

PLEASE JOIN US TO RECOGNIZE & CELEBRATE OUR VETERANS!!

Veterans Day Ceremony

Friday, November 10, 2017

North Activity Room At 2 p.m.



Honoring Our Residents and Area Veterans!

Loch Haven's Special Veterans' Edition

This special edition of the Loch Haven Tymes is published by Loch Haven Senior Living Community in Macon, Missouri. Thanks to those family members who have helped gather information and photos so that we can give proper recognition to the veterans who call Loch Haven home.

Special thanks to Katie Nelson, Susan Lenon, Jeanie Nail, Sandy Ralston and Sherri Lenzini who visited with our veterans to gather information and photos. Thanks so much to everyone for all of your help.

Loch Haven is very proud of the services we offer to **all** of our residents. Loch Haven is all about family and is a wonderful place to call home. If you would like more information about Loch Haven, please contact us to set up a tour.

www.lochhaven.com

660-385-3113



Greater love has no one than this,
that he lay down his life
for his friends.
John 15:13

Macon, MO 63552

701 Sunset Hills Dr.

Loch Haven

Special Edition of the

Loch Haven Tymes

November 2017

A Salute

to those who served

A publication of
Loch Haven Senior Living Community

HOME OF THE FREE BECAUSE OF THE BRAVE

Thank you to all of those who have served, those who are now serving, and those who will serve in the future.
- Kelsey Hinshaw, Loch Haven Senior Living Community Administrator



Arla Harrell
Army Sergeant

- ◆ Drafted in October 1945 at the age of 18.
- ◆ Basic Training at Camp Crowder in Neosho, Missouri.
- ◆ Trained as a medic and sent to Germany.
- ◆ Discharged in August 1948
- ◆ Awards include *World War Victory Medal* and *Army of Occupation Medal*.



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



To Whom It May Concern:

Just a note to the staff at the front office and to all the employees of Cottage #1. Just wanted to thank you for the wonderful job you are doing with my sister, Doris Henley. When she arrived at Loch Haven, she was in very poor physical shape. Thanks to all of your diligent work, her diabetic legs have healed a great deal. Although her memory is failing and she can't walk on her own very well, her improvement is no less than a miracle! Your Nursing Department did an excellent job of helping her heal and giving physical therapy...also you see to it that she now takes her meds and the diabetic diet has vastly improved her health. The activities you have available for all your clients are outstanding, and the food you serve is delicious! I would give your staff an A+. Everyone I met at your facility is professional and friendly. It is very apparent that the staff deeply cares for each person in Loch Haven. Thank you so very much for all you do for my sister and all your clients. Your facility is an asset to the community. Cost is below the national average and the house cleaning/custodial department keeps everything clean and sanitary. Your monthly news letter is a terrific publication, lots of pictures and information, which the families outside the facility can read and enjoy. I like to discuss the activities list with my sister and also look at the monthly food menu. I have even tried a few recipes from your well written newsletter. Feel free to post this or even put it in the newsletter, if you like. One last thing, thanks for providing a safe haven and a healthy environment and atmosphere for the elderly. Congratulations to the Board of Directors as well, you are doing a good job and are a blessing to all those who come to Loch Haven. God Bless you all.

Sincerely,
Dan Beatty (San Antonio Texas)

Dear Loch Haven Family,

Words are easy to write, but my thanks to all of the caregivers and "family" at L.H. can not be said enough. The level of care and concern shared with my mother, Sharon Crews, and her husband Francis was superb! Your gentleness and genuine love for my family and me will never be forgotten!! May God's richest blessings be bestowed on you all. Thank you for your gift to her memorial as well. Thanks to Patty Hasselbring and all the team.

Love,
Kyle Dill (for all the family)





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



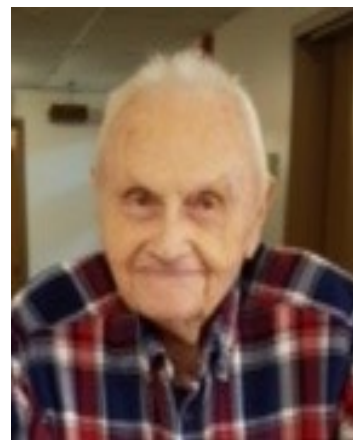
Tom Faylor Army

Thank you for your service.



Jimmy Burkhardt Air Force Private

- ◆ Drafted into the Army Air Corp in 1943 at the age of 22.
- ◆ Basic training at St. Petersburg, Florida and Atlantic City, New Jersey.
- ◆ Served in Salt Lake City as a motor pool mechanic
- ◆ After a medical issue, he was honorably discharged in 1944.

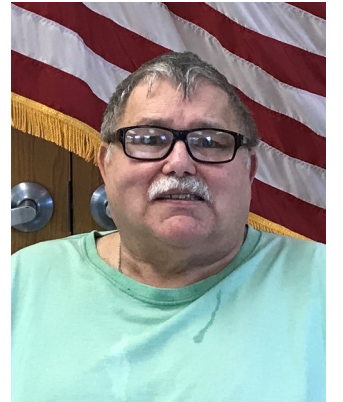


The Enola Gay returning from the bombing mission against Hiroshima



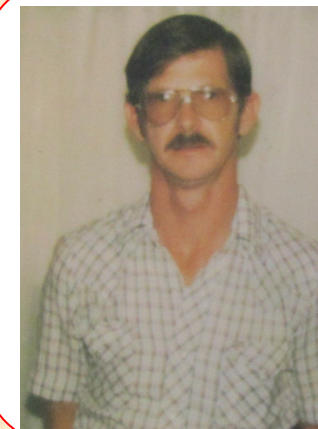
Tom Linhardt Air Force Sergeant

- ◆ 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.



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.



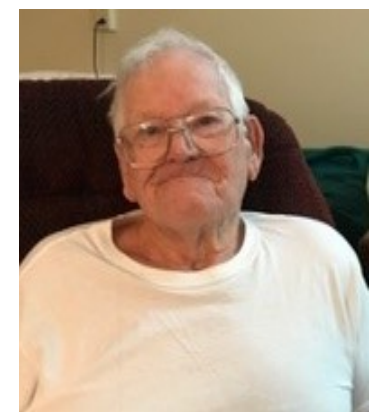
Johnny Walker Army E4

- ◆ 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.



Lloyd Gladhill Army Corporal

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





Walter T. Davis, Jr.
Army Warrant Officer (CW4)

- ◆ Served 28 years as a mechanic, supply officer, inspector and instructor.
- ◆ Retired at the rank of Warrant Officer (CW4) in November of 1986.
- ◆ Received the Army Commendation medal in 1979 for meritorious achievement. Also received a Certificate of Achievement among other honors during his many years of honorable service.
- ◆ Veteran of the Vietnam War.



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.



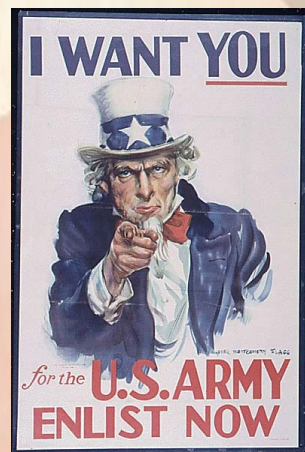
Allen Murphy
Army Sergeant

- ◆ Inducted October 8, 1941 at Jefferson Barracks, Missouri as a Radio Operator 776 Expert Gunner Radio Operator.
- ◆ Served at Bismarck Archipelago Luzon Southern Philippines.
- ◆ Wounded on May 15, 1945 in the Philippines.
- ◆ Medals received were: American Defense Medal; Asiatic Pacific Metal with 3 Bronze Service Stars and 1 Bronze Arrowhead; Purple Heart; Victory Medal; Good Conduct Medal; American Theatre Medal; Philippine Liberation Ribbon with 2 Bronze Stars.
- ◆ Discharged February 11, 1946 at William Beaumont General Hospital, El Paso, Texas.



Arnold Truitt
Army Corporal

- ◆ Drafted in 1951.
- ◆ Basic training at Camp Chaffee, Arkansas
- ◆ Army Artillery
- ◆ Served during Korean War in Korea
- ◆ Served just under two years
- ◆ Discharged in Chariton, Iowa. Hitchhiked home to Novinger, Missouri. It's the only time in his life that he ever hitchhiked.



"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



Dale Kuhlman
Army Private

- ◆ Joined the 84th Infantry at age 18
- ◆ Served during the Battle of the Bulge
- ◆ Stationed in Belgium, Germany & France
- ◆ Discharged in 1950 on his birthday after 30 days in the hospital when his feet and legs froze from walking in deep snow



CELEBS WHO SERVED

- ⇒ **Humphrey Bogart** joined the US Navy in 1918 and ferried troops from Europe during WWI.
- ⇒ **Henry Fonda** served in the U S Navy during WWII and served on the destroyer USS Satterlee in the Pacific Ocean.
- ⇒ **Drew Carey** served six years in the U S Marine Corps in the 1980s.
- ⇒ **Gene Wilder** was drafted in the army in 1956 as a medic in Pennsylvania.
- ⇒ **Bill Cosby** joined the navy in 1956 as a hospital corpsman. He worked in physical therapy and treated Korean War soldiers who suffered severe injuries.
- ⇒ **Paul Newman** served during WWII from 1943-1945 as a radioman and gunner for the Navy.

Dale Belshe
Army/National Guard

- ◆ Reserve National Guard- 3 years
- ◆ Army reserves-3 years
- ◆ Staff Sargent
- ◆ Seventeen when went in
- ◆ Discharged in '65
- ◆ Never called to duty





Vernon Barrow
Air Force-Airman 2nd Class

- ◆ Joined the Air Force right after high school in 1956.
- ◆ Basic training at Lackland Air Force Base in Texas.
- ◆ Served as a radar technician at Eielson AFB located 110 miles south of the Arctic Circle.
- ◆ Was moved around the country where his skills were needed.
- ◆ Honorably discharged in 1960



Ralph Schmedake
Army PFC

- ◆ Entered military service on April 3, 1943 at Jefferson Barracks, Missouri. Trained at Camp Grant, Illinois.
- ◆ Ordered to the Medical Corp and received training as an Army Medical Technician and assistant.
- ◆ Assigned to the 27th General Hospital in the Asiatic-Pacific Theater of Operations where he was awarded a battle star for participating in the New Guinea Campaign.
- ◆ Spent time with the medics in Sydney, Australia, Hollandia, Dutch New Guinea, North Luzon, and Manila in the Philippines.
- ◆ Honorably discharged February 1, 1946.



Paul Harrison
Army Staff Sergeant

- ◆ Basic Training in Little Rock, Arkansas
- ◆ Spent 26 months in the service, 21 months was 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



Thank You For Your Service

John Love

Air Force

1963-1965

Vietnam/Philippines

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.



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"!



Carl White
Army PFC

- ◆ Served: 1953-1955
- ◆ Took his training at Fort Leonard Wood, Missouri
- ◆ Stationed in New Finland



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.



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





The now iconic "We Can Do It" poster was not planned to be used for public display. In fact, a very small number of people actually saw it when it was first published in 1942. It wasn't until the 1980s that it became famous when the feminist movement appropriated the image.



James McFarland
Army

Korean War

Thank you for your service.



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

Thank you for your service.

Larry Overstreet

Army



Thank you for your service.



HAPPY
Thanksgiving
T H A N K F U L

We are so thankful for our residents, our dedicated staff, our volunteers, and for this community. Many blessings to you. Happy Thanksgiving from all of us at Loch Haven!!!



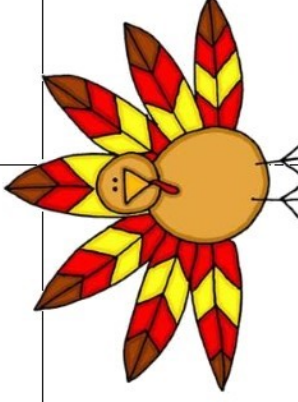
Home Sweet Homecoming 2017

Glad we were at Homecoming to support you!!! T-I-G-E-R-S!!!!




There is *always* something to be thankful for

November 2017 Dining Calendar

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

November 2017 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
One on One activities offered daily to those unable to attend regularly scheduled activities						
5 10a Sunday School 2p United Methodist 6p Callao Bible Study	6 Room to Room 9:30a Coffee Time 10a Exercise 2p Bingo 3:15 Small Groups	7 Room to Room 9:30a Trivia 10a Concentration 2p Craft 3p Pitch 7p Ethel Amish	8 Room to Room 9:30a Table Talk 10a Exercise 2p Ladies Tea 3p Floor Hockey 7p County Kickers	9 Room to Room 10a Bevier Baptist Bible Study 2p Men's Social 3p Pitch	10 Room to Room 9:30a Exercise 10a Community Meet- ing 2p Veterans Ceremony	11 Saturday With Sherry Bingo 9:30
12 10a Sunday School 2p Faith Baptist 6p Callao Bible Study	13 Room to Room 9:30a Coffee Time 10a Exercise 2p Bingo 3:15p Small Groups	14 Room to Room 9a Nails 2p Birthday Party 3p Pitch 6:30p Open Arms	15 Room to Room 9:30a Juice Bar 10a Exercise 2p Craft 3p Small Groups 7p County Kickers	16 Room to Room 10a Bevier Baptist Bible Study 2p David & Arlene Foster 3:15p Small Groups	17 Room to Room 9:30a Exercise 10a Community Meet- ing 2p Bible Study 2p Pitch	18 Saturday With Sherry Bingo 9:30
19 10a Sunday School 2p Ethel Christian 6p Callao Bible Study	20 Room to Room 9:30 Coffee Time 10a Exercise 2p Bingo 3:15p Small Groups	21 Room to Room 10a Concentration 2p Craft 3:15p Pitch 6:30p Open Arms	22 Room to Room 9:30a Table Talk 10a Exercise 2p Roy & Barbara 3:15 Small Groups 7p County Kickers	23  Happy Thanksgiving! To You And Your Family	24 Room to Room 9:30a Exercise 10a Community Meet- ing 2p Bible Study 2p Pitch	25 Saturday With Sherry Bingo 9:30
26 10a Sunday School 6p Callao Bible Study	27 Room to Room 9:30a Juice Bar 10a Exercise 2p Bingo 3:15p Small Groups	28 Room To Room 9a Nails 2p Beat The Clock 3p Pitch	29 Room to Room 9:30a Coffee Time 10a Exercise 2p Noodle Ball 3p Small Groups 7p County Kickers	30 Room to Room 10a Bevier Baptist Bible Study 2p Horseshoes 3p Small Groups		Activities are adapted to the changing needs of our residents.

Kimberly Basler, LPN Cottages (Nights)

Employee Spotlight

What is your nickname? Kimmy

Describe yourself in one word.
Outspoken

If you were an animal, what would you be? A wild horse.

What is your favorite movie?
Fried Green Tomatoes

What is the best place you ever went on vacation? Tucson, Arizona

What was your favorite subject in school? English

Who is or was your hero and why?

Grandma Jane Boulton. She's the kindest, sweetest, most generous angel-like soul I've ever known or met.

Everyone has a talent. What is yours? Being a caring nurse.

Who was your favorite celebrity as a child? Alyssa Milano



How long have you worked at Loch Haven? 1992-1993 as a CNA & one year as an LPN.

What are your duties? Basic nursing—doctors orders, charting, diabetic monitoring, passing medications, etc.

Family: Deric James is my 22 year old son and Codee Bryce is my 19 year old son.

Live in: Macon

T—Together

E—Everyone

A—Achieves

M—More

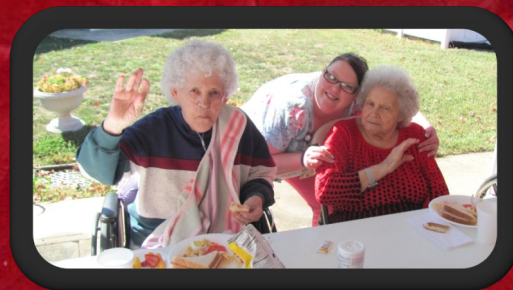
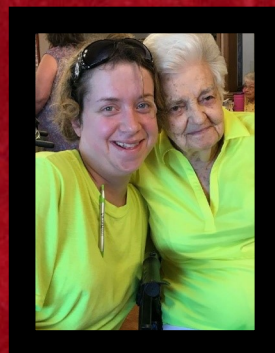
"If you cannot be positive, then at least be quiet!" ~~ Kimberly~~

Welcome to Team Loch Haven

Perfect Attendance

Alicia Smith

Cody Shears	Housekeeping
Kaitlyn Edwards	Dietary
Isaiah Hernandez	Dietary
April Hall, CNA	Cottage PAL
Patricia McCollum, CNA	West Brook
Goldie Hicks, CNA	West Brook
Alicia Strausbaugh, NA	Special Care
Cherry Hopper, CNA	Sunset/SCU
Trisha Tipton, CNA	West Brook
Michele Delmater, CNA	Cottage PAL
Cheyenne Downing, NA	Sunset/SCU
Jennifer Seward, NA	Sunset Village
Brandy Morrison, NA	Sunset Village
Susan Isbell, Dietary	Cottages
Nicole Burns	Housekeeping
Tasia Hicks, Dietary	Cottages
LaKesha Littlejohn, NA	
Brittany Sand, CNA	Sunset Village



www.lochhaven.com

THANKS to our Maintenance/Custodial Department



(left) The Custodial Department (l-r) Denny Ashenfelter, Alvie Voyles, and Stephen Lozuaway. Not pictured: Cody Hall.



(right) The Maintenance Department (l-r) Dale Sanders (supervisor), Tom Techau and Bill Whisenand.

Thank you, Thank you, Thank you

- ◇ Janice Brandon for donating a TV, clothing, recliner and concentrator.
- ◇ Don & Mary Prange for donating some produce.
- ◇ Robert Harris for donating purses.
- ◇ Everyone who has donated money for bird seed.
- ◇ Sharon Scott for donating Readers Digest books.
- ◇ Paula Burris for donating Reader's Digest books, Guideposts and Devotionals.

November Birthdays

2	Freda Kisor	27	Donald Swanson
13	Monica Iwanowicz	29	Bunny Lopez
15	Kuldeep Singh	29	Tonya O'Haver
22	Becky Lang		



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!

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

Larry Overstreet	Mary Overstreet
Betty Rayfield	Tonya O'Haver
Linda Lake	



Thanks to those who joined us for a therapeutic stay at Loch Haven: **George Case and Shirley Herndon.**

We will always Remember

Shirley Douglas	Edna Hughes
Helen Ronchetto	Carman Thomas
Virginia Wood	Julia Caldwell
Dale Wooldridge	



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