

Loch Haven Times



A publication of

Loch Haven

Senior Living Community

Macon, Missouri

DENA SELMON

Office Manager

Employee SPOTLIGHT



- ♦ **Were you named after anyone?** My middle name was from my sister's paper dolls. She insisted they call me that.
- ♦ **Describe yourself in one word.** Quiet
- ♦ **What kind of pets do you have?** Shi-poo named Izzy.
- ♦ **What is your favorite movie?** A Star is Born
- ♦ **What is the best place you ever went on vacation?** Scuba diving trip to Bahamas.
- ♦ **What was your favorite subject in school?** Spelling
- ♦ **If you could be someone else, who would you be?** Nobody else. I'm happy with my life.
- ♦ **Everyone has a talent. What is yours?** Seriously...I have no talent.
- ♦ **What would be your dream vacation?** Italy
- ♦ **What is your favorite saying?** "You gotta do what you gotta do"
- ♦ **Who was your favorite celebrity as a child?** Jerry Lewis
- ♦ **How long have you worked at Loch Haven?** 35 years
- ♦ **What are your duties?** Payroll, accounts receivable, and many other miscellaneous things.

Family: Husband, Frost; Daughters, Dikena and Abbie; Son, Logan; Granddaughters, Reese and Hadleigh; Grandsons, Gavin and Dallas.

Live In: Macon

"I literally grew up here and have always told people it's a great place to work, I can't imagine working anywhere else."

~~Dena~~

Welcome to Team Loch Haven

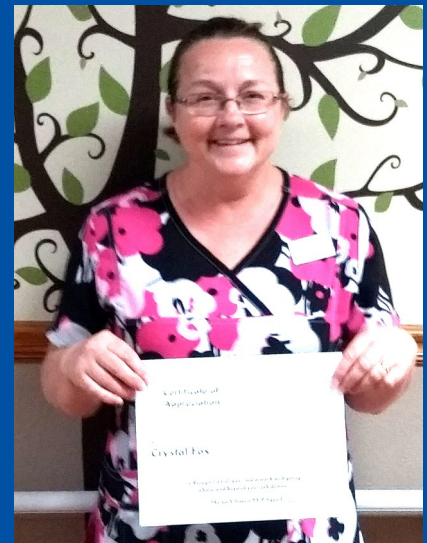
Sharon Lyons, CMA	Apartments
Marissa Avila, CMT	Cottage PAL
Shannon Benson	Dietary
Delaney Mahan	Dietary
Brandy Wood, CMT	Mountain View
Trisha Tipton, NA	Mountain View
Sarah Stanfield, CNA	Cottage PAL
Jacob Beauchamp, NA	West Brook
Linda Young, CNA	Cottage PAL
Nita Coale, RN BSN	Director of Nursing

STAR AWARD WINNERS

- Denny Ashenfelter
- Lynette Berti
- Brenda Herndon
- Mary Summers
- Katie Nelson
- Elouise (Wezzie) Maloney



Team PLAYER Crystal Fox



Perfect Attendance Blanche Neeson



Thanks Carolyn Barron for dropping by with the "kids"!!



Planting flowers on our new Sunset Village (South) porch!! What a beautiful, new area.



BERTHA DEVENO

Oak View Cottage

RESIDENT Spotlight

I was born to Granville and Grace Douglas on January 30, 1928. My name is Bertha, but everyone calls me Bert. I had one brother and one sister, and I was the oldest. We lived in

the woods close to Litchfield, Maine. Dad would cut wood and logs, often hiring out to do this for others. He would some times take me along to help him, although I think it might not have only been for my help, but to get me out of my grandmother's hair. I was good with the cross cut saw. Dad would cut some trees and send me back into the woods with the horse to get the logs out and haul it to the truck. He and I would take our lunches and be out in the woods for the day.

After high school, on March 14, 1945, I got married to a neighboring farmer named Joe Deveno. I had an Italian husband. When we first got married, I realized very soon that I couldn't cook Italian food well. I went behind the barn and cried. My mother-in-law taught me how to create the dishes Joe was used to, and eventually, I learned my way around the Italian kitchen.

I was a housewife, and I raised the babies. Joe was a farmer and would milk the cows and then take the milk in a truck to Portland. Joe's parents were sickly so I helped take care of them, too. I would wash the laundry on a washboard and hang them on the line. I did-up the clothes for everybody.

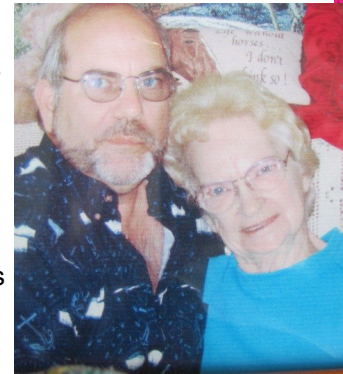
We had to leave Maine because our land was being developed. Joe and I looked through ads in real estate magazines. We thought this ad for a Missouri piece of land sounded good. We came and met with the real estate agent and looked at properties until we found what we were looking for. With four kids, two dogs, two horses and a canary we left Maine. It took our car, a ton truck, and two u-hauls to get moved. On the way down we stopped in Ohio and had a lunch. When we got back to the car there were canary feathers all over! One of the dogs had thought the canary was a varmint and had killed

it. The kids weren't very happy over this tragedy. We had a funeral for the canary before we kept going.

We first lived in Purdy and then we moved to Fayette. We had a dairy farm in Fayette where we would milk 100 cattle in the morning and in the evening. We raised animals like cattle, sheep, horses, and pigs. The children would take them to parades and fairs to show. The kids (Joanne, Mary, Thomas, and Cathy) graduated high school in Missouri. The girls met Missouri boys and married them. Thomas is working in Texas.

I have seven grandchildren and many great-grandchildren. My family has always loved animals of all kinds. It started with my great-granddad who trained horses for himself and others. Now I have relatives who show horses at the Missouri State Fair and who also provide carriage rides for wedding or other special occasions. My room at Loch Haven is filled with pictures of dogs, cats, and especially horses. I have several different kinds of birds that visit my birdfeeders, and they are a joy.

I have been here at Loch Haven for three years now. I enjoy the activities that they provide, and the staff is very good to me.
by Janis Fraley



A Warm Welcome to

- | | |
|-------------------|-------------------|
| Genevieve Shearon | Colleen Patterson |
| George Roebach | John Snodgrass |
| Robert Burton | Jane Ulhorn |
| Hilda Kreimeyer | Mary Chloupek |
| Dwight Patterson | |

Good luck to **Sylvester Houston, Fleta Parr, William Irey, and Jerry Wyss** who have returned home after a therapeutic stay.

We will always remember

- | | |
|--------------|----------------|
| Mary Kitchen | Charlotte Barr |
|--------------|----------------|



Tears are messengers of overwhelming grief...and unspeakable love.
~ Washington Irving

If you are considering a stay at Loch Haven, please contact Social Service Director Julie Mason to schedule a tour and find out about your options here at Loch Haven Senior Living Community.

CENTRAL SUPPLIES..... Medical Records



(seated) Shonda Wood,
Medical Records.
(standing l-r)
Brenda Primrose
(Manager) and Lauri
Miller, Central Supplies.

PLEASE WELCOME OUR NEW D.O.N. Nita Coale RN BSN

Loch Haven would like for you to meet our new Director of Nursing, Nita Coale, RN BSN. Nita received her LPN degree at the Kirksville Area Technical Center, her Associate Degree in nursing at Moberly Area Community College, and her Bachelors in Nursing at the Sinclair School of Nursing at the University of Missouri Columbia. She has over 30 plus years of experience in various areas of nursing.

Nita lives in Leonard, Missouri with her husband Mike. They have three children. In her free time Nita enjoys trail riding with her girls and boating. She is the daughter of the late George and Mary Joan Keith of Leonard.



We WELCOME YOU!!

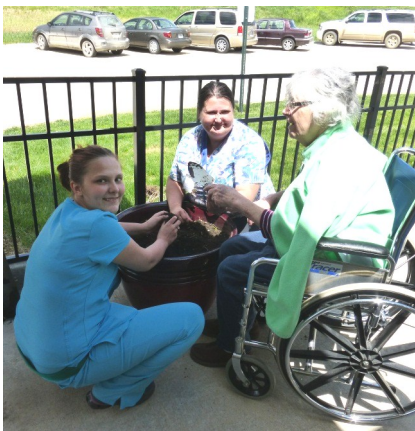
Doris White, Charlene Pontius and several other ladies who live in the Loch Haven Apartments have formed a Welcome Committee to make new residents feel more at home as soon as they arrive. The ladies put together baskets filled with goodies and a nice greeting card, and then hand deliver each basket. Shown in picture to left is Doris White (l) and Hilda Kreimeyer (r) who is at Loch Haven for a therapeutic stay.



QUEEN For A Day!

Eleanor Lenzini recently represented Loch Haven at the Missouri Health Care Pageant (District 6) which was held at the Fr. Buhman Center in Shelbyville. She was accompanied by Jeanie Nail, Sunset Village Activity Director. Eleanor's niece and nephew, Betty and Alan Mudd of Jefferson City, were also in attendance. Lunch was served for everyone. Contestants were asked questions and each participant received a flower.

Oak View & Cedar View COTTAGES



Susie's Musings

Howdy from The Cottages!

The April showers have certainly brought May flowers as well as our families and neighbors. We have had several donations of flowers and plants for our garden boxes and planters. Bob Smith donated a rose bush and a lovely planter of flowers for Oak View in memory of his wife Wanda. And the ladies have received plants for Mother's Day which have been a bright addition as well.

Mother's Day brought a horse and carriage to the Cottages. Thank you to Bertha Deveno's granddaughter Jody Moss and her family for the special treat. Cedar View had a barbeque and Gary Hammontree and Jacob Jennings came to assist with this. Oak View had an ice cream sundae bar. It was enjoyed by all.

This month, Joshua 24:15, a Christian singing group, and the Country Music Singing Waitress (Charlie Jennings) kept us entertained with musical selections.

Susan Lenon was an attendant at the Volunteer Banquet with a Roaring 20's theme welcoming Debra Lair, Loch Haven's new administrator. Susan ended up providing song and a little comedy and a few laughs!! Everyone loved it!! We have been fulfilling some of our bucket list items with trips to the Dysart Family Singers and the Wilcox Opry Barn. Next month, the ladies are planning a shopping trip and rides on the new golf cart. **Susan Lenon, Activity PAL**



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



Loch Haven's

A SENIOR Moment June Episode

New At Loch Haven
Meet Debby Lair & Nita Coale

Every Wednesday on CVTV
(Channels 22 & 64)

Listen for *A Senior Moment on Air!*

Hosted by Mary Beth Truitt & Barbara Primm

On KWIX 1230 AM/92.5 FM First Monday of each month live at 8:30 a.m.



June

1	Connie Roebuck
2	Martha Bragg
6	Johnny Walker
11	Lillian Davis
15	Catheryn Ronchetto
17	Geneva Eymann
18	Laverne Heaton
19	Hubert Moehle
20	Rosie Thompson
20	Kathryn Walker
22	Alma Techau
28	Vera Geigel
28	Harriet Rush

BIRTHDAYS...to celebrate



- ◆ Henry & Vicky Christoffer who donated a TV.
- ◆ Sally & Jace Weber who donated a large print bible.
- ◆ Darlene Huff donated cards, magazines, and decorations.
- ◆ Crossroads Christian Church for donating flowers
- ◆ AARP for donating books.
- ◆ Roberta Gates who donated lap blankets.

Good Luck and Happy Retirement to our D.O.N. and friend **B.J. ROBERTS.**



Loch Haven's Alzheimer's Support Group

2nd Monday of each month
5:30 p.m. light supper
6 p.m. meeting

PLEASE and Thank You!

We are in need of BIG PRINT books (novels). We have plenty of Reader's Digest Condensed, but would accept all others. Please and THANK YOU!!

Here's a few ideas for B.J.!! GRANDMA'S CAMP (No Parents Allowed!)

Grandma's Camp is usually 2-4 days, any more and you'll be exhausted!

Choose a theme and plan around it A book you've read together, Secret Garden?

Build a bench or a project Plant a vegetable garden Pirate's Treasure Hunt

Plant a "Stack a Pot" (just google it, Grandma!) Campout, make a fire pit, cook hot dogs and s'mores

Plant seeds, Radish, Sweet peas or Zinnias Harvest the garden and make a garden pizza

Night Time Bug Hunt, if you dare!! Pick flowers and arrange in vases

Make hopscotch with stepping stones, then show them how to play! Really!!



SPECIAL Brook NEWS



Although we're moving into June, we have such great memories of May! The Annual Mother's Day Tea was held with several families gathering to honor their mothers. As a thank-you, we took pictures of our residents and their family members, framed them, and gave them as a gift to the family. It was such a special day and memory for all of us!

The residents have been enjoying our daily activities as well as a few new ones. We made sun catchers out of glue and food

coloring. Now THAT was fun and interesting.

We will be planning and looking forward to our Father's Day BBQ this month. It's time for us to recognize those special men who live in Special Brook.

We did lose beloved residents who are part of our family in May. We will miss them and remember them always.

We enjoy your visits....so make it a point to stop by, sit a spell, and "smell the flowers" in our garden. **by Darla Jones**

News from RCF




May has come to the Apartments. We have stayed very busy with visitors, trips and activities this month. One special event was when a few students from Macon High School were able to come to the Apartments to work and visit with us. We really enjoyed their company! Of course, school came to an end, so we had a celebration with the kids before they began their summer break. We hope that we can take part in this program again next year. ~ Other special visitors this month included two groups of students from Immaculate Conception Schools who came to sing. We sure like it when they share their musical talents with us! The residents feel blessed to be able to enjoy their visits throughout the school year. ~ We also had a social with the Red Hatters. Four Red Hatters came to visit with us. They brought cookies and cupcakes with them, and we had hot tea to drink. We thoroughly enjoyed their time with us.

Several of us made it to our monthly trip to the Casino. This is a highlighted activity that many residents enjoy participating in every month. We alternate between going to the casino in LaGrange and the casino at Boonville. Many of us also enjoyed an outing to the Heartland Community. We drove around to see several of the attractions there, including the exotic animals, and also had a nice lunch at Solid Rock Cafe. ~ Games like BINGO, dominoes, Skip-Bo and "What am I?" keep us entertained. We are also entertained by numerous trivia and "facts" discussions, daily jokes in the bulletin and the lively banter we have with other residents and staff. Our minds stay active and in shape due to these activities.

by Janis Fraley

June 2016 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Activities are subject to change .</p> <p>All activities are held in North Activity Room unless noted.</p>		<p>1</p> <p>9a Chit Chat</p> <p>10am Flex & Stretch</p> <p>2pm Dick & Alvie</p> <p>3:30p Flip a Coin</p>	<p>2</p> <p>9a Chit Chat</p> <p>10am Bevier Baptist Bible Study</p> <p>2pm Movie</p> <p>3:30pm Small Groups</p>	<p>3</p> <p>9:30am Flex & Stretch</p> <p>10am Coffee Club/Doughnut Day</p> <p>2p Carmen's Bible Stories</p>	<p>4</p> <p>Weekends with Sherry</p>	
<p>5</p> <p>10am Sunday School</p> <p>2pm United Methodist</p> <p>6:30pm Callao Bible Study</p>	<p>6</p> <p>9a Chit Chat</p> <p>10am Flex & Stretch</p> <p>2pm Bingo</p> <p>3:30pm Men's Social</p>	<p>7</p> <p>9a Chit Chat</p> <p>10am Concentration</p> <p>2pm Yard Yahtzee</p> <p>3:30pm Small Groups</p> <p>3:30pm Wii</p>	<p>8</p> <p>9a Chit Chat</p> <p>10am Flex & Stretch</p> <p>2p Group Social</p> <p>3:30pm Small Groups</p> <p>7p County Kickers</p>	<p>9</p> <p>9a Chit Chat</p> <p>10am Bevier Baptist Bible Study</p> <p>1:30p Mass</p> <p>2pm Craft</p> <p>3:30pm Small Groups</p> <p>9p Drive In Movie</p>	<p>10</p> <p>9:30am Flex & Stretch</p> <p>10am Coffee Club</p> <p>2pm Carmen Hour of Bible Stories</p>	<p>11</p> <p>Weekends with Sherry</p>
<p>12</p> <p>10am Sunday School</p> <p>2pm Faith Baptist</p> <p>6:30pm Callao Bible Study</p>	<p>13</p> <p>9a Chit Chat</p> <p>10am Flex & Stretch</p> <p>2p Bingo</p> <p>3:30pm Small Groups</p>	<p>14</p> <p>9a Chit Chat</p> <p>10am Dog Show</p> <p>2pm Birthday Party</p> <p>3pm Spa Day</p> <p>6:30p Woodville</p>	<p>15</p> <p>9a Chit Chat</p> <p>10am Flex & Stretch</p> <p>2pm Donny Roberts</p> <p>3:30p Small Groups</p> <p>7pm County Kickers</p>	<p>16</p> <p>9a Chit Chat</p> <p>10am Bevier Baptist Bible Study</p> <p>2p Ladies Tea</p> <p>3:30pm Small Groups</p>	<p>17</p> <p>9:30am Flex & Stretch</p> <p>10a Coffee Club</p> <p>2pm Carmen Hour of Bible Stories</p>	<p>18</p> <p>Weekends with Sherry</p>
<p>19</p> <p>10am Sunday School</p> <p>2pm Ethel Christian</p> <p>6:30pm Callao Bible Study</p>	<p>20</p> <p>9a Chit Chat</p> <p>10am Flex & Stretch</p> <p>2pm Bingo</p> <p>3:30pm Ice Cream Soda Day</p>	<p>21</p> <p>9a Chit Chat</p> <p>10am Concentration</p> <p>2pm Laughter with Susan</p> <p>3:30p Small Groups</p> <p>6:30p Open Arms</p>	<p>22</p> <p>9a Chit Chat</p> <p>10am Flex & Stretch</p> <p>2p Roy Flancher & Barbara Jenkins</p> <p>3:30pm Small Groups</p> <p>7pm County Kickers</p>	<p>23</p> <p>9a Chit Chat</p> <p>10a Bevier Baptist Bible Study</p> <p>2p Independent Games</p> <p>6pm to 8pm Ice Cream Social</p>	<p>24</p> <p>9:30am Flex & Stretch</p> <p>10a Coffee Club/ Music</p> <p>2p Carmen Bible Stories</p>	<p>25</p> <p>Weekends with Sherry</p>
<p>26</p> <p>10am Sunday School</p> <p>6:30pm Callao Bible Study</p>	<p>27</p> <p>9a Chit Chat</p> <p>10am Flex & Stretch</p> <p>2pm Bingo</p> <p>3:30pm Small Groups</p>	<p>28</p> <p>9a Chit Chat</p> <p>10am Spa Day</p> <p>2pm Resident Council</p> <p>3:30pm Small Groups</p> <p>330pm Wii</p>	<p>29</p> <p>9a Chit Chat</p> <p>10am Flex & Stretch</p> <p>2p Wal-Mart (Kirksville)</p> <p>7pm County Kickers</p>	<p>30</p> <p>9a Chit Chat</p> <p>10am Bevier Baptist Bible Study</p> <p>2p Country Store</p>	<p>One on One activities offered daily to those unable to attend regularly scheduled</p>	

National Nursing Home Week 2016



Loch Haven Receives Grant

Loch Haven has joined a growing number of Missouri businesses by becoming a *Missouri Breastfeeding Friendly Worksite*. Breastfeeding friendly employers proactively support employees who choose to breastfeed their infants. They provide time, space and other benefits to maintain breastfeeding after a mom returns to work. "We want our employees who are new mothers to know that we support their decision to continue breastfeeding," said Kelsey Hinshaw, Assistant Administrator.



A private space has been designated complete with a comfortable chair, ottoman, and table. These items were purchased by a grant Loch Haven received through the *Missouri Breastfeeding Friendly Worksite* Program which was created by the Missouri Department of Health and Senior Services.

Pictured is Kelsey Hinshaw (l) receiving a certificate from Stacy Corbin RN (r) with the Macon County Health Department.



A Win/Win Partnership

Four Macon area students have been part of the Loch Haven family for one full year. They are students of the YES Work Experience Program High School to Work Transition Program made possible by Learning Opportunities/Quality Works, MCCDDC & County Connections, the Macon County R-1 School District, and Loch Haven.

The program is for high school juniors and seniors and is designed for them to gain important job skills that will help them transition from student to employee. The students spent part of the day in the classroom and part of the day on site at Loch Haven. They worked in almost every department throughout the entire Loch Haven community including Housekeeping, Laundry, Dietary, Administration, and Activities. Their daily tasks included cleaning, folding laundry, passing mail, folding silver wear, visiting with residents, and much, much more.

"The students gained 10 months of experience for their resumes. They learned how to strive to do a good job, to be accountable, to show up on time, etc....Rhian Beldon brought them to Loch Haven daily. She is amazing! Her passion and drive for the program and to help these students succeed is so evident," said Wendy Bouman, Apartment Manager.



Pictured left to right is Rhian Beldon, Trevor Morton-Gardner, Jerome Jackson, Siera Sanders, and Garrett Thornton. Jerome. A reception was held in their honor.

Jackson will join the Loch Haven family as an employee.

June 2016 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>*All meals served buffet style with bread and beverage. Several choices available.</p>					
<p>5 Roast Pork/Gravy Bread Dressing Green Beans Peach Swirl Cheesecake Bar</p>	<p>6 Meatloaf/Gravy Party Potatoes Carrots Apple Crisp</p>	<p>7 Pork Lo Mein Oriental Vegetables Mandarin Oranges & Bananas Egg Roll</p>	<p>1 Cheesy Sausage/ Spaghetti Bake Baby Carrots Cream Puff Cake Garlic Bread</p>	<p>2 Baked Ham Scalloped Potatoes Squash Medley Chocolate Cream Pie Cobread</p>	<p>3 Oven Fried Fish Macaroni & Cheese Cole Slaw Tropical Fruit w/ Topping</p>	<p>4 Chicken Parmesan Buttered Pasta Broccoli Fruited Pudding Garlic Bread</p>
<p>12 Roasted Chicken Orzo Grains w/ Veggies Lima Beans Apple Pie</p>	<p>13 Pork Chop Pasta Primavera Wilted Spinach Salad Brownie Dinner Roll</p>	<p>14 Swiss Steak Baked Potato Mixed Vegetables Fruit Crumble</p>	<p>15 Beef Enchiladas Mexican Corn Chocolate Layer Dessert</p>	<p>16 Roast Turkey/Gravy Sweet Potatoes Brussels Sprouts Dinner Roll Fruit Cobbler</p>	<p>17 Fish of the Day French Fries Broccoli Cole Slaw Hush Puppies Bread Pudding</p>	<p>18 Ham & Potato Au Gratin Candied Carrots Cobread Strawberries & Bananas</p>
<p>19 Roast Beef Mashed Potatoes/Gravy Green Bean Casserole Dinner Roll Angel Peach Dessert</p>	<p>20 BBQ Pork Macaroni & Cheese Side Salad/Dressing Jell-o Cake w/ Whipped Topping</p>	<p>21 Ham & Beans Fried Potatoes Mixed Greens Corn Bread Mandarin Oranges & Pineapple</p>	<p>22 Creamy Chicken Curry Steamed Rice Broccoli Warm Flatbread Hummingbird Cake</p>	<p>23 Pepper Beef Patty Gravy Baked Potato Green Beans Rice Pudding</p>	<p>24 Turkey Pot Roast Garlic Mashed Potatoes Glazed Carrots Dinner Roll Lemon Cream Pie</p>	<p>25 Beef Tips/Gravy Buttered Egg Noodles Vegetable Blend Side Salad/Dressing Pudding Parfait</p>
<p>26 Fried Chicken Mashed Potatoes/Gravy Corn Fruit Cobbler Dinner Roll</p>	<p>27 Mushroom Hamburger Steak Hash Brown Casserole Buttered Peas Fruited Gelatin</p>	<p>28 Roast Turkey/ Gravy Sweet Potatoes Green Beans w/Bacon & Onion</p>	<p>29 Cheesy Sausage/ Spaghetti Bake Baby Carrots Cream Puff Cake Garlic Bread</p>	<p>30 Baked Ham Scalloped Potatoes Squash Medley Chocolate Cream Pie Cobread</p>		



Cooking thru the Ages!



Freezer Caramel Drizzle Pie

- 9 inch prepared graham cracker crust
- 3 tablespoons butter
- 3.5 oz coconut
- 1/2 cup chopped pecans
- 7 oz sweetened condensed milk
- 4 oz cream cheese, softened
- 8 oz Cool Whip, thawed
- 6 oz caramel ice cream topping

Melt butter in skillet. Add coconut and pecans, stirring to coat. Sauté until coconut and pecans are lightly toasted, about 5 minutes. Set aside. In a large mixing bowl, whip together condensed milk and cream cheese until fluffy. Fold in whipped topping. Spoon 1/4 of cream cheese mixture into graham cracker crust. Drizzle with 1/4 of caramel topping. Repeat layers with remaining cream cheese mixture and caramel. Top pie with coconut and pecan mixture. Freeze overnight. Can easily double.



JUST COOL IT!

- 10 bacon slices, cooked and crumbled
- 2 green onions, sliced

Prepare cornbread according to package directions; cool and crumble. Set aside. Stir together dressing, mayonnaise, and buttermilk. Layer half each of crumbled cornbread, shredded lettuce, and next 7 ingredients in a large glass bowl; spoon half of dressing mixture evenly over top. Repeat layers ending with dressing mixture. Cover and chill 8 to 24 hours. Sprinkle top with green onions just before serving.

Summer Linguini

- 12 oz. linguine

- 4 tbsp. unsalted butter
- 1 bunch scallions (or green onions), sliced, greens and whites separated
- 3 c. corn kernels (from about 3 ears)
- 1 tbsp. chopped fresh parsley
- 4 oz. feta cheese

Cook pasta according to package directions. Reserve 1/2 cup pasta water. Saute scallion whites in 2 tablespoons butter and season with salt and pepper. Cook 3 to 4 minutes. Add corn, tossing to coat, and cook until just tender, 2 to 3 minutes more. Add pasta, 1/2 cup pasta water, and remaining 2 tablespoons butter to pan and toss to combine. Fold in scallion greens and parsley. Top with feta and parsley.

Layered Cornbread & Turkey Salad



- 1 (6-ounce) package buttermilk cornbread mix
- 1 (12-ounce) bottle Parmesan-peppercorn dressing
- 1/2 cup mayonnaise
- 1/4 cup buttermilk
- 1 (9-ounce) package romaine lettuce, shredded
- 2-1/2 cups chopped smoked turkey (about 3/4 pound)
- 2 large yellow bell peppers,

- chopped
- 2 large tomatoes, seeded and chopped
- 1 red onion, chopped
- 1 cup diced celery (about 3 celery ribs)
- 2 cups (8 ounces) shredded Swiss cheese



Say CHEESE!!

Surfing the web ^{*****} www.delish.com



Loch Haven's **TRIBUTE TO VETERANS** &

Annual Ice Cream Social

Thursday, June 23, 2016

6 p.m. Recognition Ceremony
6:30—8 p.m. Ice Cream Social

Entertainment by:
Bill Lear & Friends

Guest speaker Linda Maddox

President of Callao American Legion Auxiliary Unit 360 and District President

PLUS Patriot Guard Riders Flag Line

\$2 donation for Ice Cream Social Please bring lawn chairs!

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

Happy Father's Day!

Loch Haven
701 Sunset Hills DR
Macon, MO 63552