

Loch Haven Times

April 2016

*Butterflies are the heaven sent
kisses of an angel.*



A publication of

Loch Haven

Senior Living Community

Macon, Missouri



OPAL LEWIS, CNA.CMT

Cedar View Cottage P.A.L. (Dietary Coordinator)

Employee SPOTLIGHT

- ♦ **Were you named after anyone?** Yes, my grandmother.
- ♦ **Describe yourself in one word:** Compassionate
- ♦ **What kind of pets do you have?** None, but I love dogs and cats.
- ♦ **What is your favorite movie?** Anything with Elvis Presley or John Wayne
- ♦ **What is the best place you ever went on vacation?** Lake of the Ozarks
- ♦ **What was your favorite subject in school?** Home Economics
- ♦ **If you could be someone else, who would you be?** No one, I love who I am and what I do. I wouldn't want to change.
- ♦ **Everyone has a talent. What is yours?** Cooking and gardening.
- ♦ **What would be your dream vacation?** Colorado or Washington, D.C. when the Cherry Trees are blooming.
- ♦ **What is your favorite saying?** It will be OK.
- ♦ **Who was your favorite celebrity as a child?** Mickey Mouse
- ♦ **How long have you worked at Loch Haven?** 1-1/2 years
- ♦ **What are your duties?** I pass meds when needed. I am the dietary coordinator who manages the kitchen in Cedar View Cottage. I cook five days a week and alternate menus. I'm also a CNA. I plan as many special meals for our neighbors and involve close family members. We celebrate everyone's birthday with what they want on their special day. All holidays are special meals with family being here. I try to make Cedar View as much like their home as possible with their type of home cooking. One of the neighbor's granddaughter said, "This is like going to Grandma's!" I told her, "It IS Grandma's house. I just work for your Grandmother here." My belief is this is their home, and I have the honor of working to keep them happy and healthy as long as possible.

Family: Son, William Lewis (Kansas City) and daughter Loretta Lewis who is also employed at Loch Haven.
Live In: Macon

"The staff at Loch Haven has compassion for our residents and neighbors and co-workers. In the Cottage, we are one big family"
 ~~Opal~~

Welcome to Team Loch Haven

Danielle Fain, CNA	Special Brook
Heather Cunningham, CNA	Sunset Village
Tessa Spidle, CNA	Special Brook
Curtis Anderson, NA	West Brook
Tabitha Petre, CMT	Mountain View
Eleya Kohl, NA	West Brook
April Hall, CNA	West Brook
Allissa Fraley, NA	Mountain View
Joni Rudkin, NA	Mountain View
Josephine Kincaid, CNA	PRN
Paul Sullivan, RN	Mountain View
Chris Nichols	Dietary
Penny Kromeich	Dietary

STAR AWARD WINNERS

Val Lewis
 Dale Sanders
 Stephen Lozuaway
 Wendy Bouman
 Shyla Terry

Perfect Attendance
Carol Leath

Team PLAYER Brenda Primrose



If you are interested in becoming a team member at Loch Haven, please stop by and fill out an application or download it from our website at:

www.lochhaven.com

Loch Haven's Alzheimer's Support Group 2nd Monday of each month
 5:30 p.m. light supper 6 p.m. meeting



HUBERT MOEHLE

Sunset Village

RESIDENT Spotlight

I was born on June 19, 1924 (along with my twin brother) to Mena and Harry Moehle of Macon. I was named Hubert. My father was a mail carrier and my mother was a homemaker and caregiver to me, my brother and my four sisters.

I went to high school here in Macon. While in high school I got \$10 for a paper route that I then ran. I would get up at 3 in the morning and deliver

three different papers till about seven, in just enough time for a quick breakfast before school. When I was a senior in high school, I met a freshman named Helen. After I graduated I went into the Army. I was in the Army from 1943-1946. Helen wrote to me every day that I was gone.

I was seasick from the time I got on the Queen Mary until the day after Christmas. I took the Queen Mary to England, which took nine days. Then I took a different boat to Iceland. I spent most of my time there while I was in the service repairing telephones. They would bring broken telephones by the truckload and there was just one other guy and myself fixing them.

I was transferred some while in the service. In fact, I was in Salt Lake City when I got the word that the war was going to end. I got home in April, and Helen and I wed on June 22, 1946. We lived here in Macon. I had several jobs, from driving tractors for a local farmer, to being a bookkeeper, to working at the Coco-Cola bottling company. I finally found my calling as a rural postmaster. I started as a substitute clerk, but soon I had my own route. I bought a jeep off of the guy that was doing the route. I enjoyed carrying and delivering mail until my retirement in 1982.

Helen and I had two children. Our son, David, lives in Kansas City, Missouri and has a son of his own. Our daughter, Connie, lives in Washington and has two sons. We are very proud of the family we have together.

After my retirement, I became busy with a hobby of refinishing furniture. I was pretty good at it. I helped my son by rejuvenating a lot of furniture, enough to fill a 10-room house! But, I had to give up this hobby because of a few lung problems.

It was soon after that, that I found my new hobby by reading an

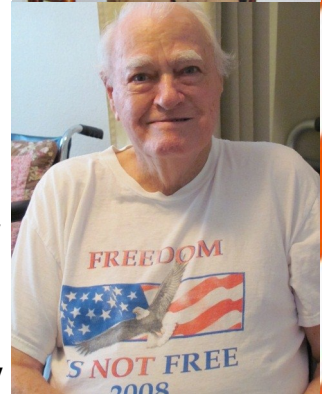
ad that said, "Learn to Play the Saw". I recalled a time when I was a young boy of five when a tramp came to church. The man told a woman that if she would feed him he would play the saw at church. I really have always liked music. He played so well, too. Because of this memory, I decided to try my hand at playing the saw. I soon sent away for my own musical saw kit from Mussehl and Westphal.

I didn't want anyone to know of my intentions until I could play the saw decently, so I hid the purchase and my practicing from everyone, even my wife and children. The instruction sheet said that I could play the saw in 30 minutes. It took me six weeks just to get a tone! I was about to send the darn thing back. It still took three weeks after that to get on to it. I wasn't ready to play for anyone for several years, but I never gave up.

After my first performance, word of my saw playing traveled quickly. I spent the next 30 years playing for church groups, clubs, friends and family. I have also been recognized in magazines and newspapers.

In October 2014 I came to Loch Haven to live. I have had several bouts with cancer and a knee done. I couldn't get up and down the stairs without help in our home. But I enjoy it here at Loch Haven. I especially like the church services and the singing programs that they provide. Helen comes to visit almost every day. In June we will be married 70 years. I am very lucky.

by Janis Fraley



A Warm Welcome to

Dale Belshe

Ival Rutherford

Carol Sneed

Bennie Weber

Shirley Weber

Julia Wyatt

Good luck to **Rose Willis, Russell Kohl, George Roebach, Jr, Margaret Lockard, & Opal Tipton** who have returned home after a therapeutic stay.

If you are considering a stay at Loch Haven, please contact Social Service Director Julie Mason to schedule a tour and find out about your options here at Loch Haven Senior Living Community.



We will always remember

J.O. Winn

Edwin Willis

Laura Miles

Maxine Cockrum

Douglas Pettig, Sr.

Jane Thomas

Leatha Britt

Although it's difficult today
to see beyond the sorrow,
May looking back in memory
help comfort you tomorrow.

A Shout OUT TO OUR Office Staff



Dena Selmon
Accounting



Patty Lolli
Accounting



Amy Harre
Insurance



Stephanie Adkins
Front Receptionist



Paula Whisenand
Scheduling



Tammy Rhoads
Neighborhood Secretary



Rosemary Jones
Neighborhood Secretary (Sub)



Emily Allison
Neighborhood Secretary

Special Visitors in the Cottages



(l-r) Scott Smith,
Bob Smith (Cottage
Neighbor), Axel
Gengenbach, An-
drea Gengenbach,
Oli Gengenbach

Axel Gengenbach joined the family of Bob and the late Wanda Smith as a foreign exchange student in 1980. Axel became another son to Bob and Wanda, and an important part of their family. Bob and Wanda visited Axel, and later his wife Andrea and sons Chris, Oli and Jann, many times over the years both in the states and in Germany. Axel's son, Oli Gengenbach, came to the US as a foreign exchange student three years ago and spent a year living with Bob and Wanda's daughter, Connie Hendren, and her husband, Jim. When it became apparent that Wanda's health was declining rapidly (the third week of January), Axel, Andrea, and Oli made immediate plans to come from Germany to be with their American family. After a hectic series of flights, the three made it to Missouri in time to be with the family for Wanda's funeral on January 20th.



(l-r) Wanda Wicker, Raquel Williams, Amy Goos-ey, Micaela Bustillos, Eunice Bustillos, Hernan Bustillos

Cottage PAL, Micaela Bastillos had a visit from her parents who live in Ecuador. Hernan and Eunice own a hotel in the small tourist town of Misahualli in Ecuador. They have been married for 23 years.



Oak View & Cedar View COTTAGES



Susie's Musings



Howdy from The Cottages! Spring has sprung and it's now time for outdoor fun. Everyone here at the Cottages are ready for excitement. Last week, Opal Lewis got to work at 4 a.m. and a great big craw daddy met her at the door. She said, "you're too early for visiting hours so be on your way!" Haven't seen it since. Our many thanks to our regular volunteers who come each month. You are so appreciated. We started making suggestions for our bucket list. Some of them are: Going to the movie theater, the Repertory Theatre, the airport, dinner at Lolli's Sale Barn, train ride, and one would like to go to Texas. Whoa now, I've never driven that far. Cute idea anyhow!. The residents stay busy with picture puzzles, trivia, skip o games, bingo, and exercises. Both cottages celebrated St. Patty's day with wearing green and having corn beef and cabbage and green cake and cookies. Fun day it was. A snowball fight was so much fun and a lot of hooping and a holler-ing when the big marshmallow snowballs were a flying through the air. Their main target was Bob Walker! He was so busy trying to dodge and catch the snowballs. Even staff was enjoying it. When I was growing up, one thing we did for fun was jumping on a pig and riding it. Well, Charlie Hall looked at me and started grinning and I knew right then he had rode a pig! Well he started pulling up his pant leg, and I had to help him a bit. He showed me a huge scar he had on his leg. I said this is so neat because I have two scars myself from the fun we had with the pig rodeo. Yee Haw! One of the warm days we went out on the patio and blew bubbles. Some traveled clear up the hill. Bob Walker, Bob Smith, Amy Goosey, and I went to see the Christian music group, The Dysarts, perform. Wonderful it was. If you're reading this Byron Freeman, we want to say hello, and we miss your smiling face. Wondering if you got your new truck licensed....the table model that is!! Hoping everyone had a blessed Easter. We love your visits and your pretty smiles. Love to all and God bless!

Susan Lennon, Activity PAL

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



Loch Haven's A SENIOR Moment April Episode HAM RADIO

With Dale Bagley & Sally Weber
(Ham Radio Operators)
Every Wednesday on CVTV

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.



- ⇒ Ethel Ridge Runners 4-H Club for bringing Easter eggs for all the residents.
- ⇒ Brenda Smith for donating puzzles.
- ⇒ Janet Ryan for donating shoe horns.
- ⇒ Nancy Medes for donating magazines.



Loch Haven resident **Marquita Rosson** (left) and her twin sister, **Marceita Weaver** (right) celebrated their 90th birthdays at a party held in their honor at Loch Haven. Marquita and Marceita were born 15 minutes apart on March 11, 1926, in Ethel, Missouri.

Congratulations to both ladies on a remarkable milestone!

Did you know that Loch Haven has an awesome website!!! Check it out at www.lochhaven.com and send family and friends there if they are interested in finding out more about Loch Haven.

Also, please



join us on
facebook



April

1	Vera Wolfe
3	Arnold Truitt
4	Dale Belshe
6	Betty Teter
10	Gwen Smith
14	John Gaughan
16	Bernard Wilhelme
20	Hellena Reed
24	Mary Rodgers
24	Rita Ulhorn
25	Walter Davis
30	Julia Caldwell
30	Doris Magers
30	Shirley Weber

BIRTHDAYS...to celebrate



Mary Hauf was so excited to be the winner of the Easter Basket. Mary won the basket as part of a fund raiser for Memory Walk. Congratulations to Mary!!

**VOLUNTEERS
NEEDED!**

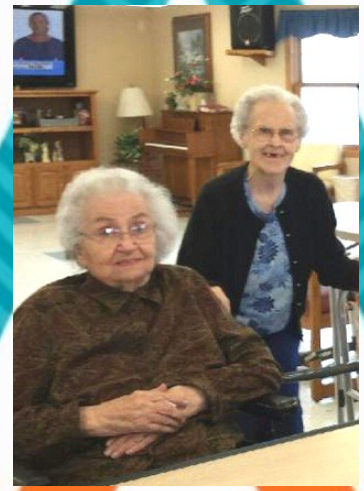
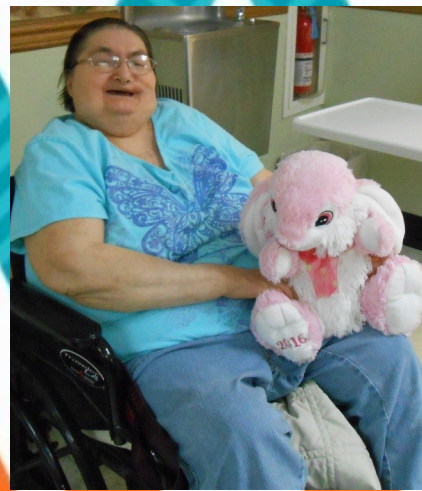


We welcome you to share your talents with our residents. Whether it is reading, taking a walk, visiting, or sharing a musical talent, we

welcome you! Contact Activity Director Cameron Christoffer and become part of Loch Haven's Team!



It's all about the
SMILES



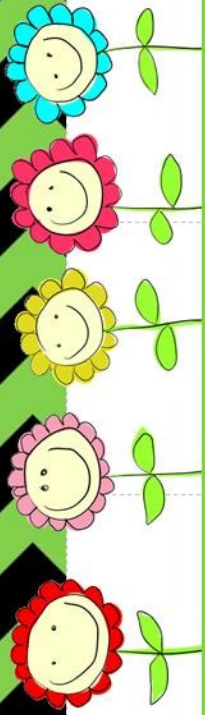
News from RCF



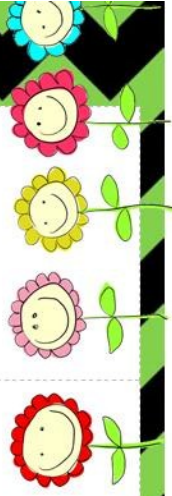
Spring has arrived at the Apartments - and with it joyful faces and exciting activities. The grass has become green, and the weather is becoming nicer. This allows us to go on various trips outdoors. Our trips included going to the casino early in the month and making a Wal-Mart trip. Several of us also enjoyed a spring drive. My, have those trees blossomed beautifully all around town! Because the weather is getting nicer, many of us have taken the opportunity to sit on the porch for a few minutes or have taken short walks around the grounds. Once the wind settles down and it gets warmer, you will find us out even more. Inside we stay so busy. We have exercise every day, we play

BINGO twice a week, and we expand our minds with trivia games. We also celebrate the holidays in fashion with PARTIES! This month we had two parties - a St. Patrick's Day party and an Easter Social. One special event happened this month at RCF. The band KEOTA came and played some of their special songs for us. That group has so much talent! The room was full of happy residents keeping time and singing along. We were really blessed that they came to visit. Good luck to Lauretta Yutz as she goes back home. Welcome to Shirley and Benny Weber and Bob Walker.

by Janis Fraley



April 2016 Activity Calendar



3	10a Sunday School 2p United Methodist 6p Callao Bible Study	4	10a Flex & Stretch 2p Bingo 3:30p Small Groups 6p Ethel Amish	5	10a Concentration 2p Bird Feeders 3:30p Small Groups 3:30p Wii	6	10a Flex & Stretch 2p Dick & Alvie 3:30p Small Groups 6p Kamberly West	7	10a Bevier Baptist Bible Study 2p Popcorn & Beer 3:30p Small Groups	8	9:30a Flex & Stretch 10a Coffee Club 2p Men's Group	9	Independent Activities
10	10a Sunday School 2p Faith Baptist 6p Callao Bible Study	11	10a Flex & Stretch 2p Bingo 3:30p Small Groups	12	10a Spa Morning 2p Birthday Party 3:30p Small Groups 3:30p Wii	13	10a Flex & Stretch 11a Lunch Outing 3:30p Small Groups 7p County Kickers	14	10a Bevier Baptist Bible Study 1:30p MASS 2p Wind Sock 3:30p Small Groups	15	9:30a Flex & Stretch 10a Coffee Club 2p Movie	16	Independent Activities
17	10a Sunday School 2p Ethel Christian 6p Callao Bible Study	18	10a Flex & Stretch 2p Bingo 3:30p Small Groups	19	10a Concentration 2p Wheel of Fortune 3:30p Small Groups 3:30p Wii 6:30p Open Arms	20	10a Flex & Stretch 2p Donny Roberts 3:30p Small Groups 7p County Kickers	21	10a Bevier Baptist Bible Study 2p Spring Drive	22	9:30a Flex & Stretch 10a Coffee Club 2p Ladies Tea	23	Independent Activities
24	10a Sunday School 6p Callao Bible Study	25	10a Flex & Stretch 2p Bingo 3:30p Small Groups	26	10a Spa Morning 2p Pretzel Day 3:30p Small Groups 3:30p Wii	27	10a Flex & Stretch 2p Roy Flancher & Barbara Jenkins 3:30p Small Groups 7p County Kickers	28	10a Bevier Baptist Bible Study 2p Wal Mart	29	9:30a Flex & Stretch 10a Coffee Club 2p Craft	30	Independent Activities



The Roarin' 20's

Loch Haren's Volunteer Banquet

**April 28, 2016
6 p.m.**

**First Church of the Nazarene
Hwy 63 South
Macon**

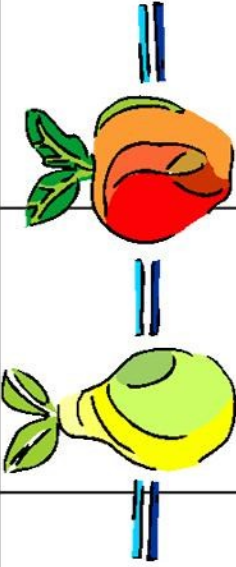
**Join us for dinner and
entertainment provided by
Shelly Schaefer**

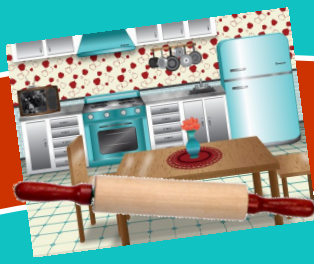
Recognizing our
VOLUNTEERS

**Please RSVP by April 18th
660-385-3113**



April 2016 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p><i>*All meals served buffet style with bread and beverage. Several choices available.</i></p>		1 Pork Tips in Gravy Steamed Rice Candied Carrots Iced Oatmeal Cake	2 Pepper Beef Patty Roasted Potatoes Side Salad Lime Sprinkled Pears
3 Fried Chicken Twice Baked Potato California Vegetables Chess Pie Dinner Roll	4 Meatloaf Mashed Potatoes Gravy Spinach Bake Mandarin Oranges	5 Herbed Pork Roast Creamy Rice Carrots Pudding Parfait	6 Onion/Sage Chicken Oven Roasted Potatoes Cauliflower/Cheese Sau Iced Gelatin Poke Cake	7 Fish of the Day French Fries Cottage Cheese Cole Slaw Bread Pudding w/Vanilla	8 Chicken & Dumplings Buttered Broccoli Pickled Beets Chocolate Layer Des	9 Spaghetti w/ Meat Sauce Italian Vegetables Frosted Cup Cake Garlic Bread
10 Baked Ham Sweet Potato Cass Mixed Vegetables Mock Pecan Pie Dinner Roll	11 Grilled Liver & Onions Fried Potatoes Green Beans Blonde Brownie	12 Pork Loin/Gravy Stuffing Brussels Sprouts Frosted Spice Cake	13 Creamy Chicken Spaghetti Carrots Diced Tomato Salad Chocolate Chip Cookie Garlic Bread	14 Residents Choice	15 Baked Cod Cheesy Hash Brown Casserole Mixed Vegetables Lemon Bars	16 Swedish Meatballs Buttered Egg Noodles Zucchini & Tomatoes Tossed Salad Buttermilk Pie
17 Roast Beef Roasted Potatoes California Veggies Banana Split Cake	18 Lemon Chicken Garden Blend Rice Twice Baked Caulifl. Fruited Gelatin	19 Ham Steak Scalloped Potatoes Blackeyed Peas Corn Bread Fruit Shortcake	20 Sliced Turkey Baked Sweet Potato Squash Medley Pudding Cream Pie	21 Lasagna Green Beans Tossed Salad Garlic Bread Cheesecake	22 Pork Cutlet w/ Dijon Sauce Mashed Potatoes Carrots Frosted Cake	23 Salisbury Steak Creamy Noodles Spinach Bake Fruit Crumble
24 Rosemary Herbed Baked Chicken Rice Pilaf Buttered Peas Pie of the Day	25 Grilled Sausage Cuts Garlic Mashed Potatoes Braised Sauerkraut Fruit Cobbler	26 Stuffed Shells w/ Sauce Caesar Salad Garlic Toast Apple Crisp	27 Smothered Chicken Bread Dressing Peas & Mushrooms Fruited Gelatin	28 Swiss Steak Baked Potato California Vegetables Pumpkin Pan Pie	29 Pork Tips in Gravy Steamed Rice Candied Carrots Iced Oatmeal Cake	30 Pepper Beef Patty Roasted Potatoes Side Salad Lime Sprinkled Pears



Cooking thru the Ages!



Strawberry Tunnel Cream Cake

12 oz prepared angel food cake
2 (3 oz) pkg cream cheese, softened
14 oz can Sweetened Condensed Milk
1/3 cup Lemon Juice
1 tsp almond extract
1 cup chopped fresh strawberries
1 large container Cool Whip
2—4 drops red food coloring

Invert cake onto serving plate. Cut 1-inch slice crosswise from top of cake; set aside. With sharp knife, cut around cake 1 inch from center hole and 1 inch from outer edge, leaving cake walls 1-inch thick. Remove cake from center, leaving 1-inch thick base on bottom of cake. Tear removed cake into bite-size pieces; reserve. In mixing bowl, beat cheese until fluffy. Beat in sweetened condensed milk until smooth. Stir in lemon juice, almond extract and food coloring. Stir in reserved torn cake pieces, chopped strawberries, and 1 cup whipped topping. Fill cake cavity with strawberry mixture; replace top of cake. Frost with remaining whipped topping. Chill 3 hours or freeze 4 hours. Garnish with strawberries if desired.

Field Greens With Oranges, Strawberries And Vanilla Vinaigrette

Vanilla Vinaigrette:

1/3 cup olive oil 3 tablespoons white wine vinegar
1 tsp. vanilla extract 1/2 teaspoon salt
1/2 teaspoon sugar 1/4 teaspoon pepper
Mix all ingredients with wire whisk until well blended.

YUMMY!



Salad:

1 package (6 ounces) field greens or baby spinach leaves
2 seedless oranges, peeled and sectioned
2 cups strawberry halves or slices
1/2 cup toasted pecan pieces
Toss together in large bowl. Serve with vinaigrette.

Bacon Mushroom Swiss Chicken

3 slices of bacon, crisply cooked, crumbled and drippings reserved
6 boneless, skinless chicken breasts
4 oz can sliced mushrooms, drained
10.75 oz can cream of chicken soup
6 slices of Swiss cheese

Pour reserved bacon grease in a skillet and heat up over medium heat. Place chicken breasts in the warmed grease and cook for 3-5 minutes until slightly golden (turning once). Spray crock pot with cooking spray. Put chicken in crock pot. Cover



with mushrooms. Pour soup in skillet, warm through, then pour over chicken. Cover and cook on low for 5 hours. Place a slice of Swiss on top of each chicken breast, sprinkle with bacon, turn heat up to high and cover and cook for 10-15 minutes more until the cheese is melted.

Don't You Just Love This



A BIG family ritual + family photos = BEST family keepsake!

Flaky Tomato & Mozzarella Tart

1/2 sheet puff pastry
1 cup cherry tomatoes (halved)
1 cup grated mozzarella
1 tablespoon olive oil
salt and black pepper

Heat oven to 425° F. On a lightly floured surface, roll the puff pastry into a 9-by-6-inch rectangle. Place on a parchment-lined baking sheet and refrigerate until firm, at least 30 minutes. Prick the puff pastry all over with a fork and top with the tomatoes and mozzarella. Drizzle with the oil and season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Bake until golden brown and cooked through, 20 to 25 minutes. Cut into pieces before serving. Yummy!!!

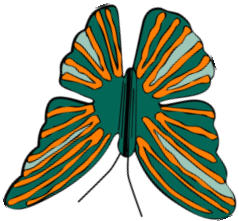


W.W.W. of the month
www.bakeaholicmama.com



A send off reception was held at Loch Haven for Byron Freeman who is leaving the Administrator position to join his family's business, Freeman Trucking, Inc. Pictured left with Byron is Kelsey Hinshaw, interim administrator. Pictured right, Byron is surrounded by residents and residents' family members. **Residents, staff, family, and friends gathered for the reception to wish Byron the best of luck in his new endeavor!**

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. Mary Beth Truitt, Marketing Director 660-385-3113 mbtruitt@lochhaven.com www.lochhaven.com



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