

Loch Haven Tymes

January 2017



A publication of

Loch Haven

Senior Living Community

Macon, Missouri

MARY SUMMERS, CMT

THE APARTMENTS/RCF

Employee SPOTLIGHT



- ♦ **What is your nickname?** My grandparents use to call me "kitten".
- ♦ **Describe yourself in one word.** Dependable
- ♦ **If you were an animal, what would you be?** A Boxer
- ♦ **What is your favorite**

movie? Any Christmas movie

- ♦ **What is the best place you ever went on vacation?** Never really been outside of Missouri
- ♦ **What was your favorite subject in school?** Science
- ♦ **Who is or was your hero and why?** Chris Sumpter, even though others see him as a little rough around the edges, he is my hero, my rock, and my teddy bear. He has loved me for me. He has been there for me and his kiddos. He has always encouraged me to be and do my best at whatever I do.
- ♦ **Everyone has a talent. What is yours?** Depends on what you think talent is, because I can cook, and I am

very crafty when I want to be.

- ♦ **What is one thing in your bucket list?** To build a new home.
- ♦ **Who was your favorite celebrity as a child?** Patrick Swayze
- ♦ **How long have you worked at Loch Haven?** 17 years
- ♦ **What are your duties?** Multi-tasker, because I do what is asked of me. Some days I pass medication, others I cook or clean. Most of all I take care of the needs of my clients and try to make each day better for them.
- ♦ **Live In:** Bevier
- ♦ **Family:** Chris and my kiddos Lily and Devin

"Loch Haven is my home away from home. We are one big family, and that is what makes it great to get up and go to work each day, so you can see your family."
~~~ Mary~~~



Welcome to Team Loch Haven

| | |
|-------------------------|---------------------|
| Trisha Tipton, CNA | Mountain View |
| Stacy Ward, LPN | West Brook |
| Teresa Cook, CMT | Sunset Village/ SCU |
| Justin White, NA | SCU |
| Anthony Benton, NA | |
| Angie Sheets, CNA | West Brook |
| Skyla Mahaffey, NA | West Brook |
| Jeremaine Dean, CMA | RCF |
| Cassandra Steinman, CNA | West Brook |



Thanks to the staff members who helped serve at the Loch Haven Holiday Community Soup Supper.

PERFECT ATTENDANCE

Teresa Davis

STAR AWARD

**Martha Hiday
Teresa Davis**

****For going above & beyond****

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!!



CHARLENE PONTIUS

The Apartments/RCF

RESIDENT Spotlight

Having been born in Macon, 85 years ago, I have returned home, and I am very happy to be here. My parents were Charles and Nellie Marsh. I was born Nellie Charlene Marsh on September 12, 1931. My dad worked for the city light plant for more than 40 years. He rang the whistle, tested the water, and did several other jobs there. Mom was a school teacher.

When she married my dad she had to give up her teaching job and worked at Sharp's Mercantile Store (where Ben Franklin's is now). I had two sisters, Marjorie and Betty Sue, both deceased, and my brother Larry. My brother is a retired teacher and has been very active in the Florissant Civic Center. He has conducted an orchestra for many years. Some of us here at our assisted living center were able to hear and see a tape of his recent Christmas Concert in St. Louis.

I had a very happy childhood. I was a Girl Scout clear through High School. My church was a big part of my life. I was a member of our youth choir as well as the adult choir in the First Baptist Church here in Macon. We had many wonderful Sunday school teachers and leaders in Girl's Auxiliary studies.

I attended Central Grade School here in Macon and enjoyed it all. I played basketball all four years of high school and loved it. I was on the first team all four years because of my height. Our team went undefeated in '46-'47. I was co-captain a few of those years. I've always enjoyed basketball, playing and watching it. I have also participated in the Woman's Alumni Team once in Macon. Good sportsmanship is so important, and playing a sport provides opportunities to learn that trait.

Having always been the tallest girl in my class (5'10"), I was delighted to see a tall, good looking guy as soon as I got to high school, and ended up marrying him. His name was John Burkhardt. Unfortunately, he passed away at the age of 53. We had two children – Cindy Schott, a retired teacher who lives in

Rolla; and a son John Kent Burkhardt, who lives in Centralia. He works at the University Hospital in Columbia.

I have five grandchildren; three step-children, and several great grandchildren. None of the children or grandchildren took much to basketball,

even though they had the height for it, but they chose music. We have clarinet, piano, and violin players in the family. Music has always been important. I sang in a trio in Clarence starting in 1964. I also sang in the "Women of Note" here in Macon and have sung in duets here at several Loch Haven activities.

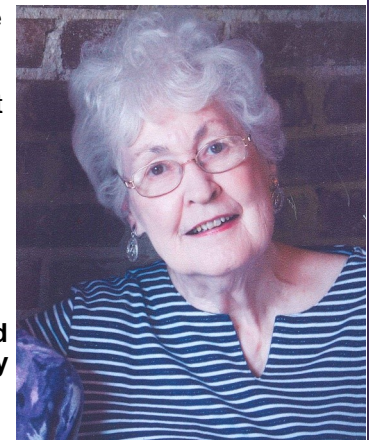
Immediately after high school I went to work at the State Highway Department in Macon. I took dictation and did secretarial work for the legal department. I worked there for five years until I left to go with my husband while he was in the service. I had an interesting job working for Civil Services at Ft. Benning, Georgia.

After Georgia we returned back to Missouri and lived in Kansas City for more education and worked at the Highway Department again, and later for a law firm. We returned to Macon, and then onto Clarence where we started our own business, "Burkhardt Brothers, a Massey Ferguson Dealership". We sold car, tractor, and combine parts. After my husband, John, passed we continued our business with John's brother, Richard. After many successful years, we closed our business in 1991. While living in Clarence I was a Girl Scout leader and a Sunday school teacher. I was also active in Eastern Star, and several other organizations including PEO and Beta Sigma Phi in Macon.

Last, but certainly not least, I married Charles Pontius in 1989. We had met, initially, when he came into my business to purchase some parts. Later a girlfriend of mine wrote me and said that she thought I should meet a man named Charles Pontius. He called me on Mother's Day, then again on the following Tuesday. We started dating and three months later we were married! I've never done anything so fast in my whole life! With the marriage, I gained three more children without the labor pains. We had twenty one wonderful years together until he passed away in 2011.

I moved to the apartments in February of 2016 and have only good things to say about living here.

**By Charlene Pontius and
Janis Fraley**



A Warm Welcome to

Patricia Woodard
Dale Woodard

Joann Wood (RCF)

Thanks to those who joined us for a therapeutic stay at
Loch Haven: **Ila Andrews, John Sawtell, & Linda Collins**

We will always remember

Frances Weaver
Alma Amidei

Opal Tipton
Naoma Deskin

Those we love don't go away. They walk beside us every day.
Unseen, unheard, but always near. Still loved, still missed and very dear. † † †

SYNONYM FOR FUN = OUR ACTIVITY STAFF



Katie Nelson ~ RCF



Legacy Neighborhoods

Front: Jeanie Nail (co-director)
Middle: Sandy Ralston &
Sherry Lenzini
Back: Cameron Christoffer
(co-director)



Susan Lenon ~ Cottages



Oak View & Cedar View COTTAGES

Susie's Musings



Howdy Ya All! Oh me, ole' winter is here and summer isn't even near! I guess we'll take it one day at a time. Both cottages enjoyed their holiday meals. Starting with celebrating Thanksgiving, a great time was enjoyed with the tables all set with fall décor. A wonderful meal was served with their families and sharing love and fellowship and enjoying being together. Also, thanks to the families who brought some goodies. Well down came the fall décor and up went the Christmas decorations. Thanks to Louise Hook and Pauline Beard who came and helped decorate one day. They did a beautiful job. Things were real festive when the finished. It was cold on them working outside, but they got the job done. Thanks gals!! The Christmas trees at the Cottages are my dog, Sophie's, hide out. If you can't find her, she is curled up under the tree. One day she was snuggled up against the stuffed dog, cute it was. Thanks again to volunteers who come. Clark Dobbs with Bible Study. David and Arlene Foster picking and singing. Matt Carroll, Debbie, Emma and Kiley who came and sang your favorite Christmas carols and gospel songs. What a performance. Even the girls played the piano. The talent is great. Thank you so much for your concert. Phyllis Belt did a music program of Christmas songs, some being oldies. The residents sure enjoyed the time she shared with them. Thanks Phyllis! All keeps busy with skip-o, dominoes, puzzles, and me reading *History is a Mystery*. Thanks to Marilyn Amedei. The residents and staff enjoyed the Christmas exchanges. It was wonderful to see the excitement on your loved ones' faces here. Lots of gifts were enjoyed and our thanks to anyone who donated or helped out in any way making their Christmas so special. Thanks for all the staff who worked so hard this year in making 2016 a special memory for all. Next comes 2017. Hope it's a good one!! When I had Sophie out the other night, I got worried because the big dipper was gone. Now who would have taken it!? What next!! Until next year, Happy New Year and God Bless!

Susan Lenon, Activity PAL

- ◆ Delpha Walters would cut a 9' tree and couldn't get it through the door. Cut it off two times and then it would stand up ok in a bucket. Strung popcorn and she got a red wagon each year.
- ◆ Mimi Phipps rode on a tractor and trailer out to cut a 7' tree. Set it in a bucket of dirt and made red and green chains and strung popcorn and ate some of it!
- ◆ Bertha Deveno always had a fir tree. Celebrated on Christmas morning.
- ◆ Viola Lockhard: *Dad cut a cedar tree and we strung popcorn. Always got a big doll that wore baby clothes.*
- ◆ Daisy Tabor: *Dad took all five of us to cut tree. Wrapped*

WE REMEMBER....CHRISTMAS

hickory nuts in foil to hang on the tree.

- ◆ Wanda Vass: All six brothers and one sister went to cut their tree. Had lots of patching jeans to do.
- ◆ Wanda Henry: Was always told Santa came on a sleigh, but could never find any tracks coming in or out of the house.
- ◆ Paul Harrison: Always had a big tree at Atlanta School and would string popcorn. He has had five generations graduate and his mom was the first graduate from Atlanta in 1912.

SUSIE'S SLOGAN: BE IN STYLE...WEAR A SMILE!



Birthdays!!

6 Harold Bond
10 Bessie McElhaney
12 Richard Franks
16 Helen McDuffee
16 Wanda McLeland

22
26
28
29
29
30
30
30
30

Delia Cochran
Cheryl Albright
Marg Stow
Bonita Pennington
Julia Wyatt
Vernon Barrow
Bertha Deveno
Dorothy Johnson
Ralph Schmedake



- ♦ To the local AARP chapter that donates numerous items to our Country Store. The Country Store is an activity for our residents where they shop for items that they need or want once a month.
- ♦ To Kay Freeman for donating books.
- ♦ To the Schlanker Family for passing out Mardi Gras beads to our residents and staff.
- ♦ To Roger Marsh for assisting veterans to receive medals that they are due. Thanks for holding your meetings at Loch Haven.
- ♦ To all those who visited and brought gifts to our residents over the Christmas holiday. A special thanks to those individuals and organizations who brought gifts to our veterans. We thank you for your service to those who served. You are greatly appreciated.
- ♦ To the Athenian Club for donating a wreath.
- ♦ To Marilyn Roberts for donating two lap blankets.
- ♦ To the United Church of New Cambria for donating Christmas Snacks.
- ♦ To Judy Rushton for donating Christmas decorations and cards.
- ♦ To the Bucklin Legion #57 for donating lap blankets for our veterans.



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
Val Lewis, RN at 385-3113



****NEWS FROM THE LOCH HAVEN FOUNDATION****

- ⇒ The Foundation would like to send thanks to Richard and Louise Franks for making a generous donation to the Loch Haven Senior Living Community Foundation. The funds will be used to make improvements that will benefit the quality of life for our residents.
- ⇒ The Foundation received a \$500 grant from Walmart which will be used to update lighting in the Dining Room in the Apartments.

****YOUR GIFT **WILL** MAKE A DIFFERENCE****

The Foundation accepts donations for either designated projects or non-restricted funds to be used at the discretion of the Foundation for Loch Haven and its residents. Contact Foundation Director Mary Beth Truitt if you would like to make a donation or to learn more.

SPECIAL Brook NEWS



Special care continues to work through the renovations. Our residents are enjoying their spruced up rooms with new lighting and fresh new paint. Our hallways are painted and everyone is excited to see the new art and decorations go up. Our holiday party was a huge success! We want to say thank you to Dale Wilson and his wife for volunteering and providing a wonderful music program. We had a great time and Santa even stopped by to visit our good boys and girls. Everyone was grateful to receive a gift- no lumps of coal for us! We all ate good home cooked goodies and enjoyed our friends and family. Thank you to all who helped us put it together. **By Val Lewis**




News from RCF



December at the Apartments came in with a whirlwind! Some of the many activities that we participated in included: traveling to Callao to see the Latchford lights, enjoying Christmas carolers who came to sing for us, going to the Casino, attending a Christmas pageant at a local church, and decorating our apartments for the holidays. ~ We had many opportunities to celebrate the season with family and friends. On December 16th we were delighted to have many attend our Christmas luncheon. The soups, sandwiches, and delicious desserts were festive and satisfying. Santa came to the Apartments and brought all of us a gift to open. It was a nice time to gather together, watch everyone open presents, and partake in sugar cookies and hot chocolate. On Christmas Eve we all came together to listen to two versions of "The Christmas Story" and had a candlelight vigil to remember those who have

passed away over the past year. On Christmas Day we had a traditional holiday meal including country ham and turkey with all the fixings. We even had some special treats including cupcakes decorated with icing Christmas trees and eggnog pie. Everything was delicious and special. ~ We welcome Donna Albrothross and Joann Wood. We would also like to extend a big thanks to Joan Miles and family for spending hours of time, creativity and their own supplies to decorate our hallways and dining room during the fall and winter seasons. ~ Our year will end with a New Year's Eve celebration to commemorate the end of 2016 and the beginning of 2017. We have had a fantastic year, and we hope that 2017 will bring health and happiness to all that we know. We are very appreciative! Thanks for helping us feel festive. **by Janis Fraley**

January 2017 Activity Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|--|--|---|
| 1 10am Sunday School 2pm United Methodist 6:30pm Callao Bible Study | 2 9:30a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups | 3 9:30a Chit Chat 10am Concentration 2pm Trivia 3p Small Groups 6p Ethel Amish | 4 9:30a Chit Chat 10am Flex & Stretch 2pm Dick & Alvie 3p Small Groups | 5 10a Bevier Baptist Bible Study 2p National Hamburger Day 3p Small Groups | 6 9:30a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories | 7 Weekends with Sherry Bingo @ 9:30 |
| 8 10am Sunday School 2pm Faith Baptist 6:30pm Callao Bible Study | 9 9:30a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups | 10 9:30a Chit Chat 10am Spa Day 2pm Birthday Party 3p Small Groups | 11 9:30a Chit Chat 10a Flex & Stretch 2p Movie / Popcom 3p Small Groups 7p County Kickers | 12 10a Bevier Baptist Bible Study 2p Ladies Tea 3p Small Groups | 13 9:30a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories | 14 Weekends with Sherry Bingo @ 9:30 |
| 15 10am Sunday School 2pm Ethel Christian 6:30pm Callao Bible Study | 16 9:30a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups | 17 9:30a Chit Chat 10am Concentration 2pm Resident Choice 3p Small Groups 6:30p Open Arms | 18 9:30a Chit Chat 10a Flex & Stretch 2p Donny Roberts 3p Small Groups 7p County Kickers | 19 10a Bevier Baptist Bible Study 2p David Foster 3p Small Groups | 20 9:30a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories | 21 Weekends with Sherry Bingo @ 9:30 |
| 22 10am Sunday School 6:30pm Callao Bible Study | 23 9:30a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups | 24 9:30a Chit Chat 10am Spa Day 2pm Resident Council 3p Small Groups | 25 9:30a Chit Chat 10a Flex & Stretch 2p Roy & Barbara 3p Small Groups 7p County Kickers | 26 10a Bevier Baptist Bible Study 2p Men's Social 3p Small Groups | 27 9:30a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories | 28 Weekends with Sherry Bingo @ 9:30 |
| 29 10am Sunday School 2p Atlanta Methodist | 30 9:30a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups | 31 9:30a Chit Chat 10am Concentration 2pm Heart of Art 3p Small Groups | | All activities are in the North Activity Room unless noted. | One on One activities offered daily to those unable to attend regularly scheduled activities |  |

Memories & Smiles





January 2017 Dining Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|---|--|--|
| 1 Pork Roast Gravy Herb Stuffing Cauliflower/w Parsley Pineapple Cake | 2 Herb Butter Tilapia Scalloped Potatoes Lemon Pepper Asparagus Pear Cobbler | 3 Pork Tips/Gravy Buttered Egg Noodles Steamed Broccoli Oriental Salad Mandarin Oranges | 4 Buttermilk Ranch Chicken Baked Beans Squash medley Lemon Cream Pie | 5 Residents Choice | 6 Pot Roast Roasted Carrots/ Potatoes/Onions Cheese Herb Biscuit Carrot Cake w/ Cream Cheese Frost | 7 Fried Fish Macaroni & Cheese Mixed Vegetables Chilled Peaches |
| 8 Baked Chicken with Onion Gravy Baked Potato Spinach & Mushrooms Vanilla Cake | 9 Stuffed Shells w/ Sauce Italian Blend Vegetables Side Salad Gelatin with Whip Top | 10 Pork Chop w/ Mushroom Gravy Buttered Rice Dutch Cabbage Pumpkin Crumble | 11 Baked Whitefish Baked Sweet Potato Parmesan Cauliflower Cheese Herb Biscuit Rice Pudding | 12 Glazed Ham Au Gratin Potatoes Carrots & Onions Glazed Applesauce Cake | 13 Oven Fried Chicken Mashed Potato Vegetable Medley Buttermilk Biscuit Pie of the Day | 14 Enchilada Casserole Corn Dinner roll Sopapilla with Honey |
| 15 Oven Fried Chicken Mashed Potatoes/Gravy Green Beans/w Onions Apple Pie Buttermilk Biscuits | 16 Ham & Beans Fried Potatoes Mixed Greens Cornbread Chocolate Chip Cookie | 17 Beef & Broccoli Stir Fry Steamed Rice Marinated Slaw Mandarin Oranges | 18 Roasted Pork Loin Dressing and Gravy Vegetable Medley Sweet Potato Pie | 19 Italian Chicken Buttered Pasta Spinach Salad Poached Pears | 20 Lemon Fish Garden Blend Rice Asparagus Bread Stick Warm Fruit Compote | 21 Baked Zit w/ Ital- ian Sausage Italian Vegetable Garlic Bread Cheese Cake |
| 22 Baked Ham Sweet Potato Casserole Mixed Vegetables Frosted Chocolate Cake Dinner Roll | 23 Taco Salad Spanish Rice Corn Salad Tres Leches Cake | 24 Vegetable Lasagna Italian Tossed Salad Tiramisu Pudding Cup Garlic Bread | 25 Meatloaf Mashed Potatoes/Gravy Green Beans Iced Oatmeal Cake | 26 Roast Turkey Corn Bread Dressing Brussels Sprouts Dinner Roll Pumpkin Pie | 27 Grilled Pork Chop Roasted Potatoes Sautéed Cabbage Cinnamon Baked Apples | 28 Marinated Chicken Fettuccini Alfredo Baby Carrots Bread Sticks Chocolate Chip Cookie |
| 29 Pork Roast Gravy Herb Stuffing Cauliflower/w Parsley Pineapple Cake | 30 Herb Butter Tilapia Scalloped Potatoes Lemon Pepper Asparagus Pear Cobbler | 31 Pork Tips/Gravy Buttered Egg Noodles Steamed Broccoli Oriental Salad Mandarin Oranges | *All meals served buffet style with bread and beverage. Several choices available. | | | |



Cooking thru the Ages!



Texas Pecan Pie Pound Cake

2 cups butter
4 cups sugar
4 cups flour (cake or all purpose)
8 large eggs
1 (8 oz) package cream cheese
3 tps. vanilla flavoring
1 cup pecans, chopped
1 cup brown sugar
1 jar of caramel ice cream topping

Cream together (room temperature) cream cheese, butter, and eggs until smooth. Add eggs, one at a time followed by flour, one cup at a time. Add vanilla. Grease and flour bundt pan. Pour in batter. Sprinkle with pecans and brown sugar. Lightly press into the batter. Bake at 300° for 1 hour and 15 minutes. Increase the temperature to 325° and bake for an additional 30 minutes. Test the cake for doneness. Cool for a few minutes before removing from pan, inverting onto plate. Then, turn the cake onto another plate so that the nuts are on top. Drizzle with jar of caramel ice cream topping. Heat from the cake will make the caramel melt over the pecans. Can add a glaze as well (very pretty).



Puffy Tacos

1 lb ground beef
1 package taco seasoning
1 (10oz) can diced tomatoes

2017 is Cookin'



and green chiles, drained
2/3 cup water
2 cups shredded cheddar cheese
1 (17.3-oz) package puff pastry, thawed

Preheat oven to 400°. Line two baking sheets with parchment paper. Set aside. In a large skillet, cook ground beef until no longer pink. Drain. Add taco seasoning, diced tomatoes and green chiles and water. Simmer for 5 minutes. Set aside.

Pastries: Unfold pastry sheets. Cut each sheet into 9 squares. Arrange taco meat down diagonal center of the pastry squares. Sprinkle with some of the shredded cheddar cheese. Fold two opposite corners of each

square over the filling and press edges to seal. Place on prepared baking sheet. Bake 15-18 minutes, until golden brown. Serve hot or at room temperature. Makes 18 puffs

Onion Roasted Potatoes

1 envelope Onion Soup Mix
2 lbs Potatoes cut into cubes
1/3 cup olive oil

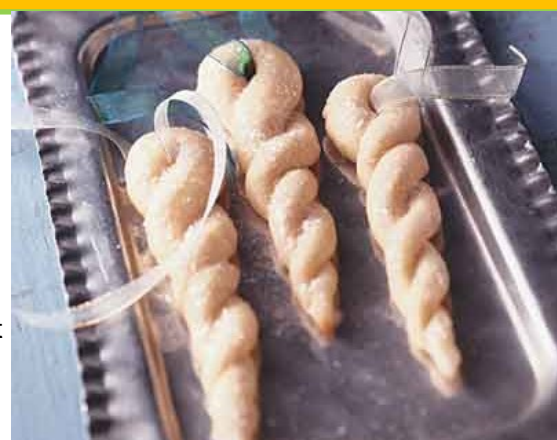
Put all ingredients into plastic bag. Shake until potatoes are evenly coated. Empty into shallow baking dish. Bake at 450° for 40 minutes or until done. Stir occasionally.



**Rake, Paint, Jewelry
VOILA!!**

Sugar Cookie Icicle Cookies

Make your favorite sugar cookie dough. Divide dough in half; shape each half into 5-inch log. Wrap each in plastic food wrap. Refrigerate 2 hours or until firm. Heat oven to 375°F. Cut logs into 1/4-inch slices. Roll each slice into 9-inch rope, tapering from center to ends. Fold rope in half and twist, pinching end into a point. Place 2 inches apart onto ungreased cookie sheets. Repeat with remaining slices. Bake 8-10 minutes or until set. Poke hole in top of each cookie with toothpick or straw to hang icicles. Cool completely on wire rack placed over waxed paper. Make a powdered sugar glaze. Brush glaze over cooled cookies with pastry brush. Immediately sprinkle edible glitter on cookies. Let stand until set. Thread ribbon through hole in each cookie to hang.



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WELCOME, NEW YEAR

Welcome the New Year,
Let the bells ring!
Lift up your voices;
Everyone sing!

The New Year's beginning;
Start it off right.
Bid it good fortune
And welcome tonight.

The Old Year is passing,
But there's none to mourn.
We are rejoicing;
The New Year is born!

Nona Keen Duffy



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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