

# Loch Haven Tymes

December 2019



A publication of

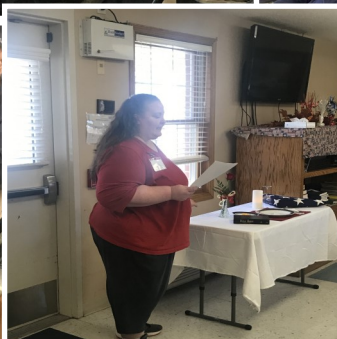
## Loch Haven

### Senior Living Community





**WE SALUTE  
OUR VETS!**







Our residents really enjoyed their outing to one of their favorite places to eat, Don's in Huntsville, Mo. That fried chicken sure is good!



Our residents sure enjoyed there trip to Huntsville to eat at one of their FAVORITE restaurants, Don's! Oh that fried chicken it's the BEST! What a great outing they had! They never stopped smiling!





If you're a care taker of a family member and are looking into a long term care facility, call us today for a tour. We know that being a care taker is very challenging and we're here to answer any questions you may have. Our social service department would be glad to schedule an appointment with you to discuss the many options we have available. **Contact us today at 660.385.3113 and let us help you take care of your loved one.**

*Thank you*

Donna Southard - donated Christmas stuffed animals

To all our volunteers, thank you for caring!

## Alzheimer's Support Group

**Second Monday of each month**

**5:30 p.m. light supper**

**6 p.m. meeting**

We welcome you to join this monthly support group. For more information contact

Stacy Wood at 660-385-3113.



A special "thank you" to everyone who came to or participated in our craft fair last month! We raised money for Alzheimer's Association. We sold chili, sandwiches, chips and a bottle of water. We had a BIG pot of chili and by end of the day, it was ALL gone! A special thanks to the activity department for hosting this event! The residents really enjoy this fun event and many of them were able to purchase Christmas gifts for their families.



## We Always Remember

Betty Bloomberg

James Scott

June Mitchell

Zelta Gall

**Those we hold closest to our hearts  
never truly leave us.  
They live on in the kindness they  
have shared and the love they  
brought into our lives.**

## A Warm Welcome to

Mary Campbell LPN—Cottages

Michael Covington—Dietary

Marin Mitchell—Dietary

Tashawanda Douglas—Dietary

Thomas Lorton—Dietary

Joey Chambers—Dietary

Julia Miles—RCF

Erica Ford—Nurses Aid

Jadera Gormley—CNA

Katie Vannay—RN,BSN

Casey Little—Activities Assistant

Jamie Corbin—CNA

April Hruska—LPN—Cottage  
Cordinator

**Welcome to the team!**





## DECEMBER

## BIRTHDAYS

2 J Biehl  
7 Orvel Helton  
10 Phillip Smith  
25 Louise Franks

27 Erma Moore  
30 Ronald Franklin  
31 Jo Ann Young

### Employee Spotlight



**James Keeny**  
**Certified Nurses Aid**

If you were an animal, what would you be? Cat

Describe yourself in one word. Caring

What is your favorite movie? Top Gun

What is the best place you ever went on vacation? Camping at Rock Mountain National Park

What was your favorite subject in school? History

Who is or was your hero and why? Apostle Paul—A man that lived his faith in all cost. In the First Century.

Who was your favorite celebrity as a child? Robin Williams

How long have you worked at Loch Haven?

Just over 2 years

What are your duties? Certified Nurses Aid—I meet basic needs of the residents within my certification.

Family: Most of my family lives in Kansas City or in Kansas but my mother lives close by.



### Loch Haven's "Care Bears"

Are hosting a Chili lunch for staff and family on

Thursday, December 5th from

**10:30am—1:00pm**

Meal will be served in North Activity Room

**Cost of meal is \$5—**

Meal includes: Chili, Fritos, Peanut Butter Sandwich,  
Pecan Pie Bar and a Bottle of Water

*One thing James likes about working at*

*Loch Haven: It's a blessing working wit the residents and staff.*

*~James*



**COME FILL YOUR  
BOWL AND HELP US  
RAISE MONEY FOR A  
GREAT CAUSE!**

**ALL proceeds will go to our Alzheimer's Association**



# December 2019 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Pot Roast w/Gravy Roasted Carrots, Potatoes & Onions (A) Chocolate Chess Pie Dinner roll/margarine Beverage	<b>2</b> Cheddar Baked Mashed Cauliflower Succotash Peach Cobbler Biscuit/margarine Beverage	<b>3</b> Braised Beef Tips w/Gravy Parslled Buttered Noodles Buttered Peas Pineapple Upside Down Cake Bread/Margarine Beverage	<b>4</b> Lemon Baked Fish Long grain & wild rice Broccoli w/Cheese Sauce (A) Ambrosia (FR) Dinner Roll/Margarine Beverage	<b>5</b>  <b>Residents Choice</b>	<b>6</b> Roast Pork Herb Stuffing Roasted Brussel Sprouts Fruit Cup Dinner Roll/Margarine Beverage	<b>7</b> Chicken Alfredo Over Fettuccini Italian Blend Veg (A) Mixed Fruit cup w/ topping Garlic Toast Beverage
<b>8</b> Baked Ham Sweet Potatoes (A) Country Green Beans w/ Bacon & Onion Apple Pie Ala Mode Dinner roll/Margarine Beverage	<b>9</b> Meatloaf Roasted Potatoes Baby Carrots (A) Cheesecake Bread/Margarine Beverage	<b>10</b> Bruchetta Chicken Roasted Cauliflower Buttered Peas Glazed Applesauce Cake Cheese Herb Biscuit Beverage	<b>11</b> Baked Turkey Crunch Parslled Buttered Pasta Italian Green Beans Pumpkin Cake (A) w/ Whipped Topping Combread/Margarine Beverage	<b>12</b> Herbed Baked Cod Rice Pilaf Carrots, Broccoli, Cauliflower (A) Apple Brown Betty (FR) Dinner Roll/Margarine Beverage	<b>13</b> Orange-Rosemary Pork Roast Au Gratin Potatoes Fried Cabbage Carrot Cake w/Cream Cheese Frosting Combread/Margarine Beverage	<b>14</b> Salisbury Steak Mashed Potatoes or Buttered Corn Winter Blend Veggies Mixed Berry Cobbler Bread/Margarine Beverage
<b>15</b> Cornflake Chicken Baked Potato w/Sour Cream Carrots (A) Creamy Custard Pie Dinner Roll/Margarine Beverage	<b>16</b> Apple Glazed Pork Loin Mashed Cauliflower Vegetable Medley Jell-O Cake w/Whipped Topping Bread/Margarine Beverage	<b>17</b> Roast Beef w/Gravy Scalloped Potatoes Spinach & Mushrooms (A) Mock Pecan Pie Dinner Roll/Margarine Beverage	<b>18</b> Smokey Mountain Chicken Smashed Red Potatoes Buttered Peas & Carrots (A) Autumn Fruit Crisp Texas Toast Beverage	<b>19</b> Baked Sausage Ziti Italian Cut Green Beans Tossed Salad w/Dressing Pumpkin Mousse (A) Garlic Bread Beverage	<b>20</b> Battered Pollock Fish Filet w/ater sauce Broccoli Rice Casserole Creamy Cole Slaw Caramel Pear Pudding (FR) Hush Puppies Beverage	<b>21</b> Baked Ham Au Gratin Potatoes Lima Beans Banana Cake Bread/Margarine Beverage
<b>22</b> Fried Chicken Garlic Mashed Potatoes w/Gravy Vegetable Blend Cherry Pie Dinner Roll/Margarine Beverage	<b>23</b> Deviled Pork Mashed Sweet Potatoes (A) Roasted Brussel Sprouts Frosted Chocolate Cake Combread/Margarine Beverage	<b>24</b> Beef Stroganoff Over Egg Noodles Buttered Carrots (A) Pear Cobbler (FR) Bread/Margarine Beverage	<b>25</b> Asian Chicken Long Grain & Wild Rice Blend Oriental Vegetables Egg Roll Mandarin Orange Cake Beverage	<b>26</b> Roast Turkey w/Gravy Mashed Potatoes Steamed Broccoli (A) Mixed Fruit Cup Dinner Roll/Margarine Beverage	<b>27</b> Fish of the Day w/ Tarter Sauce Rice Pilaf Confetti Cole Slaw Chocolate Cream Pie Biscuit Beverage	<b>28</b> Cranberry Glazed Pork Roast Garlic Red Roasted Potatoes Mixed Greens (A) Frosted Vanilla Cake Beverage
<b>29</b> Pot Roast w/Gravy Roasted Carrots, Potatoes & Onions (A) Chocolate Chess Pie Dinner Roll/Margarine Beverage	<b>30</b> Cheddar Baked Chicken Mashed Cauliflower Succotash Peach Cobble (FR) Biscuit/Margarine Beverage	<b>31</b> Braised Beef Parslled Buttered Noodles Buttered Peas Pineapple Upside Down Cake Bread/Margarine Beverage				



## RESIDENT SPOTLIGHT~ Gail Clarkson



Gail was born in Peoria, IL. At age 4 she almost died from the pollution there. So her family relocated to Missouri. They found a place that she said "was out in the middle of nowhere!" That place was LaPlata, Mo. Gail attended grade school at a country school that she walked to and from everyday for a year and a half until she switched to the public school. Her favorite subject was English because she loved reading. Gail didn't play sports in school. She said, "I was an outdoorsy kind of girl and I really enjoyed outside recreational things the most!"



Gail graduated from LaPlata High School. Gail mentioned she still has a few friends that she attended school with that she talks too. In 1955 she met her husband, Ivan at

the LaPlata Centennial. They have married for 64 years and have six children, twenty grandchildren, twenty seven great grandchildren and one great great grand daughter.

Gail has a lifelong prized possession, her name is Elizabeth. This special doll was given to her for Christmas when she was three years old by one of her aunts. She can't recall which aunt gave her sweet Elizabeth but she knows quite a bit about her. Elizabeth came from New York City and she was made before the war. This special childhood treasure sits on top of Gail's dresser in her room and Gail still smiles when speaking of her and the special memory she holds with her.



In the early 80's she began working for the Amish. She drove her own personal vehicle for the Old Order Amish. She chuckled mentioning she had several vehicles because she transported them for 35 years. She drove all over the US, from the Canadian boarder to the Mexican boarder. She said a fond memory was getting to see the Atlantic Ocean. She had mentioned that when she was gone over night that she stayed with the families and it was a neat experience.

In 1990 she decided to get her CDL then started working for OATS. She started the weekly express and her job consisted of driving patients from the Iowa line on 63 highway to Columbia to their doctors appointments. She said that the cost was six dollars per person for a round trip. Each patient was allowed to bring someone to the appointment and that person didn't have to pay. She drove for OATS for five years and then retired. She really loved working for them and now she enjoys when she gets to be a passenger on the bus!

You will notice when passing Gail's room that she has a love for horticulture. She said roses were her favorite flower because she always enjoyed spring. Since moving here 2 years ago Gail had to find another plant that she care for in her room. She's continued her green thumb and she's been raising African violets. She's recently gotten into taking care of rubber plants and she has a beautiful Christmas cactus.

I asked Gail how life has been since she moved here? She said, she's really enjoyed so much about living here at LH. "The people are so nice here, everyone has been so great to me!" She mentioned that she really loves all the activities, she especially loves playing bingo. She also said she really loves watching the Country Kickers that come out to line dance. She smiled saying, "some of them are from my hometown of LaPlata!"

*Gail Clarkson*





# December 2019 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 10a Sunday School 2p United Methodist	<b>2</b> 9:30a Coffee Club 10a Exercise 10:30a Book Club 2 BINGO 3:15 Residents Council	<b>3</b> Nails 1p Country Store 2:30 What am I Holiday Tradition 3p Pitch 7p Ethel Amish	<b>4</b> 9:30 Coffee Club 10a Exercise 10:30a Book Club 2p Dick & Alvie Gospel Music 3p Numbers 7p Country Kickers	<b>5</b> 10a Bevier Baptist Church 2p Craft—Ornament Making 3p Soldier's Angels Project	<b>6</b> 9:30a Coffee Club 10a Exercise 10:30a BOOK CLUB 1p Bible study with Jim Bolin 2:30p Soldiers Angels Project	<b>7</b> 9:30a Bingo 1p Pitch
<b>8</b> 10a Sunday School 2p United Methodist	<b>9</b> 10 930a Coffee Club 10a Exercise 10:30a Book Club 2p Bingo 3p Universal Yums	<b>10</b> 10a Country Store 2p December Birthday Party 3:15p Name that Holiday Tune	<b>11</b> 9:30a Coffee Club 10a Flex & Stretch 2p Roy and Barb Music 3:30p Concentration <b>7p County Kickers</b>	<b>12</b> 10a Bevier Baptist Bible Study 2p Mustache Mayhem 3:15p Pitch	<b>13</b> 9:30a Coffee Club 10a Exercise 10:30a BOOK CLUB 1p Jim Bolin Bible Study 2:30p What am I? Holiday Education	<b>14</b> 9:30a Bingo
<b>15</b> 10a Sunday School 2p Faith Baptist	<b>16</b> 9:30a Coffee 10a Exercise 10:30 BOOK CLUB 2p Bingo 3:15p Men's Social	<b>17</b> 9a Nails 1p Christmas shopping in Moberly 2p Pitch 6:30 Open Arms	<b>18</b> 9:30a Coffee Club 10a Bevier School Choir and Band Performance 10:45a BOOK CLUB 2p Music w/ Dianna 3:30 Afternoon exercise 7p Country Kickers	<b>19</b> 10a Bevier Baptist Bible Study 2p David Foster & Friends 3p Holiday Parade	<b>20</b> 9:30a Coffee Club 10a Exercise 10:30a BOOK CLUB 1p Jim Bolin Bible Study 2:30p Ugly Sweater Contest ~Sing A Long Holiday Music	<b>21</b> 9:30a Bingo 1p Pitch
<b>22</b> 10a Sunday School 2p Ethel Christian	<b>23</b> 9:30a Tea/Coffee 10a Exercise 10:30a BOOK CLUB 2p Bingo 3p Pass me a pre-sent card game	<b>24</b> 9a Ladies Tea 10 Deer Hunting 1p Holiday Party #1 2p Holiday Party #2	<b>25</b> 	<b>26</b> 10a Bevier Baptist Bible Study 10a MASS –RCF 2p Snow ball fight and smores 3p Pitch	<b>27</b> 9:30a Coffee Club 10a Exercise 10:30a BOOK CLUB 1p Jim Bolin Bible Study 2:30p Movie: Holiday Inn	<b>28</b> 9:30a Bingo
<b>29</b> 10a Sunday School 2 LaPlata Baptist Church	<b>30</b> 9:30a Coffee Club 10a Exercise 10:30a BOOK CLUB 2p Bingo 3p Numbers	<b>31</b> 9a Nails 1:30p Guess the spice 2:30p <b>NEW YEAR'S PARTY</b>	<b>1</b> <b>HAPPY NEW YEAR</b>			





Our residents had a GREAT time on their outing to go see the fall leaves and they managed to make this trip just in time before the snow came. There were a lot of smiles and laughter that filled that Oats bus before they took off to go on a scenic route all through town. It was so wonderful to see so many get out and go! The day was a chilly fall day but they all huddled together until the bus was full and away they went.

They really enjoyed getting to see where the Oaks office was located while they were touring the town!

A special **“thank you”** to Herman Harris and Dale Dille for making this such a delightful trip. We’re blessed to have you here local for all our needs.

~ Team Loch Haven

THANK  
YOU

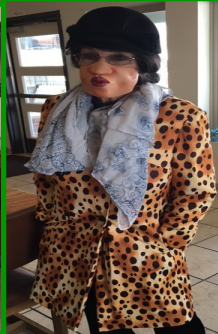


Oak View & Cedar View

Susies Musings

# COTTAGES

Count  
your  
blessings



Thank you, Volunteers. You bring so much JOY and HAPPINESS to our HOME!

Hello again from the Cottages! Can't believe its November already, WOW! Another thank you to the ladies that furnished flowers for the patio's this fall. The mums and hibiscus we're so beautiful. We received so many compliments on them. Residents sure enjoy visiting with their family and friends this past summer and sharing memories of yester year. Thanks for our volunteers that come each moth bringing bible studies, country gospel music and piano music. Our new volunteer is Dianna Resa who pickers her guitar and sings some favorites of the residents. Our thanks to everyone. In October our residents enjoyed the Homecoming parade and the fall outing to the Veterans cemetery to honor Veterans Day. They also enjoyed the trick or treaters that stopped by on Halloween! What a Spooktacular surprise!

Our residents have been staying busy working on picture puzzles, skip O and they always love reminiscing. OV staff and residents made a beautiful turkey and each feather named things that they were thankful for and the rocks that the turkey is resting on has every resident and staff member on them. It turned out so cute! Cindi Ray, our cook at CV gave us all a laugh! She looked over at the broom one day and asked it "would you sweep the floor for me!?" That broom didn't say anything and just stood there! So she told the broom "I'll just do it myself! Thank you to all of our wonderful staff here at the Cottages. We'd also like to WELCOME our newest activities team member, Shyanne Stacy to the team. She recently transferred from our North Activities department. We'd like to wish everyone a blessed Thanksgiving! Until next time God bless!

~Susan Lenon



# Special Brook NEWS



We hope that everyone is staying warm. Winter came way to fast this year. We have been keeping busy exercising, making crafts and playing games. We celebrated Velma Hinds Birthday, she turned 109! That would make her 38,780 days old and 27 leap years that she's lived through. Everyone sure enjoyed Halloween and getting to see the kids that stopped by to trick or treat! The Veterans ceremony was so wonderful. It was a great time celebrating with and honoring our Veterans. Until next time everyone have a blessed Christmas. ~Blanche Neeson



## NEWS from RCF

Wishing everyone a blessed **Christmas** and wonderful **New Year** to come!

Hello everyone,

We seem to have skipped fall and went straight to winter. That's ok we are finding plenty to do in the apartments. We play games such as bingo, wheel of fortune, family feud, dice game and L-R-C. We also took a trip to Australia. What a neat place to learn about. Thank you to Bill Lear and Clark Dobbs for leading bible studies in the apartments. Thank you to Butch Naughton for reading to our residents. The ladies learned about Walter Cronkite, habits, turkey's, pickles, veterans and states. The staff and residents from the apartments want to wish everyone a **Merry Christmas and a Happy New Year!!**





## THE GIVING TREE

Every year we fill a Christmas tree with ornament's that have all our residents names on them in hopes that someone will adopt them for Christmas. If you would like to adopt a resident stop by and select a name off the tree that's in our front foyer located by the business office. Please let our receptionist know which name you've selected . We request that you wrap the \$10-\$15 gift and return the gift by Friday, December 13th. These gifts will be passed out to the residents during their annual Christmas party.



If you adopt a resident PLEASE return the gift with the name tag on it so we can identify who the gift will go to. ~Thank you



## HELP US RAISE MONEY FOR OUR ALZHEIMERS TEAM, the "CARE BEARS"!

Would you like to see one of our office staff get a pie in the face?

On December 19th the pie will be thrown! WHO will it be???

We've placed containers up at the front office. Each container has a picture of the staff member who volunteered to participate! Bidding will end at **noon on December 19th**. The person who raised the most money will receive the **pie in the face!**

Here's the brave staff members who volunteered for this GREAT cause: Kelsey Hinshaw, Julie Mason, Nita Coale, Tom Hasselbring and Tammy Rhoades

**BAKE SALE will be held this day too!**



Bidding ends on December 19<sup>th</sup> at noon. Pie in the face will occur at 3:30 pm that day in the main activity room.

All funds will go toward our Alzheimer's' Association Team.

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. Contact us at: 660-385-3113 or visit our website at [www.lochhaven.com](http://www.lochhaven.com)