

Loch Haven Tymes

April 2019



A publication of

Loch Haven
Senior Living Community
Macon, Missouri

Haley Rhoades

Employee Spotlight



- ♦ **What is your nickname?** Hay
- ♦ **If you were an animal, what would you be?** Zebra
- ♦ **What is your favorite movie?** 8 seconds
- ♦ **What is the best place you ever went on vacation?** Lake of the Ozarks
- ♦ **What was your favorite subject in school?** Gym Class
- ♦ **Who is or was your hero and why?** My parents, because of them and my children, I wouldn't be the person I am today
- ♦ **Who was your favorite celebrity as a child?** Luke Perry
- ♦ **How long have you worked at Loch Haven?** Since August of 2018
- ♦ **What are your duties?** Cook, food preparation, serve meals and clean up
- ♦ **Live In:** Atlanta, MO
- ♦ **Family:** I have a daughter Mya and a son Brysen

Positive quote about working at Loch Haven: *They may forget your name but they'll never forget how you made them feel.*

Perfect Attendance



Dianne "Di" Roberts



Welcome to Team Loch Haven

Windy Leighton, RN
Tammy Teter, RN
Tyreese Mills, NA
Ashton Hays, NA
Jade Chan, NA

Wishing you a
warm

WELCOME



LIVE SOULFULLY

May 12-18, 2019

National Skilled Nursing Care Week
May 13-19, 2019



Mark Neeson

Resident Spotlight

Mark Curtis Neeson was born on December 30, 1959 to Harry Lee and Ada Sue (Eaton) Neeson. Although he has traveled, by way of vacations and trips with family, he has lived his whole life in Macon, Missouri.

Mark has seven siblings: Harrie Ann Kitchen, Wendy Bouman, Jennifer Button, Sherri Johnson, Sean Lee Neeson, Jeff Neeson and Kelly Neeson. Mark has 22 nieces and nephews, and several great nieces and nephews, all of whom he adores.

A fond memory of Mark's is going to South Carolina on vacation. At that time he was probably in the 6th or 7th grade. While on vacation there, he gathered several shells. One special shell he chose for a teacher named Doris White. He wrote a little message inside of it for her, and gave it to her upon his return. Several years later, Doris White became a resident of the Loch Haven Apartments. She still had the shell that Mark had given her. She gave the shell to Mark's sister, Wendy, who is the manager at the Apartments. Wendy treasures the shell to this day, just as Doris and Markie did.

Mark(ie) attended Macon County R-I schools. His favorite subject in school was math. He was a member of the chess club. He was a very social guy and had many friends – and lots of fun times! As with many others in the area, Mark enjoyed going to the drive-in theater, the skating rink and cruising around the square.

After graduating from Macon schools in 1978, Mark worked in several different areas. He was a farm hand, by putting up fences and taking care of horses, with his stepdad Ronald McMichaels. He worked at a saw mill in Fayette. He also spent some time working at Toast-master and Wilson Construction. During these times he meet many people who became close friends. Markie is "everybody's friend". Several people refer to him as "sweet" and a "big teddy bear".

Mark is also a caregiver. He was a devoted helper when his mom became ill. Later, he also assisted with his dad's needs when he was sick. If anyone needs something, Markie is willing to help them.

Currently Mark resides at Loch Haven Nursing Home. He enjoys drawing with pencils and pens. He still plays chess, and teaches several people how to play it. He spends a lot of time walking around Loch Haven grounds to get exercise. Markie is still that nice guy who greets and speaks with all who he encounters.





Front Office Staff

It takes many people to make everything run smoothly here at Loch Haven. Our Front Office Staff takes on duties such as answering the phones, scheduling workers, resident and employee insurance, payroll, accounts payable and receivable, neighborhood secretarial duties and marketing. All of these ladies stay busy in our fast paced office! They enjoy what they do as they work together with and for the entire Loch Haven Family. ***Thank you, ladies for ALL that you do!***



Office Staff: back row from L to R: Kelsey Hinshaw (Administrator), Tammy Rhoads (Ward Clerk & Scheduling), Stephanie Atkins (Receptionist and Benefits Coordinator). Front row L to R: Sara Conley (Ward Clerk), Crystal Smith (Marketing Director and Benefits Administrator), Paula Whisenand (Scheduling) Not pictured: Shonda Wood (Accounts Payable) and Amy Harre (Medical Billing).

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**



We celebrated Happy PI DAY with pie from Koch's General Store! Thank you, Kelsey Hinshaw our Administer who bought everyone pie to enjoy! It was such a yummy treat!

We will always remember

Charles Hall
Gloria Guthrie

Ronnie Mason
Wanda Vass

Those we love can never be
more than a thought apart,
For as long as there is memory,
they'll live on in the heart.

Philip Merry
Connie Lierly
Jeannette Holz
Frances Conger
Berniece Lewis

Gloria Guthrie
Timothy Williams
Virginia Huson
Juanita Wisdom

Thanks to those who joined us for a therapeutic stay:
Frances Conger, Thomas Burton, Phillip Merry and
Betty MaCrandar.

We had a misprint last month. Robert Werner didn't pass away. I apologize for the error. Crystal Smith

www.lochhaven.com

Oak View & Cedar View COTTAGES

Susie's Musings



WOO! Woo woo, we're all hoping winter is OVER! How about you? The residents await warm weather so they can sit outside on the patio. We so enjoy the volunteers that come each month to visit. Clark Dobbs brings Gods word for the residents during bible study. Thanks, Clark. David Snarr, Bill Lear and David Foster bring their picking and singing of those great country and gospel songs. The residents start in clapping, singing and tapping their toes to the music! Thanks, ya'll! Janice brings her 2 beautiful dogs to the cottages for pet therapy. Our residents enjoy petting them. Another little dog came to visit the residents and he loves to sit on their laps to be petted and he sure liked Jane Boulton's lap! Thank you, Amber for sharing your dog! Sophie (Lenon) enjoys the residents and Phillip sure enjoyed her riding on his lap. Games played this moth was Skip O, plunkett, bingo and trivia. We spend a lot of time reminiscing and watching and discussing the daily news. Mary Britt is loving all the attention from the staff. She was being silly so she got a big hug from everyone and also Mimi Phipps was being funny but she's funny anyhow! The residents sure love their hugs! Thank you, thank you to Sherry Linzini for filling in for me while I was gone! She did a great job! It will soon be Easter. So be careful while your out driving because the ole' Easter bunny is out hopping around somewhere. You know it sure would be sad for all of us, if he got hurt! Right? We all talked about the Easter Bunny. I asked the residents "how do you think the Easter Bunny gets around to leave all the baskets for the little ones?" Some reply's were "gosh, I never thought about it, probably uses a sleigh like Santa does and now that's a good question?!" Someone mentioned "maybe he uses a bike & a flashlight and another said " I bet he sleeps all day before he goes out!" The residents were pretty serious about our Easter Bunny discussion. We sure had fun talking about him!

I needed to make a correction from last months Newsletter. It should have said thanks to the Dollar Tree for the neat items donated to the Cottages, instead of the County Store.

Our Love and many blessings for a HAPPY EASTER! ~ Susan Lenon

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



APRIL BIRTHDAYS

1	Vera Wolfe	16	Bernard Wilhelme
6	James Farris	21	Mary J Chloupek
8	Marjorie Petre	29	Mildred Phipps
10	Gwen Smith	30	Doris Magers
14	John Gaughan	30	Shirley Weber
16	Esther Tabor		

- ♦ To those who have donated magazines, books and games
- ♦ To those who have gave bird seed money this past winter
- ♦ Thank you, Lavern Heaton and his family for donating money for bird seed



Employee work Anniversary's for the Month of APRIL

1st	Paula Whisenand, 39 years
4th	Audrey Fisher, 1 year
5th	Donna Conger, 9 years
6th	Debbie Cross, 2 years
7th	Sadie Adkins, 3 years
9th	Dennis Ashenfelter, 15 years
12th	Deborah Carpenter, 38 years
13th	Teresa Rife, 3 years
15th	Crystal Sandner, 10 years
16th	Ruth Dillard, 6 years
20th	Sara Skinner, 1 year
21st	Crystal Bouman, 2 years
23rd	Sharon Lyons, 3 years
28th	Nita Coale, 3 years



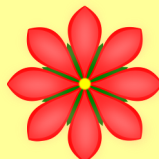
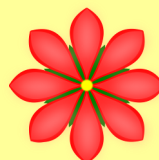
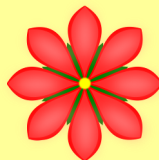
Thank you for your commitment to us and for being a valuable part of our TEAM! We look forward to working with you for years to come!

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

If you are having surgery in the near future, please contact our Social Service Director Julie Mason at 660.385.3113 to find out about the exceptional after-hospital-stay care and therapy we provide at Loch Haven Senior Living Community.

We will have you home in no time!!

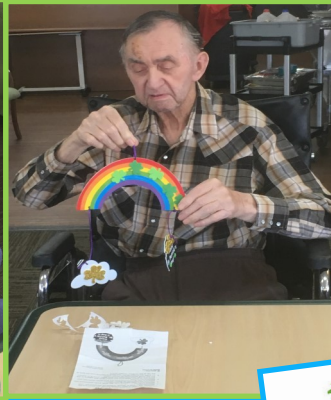
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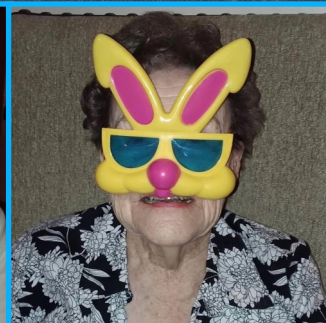
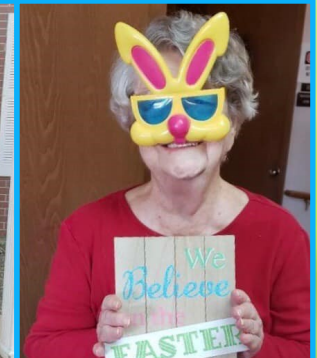
A special lady who does such an amazing job here as our Restorative Nurses Aid also blesses our residents with her beautiful music! Thank you for sharing your many talents with us, Dianna Resa!

SPECIAL Brook NEWS

Greetings from Special Brook ~ We hope that everyone has stayed warm this winter. We are getting cabin fever here! Have been talking about the garden and what we we'd like to grow this year. Also, we have been busy doing some crafting, exercising, reminiscing and playing lots of bingo! We're sure looking forward to SPRING!



News from RCF



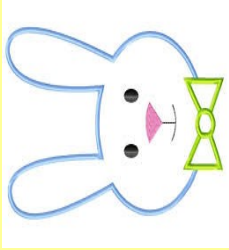
Spring has SPRUNG and so has the FUN!!!
Happy Easter from RCF!

March has been very busy... as with every month, the residents have enjoyed a variety of activities. For example, usually the morning activity involves trivia or an informative discussion. During the month of March, residents learned about Annie Oakley, Women's History Month, Ireland, Switzerland, baseball, the Girl Scouts plus much more. We also gathered together to hear bible study sessions from Bill Lear and Clark Dobbs. Residents joined in an art class with Twila, reading with Butch Naughton, music with Dick and Alvie, and a variety of games such as BINGO, Password, Wheel of Fortune, Pitch and using

the Wii. We also had a special visit from "Sammie" and "Lucy" (dogs of a staff member). Spring has finally sprung in the Apartments at Loch Haven. To celebrate, residents and staff got together at 4 pm on March 20th to whoop and holler. Balloons, masks and big smiles were had by all. Other celebrations we enjoyed this month involved having a St. Patrick's Day party, a Spring Fling party, a Ladies Social and a Mardi Gras bash. Besides these special days, we had four birthdays this month! We sure know how to party at the Apartments!

~ Katie Nelson, Activities Director

APRIL 2019 ACTIVITY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 10a Sunday School 2p United Methodist-	1 9:30a Table Talk 10a Stretch & Flex 2p Bingo 3:15p Resident	2 9a Nails 2p Craft 3p Pitch 7p Ethel Amish	3 9:30a Coffee 10a Stretch & Flex 2p Alvie & Dick Gospel Music 3:15p Dominoes	4 10a Bevier Baptist Bible Study 2p Pitch 3:30p Numbers	5 9:30a Coffee Club 10a Stretch & Flex 1p Jim Bolin Bible Study	6 Bingo @ 9:30a
7 10a Sunday School 2p United Methodist-	8 9:30a Juice Bar/ Coffee 10a Stretch & Flex 2p Bingo	9 10a Wheel of Fortune 2p Birthday Party 3p Pitch	10 9:30a Iced Tea/ Coffee 10a Stretch & Flex 2p Music/Barb & Roy	11 10a Bevier Baptist Bible Study 2p Pitch 3:30p Breathing	12 9:30a Coffee Club 10a Stretch & Flex 1p Jim Bolin Bible Study	13
14 10a Sunday School 2p Faith Baptist	15 9:30a Chit Chat 10a Stretch & Flex 2p Bingo 3:15p Balloon Toss	16 9a Nails 2p Concentration 3p Pitch	17 9:30a Juice Bar/ Coffee 10a Stretch & Flex 2p Music/David	18 10a Bevier Baptist Bible Study 2p Music/David Foster 3:30p Sing a Long	19 Good Friday 9:30a Coffee Club 10a Stretch & Flex 1p Jim Bolin Bible Study	20 Bingo @ 9:30a
21 Easter 10a Sunday School	22 9:30a Iced Tea/ Coffee 10a Stretch & Flex 2p Bingo	23 10a UNO 2p Pitch 3:30p Noodle Ball	24 9:30a Coffee/Tea 10a Stretch & Flex 2p Music/Roy & Barb	25 10a Bevier Baptist Bible Study 2p Pitch Volunteer Banquet	26 9:30a Coffee Club 10a Stretch & Flex 2p Adam Queen Contest	27 Bingo @ 9:30a
28 10a Sunday School 6p Callao Bible	29 9:30a Juice Bar/ Coffee 10a Stretch & Flex 2p Bingo	30 10a Wheel of Fortune 2p Pitch		One on Ones offered daily All Activities Are Subject to change without advanced notice		

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 members include: B J Roberts, Kelsey Hinshaw, and Richard Waller.

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

PO Box 187

Macon, MO 63552

Name _____
Address _____
City, State Zip _____
Phone # _____
Email _____

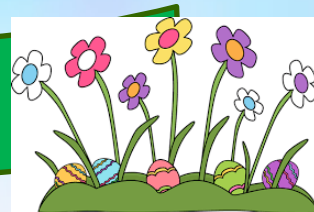
We/I pledge our/my one time gift of: _____ \$25 _____ \$50 _____ \$100
_____ \$150 Amount of _____

APRIL 2019 DINING CALENDAR

Sun	Mon	Tue	Wed	Thur	Fri	Sat
 <p>7 Brown Sugar Pork Chops w/ Garlic & Herbs Sour Cream Chive Mashed Potatoes Brussel Sprouts w/ Bacon Dinner Roll/Margarine Beverage</p>	<p>1 Unstuffed Peppers Over Steamed Rice Buttered Carrots (A) Blushing Pears Bread/Margarine Beverage</p>	<p>2 Autumn Pork Roast - w/ Apple Glaze Mashed Potatoes & Gravy Mixed Greens (A) Fruit Shortcake Bread/Margarine Beverage</p>	<p>3 Swiss Steak Creamy Noodles Broccoli Cauliflower Blend Whipped Gelatin Bread/ Margarine Beverage</p>	<p>4 Roast Turkey & Gravy Baked Sweet Potato (A) Green Bean Casserole Fruit Cobbler (FR) Dinner Roll/Margarine Beverage</p>	<p>5 Seasoned Baked Crusted Fish Macaroni & Cheese Cole Slaw Frosted Banana Cake Bread/Margarine Beverage</p>	<p>6 Bacon Wrapped Beef Roasted Redskin Potatoes Fried Cabbage Fruit Salad Bread/Margarine Beverage</p>
<p>14 Herb Roasted Chicken Parsiled Buttered Potatoes Carrot Cake w/Cream Cheese Frosting Dinner Roll/Margarine Beverage</p>	<p>15 Marinated Pork Loin Herb Stuffing Yams (A) Autumn Fruit Crumble (FR) Bread/Margarine Beverage</p>	<p>8 Baked Chicken with Onion Gravy Baby Bakers Broccoli (A) Apple Crisp (FR) Dinner Roll/Margarine Beverage</p>	<p>10 Sweet & Sour Pork Fried Rice Oriental Vegetables Mandarin Orange Cake Bread/Margarine Beverage</p>	<p>11 Meatloaf w/Ketchup Glaze Mashed Potatoes & Gravy Spinach Back (A) Bread Pudding w/Vanilla Sauce Dinner Roll/Margarine Beverage</p>	<p>12 Creamy Mushroom Chicken Baked Potato w/Sour Cream Italian Vegetable Blend (A) Fruit Crumble (FR) Bread/Margarine Beverage</p>	<p>13 Country Fried Steak W/Cream Gravy Mashed Potatoes Vegetable Medley Pumpkin Crumble (A) Bread/Margarine Beverage</p>
<p>21 Roast Beef Mashed Potatoes/Gravy Parmesan Baked Zucchini Angel Peach Dessert (FR) Dinner Roll/Margarine Beverage</p>	<p>22 Ham & Beans Fried Potatoes Mixed Greens (A) Mandarin Oragnes & Pineapple Cornbread/Margarine Beverage</p>	<p>23 Cornflake Chicken Garlic Mashed Potatoes Buttered Peas Lemon Cream Pie Beverage</p>	<p>24 BBQ Riblette Macaroni & Tomatoes Seasoned Green Beans Side Salad w/dressing Sherbet Bread/Margarine Beverage</p>	<p>25 Pepper Beef Patty Gravy Baked Potato w/sour cream Brussel Sprouts Chocolate Pudding Parfait Bread/Margarine Beverage</p>	<p>26 Tilapia w/lemon dill sauce Garlic Potatoes Roasted Baby Carrots & Onions (A) Mixed Fruit Cup Dinner Roll/Margarine Beverage</p>	<p>27 Alfredo Chicken But- tered Spaghetti Broccoli w/cheese sauce Side Salad w/dressing Frosted Red Gelatin Bread/Margarine Beverage</p>
<p>28 Fried Chicken Mashed Potatoes & Gravy Buttered Peas Fruit Cobbler (FR) Dinner Roll/Margarine Beverage</p>	<p>29 Mushroom Hamburger Steak Hash Brown Casserole Green Beans Fruited Gelatin (FR) Bread/Margarine Beverage</p>	<p>30 Bake Ham Scalloped Potatoes Squash Medley Chocolate Cream Pie Combread/Margarine Beverage</p>				



Cooking thru the Ages!



Blackberry Cobbler

1/2 cup melted butter
1 cup sugar
1 cup flour
1 cup milk
2 cups blackberries
1/4 cup additional sugar

Whisk together sugar, flour, and milk. Add melted butter and whisk together. Pour batter into a well buttered baking dish. Add the blackberries and sprinkle the 1/4 cup sugar on top. Bake at 350 degrees for 1 hour.

Recipe courtesy of The Pioneer Woman



Baked Ham & Swiss Sandwiches

12 dinner rolls (sliced in half)
12 slices ham
12 slices swiss cheese
1 T butter (melted)
1/4 c. brown sugar
2 T Worcestershire sauce
1 t. onion powder



1. Mix together all ingredients for the sauce.
2. Assemble the sandwiches with the ham & cheese inside the sliced rolls.
3. Brush the tops of the sandwiches with the sauce, as well as the insides.
4. Cover pan & refrigerate 4-24 hours.
5. Bake at 350 degrees with the foil covering the sandwiches.
6. Uncover and bake another 10-15 minutes.

Recipe courtesy of www.asweetpotatopie.com

Crispy Potato Wedges

2 T paprika
2 T olive oil
1 T garlic powder
1 T chili powder
1 t salt
1 t pepper
4 large potatoes, cut into wedges
1 C bread crumbs



Preheat oven to 400 degrees. Mix paprika, olive oil, garlic powder, chili powder, salt and pepper together in a bowl until marinade is smooth. Place potatoes in a baking dish. Add marinade and rub into potatoes. Sprinkle bread crumbs over potatoes and coat each wedge well. Bake in preheated oven for 30 minutes. Reduce heat to 355 degrees and continue cooking until wedges are tender enough to puncture with a fork (about 30 minutes more).



Cute AND Easy!!

Homemade bird feeders to do with your kids this spring

We're recognizing our
**FABULOUS
VOLUNTEERS**
by hosting our annual
Volunteer Banquet
Thursday, April 25th at 6 PM

Event will be held at:
Loch Haven Senior Living Community
701 Sunset Hills Drive - Macon, MO 63552

Dust off your boots

Cowboys & Cowgirls and join us for a WESTERN themed party! We're sure you'll have a boot scooting good time!

Join us for dinner and entertainment!!
Call Jeanie Nail at 660.385.3113
to **RSVP** by April 13th

We sure enjoyed our community spaghetti dinner this past month! We'd like to thank everyone for coming!



Wishing everyone a **HAPPY EASTER!**

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 660-385-3113 csmith@lochhaven.com. Visit our website at www.lochhaven.com