

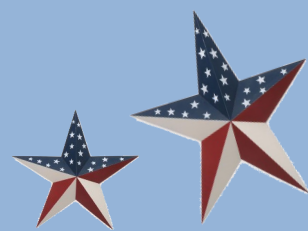
PLEASE JOIN US TO RECOGNIZE & CELEBRATE OUR VETERANS!

Veterans Day Ceremony

Friday, November 9, 2018

North Activity Room At 2:00 PM

Honoring our Residents



Loch Haven would like to wish our residents, our employee's and our community a wonderful and blessed **Thanksgiving**.



Loch Haven
701 Sunset Hills Dr.
Macon, MO 63552

Special edition of the

LOCH HAVEN TYMES

November 2018

A Salute

to those who served

A publication of
Loch Haven Senior Living Community

*O beautiful
For spacious skies
For amber waves of grain
For purple mountain majesties
Above the fruited plain!*
AMERICA
*America
God shed His grace on thee
And crown thy good
With brotherhood
from sea to shining sea!*

Thank you to all of those who have served, those who are currently serving and to those who will serve in the future.

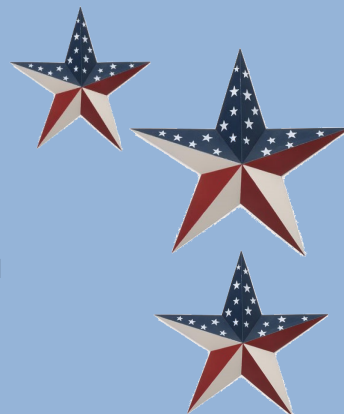
- Kelsey Hinshaw, Loch Haven Senior Living Community Administrator



Bernard Wilhelme

Air Force Airman 1st Class

- ♦ Was drafted at the age of twenty into the Air Force
- ♦ Training at Scott Air Force Base in St. Louis and Park Air Force Base in California
- ♦ 1952 was sent to South Korea
- ♦ Honorable discharge in 1956



Irvin Cross
Army

- ♦ Enlisted in April of 1957
- ♦ Spent 2 years in the Reserves
- ♦ Basic Training at Fort Leonard Wood & Fort Lewis
- ♦ Had 2 weeks of Pioneer Training
- ♦ Successfully completed Course B Uniform Code of Military Justice & Air Compressor Operators Course
- ♦ Sharpshooter (M-14)
- ♦ Received the Good Conduct Medal, Expert Badge (Carbine) & Letter of Appreciation
- ♦ Discharged in April of 1965



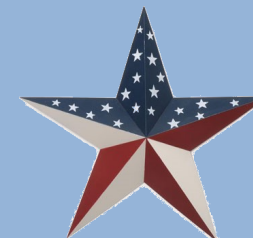
David Switzer

Army/Navy/Merchant Marines

- ♦ Joined in 1962
- ♦ Discharged from the Navy and Army in 1965



Susan McElhaney
Marines



Donald Eilers
Air Force



David James
Army

- ♦ Drafted
- ♦ Served 2 years

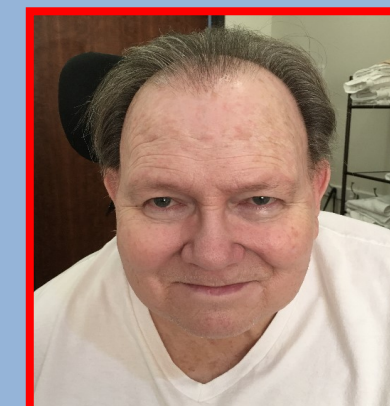


Thomas Lewis
Army

- ♦ Enlisted 2 years



James Scott
Army





Robert Smith Army



Tom Linhardt Air Force Sergeant

- ◆ Joined the Air Force after attending college and getting married
- ◆ Served from 1970-1973
- ◆ Spent entire service stateside in Mississippi
- ◆ Worked on training radar. Required a lot of intense training, maintaining machinery, and knowledge of electronics



Dale Belshe Army/National Guard

- ◆ Reserve National Guard- 3 years
- ◆ Army reserves-3 years
- ◆ Staff Sergeant



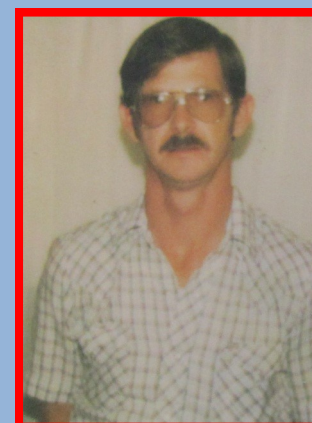
Lucian Wayne Davis Air Force TSgt

- ◆ Enlisted January 26, 1960
- ◆ Basic Training at Lackland AFB. Jet Air Craft Mechanic training at Sheppard AFB. C130 Flight Engineer training at Little Rock AFB. Did 14 years & 8 months Air Craft Mechanic then 5 years & 4 months C130 Flight Engineer
- ◆ Stationed at Richard Gebaur AFB, MO; RAF Wethersfield, England; Shaw AFB, South Carolina; Dyess AFB in Texas and several other bases in Europe while TDY as a Flight Engineer. Plus a tour in Vietnam from November 1970—November 1971
- ◆ Ribbons: Small Arms Expert Marksmanship; AF Out Standing Unit Award; Good conduct Metal—Army; AF Longevity Service Metal with 2 Oak Leaf Clusters; National Defense Service Metal; Vietnam Service Metal; AF Good Conduct Metal with 4 Oak Leaf Clusters (January 26, 1975—January 25, 1978)
- ◆ Retired with an honorable discharge of 20 years on January 31, 1980



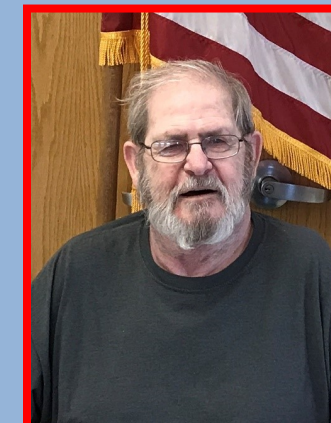
Norman Burk Army

- ◆ Enlisted in 1946, two weeks after his 18th birthday.
- ◆ Basic Training at Aberdeen, Maryland
- ◆ Served in Panama for 24 months
- ◆ Learned to play music while in the military
- ◆ Discharged in March of 1949



Johnny Walker Army E4

- ◆ Drafted in 1966
- ◆ Sent to Fort Benning, Columbus, Georgia for basic training
- ◆ Assigned to a supply unit and sent to Vietnam
- ◆ Discharged from the Army in July 1968



The Enola Gay returning from the bombing mission against Hiroshima



Lloyd Gladhill Army Corporal

- ◆ Enlisted in 1952 at the age of 21
- ◆ Served in Korea
- ◆ Honorably discharged in 1954





Larry Overstreet

Army



J. Evans Biehl

Army PFC

- ♦ Served from 1953-1955
- ♦ Served as a Military Police
- ♦ Training at Fort Leonard Wood
- ♦ Served at Camp Atterberry and then at Ft. Ben Harrison (both in Indiana) during the Korean War



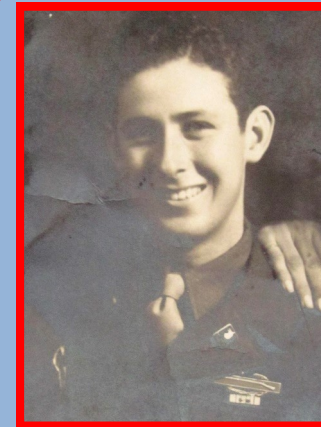
John Gaughan
Army PFC

- ♦ Drafted into the Army in 1951
- ♦ Basic training at Fort Chaffee, Arkansas
- ♦ Sent to Japan and trained with an intelligence group. Was then shipped to Korea
- ♦ Recipient of the Gold Star, an award citing bravery and gallantry during hostile action. This award is considered a Silver Star plus citation



Paul Harrison
Army Staff Sergeant

- ♦ Basic Training in Little Rock, Arkansas
- ♦ Spent 26 months in the service and 21 months was spent overseas
- ♦ Was in the Philippines when they dropped the bomb
- ♦ Spent 15 months in Japan
- ♦ Went through Hiroshima, where they dropped the atomic bomb, several times



Jim Farris

Navy

- ♦ Enlisted himself
- ♦ Served 4 years in Vietnam



Dwight Patterson
Navy

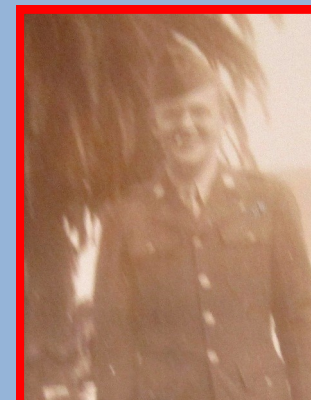
- ♦ Dwight Patterson joined the U.S. Navy as a mechanic onboard ships in the Pacific zone of action shortly after Pearl Harbor. In addition to large transport vehicles, he was called upon to service PT boats. Dwight had picked up some tricks in training that enabled him to fix PT boat problems that others could not. Dwight was stationed in Oakland, CA, where, among other duties, he served as a medical assistant giving shots and drawing blood. Being a teetotaler, he often served the purpose that would today be called "designated driver"!



Donald Swanson

Army Corporal

- ♦ Drafted in 1952
- ♦ Basic Training in Ft. Leonard Wood
- ♦ Served in Korea during the Korean War
- ♦ Was in Korea when the peace treaty was signed
- ♦ Received Medals of War



Billy Burk
Army Corporal

- ♦ Served from 1943—1945
- ♦ Training in California
- ♦ Stationed in Hawaii, Vermillion, SD plus several other locations
- ♦ Traveled all over the world during his time in service



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_____



THE ORIGINAL "FLY GIRLS"

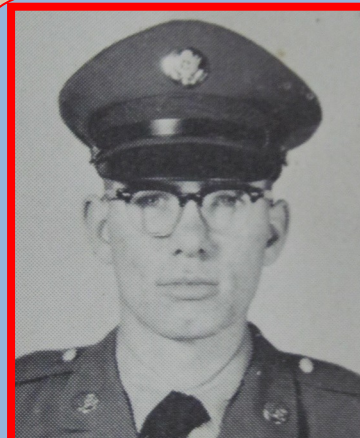
In 1942, the United States was faced with a severe shortage of pilots, and leaders gambled on an experimental program to help fill the void: Train women to fly military aircraft so male pilots could be released for combat duty overseas.

The group of female pilots was called the Women Airforce Service Pilots — WASP for short. In 1944, during the graduation ceremony for the last WASP training class, the commanding general of the U.S. Army Air Forces, Henry "Hap" Arnold, said that when the program started, he wasn't sure "whether a slip of a girl could fight the controls of a B-17 in heavy weather."

"Now in 1944, it is on the record that women can fly as well as men," Arnold said.

A few more than 1,100 young women, **all civilian volunteers**, flew almost every type of military aircraft — including the B-26 and B-29 bombers — as part of the WASP program. They ferried new planes long distances from factories to military bases and departure points across the country. They tested newly overhauled planes. And they towed targets to give ground and air gunners training shooting — with live ammunition. The WASP expected to become part of the military during their service. Instead, the program was canceled after just two years.

They weren't granted military status until the 1970s. After 65 years after their service, they received the highest civilian honor given by the U.S. Congress. In 2010, President Obama signed a bill awarding the WASP the Congressional Gold Medal. 38 female pilots did lose their lives serving their country.



Joe Kiser

Army PFC

- ◆ Enlisted in October of 1959
- ◆ Basic training in Fort Leonard Wood, MO
- ◆ Transferred to Fort Dixson, New Jersey
- ◆ Combat Engineer in the 383rd (road making)
- ◆ Discharged in August of 1960



Carlos Andrews

Air Force



"The true soldier fights not because he hates what is in front of him, but because he loves what is behind him."

G.K. Chesterton

November 2018 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
One on One activities offered daily to those unable to attend regularly scheduled	All activities are subject to change.			1 10a Bevier Baptist Bible Study 2p Craft	2 9:30a Coffee/Tea 10a Exercise 1p Jim Bolin 2:30p Concentration	3 Bingo w/Sherry 9:30a
4 10a Sunday School 2p United Methodist 6p Callao Bible Study	5 9:30a Hot Cider & Donuts 10a Exercise 2p Bingo 3:30p Resident Council	6 9:30a Eggnog 10a Sing along 2p Craft	7 9:30a Beverage Bar 10a Exercise 2p Alvie & Dick 7p County Kickers	8 10a Mass 10a Bevier Baptist Bible Study 2p Pitch	9 9:30a Coffee/Tea 10a Exercise 1p Jim Bolin 2p Veterans Ceremony Craft Preview 5-7	10 Craft Show
11 10a Sunday School 2p Faith Baptist 6p Callao Bible Study	12 9:30a Coffee 10a Exercise 2p Bingo 3:30p UNO	13 9a Nails 2p Birthday Party 3:30p Ring Toss	14 9:30a Hot Cider 10a Exercise 2p Pitch 7p County Kickers	15 10a Bevier Baptist Bible Study 2p Arlene & David Foster 3:30p Resident Choice	16 9:30a Coffee/Tea 10a Exercise 1p Jim Bolin 2:30p Coloring/Finger Exercise	17 Bingo w/Sherry 9:30a
18 10a Sunday School 2p Ethel Christian 6p Callao Bible Study	19 9:30a Beverage Bar 10a Exercise 2p Bingo 3:30p Dominoes	20 9:30a Reminisce 10a Concentration 2p Pitch 6:30p Open Arms	21 9:30a Tea/Coffee 10a Exercise 2p David Snarr 3:30p Skip-Bo 7p County Kickers	22 <i>Happy Thanksgiving</i> <i>Give Thanks with a Grateful Heart</i>	23 9:30a Coffee/Tea 10a Exercise 1p Jim Bolin 2:30p Games	24 Bingo w/Sherry 9:30a
25 10a Sunday School 6p Callao Bible Study	26 9:30a Coffee/Tea 10a Exercise 2p Bingo 3:30p Pass The Hat	27 9a Nails 2p Pitch 3:30p Dominoes	28 9:30a Tea/Coffee 10a Exercise 2p Roy & Barb 3:30p LRC 7p County Kickers	29 10a Bevier Baptist Bible Study 2p Craft	30 9:30a Coffee/Tea 10a Exercise 1p Jim Bolin 2:30p Pitch	

November 2018 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Beef Stroganoff Over noodles Brussel Sprouts Peaches & Cream	2 Fired Fish Macaroni & Cheese Stewed Tomatoes Peanut Butter Pie	3 Oven Fried Chicken Mashed Potatoes w/gravy Corn Mixed Fruit Cup
4 Baked Ham Sweet Potato Casserole Buttered Cabbage Mock Pecan Pie	5 Turkey Ala King over biscuit Tossed Salad Cranberry Swirl Cake	6 Penne Polish Sausage Bake Mixed Vegetables Fruit Cobbler	7 Baked Chicken Buttered Carrots Bread Pudding	8 Resident's Choice	9 Buttered Pork Chop w/onions Zucchini Cornbread Dressing Bake Spinach, Bacon-Onion Peaches & Pineapple	10 Spaghetti w/meat sauce Italian Tossed Salad Frosted Chocolate Cake
11 Fried Chicken Mashed Potatoes/gravy Broccoli w/cheese Pie of the Day	12 Unstuffed Peppers over Steamed Rice Buttered Carrots Blushing Pears	13 Autumn Pork Roast Mashed Potatoes/gravy Mixed Greens Fruit Shortcake	14 Swiss Steak Creamy Noodles Broccoli Cauliflower Blend Whipped Gelatin	15 Roasted Turkey/ Gravy Baked Sweet Potato Green Bean Casserole Fruit Cobbler	16 Baked Fish Macaroni & Cheese Cole Slaw Frosted Banana Cake	17 Bacon Wrapped Beef Roasted Redskin Potatoes Fried Cabbage Fruit Salad
18 Brown Sugar Pork Chops w/herbs-garlic Sour Cream Chive Potatoes Brussel Sprouts Cheesecake w/fruit	19 Baked chicken w/onion gravy Baby Bakers Broccoli Apple Crisp	20 Lasagna Buttered Peas Caesar Salad Fruited Gelatin	21 Sweet & Sour Pork Fired Rice Oriental Vegetables Mandarin Orange Cake	22 Meatloaf Mashed Potatoes w/ Gravy Spinach Bake Bread Pudding	23 Creamy Mush room Chicken Baked Potato Italian Vegetables Fruit Crumble	24 Country Fried Steak Mashed Potatoes w/ cream gravy Vegetable Medley Pumpkin Crumble
25 Herb Roasted Chicken Buttered Potatoes Broccoli Carrot Cake	26 Mainnated Pork Loin Herb Stuffing Yams Autumn Fruit Crumble	27 Salisbury Steak Parmesan Noodles Green Beans Frosted Chocolate Cake	28 Roasted Turkey & Gravy Loaded Baked Potato Vegetable Blend Fruit Cobbler	29 Beef Stroganoff Over noodles Brussel Sprouts Peaches & Cream	30 Fired Fish Macaroni & Cheese Stewed Tomatoes Peanut Butter Pie	

THANKS

to our Maintenance/Custodial Department



The Custodial Department (Left side: L to R) Denny Ashenfelter, Alvie Voyles and Stephen Lozuaway.



The Maintenance Department (Right side: L to R) Dale Sanders (Supervisor) and Tom Techau



Thank you, Thank you, Thank you

- ♦ Karen Pinson for several puzzles
- ♦ Vaudia Sattman for the many misc. items for our country store
- ♦ The of Church of Jesus Christ of Latter-day Saints for the lap quilts
- ♦ Judy Rushton for cards, angels and several misc. items
- ♦ For those who brought in magazines & books

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. For more information contact Stacy Wood at 660-385-3113.

A Warm Welcome to

Ada Clements

Bernice Lewis

Betty Fitzgerald

Mavis Lambert

Thomas Lewis

Thanks to those who joined us for a therapeutic stay at Loch Haven: **Linda McCarty, Mary Magruder, Paul Barnes, Patricia Bradshaw, Henry Putnam, Helen McDuffee, June Spencer and Louis Maloney.**

2	Freda Kisor	22	Becky Lang
3	Donald Eilers	23	Susan McElhaney
5	Maxine Johnson	27	Donald Swanson
11	Betty Fitzgerald	29	Tonya O'Haver



Winter is coming on, and we feed a lot of birds around here. Our residents enjoy so much watching their welcomed visitors at their feeders! **Any donations of bird seed would be greatly appreciated.** And a **BIG** shout out to **Denny Ashenfelter** who makes sure the feeders are kept full for our residents enjoyment!

We will always Remember



**Lorraine Roe
William Stroud**



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.
~ Author Unknown

Dianna Resa — CNA/Restorative Aide

Employee Spotlight

What is your nickname? Don't have one

If you were an animal, what would you be? A big dog

What is your favorite movie? Don't have one

What is the best place you ever went on vacation? I've been to a lot of places but my favorite vacation was to California with my daughter

What was your favorite subject in school? Anything that wasn't math

Who is or was your hero and why? My daughter, she's been through a lot of tough things as a kid and has turned into a pretty amazing adult

Everyone has a talent. What is yours? I play a little music and sing

Who was your favorite celebrity as a child?

Glen Campbell & Danny Osmond

How long have you worked at Loch Haven? A little over a month

What are your duties? I tell people that I'm a professional wiggler and that I help people stretch, move and walk

Family: I'm a newlywed to my husband Jim, we were married in August. I have a daughter named Chance

Live in: Bethel, Mo

"I'm happy to be a part of the Loch Haven family!"



Welcome to Team Loch Haven

Dianna Resa, CNA Restorative Aide
Paris Smith, CMA Nursing
Kathy Gulley, Dietary
Timothey Fey, NA Cottage Pal
Danielle Williams, Dietary
Janet Stoddard, LPN Nursing
Kristen Hager, NA Nursing

www.lochhaven.com



Perfect Attendance Award

was awarded to

Karen Ibrahim

for the month of
October



Star Award Paris Smith

