

Loch Haven Tymes

December 2018



A publication of
Loch Haven
Senior Living Community
Macon, Missouri

Heather Flemming- RN

Employee Spotlight



- ♦ What is the best place you ever went on vacation? Orlando, Florida
- ♦ What was your favorite subject in school? Math
- ♦ Who is or was your hero and why? My Mom, she had MS that ended up taking her ability to move or do any of the things she used to enjoy but she always managed to smile. She passed 3 years ago, but still watches over me.
- ♦ Everyone has a talent, what's yours? I can carry a tune, I think! Ha!
- ♦ What is one thing on your bucket list? To see the Grand Canyon—with my family.
- ♦ Who is your favorite celebrity as a child? Johnny Depp but more as a teen.
- ♦ How long have you worked at Loch Haven? 5 1/2 years
- ♦ What are your duties here? To lead my team in care of our residents. I assess health and give care as needed, aid with daily living and do my best to bring a bit of joy to my residents lives.
- ♦ Family: Husband Ryan, daughter Hadley Harvey and Fiancé Dakota, daughter Kate Sitzes and Husband Josh and their son (my grand baby) Jensen. Son, Dane and my step son Donovan.
- ♦ Live In: Macon
- ♦ Positive quote or story about working at Loch Haven? I started at Loch Haven over 5 years ago as a single mom and being a CNA was my second job. I worked in the cottages as a cook and CAN until I became a CMT. I remarried and with the support of my family, co-workers and Loch Haven I went back to school to get my associates in nursing in May 2017.

- ♦ What is your nickname? Nurse Flemingo
- ♦ Describe yourself in one word. Determined
- ♦ If you were an animal, what would you be? Bear
- ♦ What is your favorite movie? Sweet Home Alabama

Welcome to Team Loch Haven

James Miller– Dietary
Sheree Carr-CAN/Nursing
Monica Davis -Housekeeping Theresa
Reece– Laundry
Jerry Perkins– Custodian
Brittney Donahue– LPN
Chelsie Potter– CNA/Nursing
Ashley Key

STAR AWARD

Christie Buckman



PERFECT ATTENDANCE

Loretta Lewis

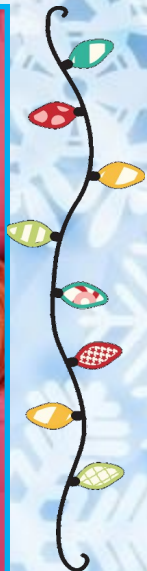


www.lochhaven.com

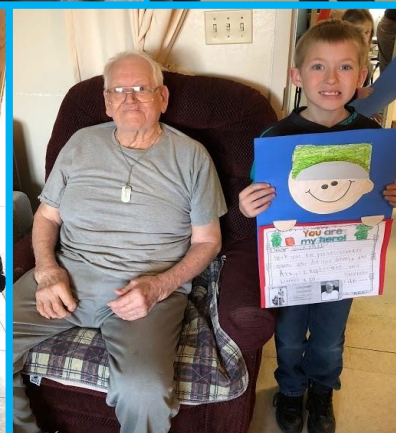
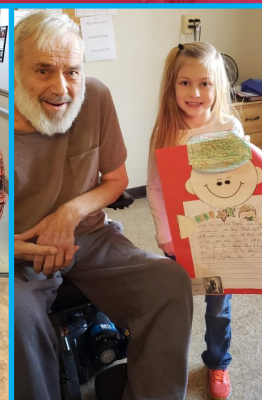


The Giving Tree

Every year here at Loch Haven we fill this tree with ornament's with our residents names on them and we're needing someone to adopt them. If you'd like to adopt a resident for Christmas, stop by and let our receptionist know who's name you've selected. We request that you wrap the \$10 gift and return it by December 14th. These gifts will be passed out to the residents during their annual Christmas party!



Thank you to the Macon R-1 2nd graders from Mrs. Hicks and Mrs. Mitchell's class for coming to honor our Veterans with a handwritten letter. We enjoyed your visit and hope that you come back to see us soon!



MERRY CHRISTMAS

Thank you to everyone who came out to our craft fair, bake sale and silent auction, this past month! We greatly appreciate all the businesses that donated items for our silent auction. We raised a nice amount that will help us get to our goal. We plan to pour a new side-walk this spring that will allow a safer route for our residents to walk outside to get some exercise.

THANK YOU

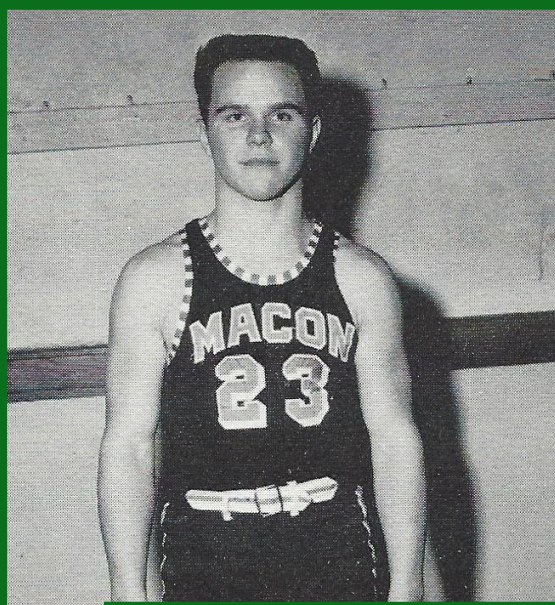
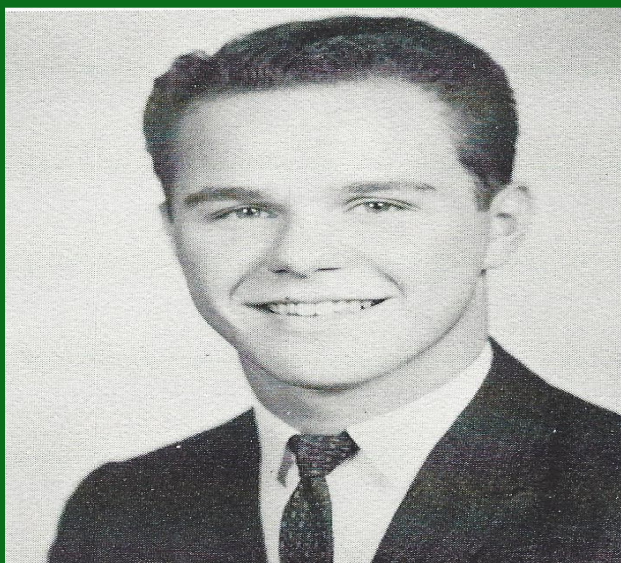
A special thank you to the families who have donated household items, books, magazines and several miscellaneous items to us. We appreciate it!

Mr Scott — donated items
Belshe family — donated items and fresh flower arrangements
Eilers family — donated items
Glenda Wood — movies



David Earl Switzer

Resident Spotlight



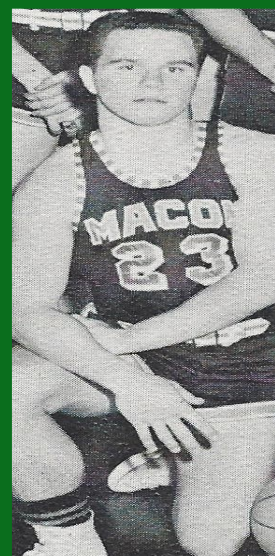
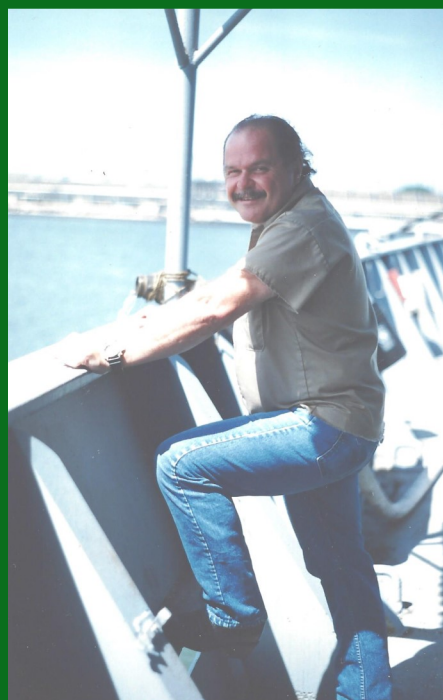
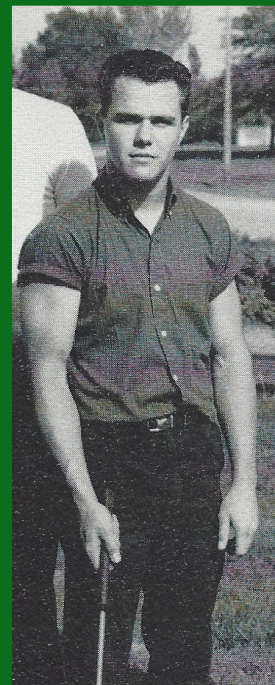
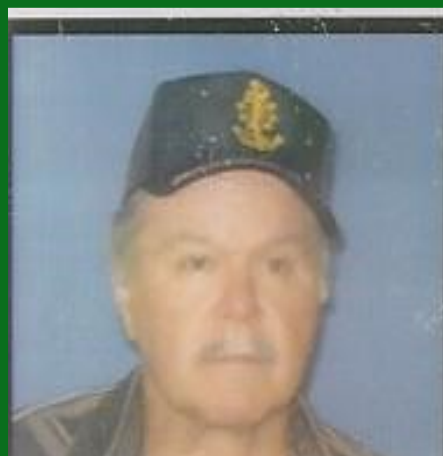
David is the son of Earl and Hazel Switzer, his brother Ronnie Switzer of Macon. He was Born in Dallas, Texas in 1944 and moved to Macon in 1951. He graduated from Macon in 1963.

He joined the Navy Reserve in 1962. In 1965 he joined the Army and was stationed at Ft. Leonard Wood then transferred to Aberdeen, MD in 1966, spent 4 months there then transferred to Hawaii for 2 years. He joined the Merchant Marines in Houston, TX in 1969, which he mentioned was one of the best decisions of his life. This position allowed him to travel coast to coast and he was out to sea approximately 90 days each time. He went to school for engineering and traveled by air and sea hauling tankers of crude oil, dry cargo and diesel. His military career allowed him to travel around the world. When he ported he had the liberty to tour the country side. He traveled all over the world and said he's been around the world at least twice.

One of the places he traveled to was Japan and he mentioned he really liked Yokohama because of it's beautiful landscape. He said that Korea and Indonesia were such depressed areas.

He also mentioned traveling to Africa and Sibira and he was one of the first Americans that was welcomed in on their land.

He retired from Merchant Marine 2006.



A Warm Welcome to

Margaret Lorez
Louis Mahoney
Louise Franks

Mark Neeson
Catherine Wiseman

Thanks to those who joined us for a therapeutic stay at Loch Haven: **Louis Mahoney, Vickie Fugate, Margaret Warharting, Joseph Kisor, Marilyn Vaught and Ada Clemets.**

We will always remember

Jo Ann Sandner
Dorothy Richardson

Shirley Shears
Maxine Johnson

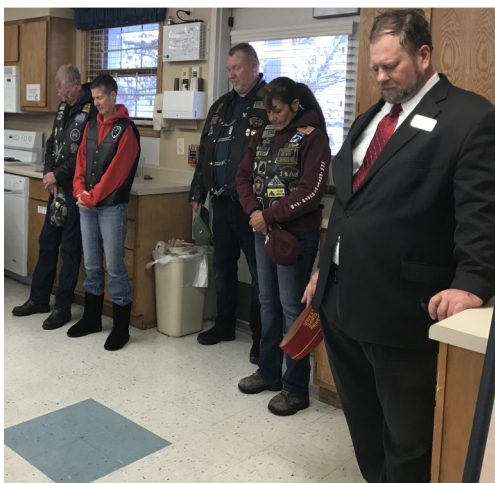
When a loved one becomes a memory,
that memory becomes a treasure.
May friends comfort you,
Faith uphold you, and
Loving memories heal your heart.

HONORING OUR VETERANS



We celebrated Veterans day by honoring all of our Veterans with a special program. They enjoyed our guest speaker, Jim Nugent who is the Director for the Jacksonville, Mo Veterans Cemetery. Special music was provided by Alvie and Dianne Voyles and the Patriot Guards came to recognize each Veteran by giving them a certificate to honor them for their service.

A special "thank you" to Jim Nugent, our guest speaker, The Patriot Guards, Alvie and Dianne Voyles and our activities department for putting together this special program.



Oak View & Cedar View COTTAGES

Susie's Musings



Hello, from the Cottages! We all enjoyed our beautiful fall with the brilliant colored trees, when did summer end and fall begin? Our many thanks for the volunteers coming each month. They all have their special talents to share. Bible study with Clark Dobbs and David Snarr with Bill Lear teaming up and playing his guitar and singing some gospel and country songs. One evening Bill Lear, David Snarr, David Overstreet, Chet Neimier and Tony Arnold came out. It was a fun night filled with country music with lots of picking and singing! Everyone sure had a wonderful time! Thank "YOU" all so much for coming! Lots of Skip-0 is played at both cottages and lots of visiting with the residents too! What neat stories you hear about when you visit with them, just love it! We honored all our Veterans here and we thanked them so much for their service. We also honored our very own RN charge nurse, Diane Marie Moore-Roberts who served 11 years in the Army. She started her military career when she was 17 and attended basic training in Fort Dix, New Jersey. She went on to advanced training when she was 18 at Fort Sam Houston, TX. She shared how she was in the Desert Shield, Desert Storm and was a Medical Specialist. She served in Kuwait, Saudi Arabia and Iraq. Her high school sweetheart, David Roberts served as well. Virginia Williams had a "surprise" visit from her life long friend of 60 years, Faith Lucas. Faith's daughter Ann came in from San Diego to bring Faith here to visit. What a wonderful surprise that was for Virginia. For lunch one day we had lasagna and our cooks, Tina Faulkner of C.V. and Cindy Ray of O.V. had some laughs trying to serve it because it was so cheesy and the cheese string wouldn't break! It was sure something to laugh about! Jane Boulton at O.V. has a beautiful orchid that's been in bloom since September 1st. It is sure an eye catcher. Genevieve Shearon at C.V. is trying to tame a cat that's made his home here. She has fun thru the window trying to make it play. So far, so good and they are keeping each other company! It was sad for us all to say goodbye to Katie Taylor our Beautician. Her and her husband opened a restaurant in New Cambria. We love and will miss her, but we wish her the best! The 2nd grade elementary class came and presented our Veterans with a calendar they had made to honor them. It was a very kind and sweet of them to do, thank you! Our next holiday is Thanksgiving so we'd like wish everyone a Happy & blessed Thanksgiving. Thanks to our wonderful staff for all they do for our residents. Until next time, keep smiling and stay healthy.

Love and blessings,
Susan Lennon

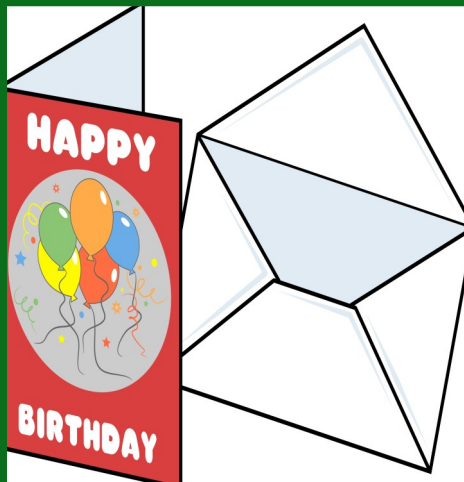
Merry Christmas

DECEMBER

Birthdays

2 J. Evans Biehl
4 Naomi Curtright
10 Phillip Smith

10 Marjorie Naughton
22 Ervin W Fugate
25 Louise Franks
30 Mark Neeson



We'll be hosting a card shower for Naomi Curtright, she'll be 110 years old on December 4th. PLEASE celebrate with us by sending her a birthday card to:

701 Sunset Hills Dr
Macon, Mo 63352

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, RN at 385-3113



Meet our Respite and Day Break team. These amazing caregivers combined have provided exceptional care here at Loch Haven for over 100 years. If you are the primary caregiver for a loved one and need a break, call us! We would love to take care of your loved one for you. We offer daybreak/adult daycare and respite services that both provide

peace of mind while your away on vacation or just need a break to go Christmas shopping. We know for many of our families using these services it strengthens their ability to be a caregiver. Contact Julie Mason in our social services department today, at 660.385.3113 to discuss this service.

"Giving is not just about making a donation.

It is about making a difference."

-Kathy Calvin, CEO &
President of the United
Nations Foundation



As we approach the end of 2018, we ask that you consider Loch Haven Senior Living Foundation as part of your year-end giving! Every penny received, directly benefits the residents here at Loch Haven.

Thank you to all those who have donated this past year to our Foundation. Your contribution has made a difference in the lives of others and we can't thank you enough.



SPECIAL Brook NEWS

Ever since the time change and the colder weather has arrived. We've been keeping busy playing games inside and the residents having really enjoyed interacting with each other. They've also been spending a lot of time crafting, making music, exercising and visiting with family and friends. ~Amy



News from RCF




Hello Everyone! I hope this month is going well. It is going well for us in the Apartments. Twila Sarazine comes the first Wednesday of the month and teaches an art class. We drew pictures of old barns. Thank you Twila. On Veterans Day we decorated the tables with patriotic tablecloths and put flags on each of the tables. On the afternoon of Veterans Day we remembered our veterans and discussed the origin of Veterans Day. Bill Lear comes in on the second Tuesday of the month and leads a bible study. He always plays us some tunes and reads a scripture lesson. Thank you Bill. We have trivia most mornings. We talk about subjects such as Roy Rogers, mums, Belgium, Mickey Mouse, Ella Fitzgerald, corn, and S.O.S. We also play games such as wheel of fortune, L-R-C, Numbers Games, and Bingo. We enjoyed Happy Hour too. We enjoyed non-alcoholic strawberry daiquiris and pina coladas. That's all for now. Talk to you soon.

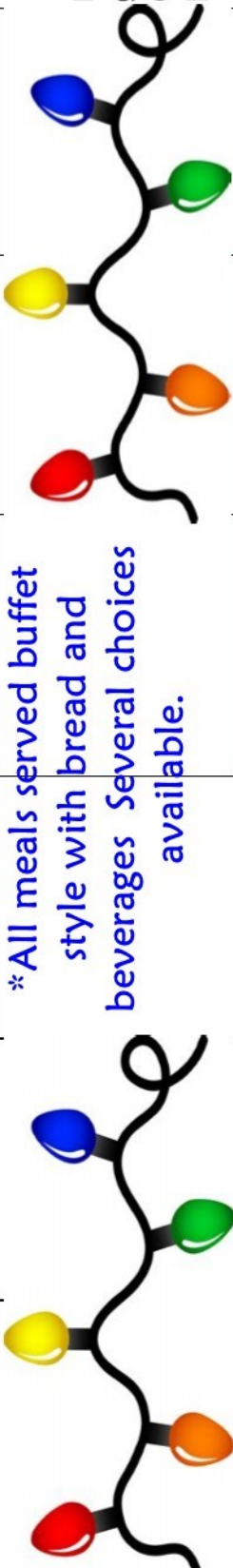
Katie Nelson,
RCF- Activity Director



December 2018 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		All Activities Are Subject To Change				1 Weekends with Sherry Bingo @ 9:30
2 10a Sunday School 2p United Methodist 6p Callao Bible Study	3 9:30a Coffee/Tea 10a Exercise 2p Bingo 3:30p Resident Council	4 10a Concentration 2p Craft 3:30p Dominoes 7p Ethel Amish	5 9:30a Coffee/Tea 10a Exercise 2p Alvie & Dick 3:30p Skip-Bo 7p County Kickers	6 10a Bevier Baptist Bible Study 10a Mass 2-3p Pitch 3p Sing a long	7 9:30a Coffee/Tea 10a Exercise 1p Jim Bolin 2:30p Numbers	8 Weekends with Sherry Bingo @ 9:30
9 10a Sunday School 2p Faith Baptist 6p Callao Bible Study	10 9:30a Coffee/Tea 10a Exercise 2p Bingo 3:30p LRC 6:30p Senior Songsters	11 9a Nails 2p Birthday Party 3p Pitch	12 9:30a Coffee/Tea 10a Exercise 2p Craft 3:30p Sing a long 7p County Kickers	13 10a Bevier Baptist Bible Study 2p Country Store	14 9:30a Coffee/Tea 10a Exercise 1p Jim Bolin 2:30p Dominoes	15 Weekends with Sherry Bingo @ 9:30
16 10a Sunday School 2p Ethel Christian 6p Callao Bible Study	17 9:30a Coffee/Tea 10a Exercise 2p Bingo 3:30p Sing a long	18 9a Nails 2p Concentration 3p Pitch 6:30p Open Arms	19 9:30a Coffee/Tea 10a Exercise 2p David Snarr 3:15p Games 7p County Kickers	20 10a Bevier Baptist Bible Study 2p Christmas Party	21 9:30a Coffee/Tea 10a Exercise 1p Jim Bolin 2:30p UNO	22 Weekends with Sherry Bingo @ 9:30
23 10a Sunday School 6p Callao Bible Study 30	24 9:30a Coffee/Tea 10a Exercise 2p Bingo 31 9:30a Coffee 10a Exercise 2p Bingo			27 10a Bevier Baptist Bible Study 2p Concentration 3p Pitch	28 9:30a Coffee/Tea 10a Exercise 1p Jim Bolin 2:30p Dominoes	29 Weekends with Sherry Bingo @ 9:30

December 2018 Dining

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>*All meals served buffet style with bread and beverages Several choices available.</p>						
2 Baked Ham Sweet Potato Casserole Buttered Cabbage Mock Pecan Pie	3 Turkey Ala King over biscuit Tossed Salad Cranberry Swirl Cake	4 Penne Polish Sausage Bake Mixed Vegetables Fruit Cobbler	5 Baked Chicken Buttered Carrots Bread Pudding	6 Resident's Choice	7 Buttered Pork Chip w/onions Zucchini Cornbread Dressing Bake Spinach, Bacon-	8 Spaghetti w/Meat sauce Italian Tossed Salad Frosted Chocolate Cake
9 Fried Chicken Mashed Potatoes/gravy Broccoli w/cheese Pie of the Day	10 Unstuffed Peppers over Steamed Rice Buttered Carrots Blushing Pears	11 Autumn Pork Roast Mashed Potatoes/ gravy Mixed Greens	12 Swiss Steak Creamy Noodles Broccoli Cauliflower Blend Whipped Gelatin	13 Roasted Turkey/ Gravy Baked Sweet Potato Green Bean Casserole Fruit Cobbler	14 Baked Fish Macaroni & Cheese Cole Slaw Frosted Banana Cake	15 Bacon Wrapped Beef Roasted Redskin Potatoes Fried Cabbage
16 Brown Sugar Pork Chops w/herbs-garlic Sour Cream Chive Potatoes Brussel Sprouts	17 Baked chicken w/onion gravy Baby Bakers Broccoli Apple Crisp	18 Lasagna Buttered Peas Caesar Salad Fruited Gelatin	19 Sweet & Sour Pork Fired Rice Oriental Vegetables Mandarin Orange	20 Meatloaf Mashed Potatoes w/ Gravy Spinach Bake Bread Pudding	21 Creamy Mushroom Chicken Baked Potato Italian Vegetables Fruit Crumble	22 Country Fried Steak Mashed Potatoes w/ cream gravy Vegetable Medley
23 Roasted Chicken, Buttered Potatoes, <u>Broccoli, Carrot Cake</u>	24 Pork Loin, Stuffing <u>Yams, Fruit Crumble</u>	25 Salisbury Steak Parmesan Noodles Green Beans Frosted Chocolate Cake	26 Roasted Turkey & Gravy Loaded Baked Potato Vegetable Blend Fruit Cobbler	27 Beef Stroganoff Over noodles Brussel Sprouts Peaches & Cream	28 Fired Fish Macaroni & Cheese Stewed Tomatoes Peanut Butter Pie	29 Oven Fried Chicken Mashed Potatoes w/ gravy Corn Mixed Fruit Cup
30 Ham, Sweet Potato Casserole, Cabbage, Pie	31 Turkey Ala King					



Christmas Treats

Caramels

2 cups white sugar
1 cup packed brown sugar
1 cup corn syrup
1 cup evaporated milk
1 pint heavy whipping cream
1 cup butter
1 1/4 teaspoon vanilla extract

1. Grease a 12x15 inch pan.
2. In a medium-size pot, combine sugar, brown sugar, corn syrup, evaporated milk, whipping cream and butter. Monitor the heat of the mixture with a candy thermometer while stirring. When the thermometer reaches 250 degrees F (120 degrees C) remove the pot from the heat.
3. Stir in the vanilla. Transfer mixture to the prepared pan and let the mixture cool completely. When cooled, cut the caramel into small squares and wrap them in wax paper for storage.

*Recipe courtesy of Allrecipes.com

Pecan Tassies

For the dough

1/2 cup pecans
1/2 cup (4 oz) mascarpone or cream cheese
1/4 cup (1/2 stick) unsalted butter, softened
3/4 cup all-purpose flour
Pinch of salt

For the filling

1 large egg
1/4 tablespoon pure maple syrup
2 teaspoons pure vanilla extract
1 tablespoon unsalted butter, softened
1/4 teaspoon salt
3/4 cup pecans, toasted and coarsely chopped

1. Preheat oven to 350 degrees. Make the dough: Process pecans in a food processor until finely ground (you should have about 1/2 cup); set aside. Put mascarpone or cream cheese and butter into the bowl of an electric mixer fitted with the paddle attachment. Mix on medium-high speed until well blended. Add flour, ground pecans, and salt; mix just until dough comes together. Stir together ingredients with a wooden spoon in a large bowl.
2. Roll dough into eighteen 1-inch balls and press into bottoms and up sides of cups of mini-muffin bowl.
3. Make the filling: Whisk the egg, sugar, maple syrup, vanilla, butter and salt in a small bowl. Stir in pecans. Spoon about 1 1/2 teaspoons filling into each muffin cup.
4. Bake pecan tassies until crust begins to turn golden, about 20-22 minutes. Let cool completely in tins on wire rack. Unmold. Pecan tassies can be stored in single layers in airtight containers up to 3 days.

*Recipe courtesy of Martha Stewart



Chocolate Covered Cherries

60 maraschino cherries with stems
3 tablespoons butter, softened
3 tablespoons corn syrup
2 cups sifted confectioners' sugar
1 pound chocolate confectioners' coating

1. Drain cherries and set on paper towels to dry.
2. In a medium bowl, combine butter and corn syrup until smooth. Stir in confectioners' sugar and knead to form a dough. Chill to stiffen if necessary. Wrap each cherry in about 1 teaspoon of dough. Chill until firm.
3. Melt confectioner's coating in a heavy saucepan over low heat. Dip each cherry in by its stem and place on waxed paper lined sheets. Chill until completely set. Store in an airtight container in a cool place. Best after 1 or 2 weeks.



Turtles

1 cup pecan halves
32 goetze caramel creams – unwrapped
12 caramel apple filled chocolates
Sea salt, to garnish
1/4 cup evaporated milk
1 TBS butter

Directions

1. Line a large cookie sheet with parchment paper
2. Make 12 piles of 5-6 pecan halves on the lined cookie sheet
3. Follow the directions for the easy caramel sauce recipe
4. Add about 1 Tablespoon of the melted caramel on top of each pile of pecans. Be sure to cover every pecan piece so they will stick together.
5. While the caramel is still warm, place a caramel filled apple candy on top. Sprinkle with sea salt.

*Allow to cool and "firm up" for 1 hour before serving. Enjoy!

Store in an airtight container for up to 1 month or in the freezer for up to 3 months.



Loch Haven will be going digital with this publication beginning January 1, 2019. If you would like a copy, PLEASE send us your request via email to friendsofhl@gmail.com or stop by our business office to pick up a copy. Thank you, Marketing Department



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 csmith@lochhaven.com www.lochhaven.com



Loch Haven
701 Sunset Hills DR
Macon, MO 63552