

Loch Haven Tymes

May 2017



A publication of

Loch Haven

Senior Living Community

Macon, Missouri



PAULA STOUT, LPN

Employee SPOTLIGHT

- ♦ **What is your nick-name?** Polly Wolly
- ♦ **Describe yourself in one word.** Caring
- ♦ **If you were an animal, what would you be?**
A beloved family dog. Any other animal is likely to be eaten!
- ♦ **Who was your favorite celebrity as a child?**
Charles Schultz Creator of the Peanuts Gang.
- ♦ **How long have you worked at Loch Haven?**
5 Years
- ♦ **What are your duties?** LPN
- ♦ **Live In:** Macon
- ♦ **Family:** My husband, Patrick and our four year old son, Joshua.

- ♦ **What is your favorite movie?**
Gone With The Wind
- ♦ **What is the best place you ever went on vacation?**
Disneyland
- ♦ **What was your favorite subject in school?**
Art, English, History
- ♦ **Who is or was your hero and why?** Walt Disney.
I wanted to be a Disney animator.
- ♦ **Everyone has a talent. What is yours?** Drawing
- ♦ **What is one thing on your bucket list?**
Write the great American Novel.

"I try to get at least one person who wasn't smiling, to smile every day! I love to see the residents and staff smiling!!" Paula



Welcome to Team Loch Haven

Angel Schwieter	Dietary
McKenzie Craig	Dietary
Evie Nelson	Dietary
Stella Armstrong	Dietary
Enoch Roberts	Dietary
Linda Fischer, RN	
Mtn. View/West Brook Coordinator	
Deborah Atha	
Central Supply/Evening Receptionist	
Mercedes Shaw, CNA	Mtn. View
Crystal Bouman	RCF Cook
Connie Burkholder, CNA	Cottage PAL

STAR AWARDS

Cheryl Taylor
Janis Fraley

Dana Morey
Martha Hiday

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



PERFECT ATTENDANCE Cathy Carothers

Cathy Combs (l) was the inspiration for this beautiful Easter Mural, and Paula Stout (r) provided her artistic hand in the beautiful sketch that decorated the Mountain View Nurses Station throughout the Easter Season. Thanks Ladies!!

GERALDINE NOLAN YOUNG

Special Brook Neighborhood

RESIDENT Spotlight



I was born on August 5, 1924 in Bath, Illinois and moved to a 40 acre farm in Monroe County, Missouri shortly thereafter. When I was 18 months old my father passed away suddenly, leaving my mother with four small children—me being the youngest. I know that life was a struggle for my mother. I recall at the age of eight carrying a very heavy ax a considera-

ble distance down to the pond so I could chop a hole in the ice for the cattle to drink. I also remember my mom making my school dresses out of printed feed sacks that had been discarded.

There came a time of year when we had to go out and collect the sap from the maple trees to make syrup. One year my sister and I started out with a brand new bucket. We lived atop a bluff overlooking the river, and it was slow going getting to the water's edge to the trees. I accidentally dropped the bucket into the raging water, and I knew I was going to be in big trouble. My sister and I literally risked our lives to retrieve that bucket so we would not get spanked.

Since we had no electricity and the only source of entertainment was an old battery powered radio, we would sit around and stare at the radio and listen to FDR give his famous "Fireside Chats".

With all the men gone off to war and living in a town of approximately seventeen people, imagine my delight when I was allowed to attend Northeast Missouri State Teacher's College when I was just fifteen. This was one of the happiest times of my life. I lived with three other girls in a boarding house close to campus.



There was no bathtub so we had to bathe in the sink.

I remember the night World War II ended, and everyone was thrilled that the

men would be coming home. The kids piled into cars, as many as they could cram into each car, and drove the streets all night long just yelling and honking horns in celebration.

I began teaching at a country school east of Santa Fe, Missouri and actually had students who were older than me. My salary was \$29 a month, and I spent \$15 a month for room and board.

I started dating Dale Nolan. He was discharged from the Navy in 1945. We got married later that year and went on to have seven children. Right after our youngest child, Marsheila, was born, we found out she had a very bad heart and needed surgery. My husband and I traveled all over the state trying to find a surgeon who would operate on her, as she had absolutely no chance of survival. A doctor in Columbia finally agreed to do the surgery, but sadly, my husband was killed in an automobile accident and never knew that the surgery was a success.

Three years later, on a snowy wintery night, we lost our home in a house fire. The kids were watching *Gunsmoke* and had only their pajamas on and no shoes. We lost absolutely everything. I had no house insurance, but God provided and with the help of a lot of friends and neighbors, I was able to rebuild our home.

I later married Jody Young and went to work at Monroe Manor in the Activities Department—a job I loved. I have always enjoyed gardening and quilting and mostly, spending time with family. I have four living sons—Wayne, Richard, Russell, and Maurice; and two daughters—Maysel and Marsheila. My son, Darrell passed away in 2003 and Jody died in 2005.

While I have had a lot of trials in my life, I have also had a strong faith in God that has never waived. I feel I have been blessed beyond measure.



A Warm Welcome to

Margaret Teter	Virgil Muncy, JR
James Wray	Neola Muncy
Margaret Taylor	Linda Nesbitt
Sharon Crews	Larry Barnett
Alvina Howe	Marvin Vogler
Irvin Cross	Mary Zumwalt

Thanks to those who joined us for a therapeutic stay:

Phillip McElhaney, Judy Lucas, Martha Klusman, Dolly Snow, Gerald Leenerts, and Sharon Leenerts

We will always remember

Mary Foster	Robert Walker
Madison Walker	Richard Franks
George Morgan	Dean Simonson

We have a heartache. No one can heal. †
Love leaves a memory. †
No one can steal. †

www.lochhaven.com

Our NURSES ♦ ♦ ♦ a Work of HEART



Neighborhood Coordinators and Directors

Seated: (l-r) Patty Hasselbring, LPN-Cottage Coordinator; Nita Coale, RN-Director of Nursing. Back Row: (l-r) Linda Fischer, RN-Mountain View and West Brook Coordinator; Christy Riekeberg, RN-MDS Coordinator; Carol White, LPN-House Supervisor; Val Lewis, RN-Special Brooke Coordinator; and Lea Apel, RN-MDS Coordinator. Not Pictured: Shyla Terry, RN-Loch Haven Apartments.



When you are a nurse you know that every day you will touch a life or a life will touch yours.

2017 LH Board of Directors



Loch Haven's Board of Directors welcomed new member, Tena Levett, at the April Board Meeting. Pictured (l-r) are Margery Waller (Treasurer), David Waller (President), Tena Levett, Linda Miller (Secretary), Frost Selmon, and Jace Weber (Vice President). Thanks to this group of very dedicated volunteers, and **thanks to Donna Grigsby who recently went off the Board after serving for several years.**

SAMARITAN HOSPITAL

Boone Hospital Affiliate

Invites you to join us in celebrating National Hospital Week.

Tuesday, May 9th

Community Health Fair

In conjunction with Boone Hospital, Loch Haven Nursing Home, Macon Health Care and Macon Health Department.

7:30-11:30 am

in the Samaritan Front Lobby



FREE SCREENINGS:

A1C

Blood Sugar

Cholesterol

Blood Pressure

Pulse Ox



Blood Drive

Thursday, May 11th

10:00 am-2:00 pm
in the Chapel Waiting Area



Oak View & Cedar View COTTAGES

Susie's Musings

Hello Again from the Cottages! Spring is here along with pretty flowers, green grass and the spring birds returning. Enjoyed our regular volunteers coming this month and appreciate all the great music and Bible Study you blessed us with. We had a new volunteer arrive at the front door, but all it could do was hop-hop around. It was Roadi the Toad. Big and fat he was, and he went on his way after his entry. Well our Cardinal games have started and to get everyone in the spirit the big Red-bird showed up and went all through Loch Haven and the Cottages. He got a warm welcome and later disappeared so we guess he flew back to St. Louis. Now if they would win more games, we would all be happy. Right!!! Easter was lots of fun and some residents colored eggs using shaving cream and food color. Sorta' messy, but they sure enjoyed it. Thanks to Connie Burkholder who came and showed the residents how to do it. Thanks Connie! Both Cottages had an Easter Egg Hunt. The eggs were really hard to find. It took them awhile to find them. Resident Don Wilhelm's two grandsons were there to help and to find them some hidden eggs, also. A big hit it was. They never did see the Eater Bunny. We wanted to do the Bunny Hop with him. Oh well, maybe next year. The cutest black baby lamb was in the Cottages for a visit and that was a BIG hit with all. Thanks to Rhian Beldon and her grandpa for doing that. Bertha Deveno's daughter, Joanne Morton brought in her beautiful talking parrot, Greta, How wonderful was that! All enjoyed it so much, but we never heard it say "Polly wants a cracker!", but it always asks "What are you doing?" Just seeing the bird was a delight. Thanks Joanne. Thanks to all who came for visits and wearing your smiles. I want to say thanks to our staff for all their hard work. You all are so special. Our love and God Bless! AND an early Happy Mother's Day to all! Until next month!!

Susan Lenon

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





May Birthdays

- ♦ To the Smoke House and the Myers family for providing a lunch time meal for residents and staff of the Cottages.
- ♦ Helen Moehle for donating a Dominoes Game.
- ♦ Carolyn Barron for bringing her baby goats for the residents to enjoy!

Special Thanks

The family of Bertha Deveno would like to thank **Tom Hasselbring** for the abundant kindness, care, and concern he provided for our dear mother while taking her to the Columbia Interventional Pain Center. Not only this visit, but the multiple other visits. Our family is blessed to have such a caring person. Tom has shown his professionalism in handling our fragile mother's condition and providing safety measures for her. **Tom, you are truly an inspiration to all.**

Thank you so much,
Bertha Devenos Family,
Joanne Morton, Mary King, Tom

May

3 Marie Kindle
6 Leota Krawl
11 Marvin Vogler
12 Joann Wood
14 Lucian Davis

17 Margaret Teter
21 Donna Albrothross
22 Juanita Shearer
26 Dorothy Lovland
28 Lorraine Roe
30 Mary Hauf
30 Betty Schlanker

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**



A great time was had by all at the **Annual Volunteer Banquet**. The guests were treated to a Sock Hop themed banquet complete with BBQ Burgers, Root Beer Floats, and a Photo Booth. The County Kickers provided entertainment. Door prizes were won by Lynn Mason and Kathy Goforth.

If you are interested in volunteering at Loch Haven, please contact Activity Director Jeanie Nail.



Thank you to Gianna Lolli (c) for singing and playing for residents of the RCF. We love volunteers... large and small. :-)



Our ladies enjoying crafts, a cup of coffee, and each other.

News from RCF



April was an exciting month at the Apartments. We enjoyed several activities that were offered by others outside of our facility – such as art classes with Twyla Sarazine and Gayle Shoush, mass service, “Reading with Butch (Naughton)”, “Bible Study with Bill Lear” and a bible study with Clark Dobbs. We are very fortunate to have these special visitors grace us with their talents and time. ~ We also have two fantastic activity personnel, Katie Nelson and Shelby Maloney, who keep us active and entertained. We play BINGO twice a week – we love BINGO! Our mornings are usually spent learning new facts or testing our knowledge of trivia. We also play many games that are not only fun, but a great chance to socialize and laugh. ~ We enjoyed several outings this month– to the casino, the new Dollar Tree store, to Wal-Mart, for a spring drive and to see the play at Royal Theatre entitled “Shrek”. ~ We love all that is offered here at Loch Haven Apartments! We welcome Laura Kay Burch to the RCF. **By Janis Fraley**

Queen Charlene Pontius

On Friday, April 21st the Clarence Care Center hosted the annual Activity Directors Association of Missouri (ADAM) Queen Contest. Our very own Charlene Pontius who lives in the Loch Haven Apartments was crowned the 2017 ADAM Queen. A group of six ladies participated. Myrna Carothers was the emcee and read biographies about each one of the contestants.



Then each contestant had to pick a question and answer it. The ladies each did a wonderful job. While the three judges decided, two local ladies sang a few songs. Charlene received a crown, a sash, a bouquet of flowers, and a trophy.

*Never stop doing little things for others.
Sometimes those little things occupy the
biggest part of their hearts. ~ ~*



SPECIAL Brook NEWS

GREETINGS from Special Brook!

This month we have spent time outside cleaning out the raised garden beds and sitting on the porch when the weather has been nice. We are looking forward to planting our vegetables and watching the flowers bloom. The chilly days have been spent enjoying kickball, movies, and baking. Looking forward to Mother's Day when we honor all our moms who live in Special Brook!



By Amy Howlett, SCU Activity Director

May 2017 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 8:30a Door to Door 10a Flex & Stretch 2p Bingo 3p Reminisce	2 8:30a Door to Door 9a Spa Day 2p Arts & Crafts 3p Small Groups 7p Ethel Amish	3 8:30a Door to Door 9:30a Chit Chat 10a Flex & Stretch 2p Dick & Alvie 3p Small Groups	4 8:30a Door to Door 10a Bevier Baptist Bible Study 2p Trivia 3p Let's Play Pitch	5 8:30a Door to Door 9:30a Coffee Club 10a Flex & Stretch 2pm Cinco de Mayo Social	6 Weekends with Sherry Bingo @ 9:30	
7 10a Sunday School 2p United Methodist 6p Callao Bible Study	8 8:30a Door to Door 10a Flex & Stretch 2p Bingo 3p Small Groups	9 8:30a Door to Door 10a Concentration 11a Men's Social 2p Birthday Party (DR) 3p Porch Time	10 8:30a Door to Door 9:30a Chit Chat 10a Flex & Stretch 2p Walmart 7p County Kickers	11 7:30a Family Brkfst 8:30a Door to Door 10a Bevier Baptist Bible Study 2p Birge Ministry 3p Small Groups	13 Weekends with Sherry Bingo @ 9:30	
14 10a Sunday School 2p Faith Baptist Happy Mother's Day	15 8:30a Door to Door 10a Ladies Tea 10:30a Balloon Launch 2p Bingo 3p Small Groups	16 8:30a Door to Door 9a Spa Day 2pm Let's Go to the Drive-In 3p Let's Play Pitch 6:30p Open Arms	17 8:30a Door to Door 9:30a Chit Chat 10a Flex & Stretch 2p Donnie Roberts 3p Small Groups 7p County Kickers	18 8:30a Door to Door 10a Bevier Baptist Bible Study 2p David Foster 3 - 6 p Community BBQ	20 Weekends with Sherry Bingo @ 9:30	
21 10a Sunday School 2p Ethel Christian 6p Callao Bible Study	22 8:30a Door to Door 10a Flex & Stretch 2p Bingo 3p Small Groups	23 8:30a Door to Door 10a Concentration 2p Craft 3p Social	24 8:30a Door to Door 9:30a Chit Chat 10a Flex & Stretch 2p Roy & Barbara 3p Small Groups 7p County Kickers	25 7:30a Family Brkfst 8:30a Door to Door 10a Bevier Baptist Bible Study 2p Resident Council 3p Small Groups	27 Weekends with Sherry Bingo @ 9:30	
28 10a Sunday School 2p Atlanta Methodist 6p Callao Bible Study	29 Memorial Day	30 8:30a Door to Door 9a Spa Day 2-6 p.m. Blood Drive	31 8:30a Door to Door 9:30a Chit Chat 10a Flex & Stretch 2p Porch Talk 3p Small Groups 7p County Kickers	National Nursing Home Week May 14-20th.		

National NURSING HOME Week MAY 2017

THE SPIRIT OF CARING/The Spirit of America

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18	19
Happy Mother's Day	8:30 a.m. Door to Door	8:30 a.m. Door to Door	8:30 a.m. Door to Door	8:30 a.m. Door to Door	8:30 a.m. Door to Door
10 a.m. Sunday School	10 a.m. Ladies Tea	10 a.m. Spa Day	9:30 a.m. Chit Chat	10 a.m. Bevier Baptist Bible Study	9:30 a.m. Coffee Club
2 p.m. Faith Baptist	10:30 a.m. Balloon Launch	2 p.m. Let's Go To The Drive-In	10 a.m. Flex & Stretch Baseball Game	2 p.m. David Foster Music	10 a.m. Flex & Stretch
Corsages for all ladies!	2 p.m. Bingo	3 p.m. Let's Play Pitch	2 p.m. Donnie Roberts	3—6 p.m. Community BBQ	2 p.m. Shooting Range
	3 p.m. Small Groups	6:30 p.m. Open Arms	3 p.m. Small Groups Baseball Trivia	Loch Haven T-Shirt Day	2 p.m. Carmen Hour of Bible Stories
	Hot Dogs & Chips for Staff	Ice Cream For Staff	7 p.m. County Kickers		Kettle Corn Staff
	Vintage Loch Haven T-Shirt Day	Rock n' Roll Day	Cracker Jacks, Popcorn, Peanuts, and Pretzels for Staff		Cowboy & Indians Day
			Baseball Attire Day		


Please join us for the Annual LH Community BBQ
Thursday, May 18 3—6 p.m. Front Circle Drive



“The loveliest masterpiece of the heart of God is the love of a Mother.”

St. Therese of Lisieux

May 2017 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1 Meatloaf Oven Brown Potatoes Creamed Peas Dinner Roll Fruit Shortcake	2 Roast Turkey Stuffing/Gravy California Vegetables Dinner Roll Season Fresh Fruit	3 Beef Tips in Gravy Buttered Noodles Candied Carrots Caesar Salad Gelatin w/ Whipped Top	4 Herb Roasted Pork Baked Sweet Potato Vegetable Medley Dinner Roll Choco Chip Brownies	5 BBQ Chicken Baked Beans Marinated Cucumber & Onions Dinner Roll Peach Cobbler	6 Baked Ham Scalloped Potatoes Mixed Greens Cornbread Pudding Parfait	
7 Pot Roast/Gravy Roasted Carrots, Potatoes & Onions Dinner Roll Pie of the Day	8 Honey Glazed Pork Chops Vegetable Blend Dinner Roll Cheesecake	9 Fiesta Steak Squash Corn Casserole Tossed Salad Dinner Roll Fresh Fruit Cup	10 Ham & Beans Fried Potatoes Mixed Greens Cornbread Goosey Butter Cookies	11 Residents Choice	12 Crusted Tilapia Stewed Potatoes Peas & Carrots Cheese Herb Biscuit Daffodil Cake	13 Spaghetti Sautéed Zucchini Garlic Bread Pineapple Upside Down Cake
14 Cheddar Baked Chicken Sweet Potato Wedges Brussel Sprouts Dinner Roll	15 Swedish Meatball Steamed Rice Broccoli Dinner Roll Sherbet	16 Breaded Pork Steak with Onions Roasted Potatoes Braised Red Cabbage Cornbread	17 Chicken Fried Chicken Cheesy Hash Brown Casserole Dinner Roll	18 Soft Beef Taco Pinto Beans Fiesta Corn Salad Creamy Orange Cake	19 Glazed Ham Scalloped Potatoes Country Green Beans with Bacon/ Onion	20 Baked Turkey Crunch Baked Sweet Potato Creamed Peas Dinner Roll
21 Roast Beef Mashed Pot/Gravy Candied Carrots Dinner Roll Creamy Custard Pie	22 Herb Roasted Chicken Baby Bakers Mixed Vegetables Frosted Cake	23 Bow Ties with Italian Sausage, Tomatoes & Cream Italian Tossed Salad Garlic Bread Sticks	24 Turkey/Gravy Cornbread Dressing Vegetable Medley Dinner Roll Blueberry Cobbler	25 Salisbury Steak Baked Potato Spinach Bake Dinner Roll Daffodil Cake	26 Fish of the Day Macaroni & Cheese Cole Slaw Dinner Roll Mandarin Oranges	27 Beef Parmesan Buttered Pasta Peas & Carrots Garlic Bread Mixed Fruit Cup
28 Fried Chicken Mashed Potatoes/Gravy Green Beans Dinner Roll Chess Pie	29 Meatloaf Oven Brown Potatoes Creamed Peas Dinner Roll Fruit Shortcake	30 Roast Turkey Stuffing/Gravy California Vegetables Dinner Roll Season Fresh Fruit	31 Beef Tips in Gravy Buttered Noodles Candied Carrots Caesar Salad Gelatin w/ Whipped Top	*All meals served buffet style with bread and beverage. Several choices available.		



Cooking thru the Ages!



Puffy Tacos Recipe

- 1 lb ground beef
- 1 package taco seasoning
- 1 (10oz) can diced tomatoes & green chiles, drained
- 2/3 cup water
- 2 cups shredded cheddar cheese
- 1 (17.3-oz) package puff pastry, thawed

Preheat oven to 400°. Line two baking sheets with parchment paper. Set aside. Brown ground beef. Drain. Add taco seasoning, diced tomatoes/green chiles and water. Simmer for 5 minutes. Set aside.

Pastries: Unfold pastry sheets. Cut each sheet into 9 squares. Arrange taco meat down diagonal center of the pastry squares. Sprinkle with some of the shredded cheddar cheese. Fold two opposite corners of each square over the filling and press edges to seal. Place on prepared baking sheet. Bake 15-18 minutes, until golden brown. Serve hot or at room temperature.

Mud Ball Cookies

- 1 cup uncooked oats
- 1/2 cup chopped nut pieces
- 1/2 cup honey
- 1/2 cup cocoa powder
- 1/2 cup smooth peanut butter
- raisins or chocolate chips (optional)
- Graham cracker crumbs

Mix dry oats, nut pieces, and cocoa powder together. Add peanut butter and honey. Mix "dough" until it looks like mud. Put graham cracker crumbs in a plate. Make balls out of 1 teaspoonful of mud mixture. Roll each ball in cracker crumbs. Store in refrigerator



IT COULDN'T BE EASIER!!



Confetti Dip

- 1 lb shredded Cheese (any kind)
- 1 can Shoepeg Corn, drained
- 1 can chopped Green Chili
- 1 Onion, chopped
- 1 Yellow Bell Pepper, chopped
- 1 Green Bell Pepper, chopped
- 1 Red Bell Pepper, chopped
- Miracle Whip

Combine all ingredients and mix well. Great with Fritos, Corn Chips or spread on a



cracker.

Frito Pie

- 1 regular size pkg. Fritos, (save 3/4 cup for top)
- 1 large onion, chopped
- 1 large can chili, (no beans), heat this in a sauce pan
- 1-1/2 cup shredded cheddar cheese
- 1 lb. ground beef, brown and drain, optional

Using medium baking dish, layer Fritos, ground beef, chili, onions and 1 cup cheese. Top all with remaining 3/4 cup Fritos and cheese. Bake uncovered in 350F oven for 20 to 25 minutes until cheese is melted and hot. A party favorite!!



**MEMORIAL
DAY
OR
4TH OF JULY
PICNIC HITS!!**





Remember -
our fallen heros.
They are the reason
that we are free.



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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