	David Switzer
24 Marguerite Thrasher	31	Lois Nerini

Employee work Anniversary's for the Month of JULY

1st	Donna Bridgewater	21 years
3rd	Connie Burkholder	1 year
3rd	Aaron Sanders	1 year
9th	Loretta Lewis	6 years
9th	Charlotte Weaver	6 years
10th	Barbara Primm	46 years
17th	Lea Apel	34 years
19th	Madison Peavler	1 year
18th	Elizabeth Minks	7 years
24th	Terry Vaught	13 years
29th	Shonda Wood	5 years

Thank you for your commitment to us and for being a valuable part of our TEAM! We look forward to working with you for years to come.

We Will Always Remember

Bennie Daiprai	Freda Sparkman
Norman Burk	Gail Clarkson
Marvin Morsbach	Leroy Ahlbom

God is ever near to those who have a broken heart through the loss of someone dear that tears your world apart.



A special "thanks" to Casey's General Stores of Macon for donating pizza to our staff. We appreciate your generosity and thoughtfulness! Everyone enjoyed it's deliciousness!



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**Loch Haven Senior
Living Community**



If you would like a
PDF copy
of the
Loch Haven Tymes
sent to your email
address, just drop us a note
at
csmith@lochhaven.com or
call 660-385-3113
and ask
to be added to our list!



Thanks to
those who
came out for
the car parade
for Father's
Day! It was a
good time!



News from RCF

Hello everyone,

Summer is here! The warmer weather is finally making an appearance. Here in the apartments we try to take advantage of those nice days. Several of our residents enjoy sitting on the porch next to our activity room. We enjoyed a cheese social out there. We tried 4 different kinds of cheese. The pepper jack was NOT a group favorite. The residents have also enjoyed going for a ride around Macon. We also have been playing bingo, listening to a bible study, music and enjoying snacks together. This pandemic has changed a lot of things but it hasn't taken away our humor or laughter. See you next month, Katie Nelson, RCF Activity

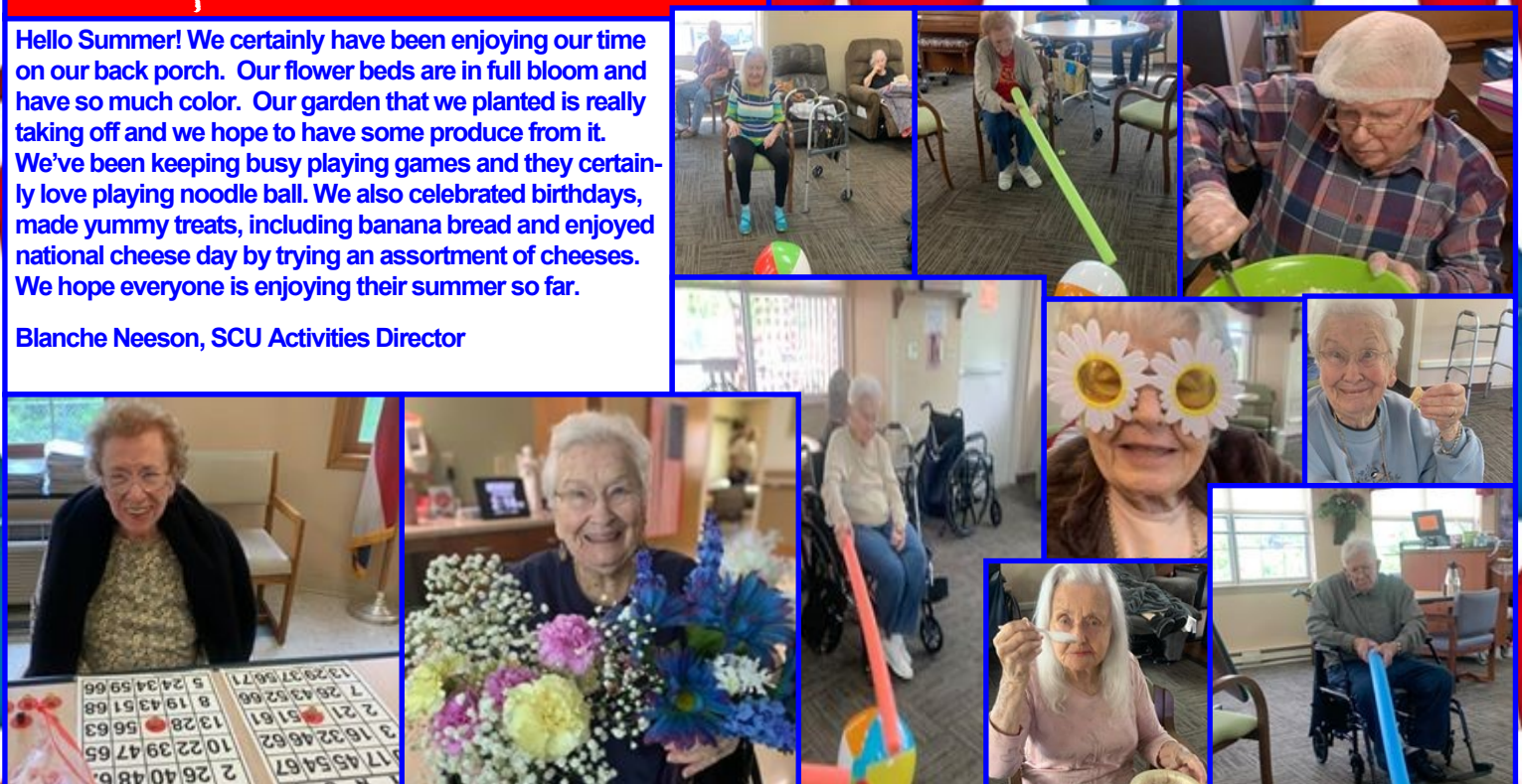


Pictured above is Marie Miller with lots and lots of muffins to share. Just recently her granddaughter brought 3 large boxes of delicious muffins for the residents and staff! Thank you for thinking of us, Melanie we appreciate your thoughtfulness so much!




Special Brook News

Hello Summer! We certainly have been enjoying our time on our back porch. Our flower beds are in full bloom and have so much color. Our garden that we planted is really taking off and we hope to have some produce from it. We've been keeping busy playing games and they certainly love playing noodle ball. We also celebrated birthdays, made yummy treats, including banana bread and enjoyed national cheese day by trying an assortment of cheeses. We hope everyone is enjoying their summer so far.

Blanche Neeson, SCU Activities Director



JULY 2020 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bird of the Month: Eagle 	Flower of the Month: Larkspur 	Birthstone: Ruby 	1 9a Coffee Club 10a Exercise 10:30a Book Club 2p Kickball 3:15p Art Club— USA Banners	2 10a Devotional 2p Pitch and Left, Right, Center Game 3p Cooking Club 9p Firework Display	3 9a Coffee Club 9:45a Exercise 10:15a Fourth of July Trivia and Treats	4 Independent Activities
5 Independent Activities	6 9a Coffee Club 10a Sidewalk Serenade—David & Arlene Foster 1:30p BINGO (Group1) 2:45p BINGO (Group2)	7 9a Nails 2p Dianna Resa 3:15p Monthly Birthday Party	8 9a Coffee Club 10a Exercise 10:30a Book Club 2p Pitch and Numbers 3:15p Celebrating the Lawrence Welk Show	9 10a Devotional 2p Concentration 3:15p Art Club-Rock Painting	10 9a Coffee Club 10a Exercise 10:30a Book Club 2p Friday Dance 2:45p Facebook and Happy Hour	11 Independent Activities
12 Independent Activities	13 9a Coffee Club 10a Sidewalk Serenade—Bill Lear 1:30p BINGO (Group1) 2:45p BINGO (Group2)	14 10a-12n Country Store 2p Pitch and Dominos 3:15p Camping Facts and Activity	15 9a Coffee Club 10a Exercise 10:30a Book Club 2p Cooking Club 3:15p Sing-a-Long	16 10a Devotional 2p Nerf Game Poker 3:15p Resident's Council and Chips with Salsa	17 9a Coffee Club 10a Exercise 10:30a Book Club 2p Friday Dance 2:45p Art Club –Silhouette Art	18 Independent Activities
19 Independent Activities	20 9a Coffee Club 9:30a Exercise 10:30a Book Club 1:30p BINGO (Group1) 2:45p BINGO (Group2)	21 9a Nails 2p Pitch and Numbers 3:15p Celebrating Berry Picking Month with Trivia, Snacks and I Spy	22 9a Coffee Club 10a Exercise 10:30a Book Club 2:30p Staff and Resident's Trivia Bowl	23 10a Devotional 2p Art Club– Hello Summer Door Hanger 3:15p Ice Cream Cone Anniversary	24 9a Coffee Club 10a Exercise 10:30a Book Club 2p Friday Dance 2:45p Jeopardy!	25 Independent Activities
26 Independent Activities	27 9a Coffee Club 10a Sidewalk Serenade—David & Arlene Foster 1:30p BINGO (Group1) 2:45p BINGO (Group2)	28 10a Art Club 2p Pitch and Left, Right, Center Game 3:15p Sing-a-Long	29 9a Coffee Club 10a Exercise 10:30a Book Club 2p Art Club-Necklace Making 3:15p Memorial Service	30 10a Devotional 2p Cornflake Day (Trivia, Cooking, and History)	31 9a Coffee Club 10a Exercise 10:30a Book Club 2p Friday Dance 2:45p Universal Yums	All Activities Are Subject To Change One on ones offered daily



CONGRATULATIONS

to

Triston Adkins

for receiving the

Loch Haven

Senior Scholarship



Our cow got a little worn out and had to go lay in the pasture for awhile. We sure appreciate our staff for making our home a fun place to work. For going out of their way to make others days brighter and to keep our residents smiling!



Here's Bea Lewis showing off her day lily's from her farm. She planted and tended to them prior to coming to live at Loch Haven. She certainly has a green thumb!



July 2020 Dining Calendar

SUN	MON	TUE	WED	THUR	FRI	SAT
			1 Beef Tips in Gravy Buttered Egg Noodles Candied Carrots Caesar Salad Banana Pudding Cake Garlic Bread Beverage	2 Herb Roasted Pork Loin in Gravy Baked Sweet Potato Mixed Vegetables Frosted Chocolate Chip Brownie Biscuit/Margarine Beverage	3 BBQ Chicken Baked Beans Potato Salad Mixed Fruit Cup Dinner Roll/Margarine Beverage	4 Baked Ham Scalloped Potatoes Seasoned Spinach (A) Pudding Parfait Cornbread/Margarine Beverage
5 Pot Roast w/Gravy Roasted Carrots, Potatoes & Onions (A) Cheesecake Dinner Roll/Margarine Beverage	6 Brown Sugar Pork Chops w/Garlic & Herbs Buttered Orzo Green Peas w/Sauteed Onions Brownie Dinner Roll/Margarine Beverage	7 Summer Chicken w/Pasta Tossed Salad with Dressing Fruited Pudding (FR) Dinner Roll/Margarine Beverage	8 Fiesta Hamburger Steak Mashed Potatoes & Gravy Chuckwagon Corn Snickerdoodle Blondie Bars Dinner Roll/Margarine Beverage	9 Resident's Choice (3 oz Pro/2 Grain/ 1 veg) Beverage	10 Baked Fish w/Tarter Sauce Macaroni & Cheese Dill & Chive Peas Fresh Fruit Cup Cheese Herb Biscuit Beverage	11 Baked Ziti w/Italian Sausage Side Salad w/Dressing Jell-O-O Cake w/Whipped Topping Garlic Bread Beverage
12 Cheddar Baked Chicken Baked Potato w/Sour Cream Green Bean Casserole Peach Cobbler (FR) Dinner Roll/Margarine Beverage	13 Swedish Meatballs w/Sauce Steamed Rice Broccoli (A) Pineapple Crisp (FR) Dinner Roll w/Margarine Beverage	14 Pork Chop w/Gravy Oven Roasted Potatoes Brussel Sprouts Tropical Fruit w/Whipped Topping Dinner Roll/Margarine Beverage	15 Roast Turkey Baked Fresh Sweet Potato (A) Creamed Peas Strawberry Pretzel Dessert Dinner Roll w/Margarine Beverage	16 Soft Beef Taco Pinto Beans Fiesta Corn Salad Creamy Orange Cake Beverage	17 Glazed Ham Scalloped Potatoes Braised Red Cabbage Frosted Angel Food Cake Cornbread/Margarine Beverage	18 Cornflake Chicken Cheesy Hash Brown Casserole Buttered Carrots (A) Banana Cream Pie Dinner Roll/Margarine Beverage
19 Roast Beef Mashed Potatoes & Gravy Broccoli w/Cheese Sauce (A) Creamy Custard Pie Dinner Roll/Margarine Beverage	20 Herb Roasted Chicken Baby Bakers Four Way Mixed Vegetables Frosted Cake Dinner Roll/Margarine Beverage	21 Bow Ties w/Italian Sausage Tomatoes and Cream Italian Blend Vegetables (A) Caesar Salad Fruited Gelatin (FR) Garlic Bread Stick Beverage	22 Salisbury Steak Baked Potato w/Sour Cream Spinach (A) Hummingbird Cake Dinner Roll/Margarine Beverage	23 Sliced Roast Turkey w/ Gravy Vegetable Medley Cornbread Dressing Blueberry Cobbler (FR) Dinner Roll/Margarine Beverage	24 Fish of the Day w/Tarter Sauce Macaroni & Cheese Green Beans Mandarin Oranges & Bananas Dinner Roll/Margarine Beverage	25 Beef Parmesan Buttered Pasta Roasted Zucchini Mixed Fruit Cup Garlic Bread Beverage
26 Fried Chicken Mashed Potatoes & Gravy Green Beans Peach Pie Dinner Roll/Margarine Beverage	27 Meatloaf Oven Browned Potatoes Buttered Corn Strawberry Shortcake (FR) Dinner Roll/Margarine Beverage	28 Baked Turkey Crunch Garden Blend Rice Roasted Zucchini Seasonal Fresh Fruit Dinner Roll/Margarine Beverage	29 Beef Tips in Gravy Buttered Egg Noodles Candied Carrots Caesar Salad Banana Pudding Cake Garlic Bread Beverage	30 Herb Roasted Pork Loin in Gravy Baked Sweet Potato Mixed Vegetables Frosted Chocolate Chip Brownie Biscuit/Margarine Beverage	31 BBQ Chicken Baked Beans Potato Salad Mixed Fruit Cup Dinner Roll/Margarine Beverage	

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 include: Kelsey Hinshaw, Richard Waller and Crystal Smith.

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

Thank you in advance for your donation

Name _____
Address _____
City, State Zip _____
Phone # _____
Email _____

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

Amount of _____



Alzheimer's Awareness Quilt Raffle

This beautiful purple, white and yellow queen sized T-shirt quilt will be raffled off as a fundraiser for Loch Haven's Alzheimer's Association Fundraising Team.

TICKET PRICING:

1 TICKET = \$1.00
6 TICKETS = \$5.00

To purchase raffle tickets, see a "Care Bear" team member (Casey Little, Janis Fraley, Blanche Neeson, Katie Nelson and Barb Primm). The "Care Bears" are Loch Haven's Alzheimer's Association Fundraising Team.

You can also go to the front office to purchase tickets. Ticket sales will go from 6/19/20 to 8/31/20.

Thank you to Fran Conger for making this quilt, and by donating your time and talents to this worthy cause.

LET FREEDOM RING!!!

Loch Haven wishes everyone a safe and wonderful 4th of July!

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 email 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. Contact Crystal Smith, Marketing Director at 660-385-3113 for more information. Visit our website at www.lochhaven.com.