

# Loch Haven Tymes

February 2017



A publication of

## Loch Haven

*Senior Living Community*

Macon, Missouri



# AMY HOWLETT, CNA

## Special Brook Activities

## Employee SPOTLIGHT

- ♦ **What is your nickname?** My niece calls me "Omy"
- ♦ **Describe yourself in one word.** Passionate
- ♦ **If you were an animal, what would you be?** Owl
- ♦ **What is your favorite movie?** Secondhand Lions
- ♦ **What is the best place**
- ♦ **What is one thing in your bucket list?** Travel the world.
- ♦ **Who was your favorite celebrity as a child?** Will Smith
- ♦ **How long have you worked at Loch Haven?** Four years.
- ♦ **What are your duties?** Special Care Activities and CNA.
- ♦ **Live In:** Bevier
- ♦ **Family:** Tristan

**you ever went on vacation?**

Gulf Shores, Alabama

- ♦ **What was your favorite subject in school?** Science
- ♦ **Who is or was your hero and why?** My mom because she is kind and caring. Also because she does her best at everything she does and never gives up.
- ♦ **Everyone has a talent. What is yours?** Cooking

*"We have great teamwork!! ."*

*~~~ Amy~~~*



## Welcome to Team Loch Haven

Heather Knobloch, CNA	Mtn. View
Taylor Schrodt, CNA	West Brook
Tyrese Mayfield	Dietary
Marcia Reisenaur	Dietary
April Hager, CNA	Cottage PAL

## PERFECT ATTENDANCE

### Cheryl Taylor

## STAR AWARDS

**Cathy Combs**  
**Patty Lolli**  
**Pat Tooley**  
**Dena Selmon**  
**Rosemary Jones**

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



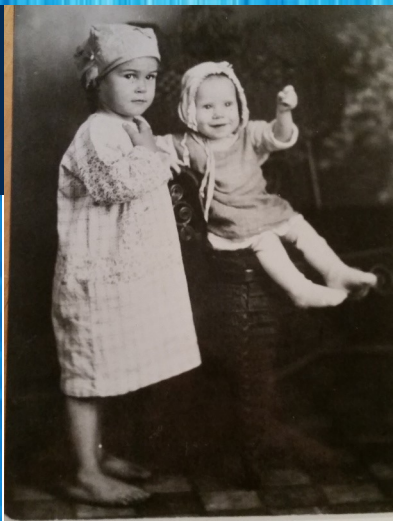
Janet Wadlow enjoys crocheting on a cold winter day!



Di & Patty.....Friends Forever!!

[www.lochhaven.com](http://www.lochhaven.com)





*Berneal standing by  
Florence, her 1/2 sister*

# BERNEAL HARDWICK

## Cedar View Cottage

## RESIDENT Spotlight

**I** was born in 1925 in Doniphan, Missouri. My mother and father separated when I was very young. My mom remarried later and had a baby boy, but my mother died only a month after he was born. My father came for me, but I didn't want to go, so my grandmother asked if I wanted to go live with her and I did.

There were three children still at home that were only a few years older than me. We

grew up like brothers and sisters on the farm. I started school at five years old and walked for a few miles to and from the country school. Once when I got my grade card I had an F, and I changed it to an E so I wouldn't get in trouble.

One evening my uncle was making a fire in the wood stove in the kitchen by the door. He didn't realize there were hot coals under the wood when he poured kerosene into the stove. It blew up. The explosion blew him out the opened door, which saved his life. The house burned down, and we lost everything in it.



We moved to Alton, Missouri where my grandfather worked for a company that made rail road ties. The owner was killed in an auto accident so my grandfather was then out of a job. With my uncle being young, he was able to work in bookkeeping, and he went to work in St. Louis. He moved my grandfather, his wife, and me there, and I went to work in a hat factory that made Army helmets.

I married Gilbert Hardwick in 1943, and we had three girls (Betty Fryer, Loretta Dodd, Gilda Bramblett). I have six grandchildren, ten great-

grandchildren, and two great-great-grandchildren. Gilbert was drafted into the Army and was in France, Belgium, and Germany while he was enlisted. He received five battle stars from the Battle of the Bulge.

Later I went back to school and received my high school diploma. I worked in the medical records office at the Hannibal Clinic. During my first year there, I was elected employee of the year. I made several friends and worked with the doctors. I retired from there after working for 23 years. After I retired, I moved to Huntsville where I got an apartment for a while before I had to move in with my daughter.

My best friend and I had many good times traveling together after retirement. We went to Europe and Africa where I enjoyed the old history and old cities that were walled in. People there would ride in from the desert on their camels. In the castles of Spain and Portugal, we saw Queen Isabella's burial place and her crown jewels. We spent three wonderful weeks there. Later my friend and I went to the Bahamas. Another trip took two of my friends and I on a ten day cruise to the Coast of Mexico and the Cayman Islands. So as you can see, I loved to travel!

Several years later (after I got hurt) I moved to Loch Haven in Macon. I didn't know anything about the town other than it had a Ben Franklin store here. I live here in Cedar View Cottage. It's my home and everyone is so nice! I like sewing, crocheting, embroidery, reading, and traveling.

"I will dwell in the house of the LORD" Psalm 23:6



## A Warm Welcome to

Ruth Peterson	Freda Dille
Lois Nerini	Harold Smith
Donald Wilhelm	Pat Shay
Betty Pagliai	Arlin Devore
Wanda Sederwall	Betty Fitzgerald

Thanks to those who joined us for a therapeutic stay:  
**Johnnie Haynes, Dale Woodard, Pat Woodard**

## We will always remember

Mary Eaton	Betty Brown
Wanda Baker	Mary Rodgers

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



# OUR THERAPY DEPARTMENT



ReHab Care Therapists (l-r) Dee Worley, SLP; Gail Jones, Program Assistant; Cheri Youse, COTA; Tiffany Blankenship, PTA, RCC, ReHab Care Clinical Coordinator; Josh Dodsworth, PTA.

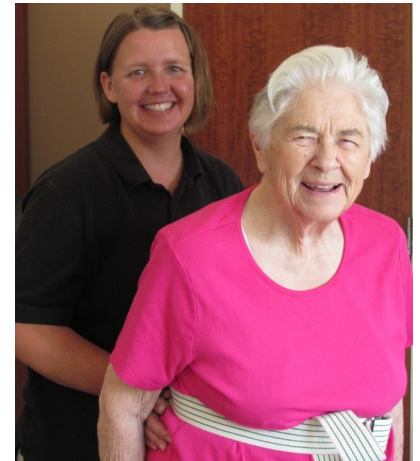
## OFFERING HOPE, HEALING AND RECOVERY

At Loch Haven, therapy is offered 365 days a year. So there is no need to go it alone at home when you can get the best after-hospital-stay therapy right here at Loch Haven.

ReHab Care provides Therapy Services at Loch Haven. Their excellent team of professional therapists have our residents up, moving, and headed home in no time. And Loch Haven's Restorative Therapists work with our residents to make sure they are getting the therapy and exercise they need daily.



ReHab Care Therapists (l-r) Kristie Lea, COTA; Samantha Massie, OTR/L and Cheri Youse, COTA



Restorative Therapists: (l-r) Kathy Techau, Carol Leath, Sara Conley. Not pictured: Mary Everett



Restorative Therapists Daphne Brammer (l) works with former resident Cindy Thompson.

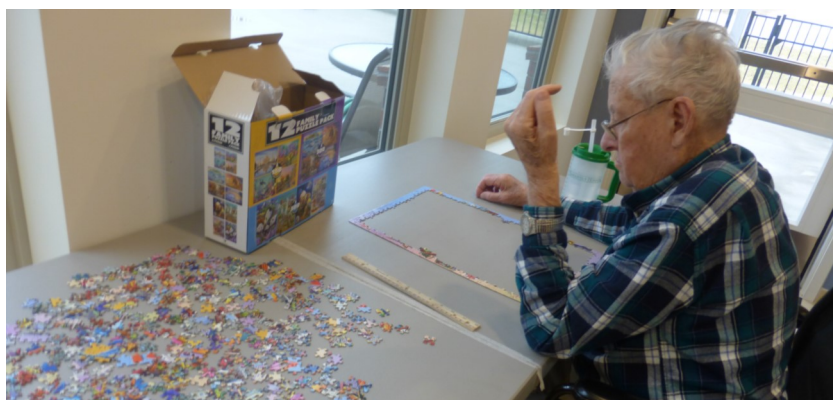
If you are having surgery in the near future, please contact Social Service Director Julie Mason to find out about the exceptional after-hospital-stay care and therapy at Loch Haven Senior Living Community. We will have you home in no time!!



# Oak View & Cedar View COTTAGES



## Susie's Musings



**Hello New Year, 2017!!** Christmas is over and up went the Valentine's decorations. We like things festive for the occasions. Everyone has been healthy considering the terrible cold weather we've had and the residents sure enjoy the fireplaces. They love to sit around there and visit. Thanks for the volunteers who have come this month. They enjoy your visits. Residents keep busy with dominoes, skip-o, puzzles, funny trivia, and especially Mystery is History. Wow, what you learn from these loved ones! They like having their nails done and getting their hair done when Katie and Heather come over. Now the men are happy when Richard cuts their hair, also. They love to be pampered. Who doesn't!!! Sometimes these residents say the funniest things. Mimi did just that. When she went out at Christmas time with her family, she came back and said, "You all know that when I went out today, I thought I knew everything. But when I got back, I found out that I didn't know NOTHING." She was so serious, too. What a surprise for the residents when they saw their first snowman this year. Missy Campbell brought in some snow. When it was made, it was so small we had to use a magnifying glass to see it! Thanks Missy. Next time bring in a bucket full instead of a cup full! Hee, Hee, Hee. Frosty was cute though! Paul Harrison was surprised when the Christ Heart Quilters from the Seymore Baptist Church brought him a comfort quilt. It is so beautiful, he appreciates it so much. Our thanks to the staff that did so much for your loved ones here at the Cottages when we had the icy weekend. And also thanks to the Maintenance Department that took care of our icy streets. We wish all happiness and blessings! Stop by anytime and visit your and our loved ones here at the Cottages. We love company! I hope whoever took the BIG DIPPER from the sky would put it back because my neck is about to break trying to find it....Oh Well!!! God Bless.

**Susan Lenon, Activity PAL**

### If I Could Go Anywhere In The World....

Mimi Phipps: Las Vegas.....Viola Lockard, Dorothy Johnson, & Charlie Hall: Hawaii....Don Wilhelm: West.....Vernon Barrows: Yellow Stone Nation Park.....Delpha Walters: No place as yet....Mary Britt: No where. I'm happy staying here.....Berneal Hardwick: Jerusalem.....Paul Harrison: Home.....Bertha Deveno: Grand Canyon....Wanda Henry: Ireland.....Wanda Vass: Happy where I'm at....Wanda Sederwall: Germany..... Donald: Back home.....Mr. Singh: Stay right here.....Martha Bragg: Canada.

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





# FEBRUARY

# Birthdays

3	Carol Shaw	7	Wanda Vass
4	Doris Lewis	14	Janice Biehl
4	Shirley Matticks	15	Wayne Creed
4	Donald Perkins	15	Margaret Lockard
5	Genevieve Shearon	16	Eleanore Lenzini
7	Carlos Andrews	17	Helen Lunsford
7	Doris Morrow	28	Jennie Cope

## Thank You

- ♦ Pat Quinley who donated a prayer shawl.
- ♦ Bob Bickhaus who donated candy.
- ♦ Margery Waller who donated Christmas Cards.
- ♦ Arlene Collins who donated books.

If you would like a  
PDF copy  
of the  
**Loch Haven Tymes**  
sent to your email address,  
just drop us a note at  
[marketinglh@gmail.com](mailto:marketinglh@gmail.com) or  
call 660-385-3113  
and ask  
Stephanie to add you  
to the list!

*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**

## PLEASE NOTE!

The Loch Haven Tymes will be combined in the months of March/April. You will receive the combined issue towards the end of March.



## Thank you In Advance

**Your** Donation to a project of the  
**LOCH HAVEN FOUNDATION** will make a difference in the lives of  
those who live at Loch Haven.

Here are two projects that the Foundation is helping to fund. Would you help us?

Complete renovation of the Sunset Village (South) Activity Room and Nurses Station Area. This entire area is used daily by our residents and staff.

Purchase and installation of a Walk-In tub to be used by our Mountain View and Sunset Village residents. Many of our residents prefer a bath to a shower.

Please mail your donation to Foundation Director Mary Beth Truitt at 701 Sunset Hills Dr., Macon, Missouri, 63552. Please designate to which project you would like your donation applied. You can also make undesignated donations to be used at the discretion of the Foundation Board of Directors.



# SPECIAL Brook NEWS

## GREETINGS from Special Brook!

We are excited to say that our bedrooms and hallway are now re-modeled! We are going to have our new living room furniture delivered this week. We can't wait!

This month we have been keeping our kitchen ovens hot with baking cookies and other sweet treats with our new activities friend, Amy. (Amy is also the Employee of the Month.....so that is very exciting for us!) We also have been keeping active with balloon volley ball, bean bag toss. One of our favorite things to do is to look through photo albums!

On these cold winter days, it makes us look forward to warmer spring weather when we can sit out on our back deck.

Happy Valentine's from all of us at SCU!!

By Val Lewis



## News from RCF



Welcome 2017! We are enjoying our time in the Apartments with Hot Chocolate Socials, games of BINGO and dominoes, pondering and answering trivia questions as well as our daily exercises.

We have been blessed with a special visit from Immaculate Conception Student Show Choir. It was a fantastic performance!

Several of us also have learned a lot about marshmallows this month. One day we learned about the history of marshmallows and another day


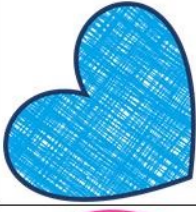
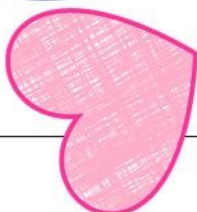
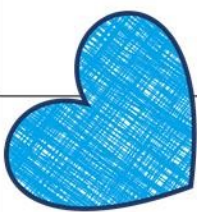
we had a "snowball" fight with marshmallows. What a fun time!

This month (January), even though we had a Friday the 13<sup>th</sup>, our luck was unchanging. We are blessed with fairly good health, happy attitudes, super friends and loving families. Here's to a fabulous February.

by Janis Fraley



# February 2017 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>One on One activities offered daily to those unable to attend regularly scheduled activities</b></p>			<p><b>1</b> 9:30a Chit Chat 10am Flex &amp; Stretch 2pm Dick &amp; Alvie 3p Small Groups</p>	<p><b>2</b> 10a Bevier Baptist Bible Study 2p Dollar Tree 3p Small Groups</p>	<p><b>3</b> 9:30a Chit Chat 10am Flex &amp; Stretch 2pm Carmen Bible Study 3p Small Groups</p>	<p><b>4</b> Weekends with Sherry Bingo @ 9:30</p>
<p><b>5</b> 10am Sunday School 2pm United Methodist 6:30pm Callao Bible Study</p>	<p><b>6</b> 9:30a Chit Chat 10am Flex &amp; Stretch 2pm Bingo 3p Small Groups</p>	<p><b>7</b> 9:30a Chit Chat 10am Spa Day 2p Send a card to friend 3p Small Groups 7p Ethel Amish</p>	<p><b>8</b> 9:30a Chit Chat 10am Flex &amp; Stretch 2pm Valentine Cards 3p Small Groups</p>	<p><b>9</b> 10a Bevier Baptist Bible Study 2p Valentine Craft 3p Small Groups</p>	<p><b>10</b> 9:30a Chit Chat 10am Flex &amp; Stretch 2pm Carmen Bible Study 3p Small Groups</p>	<p><b>11</b> Weekends with Sherry Bingo @ 9:30</p>
<p><b>12</b> 10am Sunday School 2pm Faith Baptist 6:30pm Callao Bible Study</p>	<p><b>13</b> 9:30a Chit Chat 10am Flex &amp; Stretch 2pm Bingo 3p Small Groups</p>	<p><b>14</b> 9:30a Chit Chat 10am Concentration 2p Birthday Party/ Valentines Party 3p Small Groups</p>	<p><b>15</b> 9:30a Chit Chat 10am Flex &amp; Stretch 2pm Donny Roberts 3p Small Groups</p>	<p><b>16</b> 10a Bevier Baptist Bible Study 2p David Foster Music 3p Small Groups</p>	<p><b>17</b> 9:30a Chit Chat 10am Flex &amp; Stretch 2pm Carmen Bible Study 3p Small Groups</p>	<p><b>18</b> Weekends with Sherry Bingo @ 9:30 6:30p Belle's and Beau's</p>
<p><b>19</b> 10am Sunday School 2pm Ethel Christian 6:30pm Callao Bible Study</p>	<p><b>20</b> 9:30a Chit Chat 10am Flex &amp; Stretch 2pm Bingo 3p Small Groups</p>	<p><b>21</b> 9:30a Chit Chat 10am Spa Day 2pm Resident Council 3p Small Groups 6:30p Open Arms</p>	<p><b>22</b> 9:30a Chit Chat 10am Flex &amp; Stretch 2p Roy and Barbara 3p Small Groups</p>	<p><b>23</b> 10a Bevier Baptist Bible Study 2p Wal-Mart 3p Small Groups</p>	<p><b>24</b> 9:30a Chit Chat 10am Flex &amp; Stretch 2pm Carmen Bible Study 3p Small Groups</p>	<p><b>25</b> Weekends with Sherry Bingo @ 9:30</p>
<p><b>26</b> 10am Sunday School 6:30pm Callao Bible Study</p>	<p><b>27</b> 9:30a Chit Chat 10a Flex &amp; Stretch 2pm Bingo 3p Small Groups</p>	<p><b>28</b> 9:30a Chit Chat 10am Concentration 2p Resident Council 3p Small Groups</p>	 		<p>All activities are in the North Activity Room unless noted.</p>	



## Loch Haven Listening Sessions



In the past few weeks, Loch Haven has held Listening Sessions where residents and family members were invited to meet to discuss concerns, suggestions, and of course share successes. We share a letter here from one of our resident's (of the Apartments) family member who was unable to be here in person.

*Thanks for the invitation and for your willingness to spend time with the resident and their families. Because I live in Nebraska and our weather is not the best for traveling, I am not going to plan to attend on January 18th.*

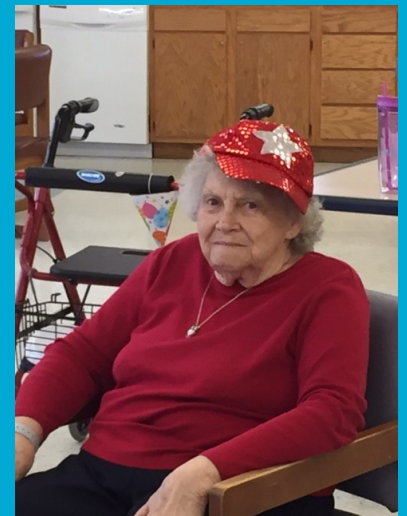
*My mother has been a resident for four years, and I have never, let me repeat, never talked with her one time or visited her when she complained about her care!!! My prayer is that she can live out her life, however long the Lord feels she has purpose, in her apartment at Loch Haven.*

*May God's blessing continue on you, the staff, as you work each day to care and comfort those no longer able to live in their own homes.*

*Sincerely,  
Mary Sears  
Daughter of Helen McDuffee*

**Thanks Mary, for your note, and kudos to Wendy Bouman and her staff in the Loch Haven Apartments!**

# Smiles & More

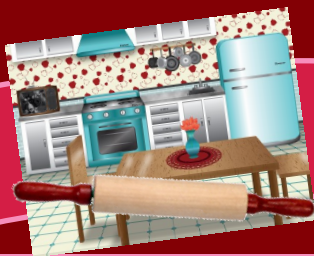




# February 2017 Dining Calendar

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





# Cooking thru the Ages!



## Chocolate Ooey Goey Butter Cookies

- 1 teaspoon vanilla extract
- 1 (18 oz) box moist chocolate cake mix
- 1 (8 oz) brick cream cheese, softened
- 1 egg
- 1 stick of butter, softened
- Confectioner's sugar, for dusting

Preheat oven to 350°. In a large bowl cream together cream cheese and butter until smooth. Beat in the egg. Then beat in the vanilla extract. Beat in the cake mix. Cover and refrigerate for 2 hours to firm up so that you can roll the batter into balls. Roll the chilled batter into tablespoon sized balls and then roll them in confectioner's sugar. Place on an ungreased cookie sheet, 2 inches apart. Bake 12 minutes. The cookies will remain soft and gooey. Cool completely and sprinkle with more confectioners' sugar, if desired. Yield: 2 dozen cookies  
Source: **Paula Deen**

## Heartfelt Cooking



- 1 cup shredded Mexican cheese blend
- Chopped tomatoes and chopped fresh cilantro, if desired

Heat oven to 350°F. Spray 13 x 9-inch baking dish. In skillet, heat oil over medium-high heat. Sprinkle chicken with taco seasoning mix. Cook chicken in oil 6 to 8 minutes, turning once, until golden brown on both sides. In bowl, stir together salsa con queso, half-and-half and chopped green chiles; stir in bell pepper. Reserve one-fourth of the sauce mixture. Stir rice into remaining sauce mixture. Place rice mixture in casserole; top with chicken. Top with reserved sauce mixture, then

shredded cheese. Cover with foil. Bake 20 minutes; uncover and bake 10 to 15 minutes longer or until sauce bubbles and juice of chicken is clear when center of thickest part is cut (at least 165°F). Cool 10 minutes. Garnish with tomatoes and cilantro.

## Smothered Chicken Queso Casserole

- 1 tablespoon oil
- 3 large boneless skinless chicken breasts (cut in half lengthwise)
- 1 package (1 oz) taco seasoning mix
- 1 jar (15 oz) salsa con queso
- 3/4 cups half-and-half
- 1 can (4.5 oz) chopped green chiles
- 1 medium red bell pepper chopped
- 2 1/2 cups cooked white rice



Use Your Imagination  
with these Strawberry  
Kabobs!

## Red Velvet Lasagna

### Crust

- 1 package Oreos
- 2 Tbl. butter, melted

### Bottom Layer

- 1 8 oz cream cheese, softened
- 1 cup sugar
- 1 8 oz containers cool whip
- 1 tsp lemon juice

### Middle Layer

- 3 cups cold milk
- 1 (5.9 oz) instant chocolate pudding

- 4 oz cream cheese, softened
- red food coloring

### Top Layer

- 1 8 oz cool whip
- 1 cup mini chocolate chips

Preheat oven to 350. Spray a 9x13 baking dish with nonstick spray. Blend together the Oreos and butter in blender. Pour into dish and smooth it out and pat down to cover the bottom. Bake crust for 5 minutes or until slightly toasted. Cool. Bottom Layer: Mix together all ingredient. For Middle Layer beat together pudding mix and milk. Beat until the pudding thickens. Beat in the cream cheese and 10 drops of red food coloring. Pour the bottom layer onto the crust and smooth out with a spatula. Top with the red velvet layer, smoothing out that layer as well. Top with the remaining container of cool whip and sprinkle with mini chocolate chips. Chill in fridge for at least an hour before serving.

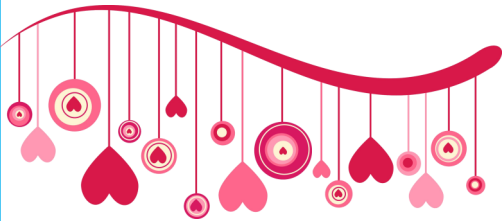




# WISHING YOU a MONTH FULL OF LOVE!



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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