

# Loch Haven Tymes

December 2016



A publication of  
**Loch Haven**  
*Senior Living Community*  
Macon, Missouri





**TINA FALKINER,** CNA, CMT, CMA

**HEAD COOK CEDAR VIEW COTTAGE**

**Employee  
SPOTLIGHT**

- ♦ **What is your nickname?** Chatterbox
- ♦ **Describe yourself in one word.** Outgoing
- ♦ **If you were an animal, what would you be?**  
Eagle
- ♦ **What is your favorite movie?**  
The Christmas Story
- ♦ **What is the best place you ever went on vacation?** Florida
- ♦ **What was your favorite subject in school?**  
Choir
- ♦ **Who is or was your hero and why?**  
Jesus, because he died for us.
- ♦ **Everyone has a talent. What is yours?**  
Helping people
- ♦ **What is one thing in your bucket list?**

To go to South Dakota

- ♦ **Who was your favorite celebrity as a child?**  
Bette Midler
- ♦ **How long have you worked at Loch Haven?**  
Three Years
- ♦ **What are your duties?** Head Cook: Ordering and preparing meals for our residents according to their diet.
- ♦ **Family:** Husband, Charles Falkiner (of 21 years); daughter, Melissa (19 years old); son, Austin (15 years old)
- ♦ **Live In:** Macon

*"You get to meet a lot of interesting people from all over!."*

*~~~ Tina~~~*

**Welcome to  
Team Loch Haven**

Jana Vogan, CNA	Cottage PAL
Tim Haskell, NA	West Brook
Belinda Murray, CNA	RCF/SCU
Audrey Wisdom, CNA	West Brook
Aprille Puryear, NA	Mountain View
Meranda Gholston	Cottage Dietary
Kim Basler, LPN	Cottage
Jarilyn Parr, CNA	Sunset Village
Ashley Harmon, CNA	Mountain View
Jacqueline Brown, LPN	SCU
Katie Rudder, NA	Mountain View

**PERFECT ATTENDANCE**  
**Tammie Peyton**



The Loch Haven Tymes will be combined in the months of March/April. You will not receive the edition the first part of March, but towards the end of the month of March.

**Oh! Christmas**

*Oh! Christmas has come  
I couldn't wait to see  
All the sparking colors  
And the gifts below the Christmas tree*

*Oh it's Christmas! I really could tell  
I wrapped several gifts to share  
I put some stockings near the fireplace  
So Santa will fill it when he reaches my place.*

*Oh! Christmas is the best time of the year  
It's filled with fun, laughter and good cheers  
So I wish the whole world a merry Christmas  
May overwhelming joy fill our hearts.*

**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!!**



# RITA ULHORN

## Sunset Village

## RESIDENT Spotlight

**I** was born April 24, 1926, on the family farm at Dieterich, Illinois. I was the first born to Aloysius H. Westendorf and Rose E. Hartman Westendorf. My father was a farmer. To earn extra money he would travel to the Champaign, Illinois area to be a corn picker. That was before they picked corn with a

corn picking machine. My mother was a school teacher at Pesotum, Illinois.

I had one sister, Mildred. She died of polio when she was five. I had three brothers Francis, John and Raymond who are deceased. I have one brother, Leroy living in Dieterich, Illinois. I graduated high school at Dieterich in 1943. It was just a three year high school. To go the fourth year of high school I would have to have gone to Effingham. My father decided that I was needed at home to take care of the house.

In the summer time we would get together with the neighbor kids to play baseball. I couldn't run very fast so they would have me pitch. I liked to pitch and was pretty good at it! I like to watch the Cardinals on TV, and I enjoyed going to St. Louis to the Cardinal games.

My mother died when I was nine years old. Then my Aunt Rose came to stay with us. My mother and Aunt Rose helped

me learn to cook, bake, and embroidery. Then Rose died when I was fourteen, so I had to take over keeping the house.

I met my husband, Harold H. Ulhorn, at a wedding dance in Dieterich when I was 20 years old. We got married on November 28, 1946, which was Thanksgiving that

year. On our wedding day we had pictures taken right after the ceremony. But in the middle of the afternoon the photographer came back to say the pictures didn't take. So we had to redo the pictures. This was after several of the wedding party had been enjoying the alcoholic beverages at the wedding. It was hard to redo some of the pictures!

Harold was a mechanic until he lost his right eye in an accident at work. Then we rented a farm at Teutopolis, Illinois. In 1957 we bought a farm at Shumway, Illinois. We farmed there until 1969 when Harold bought a farm at Excelsior, Missouri.

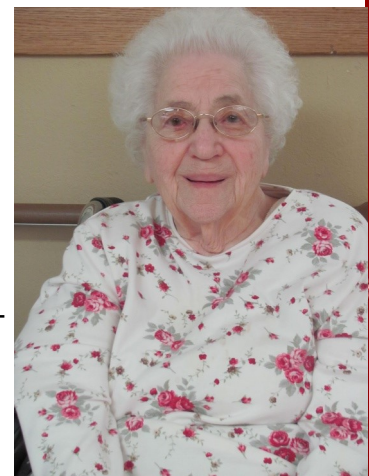
We had seven children. I had a son die in a hospital fire when he was 5 months old. My living children are Rosemary, Jane, Bernie, and Dale Ulhorn, Carol Ulhorn White, and John Ulhorn. I have seven grandchildren and eleven great grandchildren so far.

In August of 1984, our family had a terrible tragedy. My husband, Harold, and my brother, John, both drowned while fishing at the pits at Thomas Hill Lake. I had to learn how to survive and take care of myself and my son, John. He was still in high school at the time.

I liked to embroidery. I made a lot of quilts and pillow cases for my children and grandchildren and great grandchildren. I have some I need to finish.

I worked for Loch Haven as a house keeper for 7 years starting in the late 70's. After I quit working, I volunteered here at Loch Haven helping the residents to play bingo.

My daughter, Carol White, has worked as an LPN at Loch Haven for over 30 years. So when I started needing help, I came to Loch Haven. I like to play bingo and dominos, and I enjoy going to the music activities.



## A Warm Welcome to

Carlos Andrews  
Phillip McElhaney

Leonard Simonson  
John Sawtell

Thanks to those who joined us for a therapeutic stay at Loch Haven: **Della Tillitt, Herb & Jean Magruder, Carmela & Fred Schrader, Steven Walker, Donald Forden, John McElligott, Lee Webster, Margaret Epperly, Hilda Kreimeyer, David Burton, Aldace Naughton, and Dale Belshe.**

## We will always remember

Geneva Eymann

Patsy Harris

**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**

† † †





# OUR STUDENTS!



(l-r) Job Coach Rhian Beldon, Jerome Jackson, Seth Jones, Siera Sanders, and Kendrick Rupp.



Rep. Tim Remole helps the students fold laundry on a visit during "Take Your State Representative To Work Day".

Loch Haven has a very special partnership that we feel has enriched our lives and the lives of four students who visit us a few days a week during the school year. Learning Opportunities/Quality Works, Inc in partnership with the Macon County High School and the Macon County Commission for Developmentally Disabled Citizens has teamed up with Loch Haven to provide a work experience program for Macon County High School students. This is the second year for the program. Job coach, Rhian Beldon says, "I assist the students to help them achieve workplace success while on the job. These students receive job training and part-time work throughout the school year. We are very thankful for this opportunity to be a part of Team Loch Haven and for this great business relationship. This program would not be what it is without the amazing 5 star employees at Loch Haven. We are excited to be back for another great year!" While at Loch Haven the students engage with a variety of different departments and gain a broad range of valuable job skills."



Seth Jones and Charlene Pontius of the LH Apartments.

## Thanks to the sponsors of our Employee Christmas Party. Your gifts made it EXTRA Special!!

- ♦ Movie Basket (Con Agra)
- ♦ \$40 Gas Card (Loves)
- ♦ \$25 Gift Certificate (Ricks DX)
- ♦ \$20 Gift Certificate (Mexican Restaurant)
- ♦ One large pizza (Pizza Hut)
- ♦ Box of Chocolate (Millers Rexall)
- ♦ Outdoor Deep Fryer (Airgas)
- ♦ \$25 Gift Card (Sinclair)
- ♦ Rubbermaid Dishes (Westlakes)
- ♦ Bison Tumbler (C.A. Shoush Co)
- ♦ \$25 Gift Certificate (Ben Franklin)
- ♦ Headphones (Orschelns)
- ♦ Motel Suite (Super 8)
- ♦ Candy Platter (Special D's)
- ♦ (2) \$25 Gift Certificates (C & R)
- ♦ Lit Wall Picture (D'Zines by T)
- ♦ Ham (Kohls)
- ♦ \$50 Gift Card (Comptons)
- ♦ Gift Certificate (Noland's Catering)
- ♦ 3' Party Sub (Subway)
- ♦ \$25 Gift Certificate (Rick DX)
- ♦ Gift Certificate (Chariton Valley)
- ♦ Gift Certificate (South 63 Diner)
- ♦ Coupons (Sonic)



Janet Wadlow celebrated her 80th birthday with a cake and family and friends!



We are all smiles when children visit us. Them reading to us.....us reading to them..... Priceless!!



# Oak View & Cedar View COTTAGES



## Susie's Musings



**Howdy Ya All!** Autumn finally made it, and we got things decorated for the season at both Cottages. The residents enjoyed giving out the candy to the little trick and treaters. Cute they were! Thanks to all our regular volunteers who come and bring Bible Study and gospel music each month. We so appreciate you all. Lots of Skip O and Bingo games each week, too. And you'll always find Paul Harrison, Wanda Vass, and Dorothy Johnson working on picture puzzles. They seem to do the hard ones that have 1000 pieces to it. Stop by and check them out. So neat when finished. Dorothy J's orchid is in full bloom, and it gets two tablespoons of water each week. So beautiful it is. Enjoyed making things for the Craft Show, but next year we're planning on having popcorn instead. We figured we'd make a bigger profit on something different. We hope!!! We try to keep up with the daily news by tv and newspapers. The election is finally over and things are a little bit better on tv, but not much says the residents. They miss the baseball games. Who doesn't?!! Residents enjoy having a ball game around the dinner table using blown up balloons. Lots of hooping and hollering and quite a workout. You never know where the balloons are going. It's more like dodge ball!! Hope all got to see the BIG BRIGHT MOON! It was so beautiful. I could see the man in the moon was wearing sunglasses. Poor feller! I bet the hoot owls could see the mice in the grass with their eyes closed that night. Praying everyone had a happy and blessed Thanksgiving. Next comes Christmas...so down comes fall stuff and up goes Christmas! Now, Santa, we want everything on our Christmas list that's been mailed. And Santa, we want to know, do you use a credit card like everyone else does? Until next time, thanks to the staff who works hard all year for your loved ones that we call our family, also. God Bless each and every one this holiday season!

**Susan Lenon, Activity PAL**



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

## We Give Thanks

### I am thankful for.....

- \* My family I have left. So many things that words cannot express. **Wanda Henry.**
- \* For son Tom tests showed no cancer. Thankful that Joanne is home and up walking. **Bertha Deveno**
- \* For being here and taken care of. **Wanda Vass**
- \* For going out to my niece's for Thanksgiving. **Harold Perkins**
- \* For family and faithful religion. **Tom Hasselbring.**
- \* For Lord and family. **Viola Lockard**
- \* For being alive and well. **Mimi Phipps**
- \* For my family. **Delpha Walters**
- \* That I can walk and for great care and good food at Cedar View. **Herb Magruder**
- \* My family and being taught right from wrong. **Jean Magruder**
- \* Health and my boy. **Josh Dodsworth**
- \* Family and men! :-)  
**Shauna Gauthier**



# DECEMBER

## Birthdays!!

2 J. Evans Biehl  
4 Naomi Curtright  
8 Linda Collins  
10 Jean Naughton

10 Phillip Smith  
11 Esther Davis  
13 Kelly Douglas  
15 Allen Murphy  
17 Leonard Simonson  
20 Nellie Bagby  
25 Dale Wooldridge  
31 Naoma Deskin



### Please Attend Veterans' "Missing Medals" Meeting

Roger Marsh has a mission. He wants to help veterans get their missing medals that they are due for their honorable service in our Armed Forces. He will hold two meetings, **open to the public**, at Loch Haven on Thursday, December 15th at 6 p.m. and again on Saturday, December 17th at 2 p.m. "I want to hold these initial meetings with the veterans and their family members to explain what I am offering. I will provide, free of charge, the completing of SF 180 to get their missing medals. I will also pay for the mailing of the forms," said Roger.

Roger is a volunteer with the Macon Historical Museum, and works closely with Sally Watts and Jan Watts with the Veterans' Room.

The meeting will be held in the West Activity/Dining Room at Loch Haven.

*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



- ♦ The Eymann Family for the donation of a TV and wall mount, computer desk, two bulletin boards, and a lift chair.
- ♦ C.A. Shoush Company for donating transfers for our Veteran's Hats.
- ♦ Kay Freeman for donating books.
- ♦ To ALL of our volunteers, family, and friends for ALL you do for our residents throughout the entire year.



**Richard Franks** (front right) recently had company from Brazil. In 1974, Ingrid Amsfalden (back right) was an exchange student from Brazil and lived with Richard and his wife, Louise (front left) while she attended Atlanta High School. Ingrid is now a doctor, is married to a doctor, and their two children are also doctors in Brazil. Richard and Louise have visited Ingrid in Brazil three times. The last trip, his whole family went with him. Ingrid visits here as well. Pictured also is Richard's son,

Robert. "She is a fine girl. We are so lucky!," said Richard.

## Year End Giving



As we approach the end of 2016, we ask that you consider Loch Haven Senior Living Foundation as part of your year-end giving! Every penny received directly benefits the residents of Loch Haven.

**God Bless everyone who has  
donated in any way to Loch  
Haven or to the Foundation this  
past year.**

**You are so appreciated!!**





# SPECIAL Brook NEWS



This month we are super excited to welcome two new pets! We now have a fish aquarium for our family to sit and enjoy the angel fish and guppies. We also have a visiting kitty-cat, Stormy. He is an orange and white kitten who loves to cuddle and purr for our residents. He spends all day warming our laps and our hearts and goes home to his little humans at night.

We were busy making crafts for the Craft Fair. We made gorgeous glitter mason jars and angel ornaments. The left-over jars are on display for our holiday decorations. We have more holiday crafts planned to make our home more merry day by day. And fun activities planned, especially cooking. We love to spend time bonding over baked goods out here. We have drumstick rice krispie treats planned for this week and melted snowmen! Last week we made cat toys for Stormy. We plan on staying busy for the rest of the month as we prepare for our holiday party in December.

Our home continues to be "under construction" as we update our look. We have a wonderful painter who has done a great job of getting our new colors on the walls in the hall for us. We now have pistachio green and chocolate brown walls that will soon have new artwork to pull our new relaxing theme together. Wall artwork will include photos from local state parks, farm life, and other things specific to our residents lives. We are anxiously awaiting our new furniture as well. We have new tablecloths, recliners and a love seat coming soon. We can't wait to see it all come together. **By Val Lewis**



## News from RCF



In this month of November, we at "the Apartments" have been very busy with the many activities that are available to us. One of our main events of the month was our Family Thanksgiving Dinner that occurred on Friday, November 18<sup>th</sup>. Several days prior to the celebratory meal, residents were busy rolling silverware, making "treat bags" and assisting with some of the meal preparations. It was a lovely meal, full of delicious foods and lively conversations. There were over 115 people who enjoyed the holiday meal!




During the month we have also participated in daily exercise, days of beauty when our nails are shaped and polished, games of trivia, cards, and BINGO. We are thankful for these many opportunities, our friends and family, and our home here at Loch Haven Apartments.

**by Janis Fraley**





# 2016 December Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activities are subject to change		All Activities are held in the North Activity Room unless noted.	<b>One on One activities offered daily to those unable to attend regularly scheduled</b>	1 10a Bevier Baptist Bible Study 2p Apple Turtle 3p Small Groups 4p-6:30p Community Soup Supper	2 9:30a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories	3 Weekends with Sherry Bingo @ 9:30
4 10am Sunday School 2pm United Methodist 6p Callao Bible Study	5 9:30a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups	6 9:30a Chit Chat 10am Concentration 2pm Hot Chocolate Story 3p Small Groups <b>6p Ethel Amish</b>	7 9:30a Chit Chat 10am Flex & Stretch 2pm Dick & Alvie 3p Small Groups	8 10a Bevier Baptist Bible Study 2p WEP Christmas Cards 3p Small Groups	9 9:30a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories	10 Weekends with Sherry Bingo @ 9:30
11 10am Sunday School 2pm Faith Baptist 6pm Callao Bible Study	12 9:30a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups	13 9:30a Chit Chat 10am Spa Day 2pm Birthday Party 3p Small Groups <b>6:30p Woodville</b>	14 9:30a Chit Chat 10a Flex & Stretch 2p WEP Christmas Carols 3p Small Groups 7p County Kickers	15 10a Bevier Baptist Bible Study 2p Ladies Tea 3p Small Groups 6:30p Helping Veterans Program (WB)	16 9:30a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories	17 Weekends with Sherry Bingo @ 9:30 2p Helping Veterans Program (WB)
18 10am Sunday School 2p Ethel Christian 6pm Callao Bible Study	19 9:30a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups	20 9:30a Chit Chat 10am Concentration 2pm WEP Craft 3p Small Groups <b>6:30p Open Arms</b>	21 9:30a Chit Chat 10a Flex & Stretch 2p Donny Roberts 3p Small Groups 7p County Kickers	22 10a Bevier Baptist Bible Study 2p Bake Cookies 3p Small Groups	23 9:30a Chit Chat 10a Flex & Stretch 2p Santa Coming to Loch Haven (each neighborhood)	24 Christmas Eve
25 Merry Christmas	26 9:30a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups	27 9:30a Chit Chat 10am Spa Day 2pm Make Snow Flakes 3p Small Groups	28 9:30a Chit Chat 10a Flex & Stretch 2p Roy & Barbara 3p Small Groups 7p County Kickers	29 10a Bevier Baptist Bible Study 2p News Years Party 3p Small Groups	30 9:30a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories	31 Weekends with Sherry Bingo @ 9:30

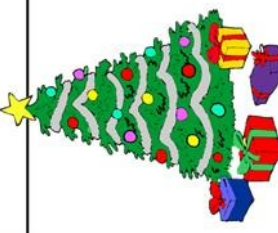


# Remembering OCTOBER & NOVEMBER

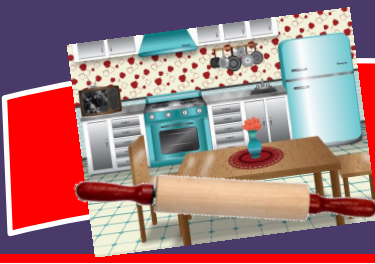




# December 2016 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>* All meals served buffet style with bread and beverage. Several choices available.</b></p>				<b>1</b> Roast Turkey/Gravy Corn Bread Dressing Brussels Sprouts Dinner Roll Pumpkin Pie	<b>2</b> Grilled Pork Chop Roasted Potatoes Sautéed Cabbage Cinnamon Baked Apples	<b>3</b> Marinated Chicken Fettuccini Alfredo Baby Carrots Bread Sticks Chocolate Chip Cookie
				<b>8</b> Residents Choice	<b>9</b> Pot Roast Roasted Carrots/ Potatoes/Onions Cheese Herb Biscuit Carrot Cake w/ Cream Cheese Frost	<b>10</b> Fried Fish Macaroni & Cheese Mixed Vegetables Chilled Peaches
<b>4</b> Pork Roast Gravy Herb Stuffing Cauliflower/w Parsley Pineapple Cake	<b>5</b> Herb Butter Tilapia Scalloped Potatoes Lemon Pepper Asparagus Pear Cobbler	<b>6</b> Pork Tips/Gravy Buttered Egg Noodles Steamed Broccoli Oriental Salad Mandarin Oranges	<b>7</b> Buttermilk Ranch Chicken Baked Beans Squash medley Lemon Cream Pie	<b>15</b> Glazed Ham Au Gratin Potatoes Carrots & Onions Glazed Applesauce Cake	<b>16</b> Oven Fried Chicken Mashed Potatoes & Gravy Vegetable Medley Buttermilk Biscuit	<b>17</b> Enchilada Casserole Corn Dinner roll Sopapilla with Honey
<b>11</b> Baked Chicken with Onion Gravy Baked Potato Spinach & Mushrooms Dinner Roll	<b>12</b> Stuffed Shells w/ Sauce Italian Blend Vegetables Side Salad Gelatin with Whipped	<b>13</b> Pork Chop w/ Mushroom Gravy Buttered Rice Dutch Cabbage Pumpkin Crumble	<b>14</b> Baked Whitefish Baked Sweet Potato Parmesan Cauliflower Cheese Herb Biscuit Rice Pudding	<b>22</b> Italian Chicken Buttered Pasta Spinach Salad Poached Pears	<b>23</b> Lemon Fish Garden Blend Rice Asparagus Bread Stick Warm Fruit Compote	<b>24</b> Baked Zit w/ Italian Sausage Italian Vegetable Garlic Bread Cheese Cake
<b>18</b> Oven Fried Chicken Mashed Potatoes/Gravy Green Beans/w Onions Apple Pie Buttermilk Biscuits	<b>19</b> Ham & Beans Fried Potatoes Mixed Greens Combread Chocolate Chip Cookie	<b>20</b> Beef & Broccoli Stir Fry Steamed Rice Marinated Slaw Mandarin Oranges	<b>21</b> Roasted Pork Loin Dressing and Gravy Vegetable Medley Sweet Potato Pie	<b>29</b> Roast Turkey/ Gravy Corn Bread Dressing Brussels Sprouts Dinner Roll	<b>30</b> Grilled Pork Chop Roasted Potatoes Sautéed Cabbage Cinnamon Baked	<b>31</b> Marinated Chicken Fettuccini Alfredo Baby Carrots Bread Sticks Chocolate Chip Cookie
<b>25</b> Baked Ham Sweet Potato Casserole Mixed Vegetables Frosted Chocolate Cake Dinner Roll	<b>26</b> Taco Salad Spanish Rice Corn Salad Tres Leches Cake	<b>27</b> Vegetable Lasagna Italian Tossed Salad Tiramisu Pudding Cup Garlic Bread	<b>28</b> Meatloaf Mashed Potatoes/Gravy Green Beans Iced Oatmeal Cake			





# Cooking thru the Ages!



## Orange Pecan French Toast

- 1 cup packed brown sugar
- 1/3 cup butter, melted
- 2 tablespoons light corn syrup
- 1/3 cup chopped pecans
- 12 (3/4 inch thick) slices French bread
- 1 teaspoon grated orange zest
- 1 cup fresh orange juice
- 1/2 cup 2% milk
- 3 tablespoons white sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 3 egg whites
- 2 eggs

Stir together brown sugar, melted butter, and corn syrup. Pour into a greased 9x13 inch baking dish. Spread evenly. Sprinkle pecans over the top. Arrange the bread slices in the bottom of the dish so they are in a snug single layer. Whisk together orange zest, orange juice, milk, sugar, cinnamon, vanilla, egg whites, and eggs. Pour this over the bread, pressing on the bread slices to help absorb the liquid. Refrigerate for at least one hour, or overnight. Preheat oven to 350°. Bring to room temperature (20 minutes). Bake 35 minutes. Invert each piece as you serve.



## Breakfast Casserole

- 1 pound sausage
- 1 package crescent rolls
- 1 cup cheddar cheese, shredded
- 5 eggs
- 1/4 cup milk

## Christmas Morning Magic



- 1 Tsp oregano or rosemary
- 1/2 tsp salt
- 1/4 tsp pepper

Preheat oven to 400 degrees. Place a skillet over medium heat and add the sausage. Break up the sausage as it cooks, letting it brown completely. Unroll the crescent rolls and spread them out in the bottom of a 9x13 pan, pressing the seams together to make one large sheet of dough. Spread the sausage over the

dough. Sprinkle the cheese on top of the sausage. In a medium bowl, whisk the eggs with the milk, oregano or rosemary, salt, and pepper. Pour the egg mixture over the top of the casserole. Bake at 400 degrees for 15-20 minutes until the crust is golden and the eggs are set.

## Easy Fruit Trifle

- pineapple
- Bananas
- seedless green and red grapes
- fresh strawberries
- oranges (optional)

### Topping

- 1 1/4 cups milk
- 8 oz. crushed pineapple
- 1 (3.25 oz) package instant banana cream pudding, dry
- 1/2 cup sour cream

Layer fruit in a large bowl or trifle bowl. For topping, whisk all ingredients together until well combined. Spread over the top of trifle. Arrange extra fruit on top.



## CANDY CANE KISS COOKIES

- 1 1/2 cups powdered sugar
- 1 1/4 cups butter, at room temperature
- 1 teaspoon vanilla extract
- 1 large egg
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup Candy Cane flavored Hershey's Kisses, finely chopped
- granulated sugar
- additional, unwrapped Candy Cane Kisses- about 30

Preheat oven to 350°F. In mixer bowl, combine powdered sugar, butter, extracts and egg. Beat at medium speed for 2-3 minutes. In a separate bowl, whisk together flour, baking powder and salt. Add to wet mixture and beat, until well blended but a bit crumbly. Stir in chopped Kisses. Shape dough into 1-inch balls; roll in granulated sugar. Place 1-inch apart on cookie sheet. Bake for 10-12 minutes or until set. As soon as they come out of the oven, press a Candy Cane Kiss in the center of each cookie. Immediately put cookie sheet into the freezer to cool cookies.



## RUDOLPH THE RED NOSED PANCAKE!



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



# MERRY CHRISTMAS & HAPPY NEW YEAR



Dear Residents, past and present,  
Resident Families, Staff, and Friends,

This seems like the most appropriate time of the year to say thank you for the continued support we experience from Macon County residents and the surrounding areas that we serve. Loch Haven is blessed to be a part of this caring community.

As we look back on 2016 and see the successful year Loch Haven has had, we can just imagine what the future for 2017 will hold for us and the community as well. The success we have is because of the wonderful, dedicated, and caring staff we have working for us.

We want to say THANK YOU to the residents we have served this past year, their families, our wonderful and dedicated staff, and the Board of Directors.

*May the gifts of peace and joy be yours at Christmastime, and long may spirit of goodwill abide with you.*

**Debra Yoder-Lair, Administrator**  
**Nita Coale, RN, BSN, Director of Nursing**

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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