

Loch Haven Tymes

February 2020



A publication of

Loch Haven
Senior Living Community

Denny Ashenfelder

Employee Spotlight



- ◆ **Who is or was your hero and why?** My mother and father, they worked hard 24/7 to raise us 7 kids
- ◆ **Everyone has a talent. What is yours?** Just helping where I can
- ◆ **What is one thing on your bucket list?** Go to the Kentucky Derby
- ◆ **Who was your favorite celebrity as a child?** Red Skeleton
- ◆ **How long have you worked at Loch Haven?** Almost 16 years
- ◆ **What are your duties?** Custodial duties and any maintenance work that I'm qualified to do
- ◆ **Live In: Macon**
- ◆ **Family:** I have a son, Dennis Jr and his wife Stephanie and their children/mygrandchildren Katelyn, Ryan and Grayson. I have a daughter Katherine, son in law Cameron and son/ my grandson R.J.

Positive quote I like:
Always try to treat people the way that you would want to be treated!

- ◆ **What is your nickname?** Birdman
- ◆ **Describe yourself in one word.** Helpful
- ◆ **If you were an animal, what would you be?** Tortoise
- ◆ **What is your favorite movie?** Dances with Wolves
- ◆ **What is the best place you ever went on vacation?** Road Trip to Canada
- ◆ **What was your favorite subject in school?** Math



Donna Albrothross - Resident Spotlight



Donna went to grade school for 7 years at Ardmore. Her parents moved to Macon shortly after she finished school. They decided after her sister Becky was born that they wanted to live in town to live a more modern life style. Back then that meant having running water and electricity! Her father, Gerald worked at the mine as a welder and he was the operator for the big David at one point in his career. Her mother Dorothy (Dille) Cheever

worked at a gift shop for six months when Gerald requested that she quit because she was spending more than she made! So she did! She kept busy raising 3 children, tending her gardens and being a home maker. Donna's father loved to garden too, he had an even bigger garden than her mother! The year her father passed he had three large gardens he tended to. Both of her parents loved to garden.

Donna enjoyed growing up in Macon. She really looked forward to attending church and bible school.

Spending time with her cousins was one of her favorite past times. They lived up the hill and down the hill and so they were always together. After Donna moved to Macon she had to make new friends. It took no time and she had made lots of new friends! Going to the movies with the boys and all her girl-



friends was a fond memory of hers. She smiled when reminiscing about her youth. She didn't play sports but you could always find her in the bleachers cheering for her friends! She enjoyed the school dances. It was exciting to get to wear dresses and attend dances with her friends. She ran for several Queen contests during her High School days. She was never crowned but

she was 2nd runner up a time or two! In 1959 she graduated from MHS. She wanted to go to College in Columbia but it was too expensive. So she chose to go to Kirksville to study her general ed. She had dropped out and took a job at a factory in Macon. During those 7 years working at the factory she had several different positions including working on the line making irons. During those years she fell in love with an Italian boy from Bevier. They dated for 6 years but decided to part ways. Shortly after that breakup she met Jim, who was in college for Osteopathy to become a doctor. They married in Dec of 1965 and shortly after they found out she was expecting. In 1966, Donna gave birth to a beautiful baby girl, she named Amanda. She took a small break to be with Amanda but then decided to return to work. She took a job at Heat Tube in Clarence, MO. After working in factory and spending long hours on her feet she started feeling like she needed to do something more with her life. She wanted to dress that beautiful little girl in nice clothes and be able to give her the things she'd always dreamed of but the factory job didn't pay much. Life

had changed for Donna because Amanda's father was no longer in their lives. After some serious thought and a few talks with her mother, Donna decided apply for the LPN program at Moberly College, and she got accepted. So she moved home to live with her parents for support and to have help with Amanda so she could attend college. She knew she needed a job, so she started working at Toastmasters. After graduating with her LPN license she accepted a position at Loch Haven as a charge nurse all while being enrolled in the BSN- RN program at Kirksville. She also worked the weekends at our local hospital. There she discovered that she enjoyed medical, surgical and orthopedic medicine. You could say that Donna was truly a career women all while being a single mom. On May 10, 1985 she graduated at the top of her class from Kirksville! During college she participated in women's leadership organizations where she could encourage other single moms to set goals and offer support and guidance on how she achieved her success. That was a proud moment she'll never forget. That same year was when her daughter Amanda graduated from Macon R-1 High School. Amanda continued her education at MU for 7 years and received a bachelors in Spanish. Her daughter and husband reside in Macon and Amanda visits her mom every chance she gets.

Donna was offered a position at Dr Dan Maddox private practice in Macon. She accepted the position and worked there for a little over 3 years and left due to his death. Donna then returned to work at LH to finish out her nursing career.

Donna taught CNA and CMT classes for several years and was our DON at one point. She was an active member of local, state and national board of Directors of Nursing. She was elected for various positions during her nursing career. She traveled to many states to attend nursing conventions.

Being a single mom led her to working a lot but she truly had a passion for caring for others and she was an inspiration to many because of her ability to "do it all!" She truly was in a league of her own. She made it a goal to always share her story in hopes that it would influence others to become a nurse and a few of them did.

Donna now resides at LH. She enjoys living where she once cared for others and now she's the one being cared for. Donna enjoys spending



time with her family and always enjoys when they visit! You can find Donna often lingering in the hallways passing off her sweet smile to everyone she passes.

*Donna
Albrothross*



Meet our Therapy Department

OFFERING HOPE, HEALING AND RECOVERY

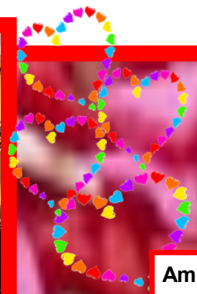
Meet our therapy team! Rehab Care is on-site here at Loch Haven. They provide Physical, Occupational and Speech Therapy services for our residents. Rehab Care was founded in 1982, they offer quality rehabilitative care 365 days a year. Our on-site therapists are dedicated to helping our residents regain their lives. We want to help you or a loved one return home as quickly as possible through our Rehab to Home program. Loch Haven Senior Living Community and ReHab Care, strive to offer, hope, healing and recovery.



Pictured L-R: Kristie Lea, COTA/L, Mae Quindao, OTR/L and Tiffany Blakenship, PTA.
Not pictured: Molly McClanahan, Speech Therapist



Pictured above: Kristie Lea —Certified Occupational Therapy Assistant who has been working with Thomas Linhardt on his mechanical thinking.



Amanda Wingo, PT

What is a Restorative Nurse's Aid? A **restorative nurse's aide** is a certified nursing assistant (CNA) who has additional, specialized training in **restorative** nursing care. **Loch Haven offers a Restorative Nursing Program** — this program refers to those **nursing** interventions that promote the resident's ability to live as independently and safely as possible. The **restorative nursing program** actively focuses on achieving and maintaining optimal physical, mental and psychosocial function.



Pictured to the left: is ImoGene Beckly who's been working with Dianna Resa our Restorative Nurses Aid. ImoGene has been doing daily therapy to regain strength in her legs. Dianna meets with her daily to assist her with her walking and to provide security for her. ImaGene said "I've really enjoyed working with Dianna, she's been so great to work with and I feel like I'm improving each and everyday. I know that in time this will allow me to return home." Thank you, Dianna for being a great team member.



Pictured above: is Loch Haven's Restorative Nurses Aid, Dianna Resa who's working with Ireta Lee to make sure she's getting her therapy and exercises in. These therapy sessions make such a huge difference in the lives of our residents. It keeps them moving and gives them one on one time too.

Oak View & Cedar View COTTAGES

Susie's Musings



Wow, wow a New Year already! How time flies, right? We celebrated Ivan Clarkson's Birthday this month with friends and family. He had a beautiful decorated cake made from our dietary team. Both cottages welcomed in the New Year and sang Auld Lang Syne. Gosh, our residents sure can sing! Thank you to our volunteers that come out each month, we really appreciate you. Our residents have been busy playing games, doing trivia and reminiscing. It gets so funny at time hearing about their times of growing up. Margareiet Thrasher at O.V. used her favorite apple cobbler recipe and with the help from the staff and her friends she was able to bake her cobbler. They had so much fun making and baking it together and I hear it was YUMMY! Way to go girls! Our residents like to help out from time to time. Mimi Phipps helped by folding towels and laundry. Way to go Mimi! When playing Bingo one day it ended up there were residents, staff and visitors who joined in on the fun! The dining room table was full of players and everyone was having a good time laughing and saying "what was the number you called?" Or they were saying "BINGO!" We celebrated national hat day, it sure was a fun event for all of us! Everyone wore a hat which they reminisced about the type they were wearing. The fun of it all was dancing around the big beautiful sombrero singing some songs we all remembered. It was quite exciting and everyone had a fun time. Oh my Ole frosty the snowman showed up at O.V. because our staff built him for our residents to enjoy. Our nurse Patty Hasselbring went out and got big bowls of snow for the residents to see and play with. Their faces lite up with excitement because they got to enjoy the snow! Afterwards they made some snow ice cream with some freshly scooped snow. Residents made a comment about the ice cream. Saying this is the way we used to have ice cream when we were young. We had so much fun this month. Thanks to our staff for all they do here at the cottages. See you in February.

Love and blessings to all,
Susan Lennon

Happy Valentine's Day

Birthdays

FEBRUARY

1	Helen Baker	23	James Allred
3	David Walker	23	Dorthea Couch
7	Carlos Andrews	26	Harold Streight
7	Evelyn "Nadine" Howard	28	Jennie Cope
16	Doris James	28	Kathryn Thomas
20	Stanley Eaton	28	Ted Burkhart



Thank you to those who have contributed to our bird seed jug and to the families that bought large bags of seed to us this winter season!

A special "THANK YOU" to all of our volunteers who continue to BLESS our home with their presence.

Employee work Anniversary's for the Month of FEBRUARY

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!

Jesse Lowe	2nd - 3 years
Sherry Lenzini	5th - 4 years
Judy Senholtz	5th - 7 years
Daffanie Brammer	10th - 10 years
Cheryl Taylor	13th - 14 years
Jacqueline Baye	16th - 2 years
Josse Sanders	24th - 1 year
Naomi Benton	27th - 5 years
Rosemary Jones	27th - 14 years
Cathy Walker	28th - 2 years
Jade Chan	28th - 1 year

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
Barbara Primm at 385-3113.

A Warm Welcome

David Veach
James Shaw

Ricky Biegel

We will always remember

Mary Britt
John Gaughan
Florence McCormick

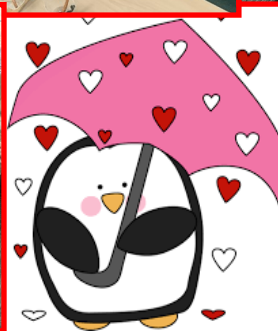
Betty Fitzgerald
John Beshears

Those we love remain with us for love itself lives on.

News from Special Brook



We hope everyone had a **Happy New Year** and that everyone is staying warm. We've been busy doing exercises, playing games, having a snowball fight with the C.N.A.'s oh what fun we had doing that. We rang in the New Year with serving pig in the blanket's & chips and some bubbly, and blew noise makers! We played pass the and we got to wear some funny hats. We had the pleasure clapping our hands and tapping our toes to wonderful music that were played at Loch Haven. We made some snowmen out of marshmallows, pretzel and some icing then we got to eat them, boy were they yummy. ~Blanche Neeson- Activity Director



News from RCF

Hello Everyone, The New Year started and one month is already down. We began the new year with our country store. Our residents like to shop. We also had a sad day this month. We had to say goodbye to our hairstylist/beautician, Heather Brien. She always did a wonderful job fixing our residents hair. You will be missed Heather. We hosted a going away party for Heather so the residents could say their goodbyes. We presented Heather with flowers and a card. We served Pepsi, Chex mix and cookies. Thanks again Heather, for your 11 years of service. We all wish you the **BEST** of luck on your new journey! The rest of our month was spent participating in the activities we enjoy, lots of games are played when the snow is flying! See you again next month, ~Katie Nelson, RCF Activity Director



February 2020 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>One on One activities offered daily</p> <p>2 10a Sunday School 2p United Methodist 5:30p Super Bowl Starts 6p Snacks in Activity Room</p> <p>9 10a Sunday School 2p Faith Baptist</p> 	<p>Flower of the month: Violet</p>  <p>3 9:00a Coffee Club 10a Exercise 10:30a Book Club 2p BINGO 3:15p Celebrating Groundhog Day</p>	<p>Birthstone: Amethyst</p>  <p>4 9a Nails 1:30p Art Club 2:30p Pitch</p> <p>7 p Ethel Amisri</p> 	<p>Bird of the month: Indian Parakeet</p>  <p>5 9a Coffee Club 10a Exercise 10:30a Book Club 2p Alvie & Dick 3:15p Numbers & Dominos</p> <p>7p County Kickers</p>	<p>All Activities Are Subject To Change</p> <p>6 10a Devotional 11a Valentine Bags and Cards 2p Babe Ruth & Baseball 3:30p Men's Social</p>	<p>Friends and family can join us anytime for an activity!</p> <p>7 9a Coffee Club 10a Exercise 10:30a Book Club 1p Jim Bolin Bible Study 2:30p Service Project</p>	<p>1 9:30a 2p Pitch</p>   <p>8 9:30a 2p Movie: Grumpy Old Men</p>  
<p>9 10a Sunday School 2p Faith Baptist</p> 	<p>10 9:00a Coffee Club 10a Exercise 10:30a Book Club 2p BINGO 3:15p Resident's Council</p>	<p>11 9:30a Wal-Mart Outing 2p Monthly Birthday Celebration 3:15p Pitch</p> 	<p>12 9a Coffee Club 10a Exercise 10:30a Book Club 2p Music w/Barb & Roy 3:15p Pinecone Bird Feeders</p> <p>7p County Kickers</p>	<p>13 10a Country Store 2p Valentine Craft 3p Pitch</p>	<p>14 9a Coffee Club 10a Exercise 10:30a Book Club 1p Jim Bolin Bible Study 2:30p Valentine's Day Party and Ki</p>  <p>Crowning</p>	<p>15 9:30a 2p Pitch</p>  <p>6:15p Belles & Beaus Square Dancing</p>
<p>16 10a Sunday School 2p Ethel Christian</p> 	<p>17 9:00a Coffee Club 10a Exercise 10:30a Book Club 2p BINGO 3:15p Presidential Trivia</p>	<p>18 9a Nails 11a Lunch @ Macon Senior Center 2p Milk in Flight Day 3p Pitch</p> <p>6:30p Open Arms</p>	<p>19 9a Coffee Club 10a Exercise 10:30a Book Club 2p Music w/Dianna 3:15p Cornflake Day</p> <p>7p County Kickers</p> 	<p>20 9a Toothpick Day 10a David Foster 1:30p Brown Paper Bag Game & Trivia 2:30p Pitch</p>	<p>21 9a Coffee Club 10a Exercise 10:30a Book Club 1p Jim Bolin Bible Study 2:30p</p> 	<p>22 9:30a 2p Movie: Shiloh</p>  
<p>23 10a Sunday School 2p La Plata Baptist</p> 	<p>24 9:00a Coffee Club 10a Exercise 10:30a Book Club 2p BINGO 3:15p Tortilla Chip Day</p>	<p>25 9:30a Pancake Day Race 10:15a Throw Me Something Mister 1:30p Mardi Gras Party</p>  <p>2:30p Pitch</p>	<p>26 9a Coffee Club 10a Exercise 10:30a Book Club 2p Music w/Barb & Roy 3p Tell a Fairy Tale Day</p> <p>7p County Kickers</p>	<p>27 9a Devotional 10:15a Art Club 2p Chili Cook Off</p> 	<p>28 9a Coffee Club 10a Exercise 10:30a Book Club 1p Jim Bolin Bible Study 2:30p Universal Yums</p>	<p>29 9:30a 2p Pitch</p>  

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 has three board members: B J Roberts, President; Kelsey Hinshaw, Treasurer; and Richard Waller, Member. Crystal Smith will serve as the Director/Secretary for the Foundation.

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
701 Sunset Hills Drive
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 _____

February 2020 Dining Calendar

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



CELEBRATING National Hat Day!!!



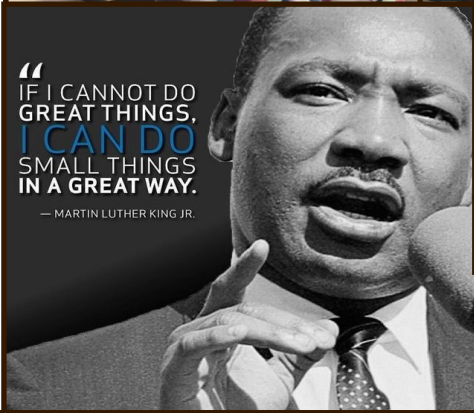


doves

They are signs of hope. Having lived through the flood's devastation, it was a dove that Noah sent from the Ark in search of dry land. And it was the dove's return with an olive branch that heralded a new beginning.



On Martin Luther King Jr Day our Activities Director, Janis Fraley taught our residents how to make a dove out of a piece of paper. The dove symbolizes peace and love and that's just one of the many reasons why today is observed. The residents reminisced about the importance of this day and discussed the legacy he let on our world. Thy all loved learning about what the dove symboloizes.



In January, we hosted a Active Shooter Seminar for our staff and community members. The seminar was conducted by Sgt. Eric Brown (pictured right) and Corporal J.S. Dunn (pictured left). The seminar taught us what to do if we were involved in an active shooter situation at our place of work or in a public setting. There were several videos shown with real life scenarios. We highly recommend all business's to host this educational program that the Missouri State Highway Patrol– Troop B demonstrates. Thank you both, for your time and for presenting this educational seminar to us. We can't "thank you" enough for the many sacrifices you make each and everyday to protect our communities.



On January 9th we celebrated national law enforcement day and a hosted a "Coffee with a Cop" event. We served donuts, coffee and punch. We're thankful for these brave officers and we appreciate all they do in our community!



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