

Loch Haven Tymes

April 2018



A publication of
Loch Haven
Senior Living Community
Macon, Missouri

Tom Hasselbring, BSW

Transportation Department

Employee Spotlight



- ♦ **What is your nickname?** "Two Wheels Tom"
- ♦ **Describe yourself in one word.** Unique
- ♦ **If you were an animal, what would you be?** A tiger
- ♦ **What is your favorite movie?**

Hoosiers

- ♦ **What is the best place you ever went on vacation?** Colorado
- ♦ **What was your favorite subject in school?** History
- ♦ **Who is or was your hero and why?** My mom and dad for bringing me up in a Christian home.
- ♦ **Everyone has a talent. What is yours?** I like to make people laugh..
- ♦ **Who was your favorite celebrity as a child?** Adam West (Batman)

- ♦ **How long have you worked at Loch Haven?** 27+ years
- ♦ **What are your duties?** I transport clients to their doctor's appointments and take them shopping. I also deliver mail and newspapers.
- ♦ **Live In:** Macon
- ♦ **Family:** My wife is Patty. My son is Drew and my dog is Lexi.

"I enjoy the people I work with and enjoy working with and taking care of our great clients at Loch Haven"

Tom



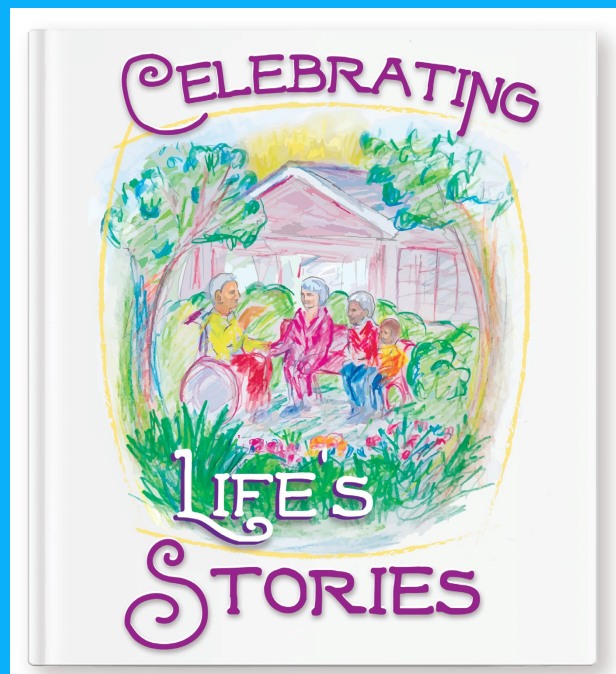
Welcome to Team Loch Haven

Bridget Blackburn, NA	South
Joyce Buck, LPN	Cottages
Ashley Scott, CNA	South
Cindy Ray	Dietary
Crystal Smith	Receptionist
Donna Ewing, RN	West
	Unit Manager



Perfect Attendance

Amber Martinez



National Skilled Nursing
Care Week
May 13-19, 2018



Wayne Davis Sunset Village

Resident Spotlight

Wayne was born in Quincy, Illinois on May 14, 1940, to Oliver Pearl and Dorothy Davis. He lived near Palmyra, MO. His family then moved near Cherry Box, which is west of Leonard, MO. Wayne came from a hard working farm family. He had five brothers and one sister. Times were tough and during his high school days. Wayne

went to work for a local family to help support his family. He went to Leonard High School and later met his wife, Roberta Ann Carpenter, during his junior-senior years of high school. Wayne and his wife both graduated in May of 1959. They were married on November 21, of that year.. They have four children: Steven Wayne, Belinda Marie, Yvonne Annette and Robert Wayne. They have several grandchildren and great grandchildren.

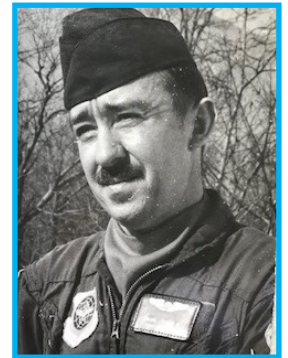
Wayne joined the Air Force as an Air Craft Mechanic in January 1960. He attended 8 weeks of basic training at Lackland Air Force Base near San Antonio, TX. He then attended Air Craft Mechanic's school at Sheppard AFB in Wichita Falls, TX. He was stationed at Richard Gerbaur Air Force Base near Belton, MO from June 1960 to November 1965. His next duty station was RAF Wethersfield near Essex, England for three years. He was then stationed at Shaw Air Force Base near Sumter, SC. His family stayed there at Sumter while Wayne did a year in Vietnam (November 1970-November 1971). In 1972, Wayne cross trained to become a Flight Engineer on the C130 at Little Rock AFB in Arkansas because he loved to fly. He was transferred to Dyess AFB near Abilene, TX. He visited several bases in Europe during his time as Flight Engineer. He was often TDY and away from his family. Up until 1975, Roberta was a stay at home mom. She later started working to help purchase their retirement/dream farm north of Bevier, MO. After 20 years in the Air Force, Wayne retired on January 31, 1980. During his military career, he received many metals for his distinguished career.



On July 3, 1980, they arrived at their 40 acre farm. They have been there for 38 years. In those years, Wayne helped farmers and then drove a truck for Poole Trucking. On September 20, 1989, Wayne suffered a grand maul stroke which left him with no use of his right arm, a weak right leg and speech jargon. However, he was still able to understand you. He improved to walk with a can and could drive with a left foot pedal. He was determined to use his left hand to bowl and swing a hand ax. With his Kawasaki Mule, he was able to go to the back field and clear brush with his dog. In 1980, Roberta started working for Loch Haven Nursing Home. In March 1990, Wayne suffered a severe seizure and could not be left alone per the VA doctor. Roberta's work allowed Wayne to come walk the halls for several months until his local doctor cleared him to stay home. In June 2004, he had another stroke which left him in a wheelchair. Thinking he would not be able to bowl any more, the alley allowed him to bowl from his wheelchair, which thrilled him. He also continued to enjoy going out to eat several times a week.



He came to live at Loch Haven in February 2017, due to a broken heel. Unfortunately, he never recovered enough to return to his dream home. Roberta visits him twice a day.



A Warm Welcome

Philip Merry	Betty Strobietto
James Allred	Shirley Pippin
Timothy Williams	Carol Beleos
Herschell Smith	Lawrence Ellerbeck
Suzanne McElhaney	Elene Ellerbeck
Martha Dawson	

Thanks to those who joined us for a therapeutic stay:
**Wanda Crawford, Joseph Wright, Donetta Givens,
Carol Shaw, and Diana Stoner**

We will always remember

Sue Faught
Leon Thrasher

Kuldeep Singh

Those we love can never be
more than a thought apart,
For as long as there is memory,
they'll live on in the heart.

www.lochhaven.com



Front Office Staff



It takes many people to make everything run smoothly at Loch Haven. Our Front Office Staff takes on duties such as answering the phones, scheduling workers, resident and employee insurance, payroll, accounts payable and receivable, and neighborhood secretarial duties. All of these ladies are busy and enjoy what they do as they work with the entire Loch Haven Family.

Office Staff: Dena Selmon (Office Manager); Paula Whisenand (Scheduling); Tammy Rhoads (Ward Clerk); Not pictured: Shonda Wood (Accounts Payable & Medical Records); Heather Dunham (Ward Clerk); Crystal Smith (Receptionist).



Residents in SCU help fold wash rags



Don't Go It Alone!
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**



join us on
facebook

Oak View & Cedar View COTTAGES

Susie's Musings



Howdy from the COTTAGES!! Good bye March, hello April!!! Everyone is getting excited because here comes spring and warmer weather and green grass and mosquitos (he he). Several residents celebrated their birthdays with friends and families coming in on their special day. They all sure enjoyed their visits. Residents always look forward to our volunteers coming and sharing their gifted talents. Lots of good picking and singing gospel and country music and the sharing of Gods Word with Clark Dobbs. The residents always have their hands and feet bouncing to the music. They said they used to kick their heels up. Well a thought went off in my head, why don't we have a dance on the patio come summer time when the weather warms up ...Practice up!! Residents keep busy with Skip Bo, puzzles, noodle ball and lots of table talk. Getting their nails done is so important to them. Some ladies spend a lot of time with their hobbies. Jane Boulton at Oak View is still making some of her beautiful quilts. She is quite a seamstress and Martha Bragg has read books for many years. She don't miss a day of reading in her books. She says she don't know how many she has read. Soo neat. Our activity assistant, Lauren Watson, worked with residents making Easter crafts and man are they doing a great Job! They love it! Thanks, Lauren. It's so neat to see the deer around here. There were 5 the other day west of Cedar View. I always whistle at them and they look at me as if to say, Oh, "deer" me, she's at it again! I love animals! Our thanks to the Work Experience group that comes and works at the cottages. Rhian Beldon, their teacher, brings different groups. One group in the morning and one in the afternoon. Thanks to a great team and the work they do! Rhian has brought in baby lambs before and so now we'll be seeing some again. She had a momma Ewe that had triplets and we're all getting excited to see them. As we close, we say thanks to you for all your visits and smiles and come again anytime. We love company. Summer is coming so if anyone would like to donate some plants or flowers that we can use in our flower pots, it would be so appreciated. Thanks to our staff for all you do. God Bless You Always.....Susan Lenon.



Birthdays



APRIL

1 Vera Wolfe
4 Dale Belshe
8 Marjorie Petre
10 Gwen Smith
14 John Gaughan
16 Bernard Wilhelme

22 Jo Ann Sandner
24 Rita Ulhorn
25 Walter Davis
29 Mildred Phipps
30 Doris Magers
30 Shirley Weber

Thank You

- ♦ To those who have donated magazines, books, and games
- ♦ To those for all the memorial donations to the Activities Department.



If you would like a PDF copy of the
Loch Haven Tymes
sent to your email address,
just drop us a note at
receptionist@gmail.com or
call 660-385-3113

If you are having surgery in the near future, please contact Social Service Director Julie Mason to find out about the exceptional after-hospital-stay care and therapy at Loch Haven Senior Living Community.
We will have you home in no time!!

Recognizing our
**FABULOUS
VOLUNTEERS!!**

It's a SPRING FLING
&
You're invited!!

**2018
Volunteer Banquet
Thursday, April 26th, 2018**

Time: 6 p.m.

Loch Haven Senior Living Community
701 Sunset Hills Dr
Macon, MO 63552

Join us for dinner and entertainment!!

Please RSVP by April 13th, 2018
Call 660.385.3113

SPECIAL Brook NEWS

GREETINGS from Special Brook!

This month has been filled with some kick ball, board games, puzzles and art. We are so happy that spring has finally arrived and are looking forward to the warm weather so we can get outside on the deck to get some fresh air.

By Amy Howlett, SCU Activity Director



News from RCF



Hello everyone!! We began the month by celebrating National Pig Day with a Pig Party. We talked about pigs and ate mini pigs in a blanket. We also had pink lemonade to drink.

Next, Bill Lear sang music and led us in a Bible study. The next day, Twila Sarazine led art class. Two great volunteers who use their talents to provide two activities for our residents.

We then watched a great movie and had popcorn. We watched Hidden Figures. This movie is based on a true story about 3 ladies who worked at NASA. Then Butch Naughton read stories for our residents. Thank you Butch for sharing your talent. We celebrated St. Patrick Day with a travelogue about Ireland in the morning. In the afternoon, we had a Patrick's Party. We

served Mountain Lightning to drink and a variety of treats such as: gold coins, green apple slices, and a white chocolate and pistachio cookie. As a treat to take, they received a St. Patrick's hat filled with Chex mix.

We had a special surprise this month! The Show Choir from the Immaculate Conception school sang for us. We really enjoyed it. Thank you Becky for bringing the kids out.

We took a spring drive around Long Branch Lake and went to Wal-Mart. Clark Dobbs lead a Bible Study for us on the last Tuesday of the month. We appreciate his time as well.

We will see you again next month. **by Katie Nelson**

April 2018 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Easter</i> 10a Sunday School 2p United Methodist 6p Callao Bible Study	2 9:30a Coffee 10a Exercise 2p Bingo 3p Kick Ball/Wii	3 9:30a Nails & Lotion 2p Trivia 3p Pitch 7p Ethel Amish	4 9:30a Sip & Chat 10a Exercise 2p Alvie & Dick 3p Numbers Game 7p County Kickers	5 10a Mass 10a Bevier Baptist Bible Study 2p Men's Social 3p Pitch (west) (AARP)	6 9:30a Coffee & Meet 10a Exercise 1p Bible Study/Jim Bolin 2p Dominoes	7 Saturday with Sherry Bingo @ 9:30
8 10a Sunday School 2p Faith Baptist 6p Callao Bible Study	9 9:30a Coffee 10a Exercise 2p Bingo 3p Skip-Bo	10 10a Concentration 2p Birthday Party 3p Pitch	11 9:30a Chat & Coffee 10a Exercise 2p Country Store 7p County Kickers	12 10a Bevier Baptist Bible Study 2p Making Mats For the Homeless 3p Pitch	13 9:30a Meet & Coffee 10a Exercise 1p Bible Study/Jim Bolin 2p LRC	14 Saturday with Sherry Bingo @ 9:30 6p Belles & Beaus
15 10a Sunday School 2p Ethel Christian 6p Callao Bible Study	16 9:30a Chat & Coffee 10a Exercise 2p Bingo 3p Balloon Toss/Wii	17 (activities in DR or West) 9:30a Nails & Lotion 2p Concentration 3p Pitch (w) 6:30p Open Arms	18 9:30a Coffee 10a Exercise 2p Music w/David & Friends 3p Numbers Game 7p County Kickers	19 10a Bevier Baptist Bible Study 2p Arlene & David Foster 3p Pitch	20 9:30a Coffee & Meet 10a Exercise 1p Bible Study/Jim Bolin 2p Dominoes	21 Saturday with Sherry Bingo @ 9:30
22 10a Sunday School 6p Callao Bible Study	23 9:30a Coffee 10a Exercise 2p Bingo 3p Horseshoes	24 10a Concentration 1:30p Ladies Tea 3p Pitch	25 (all activities in DR) 9:30a Chat & Coffee 10a Exercise 2p Roy & Barb 3p Skip-Bo/Wii 7p County Kickers	26 10a Bevier Baptist Bible Study Independent Activity 6p Volunteer Banquet	27 9:30a Coffee & Meet 10a Exercise 1p Bible Study/Jim Bolin 2p LRC	28 Saturday with Sherry Bingo @ 9:30
29 10a Sunday School 2p Atlanta Methodist	30 9:30 Chat & Coffee 10a Exercise 2p Bingo 3p Kick Ball		Please watch for time changes & place changes.		All activities are subject to change to meet the needs of all the residents.	One on One activities offered daily to those unable to attend regularly scheduled activities

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: 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

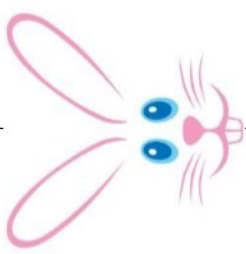
PO Box 187

Macon, MO 63552

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

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

April 2018 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Roast Beef w/gravy Baked Potato Carrots Creamy Custard Pie	2 Oven Fried Chicken Broccoli Rice Casserole Beet & Onion Salad Caramel Pear Pudding	3 Lasagna Cauliflower Side Salad Strawberries & Bananas	4 Cranberry Glazed Ham Loaf Noodles Romanoff Lima Beans Jell-O Cake	5 Roast Turkey Cornbread Stuffing Candied Carrots Tossed Salad Pumpkin Mouse	6 Fish of the Day French Fries Creamy Cole Slaw Cinnamon Baked Apples	7 Beefy Pepper Bake Vegetable Medley Cookies
8 Baked Ham Candied Sweet Potatoes Country Green Beans Side Salad Apple Pie	9 Creamy Mushroom Chicken Mashed Potatoes Carrots, Broccoli, Cauli- flower, & Peaches	10 Cranberry Glazed Pork Roast Scalloped Potatoes Brussel Sprouts Pear Cobbler	11 Bacon Cheese- burger French Fries Citrus Fruit Cup	12 Roast Turkey w/ gravy Herb Stuffing Broccoli Autumn Fruit Crumble	13 Baked Fish Rice Pilaf Confetti Cole Slaw Creamy Lemon Pie	14 Bacon Wrapped Beef Roasted Red Potatoes Mixed Greens Frosted Cake
15 Fried Chicken Mashed Potatoes w/ gravy Vegetable Blend Cherry Pie	16 Pork Tips in gravy Steamed Rice Steamed Broccoli Ambrosia	17 Salisbury Steak Baked Potato Cheesy Spinach Pineapple Upside Down Cake	18 Cornflake Chicken Cheese Mashed Pota- toes Glazed Carrots Peach Cobbler	19 Residents Choice	20 Spaghetti & Meatballs Italian Blend Vegeta- bles Fruit Shortcake	21 Sliced Turkey Candied Yams Buttered Corn Glazed Applesauce Cake
22 Pot Roast Gravy Roasted Carrots, Pota- toes & Onions Pie of the Day	23 Baked Tilapia Garden Blend Rice Broccoli with cheese Lemon Cream Cake	24 BBQ Chicken Au Gratin Potatoes Buttered Peas Frosted Chocolate Cake	25 Country Ham Slice Baked Sweet Potato Fried Cabbage Peach Cobbler	26 Chicken Alfredo over Fettuccini Carrots, Broccoli, Cauliflower Apple Brown Betty	27 Meatloaf Mashed potatoes w/ gravy Brussel Sprouts Orange Brownies	28 Herb Roasted Pork Loin w/gravy Buttered New Potatoes Mixed Vegetables Cinnamon Applesauce
29 Roast Beef w/gravy Baked Potato Carrots Creamy Custard Pie	30 Oven Fried Chicken Broccoli Rice Casserole Beet & Onion Salad Caramel Pear Pudding	<div>*All meals served buffet style with bread and beverage. Several choices available.</div>				



Cooking thru the Ages!

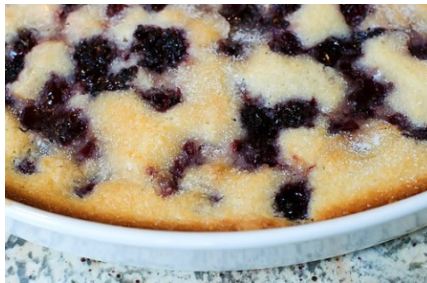


Blackberry Cobbler

1/2 cup melted butter
1 cup sugar
1 cup flour
1 cup milk
2 cups blackberries
1/4 cup additional sugar

Whisk together sugar, flour, and milk. Add melted butter and whisk together. Pour batter into a well buttered baking dish. Add the blackberries and sprinkle the 1/4 cup sugar on top. Bake at 350 degrees for 1 hour.

Recipe courtesy of The Pioneer Woman



Baked Ham & Swiss Sandwiches

12 dinner rolls (sliced in half)
12 slices ham
12 slices swiss cheese
1 T butter (melted)
1/4 c. brown sugar
2 T Worcestershire sauce
1 t. onion powder



1. Mix together all ingredients for the sauce.
2. Assemble the sandwiches with the ham & cheese inside the sliced rolls.
3. Brush the tops of the sandwiches with the sauce, as well as the insides.
4. Cover pan & refrigerate 4-24 hours.
5. Bake at 350 degrees with the foil covering the sandwiches.
6. Uncover and bake another 10-15 minutes.

Recipe courtesy of www.asweetpotatopie.com

Crispy Potato Wedges

2 T paprika
2 T olive oil
1 T garlic powder
1 T chili powder
1 t salt
1 t pepper
4 large potatoes, cut into wedges
1 C bread crumbs



Preheat oven to 400 degrees. Mix paprika, olive oil, garlic powder, chili powder, salt and pepper together in a bowl until marinade is smooth. Place potatoes in a baking dish. Add marinade and rub into potatoes. Sprinkle bread crumbs over potatoes and coat each wedge well. Bake in preheated oven for 30 minutes. Reduce heat to 355 degrees and continue cooking until wedges are tender enough to puncture with a fork (about 30 minutes more).



Cute AND Easy!!

Homemade bird feeders to do with your kids this spring

HEALTH FAIR

Open to the Public

Sponsored by Loch Haven Senior

Living Community

Monday, April 9, 2018

8 a.m.—11 a.m.

ALL FREE

Long Branch Area YMCA

1304 S. Missouri St, Macon MO 63552

Blood Pressure Screening
Blood Sugar Screening
Cholesterol Screening

- ◆ Sarah Eber, Dietician, will be there to answer any dietary questions you may have.
- ◆ Jessy Stephenson will be there to show you some stretches & exercises to help you with any of your physical needs.



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. Stephanie Adkins 660-385-3113 receptionist@lochhaven.com www.lochhaven.com



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