

Loch Haven Tymes

February 2019



A publication of

Loch Haven
Senior Living Community

KATHY GULLEY— DIETARY

Employee Spotlight

- ♦ **What is your nickname?** Kat
- ♦ **Describe yourself in one word.** Friendly
- ♦ **If you were an animal, what would you be?** Bear
- ♦ **What is your favorite movie?** Saving private Ryan
- ♦ **What is the best place you ever went on vacation?** Texas
- ♦ **What was your favorite subject in school?** P.E.
- ♦ **Who is or was your hero and why?** My Dad, he had a heart of gold
- ♦ **Everyone has a talent. What is yours?** Being friendly and respecting others
- ♦ **What is one thing on your bucket list?** To go to Mexico
- ♦ **Who was your favorite celebrity as a child?** Patrick Swayze
- ♦ **How long have you worked at Loch Haven?** 4 and a half months. What are your duties? Fixing drinks, making snacks and cleaning
- ♦ **Live In:** Marceline
- ♦ **Family:** I have 3 children ages 27, 26 and 20. I have one grand daughter and she's 2 years old.
- ♦ **What do you like about working at Loch Haven?** I love being around the elderly and this is one job that I enjoy doing!



Welcome to

Team Loch Haven

Isis Holman, Nurses Aid
April Hager, CNA
Chyenne Hulett
Shelby Lawless, BS
Craig Walters, Custodian
Katie Sheets, Nurses Aid
Jordan Senholtz, Custodian
Cassandra Toilolo, Nurses
Alex Quido, Nurses Aid
Emalee Seiger, Nurses Aid
Angel Watson, Nurses Aid
Teresa Glover, LPN

Perfect Attendance
Alicia Smith



STAR AWARD
Melissa Falikner



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



Thomas & Bernice Lewis

Resident Spotlight

Bea was born to Hugh Allen Murphy and Sophronia Lea Murphy in the Ten Mile Township. She had four brothers and one sister. Bea went to the Van Vleet Country School and graduated from Atlanta High School. Two months after graduating, Bea was raising her younger siblings due to the sudden death of her mother. She also taught school at this time.

Tom was born in 1926 to Frank Jones Lewis and Effie Elizabeth Rissler and lived in the Macon area his whole life. He had one brother and one sister. Tom joined the Army and served for two years. It was after his time in the Army that he and Bea officially met.

Tom and Bea Lewis' love story started while they were young adults. Both of them would spend time with friends on the town - at dance halls, the movies or the sweet shops. This is how they met, as groups of people would meet and socialize in the evening. Soon, the two paired up and began courting. Marriage came on February 9, 1947 at the preacher's house with just a few friends and relatives to witness. For their honeymoon, Tom and Bea spent a week in Iowa (that was where Tom's favorite uncle lived).

For two years, Tom and Bea lived in town. But the country called. They moved and farmed land that they owned and rented. Besides having livestock and raising crops, both of the Lewis' worked outside the home. Bea worked in town at various places and Tom sanded floors and was a carpenter.

During this time, Bea and Tom were graced with two daughters, Colleen (Jones) and Vonda (Berti).

The daughters helped on the farm, too. It wasn't all work though. Tom and Bea made time for family and friends. For years the two would go dancing – wherever there was a dance, you would find the Lewis' with a group of



friends enjoying the music and shaking a leg. They also enjoyed traveling. Some of the many places they have been include: California, Florida, Texas and Alaska.



Tom enjoyed fishing, hunting and boating. He says that he has taught every kid in the neighborhood how to water ski. Although Bea wasn't really into hunting or fishing, she could cook up anything Tom brought home!

Now their family has grown. Vonda Berti of Shelbina had three daughters (Laurie, Carissa and Teah) and those daughters gave the Lewis' five great grandchildren and two step great grandchildren. Colleen Jones of Macon had two sons (Eric and Doug) and a daughter (Brina) and those children gave the Lewis' four great grandchildren.

MEET OUR THERAPY DEPARTMENT



ReHab Care Therapists: (L-R) Mae Quindo, Dee Worley, Tiffany Blankenship, Amanda Wingo, Josh Dodsworth, and Amanda Winkler. Not pictured: Kristie Lea.

OFFERING HOPE, HEALING AND RECOVERY

Meet our therapy team! Rehab Care is on-site here at Loch Haven. They provide Physical, Occupational and Speech Therapy services for our residents. Rehab Care was founded in 1982, they offer quality rehabilitative care 365 days a year. Our on-site therapists are dedicated to helping our residents regain their lives. We want to help you or a loved one return home as quickly as possible through our Rehab to Home program. Loch Haven Senior Living Community and ReHab Care, strive to offer, hope, healing and recovery.



Pictured above: is Josh Dodsworth — PTA, who's working with Vickie Fugate on her physical therapy program. Vickie has really enjoyed working with our ReHab Care team here at Loch Haven, during her stay.



Pictured above: Kristie Lea — Certified Occupational Therapy Assistant who has been working with Thomas Linhardt on his mechanical thinking.

What is a Restorative Nurse's Aid? A **restorative nurse's aide** is a certified nursing assistant (CNA) who has additional, specialized training in **restorative** nursing care.

Loch Haven offers a Restorative Nursing Program — this program refers to those **nursing** interventions that promote the resident's ability to live as independently and safely as possible. The **restorative nursing program** actively focuses on achieving and maintaining optimal physical, mental and psychosocial function.



Pictured to the left: is Charlene Pontius who's been working with Dianna Resa our Restorative Nurses Aid. Charlene said "I look forward to working with Dianna because it gets me up and moving!" Charlene also mentioned "the first thing she makes me do is stretch. I'm so tall it really helps me focus on keeping a good posture, which is really important to me." Charlene also voiced that she's thankful that we offer this program here because otherwise she wouldn't be able to



Pictured above: is Loch Haven's Restorative Nurses Aid, Dianna Resa who's working with Ireta Lee to make sure she's getting her

Oak View & Cedar View COTTAGES

Susie's Musings



Hello from the cottages. It's now 2019 and away we go with lots of wind, rain, ice and snow. We're all saying we don't want no more "MO!" The residents are sure enjoying the fire places these cold days. It's so relaxing to watch the flames. It's like sitting around a campfire. No one made a New Years resolution because they said it was a waste of time. I sure agreed to that because I made one 6 years ago and I'm still working on it, "oh, well!" Our "thanks" to Clark Dobbs for coming to teach bible study to the residents. Also, to David Snarr, Bill Lear and David foster for teaming up to do some picking and some singing for us! Those gospel songs are always our favorites! The residents enjoy singing and clapping along to your music. Many thanks to ALL our volunteers.

Skip O is still the favorite game played at the cottages but we've come up with a different one and we named it ROLY POLY. It seems to be a great hit with the residents and also the High School Work Program students and their teacher, Rhian Beldon. Those students to an awesome job here at the Cottages. Thanks for ALL you do here!

Bertha Deveno always loved riding in her Buck Board. Her grand daughter, Jodi led the horses for her to have one last ride to see her Oak View family and friends so they could say their goodbyes. We will miss her dearly.

We don't have a parachute so we're using a bed sheet and blew up balloons to raise the sheet up and down and then the bouncing begins! It's watch out for the flying balloons. It's a fun thing to do and the seem to really like it! If your going to make snow ice cream, do it before it gets rained on because you'll end up with icy snow cones like we did, it was REAL-LY quite good though! Helen Decker had her 2nd piano lesson and we couldn't believe what we're hearing thinking, oh she has such talent. Well, guess what? We're still back to square one because the piano needs TUNED! Oh dear, what next? I love visiting with the residents so I asked them "If Jesus was here and he sneezed, what would you say to him?" Some replies, were oh bless you, sorry for you, kershontie, oh be carful, are you sick, who's your doctor, hope it's not catching anything, you need a napkin, why, are you sneezing?" Next comes decorating for Valentines Day. Can't believe it's here already! My thanks to the hard working staff and to the maintenance department for keeping up with the bad weather we've had. Have a good month, stay healthy and keep wearing your beautiful smiles :) Love and blessings to all.

Susan Lenon

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

Birthdays

FEBRUARY

1	Helen Baker	16	Lloyd Gladhill
4	Shirley Matticks	16	Doris James
5	Genevieve Shearon	18	Gertrude Scurlock
7	Carlos Andrews	19	Irvin Cross
7	Doris Morrow	23	James Allred
7	Wanda Vass	26	Harold Streight
7	Evelyn Howard	28	Jennie Cope
11	Golda Gwinner	28	Kathryn Thomas
14	Janice Biehl		



Thank you to those who have contributed to our bird seed jug! Our residents enjoy watching the birds during the winter months.

A special "THANK YOU" to all of our volunteers who continue to BLESS our home with their presence.



Thank you to the Bevier Baptist Church for coming each and every week to lead worship service for our residents. We appreciate your time, talents and your cheerful smiles that you bring to our home!

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



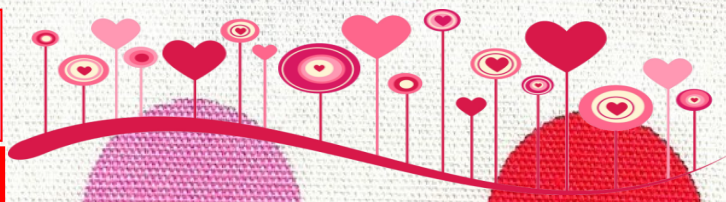
www.lochhaven.com



This Valentine's Day our married couples will enjoy a special luncheon to celebrate their LOVE! This has been a tradition here at Loch Haven for many years and we hope and plan to continue to host this event for years to come.



News from RCF



We welcomed 2019 with a "Happy Noon-Year" party that consisted of sparkling grape juice, delicious finger foods, and festive cupcakes. There was party hats, horns and candy. Everyone had a great time.

With the weather cold and blustery, residents stayed indoors and kept busy with games, BINGO, daily exercise and chatting with friends. We've enjoyed church services, bible studies and music programs.

Several birthdays (seven in all) were celebrated in January, both residents and staff. When a birthday comes up, that person gets to pick what dessert they want to eat. We have had many yummy desserts!

January has been very busy in the Apartments. Staying busy helps us stay mentally and physically strong. We hope that the rest of 2019 finds everyone happy, healthy and safe. ~ Janis



February 2019 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		All activities are subject to change without advance notice.			1 Groundhog Day Wear Red Day! 9:30a Coffee Club 10a Exercise 1p Jim Bolin 2:30p Games	2 9:30a Bingo 6p Belles & Beaus
3 10a Sunday School 2p United Methodist 6p Callao Bible Study	4 9:30a Coffee/Tea 10a Exercise 2p Bingo 3:30p Resident Council	5 9a Nails 2p Funnel Cakes 3p Pitch 7p Ethel Amish	6 9:30a Reminisce 10a Exercise 2p Dick's Gospel Music 3:30p Dominoes 7p County Kickers	7 10a Bevier Baptist Bible Study 2p Balloon Tennis 3p Pitch	8 9:30a Coffee Club 10a Exercise 1p Jim Bolin 2:30p Games	9 9:30a Bingo
10 10a Sunday School 2p Faith Baptist	11 9:30a Table Talk 10a Exercise 2p Bingo 3:15p Dominoes	12 Lincoln's Birthday 10a Concentration 2p Birthday Party 3p Pitch	13 9:30a Chit Chat 10a Exercise 2p Paint 3:30p Skip-Bo 7p County Kickers	14 Valentine's Day 10a Bevier Baptist Bible Study 2p Valentine Party	15 9:30a Coffee Club 10a Exercise 1p Jim Bolin 2:30p Games	16 9:30a Bingo
17 10a Sunday School 2p Ethel Christian 6p Callao Bible Study	18 President's Day 9:30a Reminisce 10a Exercise 2p Bingo 3:15p Tic Tack Toe	19 9a Nails 2p Social 3p Pitch 6:30p Open Arms	20 9:30a Coffee/Tea 10a Exercise 2p David Snarr 3p LRC 7p County Kickers	21 Washington's Birthday 10a Bevier Baptist Bible Study 2p Arlene & David 3:30p Dominoes	22 9:30a Coffee Club 10a Exercise 1p Jim Bolin 2:30p National Margarita Day (non-alcoholic)	23 9:30a Bingo
24 10a Sunday School 6p Callao Bible Study	25 9:30a Coffee/Tea 10a Exercise 2p Bingo 3:15p UNO	26 10a Concentration 2p Pitch 3p Pitch	27 9:30a Coffee Time 10a Exercise 2p Roy & Barb 3p Numbers 7p County Kickers	28 10a Bevier Baptist Bible Study 2p Balloon Volleyball 3p Pitch		

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 has three board members: B J Roberts, President; Kelsey Hinshaw, Treasurer; and Richard Waller, Member. Mary Beth Truitt will serve as the Director/Secretary for the Foundation.

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
701 Sunset Hills Drive
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 _____

February 2019 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Breaded Pork Chop with Onions Zucchini Cornbread Dressing Bake Spinach, Bacon & Onion (A) Peaches & Pineapple Bread/Margarine Beverage	2 Spaghetti w/Meat Sauce Italian Tossed Salad Garlic Bread Frosted Chocolate Cake Beverage
3 Fried Chicken Mashed Potatoes & Gravy Broccoli w/Cheese Sauce (A) Pie of the day Dinner roll/Margarine Beverage	4 Unstuffed Peppers Over Steamed Rice Buttered Carrots (A) Blushing Pears Bread/Margarine Beverage	5 Autumn Pork Roast - w/ Apple Glaze Mashed Potatoes & Gravy Mixed Greens (A) Fruit Shortcake Bread/Margarine Beverage	6 Swiss Steak Creamy Noodles Broccoli Cauliflower Blend Whipped Gelatin Bread/ Margarine Beverage	7 Roast Turkey & Gravy Baked Sweet Potato (A) Green Bean Casserole Fruit Cobbler (FR) Dinner Roll/Margarine Beverage	8 Seasoned Baked Crusted Fish Macaroni & Cheese Cole Slaw Frosted Banana Cake Bread/Margarine Beverage	9 Bacon Wrapped Beef Roasted Redskin Potatoes Fried Cabbage Fruit Salad Bread/Margarine Beverage
10 Brown Sugar Pork Chops w/Garlic & Herbs Sour Cream Chive Mashed Potatoes Brussel Sprouts w/ Bacon Dinner Roll/Margarine Beverage	11 Baked Chicken with Onion Gravy Baby Bakers Broccoli (A) Apple Crisp (FR) Dinner Roll/Margarine Beverage	12 Lasagna Buttered Peas Caesar Salad Fruited Gelatin (FR) Garlic Bread Beverage	13 Sweet & Sour Pork Fried Rice Oriental Vegetables Mandarin Orange Cake Bread/Margarine Beverage	14 Meatloaf w/Ketchup Glaze Mashed Potatoes & Gravy Spinach Back (A) Bread Pudding w/Vanilla Sauce Dinner Roll/Margarine Beverage	15 Creamy Mushroom Chicken Baked Potato w/Sour Cream Italian Vegetable Blend (A) Fruit Crumble (FR) Bread/Margarine Beverage	16 Country Fried Steak W/Cream Gravy Mashed Potatoes Vegetable Medley Pumpkin Crumble (A) Bread/Margarine Beverage
17 Herb Roasted Chicken Parslief Buttered Potatoes Broccoli (A) Carrot Cake w/Cream CheeseFrosting Beverage	18 Marinated Pork Loin Herb Stuffing Yams (A) Autumn Fruit Crumble (FR) Bread/Margarine Beverage	19 Salisbury Steak Parmesan Noodles Green Beans Frosted Chocolate Cake Bread/Margarine Beverage	20 Roast Turkey & Gravy Loaded Baked Potato Vegetable Blend Fruit Cobbler (FR) Dinner Roll/Margarine Beverage	21 Beef Stroganoff Over Noodles Roasted Brussel Sprouts Peaches & Cream Dinner Roll/Margarine Beverage	22 Fried Fish Tartar Sauce Macaroni & Cheese Stewed Tomatoes Peanut Butter Pie Beverage	23 Oven Fried Chicken Mashed Potatoes & Gravy Corn Mixed Fruit Cup w/ Whipped Topping Bread/Margarine Beverage
24 Baked Ham Sweet Potato Casserole Buttered Cabbage Mock Pecan Pie Cornbread/Margarine Beverage	25 Turkey Ala King Biscuit Tossed Salad w/Dressing Cranberry Swirl Cake Beverage	26 Penne Polish Sausage Bake Mixed Vegetables Fruit Cobbler (FR) Milk/Beverage	27 Baked Chicken Au Gratin Potatoes Buttered Carrots (A) Bread Pudding w/Vanilla Sauce Bread/Margarine Beverage	28 <div>Resident's Choice</div>		



Cooking thru the Ages!



Scrambled Egg Muffins

1/2 lb. bulk pork sausage
12 eggs
1/2 cup chopped onion
1/2 cup chopped green pepper
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder
1/2 cup shredded Cheddar cheese

Preheat oven to 350 degrees.

Lightly grease 12 muffin cups or line with paper muffin liners. Heat a large skillet over medium-high heat and stir in sausage; cook and stir until sausage is crumbly, evenly browned, and no longer pink, 10 to 15 minutes; drain. Beat eggs in a large bowl. Stir in onion, green pepper, salt, pepper, and garlic powder. Mix in sausage and Cheddar cheese. Spoon in 1/3 cupful's into muffin cups. Bake in preheated oven until a knife inserted near the center comes out clean, about 20 to 25 minutes. Recipe courtesy of: Allrecipes.com



Baked French Toast

1 (1 pound) loaf French bread, cut diagonally in 1 inch cubes
8 eggs
2 cups milk
1 1/2 cups half-and-half cream
2 teaspoons vanilla extract
1/4 teaspoon ground cinnamon
3/4 cup butter
1 1/3 cups brown sugar
3 tablespoons light corn syrup



Butter a 9X13 inch baking dish. Arrange the pieces of bread in the bottom of dish. In a large bowl, beat together eggs, milk, cream, vanilla and cinnamon. Pour over bread pieces, cover, and refrigerate overnight. The next morning, preheat oven to 350 degrees. In a small saucepan, combine butter, brown sugar and corn syrup. Heat until bubbling. Pour over bread and egg mixture. Bake in preheated oven, uncovered, for 40 minutes. Recipe courtesy of: Allrecipes.com

Employee work Anniversary's for the Month of **FEBRUARY**

Sadie Akins	2nd - 1 year
Rachel Reed	4th - 3 years
Sherry Lenzini	5th - 3 years
Judy Senholtz	5th - 6 years
Daffanie Brammer	10th - 8 years
Cheryl Taylor	13th - 13 years
Jacqueline Baye	16th - 2 years
Naomi Benton	27th - 5 years
Rosemary Jones	27th - 14 years
Cathy Walker	28th - 2 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!

A Warm Welcome

Lisa Norden
June Spencer
Ralph Richter

Ivan Clarkson
Lyvola Hogsett



We will always remember

Margaret Taylor
Juanita Shearer
Doris Lewis

Mavis Lambert
Bertha Deveno

*Those we love remain with us
For love itself lives on.*

Love Week

Not only February 14, but also whole week is observed as Love Week Starts from February 7 to February 14. These seven days have their specialties for Valentine's Day.

- Rose Day, February 7
- Propose Day, February 8
- Chocolate Day, February 9
- Teddy Day, February 10
- Promise Day, February 11
- Hug Day, February 12
- Kiss Day, February 13
- Valentine's Day, February 14





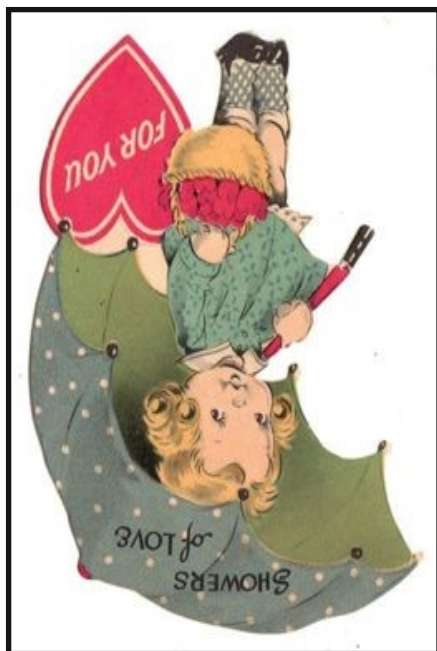
WE WENT DIGITAL!!!

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



Happy Valentine's Day

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. Crystal Smith, Marketing Director 660-385-3113 mbtruit@lochhaven.com www.lochhaven.com



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