


Loch Haven Tymes

March 2015



An Irish Blessing
May the road rise up to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
May the rains fall soft upon your fields,
And until we meet again,
May God hold you in the palm of His hand.

A publication of

Loch Haven

Senior Living Community
Macon, Missouri

Employee Spotlight

MEET: Alvie Voyles, Custodial

Going Above & Beyond



- ♦ **Describe yourself in one word?** Dependable
- ♦ **What kind of pet do you have?** A white Himalayan cat.
- ♦ **What is the best place you've ever gone on vacation?** Arizona
- ♦ **What was your favorite subject in school?** Math
- ♦ **How long have you worked at Loch Haven?** 27 years in October
- ♦ **What are your duties?** Mainly cleaning, buffing and waxing the floors.
- ♦ **Where do you live?** Macon
- ♦ **Family:** My wife Diane. We will have been married 28 years in May.

"Loch Haven is my home away from home. The memories I will cherish forever." ~ Alvie

- ♦ **Everyone has a talent? What is yours?** Singing
- ♦ **What would be your dream vacation?** Hawaii
- ♦ **What is your favorite saying?** Go the EXTRA mile.
- ♦ **Who was your favorite celebrity as a child?** James Arness as Matt Dillon

Alvie was nominated anonymously by a co-worker who said "Alvie continuously goes the extra mile every day for our residents and fellow staff members. He is kind and considerate to everyone."



Welcome to Team Loch Haven

| | |
|--------------------------|---------------|
| Nicole Burns, NA | Nights |
| Echo Ward | Cottage Aid |
| Taylor Wyman-Sapp, NA | West Brook |
| Sharalee Engelbrecht, NA | Mountain View |
| Kyra Glaspie, NA | West Brook |
| Annette Newport, LPN | PRN |
| Nancy Rutherford | Housekeeping |

Perfect Attendance Christina Wilham



(left)
It's how we start each day! Several department heads get together for a "Stand Up" meeting to discuss plans for the day!

STAR AWARD WINNERS

January

*Lisa Purdy
Amy Harre
Cassy Doty
Alyssa Peterson
Sharon Thrasher
Stephanie Adkins*

Quarterly Drawing Winner

LaTisha Jeter

Team PLAYER award Vickie Pinkerman



If you are interested in becoming a team member at Loch Haven, please stop by and fill out an application or download it from our website at:

www.lochhaven.com

MEET: Catheryn Ronchetto

Mountain View

I was born June 15, 1920 to John and Emma Biondi. My mother was a Biondi and married a Biondi. Plus my dad's brother married my mom's sister. So we had "2" double Biondi's! I had two brothers and four sisters. We lived at #7 (that's how the coal mines were numbered) which was on the southwest corner within the Bevier city limits. We had paved sidewalks and street lights. That is all gone now, but at one time it was a developed street.

We lived about a mile from the schoolhouse, and as kids we would play ball, jump rope, and make-up stories under the streets lights until well after dark. THEN we'd have to walk home, and we'd all be scared!! I enjoyed roller skating and would roller skate to town and back.

As a teenager we loved to dance. Everyone in Bevier liked to dance, and we had dance halls like Joyland, The Black Diamond, and the Rock Tavern....all south of Bevier. Dancing was big in those days with bands coming in to play.

My sister, Ada, was dating (and then married) Frank Formento. I met his nephew, Eugene (Chick) Ronchetto, through him. We started dating when I was around 14 years old. We went to movies and dances, and then got married in 1936 when I was

16. In those days there wasn't much to do so people got married!! Another highlight of that year is that I was crowned Miss Bevier two months before I got married! Chick must have wanted a queen for his bride.

Our first home was in the

back of the High Point Filling Station that Chick ran. It was on a hill between Macon and Bevier. The next summer several of us moved to Highwood, Illinois to work construction. There was Tony and Johnny Ronchetto, Mule Contratto, Dan Bergioni, and several more. I baby sat for a lawyer in town.

We came back the next winter, and Chick went to work at the Coal Mine. We bought a house out by the #68 Mine and lived there for around nineteen years. We then bought the Pearson place which was southeast of Bevier. Chick and I had six children: Teresa, Betty, Norma, Butch, Gary, and June. I found myself coming and going with the kids activities. I was a homemaker, but then did work for Goodells (a dry goods store) and Mattingly's in Downtown Macon.

I always enjoyed playing cards with friends, gardening, and cooking. I've been at Loch Haven for one year. I really enjoy it when staff gather in my room to visit with me and each other. It's a highlight of my day! My room seems to be the gathering place.

Our family has been through a lot throughout my life. But we made it!



a Warm Welcome to

- | | |
|---------------|-------------------|
| Minnie Buster | Connie Lierly |
| Marcia Irvin | Mark Neeson |
| Jean Grossman | Virginia Williams |
| Irma Lampkin | |
| Doris Lewis | |

Good luck to **Virginia Wood, Jayne Roberts, and Jo Ann Sandner** who have returned home after a therapeutic stay.

We will always

Remember

- | | |
|---------------|----------------|
| Melvina Blew | Neva Maddy |
| Bea Edwards | Harold Wheeler |
| Jerry Gwinner | |

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. Psalm 16: 11





Meet our Social Service & Transportation Team



Julie Mason (r)
Social Service Director



Sharon Thrasher (r)
Transportation coordinator

WE MAKE
A LIVING
BY WHAT WE GET,
BUT WE MAKE
A LIFE BY
WHAT WE GIVE.



Kim Dunseith (r) Transportation



Tom Hasselbring (l)
Social Service

"To serve is beautiful, but only if it is done with joy and a whole heart and a free mind."
- Pearl S. Buck



We welcome Jim Kohn to the Transportation Department!

We're here for EVERY resident, EVERY day because we CARE!

Oak View & Cedar View Cottage News



Hello again. Well, we're all ready for spring and some think spring is here because two bluebirds and one cold puffed-up robin were spotted. They didn't hear the groundhog report I bet! Enjoyed Roy Fancher back a singin' and Clark Dobbs bringing Bible Study. Cottages have been beautifully decorated with Valentine's décor inside and outside with big lit flowered hearts. Shauna Gaithier and Marissa Avila worked hard on them. (They'd do anything for candy!) For Valentine's Day dinner, the table setting was so lovely done by Jane Hayes, daughter of Genevieve Cameron at Cedar View. Also, some desserts were made by Jane, and the lovely meal was prepared by Opal Lewis. Thanks to "U's"! A lovely meal was prepared by Rachel Williams for the neighbors at Oak View complete with heart shaped bacon! Celebrating President's Day was great with the history and trivia of our past presidents. Knowing the most answers were Arthur Eymann (1st) and his wife Geneva (2nd). I see now I didn't study enough. UGH!! Pastor Carl Knapp (Macon Methodist) and children and helpers from the K-5 Alive Program came and sang and also handed out Valentines to the neighbors. So sweet! The music group, Joshua 24:15, was a great hit and so uplifting for everyone. WOW! They were great! Afterwards everyone enjoyed homemade snacks made by Jackie Thompson. A big thanks to PAL Genny Robuck who invited the band and is related to some. The big pitch game was played and gosh...another tie. So it's back to the round table again at Oak View. I love listening to the neighbors stories. Funny things you learn. I asked Judy Miles if she ever used her thumb trying to hitch a ride. She thought for a while and then said YES! Someone stopped but she couldn't recall if she rode with them or not. She thought it might not have been safe. Good thinking! At Cedar View, we learned that someone had an outhouse with running water. Come to find out it was built on the river's edge. Now you get it! I'll never go swimming in the river again!! Our many thanks to all visitors and anyone who has come and brightened the days of our neighbors. See you an "hour earlier" next month! Love and God Bless!

Susan Lenon, Activity PAL





We would like to take this opportunity to thank all

those Chef's who took part in our year long Chef Series. The residents and staff truly

enjoyed this series! Pictured is Vicky Christoffer who made Taco Salad.



March

Birthdays

to celebrate

| | |
|----|------------------|
| 3 | Norma Robinson |
| 8 | Daisy Tabor |
| 14 | Doris White |
| 15 | Loyes Benson |
| 16 | Bonnie Dennis |
| 18 | Irma Lampkin |
| 19 | Arla Harrell |
| 19 | Anna Wilson |
| 23 | James Ross Davis |
| 24 | Jerald Simons |
| 27 | Patricia Coleman |
| 27 | Warren Pflum |
| 28 | Basil Hammons |

Correction. It was Frank and Mary Eaton's 68th Anniversary!

Loch Haven's

A SENIOR Moment

March Episode

Loch Haven Legacy

Featuring Richard Waller & Barb Primm

Every Wednesday on CVTV
(Channels 22 & 64)

Listen for *A Senior Moment on Air!*

Hosted by Mary Beth Truitt, Barbara Primm & B.J. Roberts
On KWIX 1230 AM/92.5 FM First Monday of each month live at 8:30 a.m.



- * Judy Rushton for donating items for the Country Store.
- * Ron McQuitty Family for donating bird seed for our little friends!
- * Wanda Whitley for donating puzzles.
- * Sherri Bibbs for donating wooden angels.
- * Lloyd Collins for donating books and magazines.

Loch Haven's

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.



The LH PEP SQUAD holds a birthday party the last Tuesday of each month for all staff members. Those having birthdays are joined by all staff for a piece of cake.

Sign up [HERE](#) for KLTT's "Live Free for a Month" drawing!



join us on
facebook

February came in like a lamb at the Apartments. The weather stayed nice for us as we decked the halls with red and pink construction paper hearts for Valentine's Day that were made by the residents. They also whipped up some sweet treats for the day. Several residents came to our Valentine's Day party. They enjoyed playing a game called "Pass the Sack" and eating a delicious cake made by one of our own resident's daughters. Laughter and love were shared. The remaining part of the month we've stayed busy with writing our pen pals, playing BINGO, staying warm, welcoming new friends, crafting, playing music, visiting and laughing. There isn't a day that goes by at the Apartments that doesn't consist of a bit of humor. We really enjoy ourselves here! **Janis Fraley**



Special Brook News

Well....we were hoping that the Ground Hog wouldn't see his shadow, but our wishes didn't come true. Maybe next year we need to put a pair of sunglasses on him to block his shadow! We have been busy doing crafts, exercising, and cooking. We had a Valentine's Day party which was so much fun our residents and staff. It's always a good party when you have food! We had heart-shaped sandwiches, chocolate dipped strawberries, chips, and cookies. The residents enjoyed looking at their Valentine's Cards. Happy Anniversary to Forrest and Wanda Hall. We are looking forward to seeing the first flowers of spring! See you in the spring!

Blanche Neeson Special Brook Activity Director





MARCH 2015 ACTIVITY CALENDAR



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|---|---|-------------------------|
| 1 10am Sunday School 2pm United Methodist 6:30pm Callao Bible | 2 9:30am Flex & Stretch 2pm Bingo 3:30pm Small Groups | 3 10am Concentration 2pm Women's Tea 3:30pm Small Groups 3:30pm Wii | 4 9:30am Flex & Stretch 10am Crafts w/ Janice 2pm Dick & Alvie 3:30pm Small Groups | 5 FAMILY BREAKFAST (7-9a) 10am Bevier Baptist Bible Study 2pm Umbrella Activity 3:30pm Small Groups | 6 9:30am Flex & Stretch 10am Coffee Club 2pm Carmen's Hour of Bible Stories | 7 Independent Games |
| 8 10am Sunday School 2pm Faith Baptist 6:30pm Callao Bible Study | 9 9:30am Flex & Stretch 2pm Bingo 3:30pm Group | 10 10am Spa Morning 2pm Loretta's Music Birthday Party 3:30pm Group | 11 9:30am Flex & Stretch 2pm Who Has IT 3:30pm Group 7pm County Kickers | 12 10am Bevier Baptist Bible Study 1:30pm MASS 2pm Men's Group 3:30pm Group | 13 9:30am Flex & Stretch 10am Coffee Club 2pm Spirit Day 3pm Carmen's Hour of Bible Stories | 14 Independent Games |
| 15 10am Sunday School 2pm Ethel Christian 6:30pm Callao Bible Study | 16 9:30am Flex & Stretch 2pm Bingo 3:30pm Small Groups | 17 10am Concentration 2pm Laughter with Susan 3:30 Small Groups 3:30pm Wii 6:30pm Open Arms | 18 9:30am Flex & Stretch 2pm Donny Roberts 3:30 Small Groups 7pm County Kickers | 19 Family Breakfast (7-9a) 10a Bevier Baptist Bible Study 2pm Home Made Corn Dogs | 20 9:30am Flex & Stretch 10a Coffee Club 2pm Carmen's Hour of Bible Stories | 21 Independent Games |
| 22 10am Sunday School 6:30pm Callao Bible Study | 23 9:30amam Flex & Stretch 2pm Bingo 3:30pm Chip & Dip | 24 10am Spa Morning 2pm Resident Council 3:30pm Raisin Day 3:30pm Wii | 25 9:30am Flex & Stretch 10am Atlanta Methodist Bible Study 2pm Pecan Day 3:30pm Small Groups 7pm County Kickers | 26 10am Bevier Baptist Bible Study 1:30pm MASS 2pm Johnny Applesseed 3:30pm Small Groups 6pm Steve & Linda | 27 9:30am Flex & Stretch 10a Coffee Club 2pm Carmen's Hour of Bible Stories | 28 Independent Games |
| 29 10am Sunday School 2pm Atlanta Methodist | 30 9:30am Flex & Stretch 2pm Bingo 3:30pm Small Groups | 31 10am Concentration 2pm Women History 3:30pm Small Groups 7pm Casino Night | | | One on One activities offered daily to those unable to attend regularly scheduled activities | |

celebrating every day!



Gene Day.....Celebrating family!



Loretta Thayer celebrating a new piano in Oak View!



Celebrating MaRDi GRaS!



March 2015 Dining Calendar



| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|--|--|---|---|--|--|---|--|
| 1 Baked Ham Sweet Potato Casserole Mixed Vegetables Dinner Roll Mock Pecan Pie | 2 Cornflake Chicken Au Gratin Potatoes Broccoli Sour Cream Pound Cake | 3 Meatloaf Mashed Potatoes/Gravy Green Beans Iced Oatmeal Cake | 4 Taco Salad Spanish Rice Corn Salad Peaches with Whipped Topping | 5 Roast Turkey Turkey Gravy Cornbread Dressing Candied Carrots Pumpkin Pie | 6 Polish Sausage Peppers & onions Fried Potatoes Sauerkraut Fruit Crumble | 7 Vegetable Lasagna Italian Tossed Salad Banana Pudding cake Garlic Bread | |
| 8 Baked Chicken Mashed Potatoes Steamed Broccoli Dinner Roll Creamy Custard Pie | 9 Salisbury Steak Brown Gravy Baked Potato Green Bean Frosted Marble Cake | 10 Sweet & Sour Pork Steamed Rice Carrots Oriental Salad Fruit Cobbler | 11 Breaded Chicken Livers Mashed Potatoes/Gravy Lima Beans Éclair Cake | 12 Resident's Choice | 13 Baked Fish Party Potatoes Brussels Sprouts Cheese Herb Biscuit Brownie | 14 BBQ Chicken Baked Beans Potato Salad Mixed Fruit Cup | |
| 15 Pork Chop Mushroom Gravy Garlic Mashed Potatoes Dutch Cabbage Banana Cream Pie | 16 Beef Stroganoff Noodles Mixed Vegetables Cheesecake Pie | 17 Glazed Ham Yams Country Green Beans Fruit Cobbler Corn Bread | 18 Roast Beef Roasted Redskin Potatoes Vegetable Medley Cranberry Swirl Cake | 19 Turkey Tetrazzini Spinach, Bacon & Onion Garlic Bread Frosted Cake | 20 Chicken Scampi Southern Diner Rice Okra & tomatoes Fruited Gelatin | 21 Pork Tips in Gravy Buttered Noodles Braised Cabbage Corn Bread | |
| 22 Fried Chicken Mashed Potatoes/Gravy Broccoli Dinner Roll Apple Pie | 23 Ham & Beans Fried Potatoes Mixed Greens Corn Bread Chocolate Cake | 24 Pepper Beef Patty Baked Potato Carrots Fruited Gelatin | 25 Marinated Pork Loin Yams Green Bean Casserole Fruit Crips | 26 Baked Chicken Onion Gravy Garden Blend Rice Spinach Bake Lime Sprinkle Pears | 27 Fish of the Day Macaroni & cheese Stewed Tomatoes Mandarin Orange Cake | 28 Spaghetti w/ Meat Sauce Italian Vegetables Garlic Bread Peach Cobbler | |
| 29 Baked Ham Sweet Potato Casserole Mixed Vegetables Dinner Roll Mock Pecan Pie | 30 Cornflake Chicken Au Gratin Potatoes Broccoli Sour Cream Pound Cake | 31 Meatloaf Mashed Potatoes/Gravy Green Beans Iced Oatmeal Cake | *all meals served buffet style with bread and beverage. Several choices available. | | | | |



Luck o' the Irish Cooking!



Ambrosia

1 (8 oz.) tub of cool whip
 1 cup sour cream
 1 (20 oz.) can pineapple tidbits, drained well
 1 (15 oz.) can mandarin orange segments, drained well
 1 cup red or green seedless grapes, sliced in half

1 1/2 cups sweetened coconut flakes
 1 1/2 cups mini marshmallows
 1 (10 oz.) jar of maraschino cherry halves, drained very well
 1/2 cup chopped pecans (optional)

Combine whipped topping and sour cream. Add in coconut flakes and marshmallows. Fold in pineapple, mandarin oranges, grapes and maraschino cherries and nuts (if using). Cover and chill before serving. A spring specialty.



Easy Italian One Pot Dinner

1 Tbs. olive oil
 1 lb. turkey sausage, no casing
 1 sm. onion, chopped
 2 garlic cloves, chopped
 3 (15 oz.) can great northern beans, undrained
 1 (14 oz.) can tomatoes, undrained
 2 c. chicken broth
 1 tsp. Italian seasoning

1/4 tsp. black pepper
 2 c. fresh spinach, washed and patted dry

In a large soup pot, heat oil over high heat. Add sausage, on-

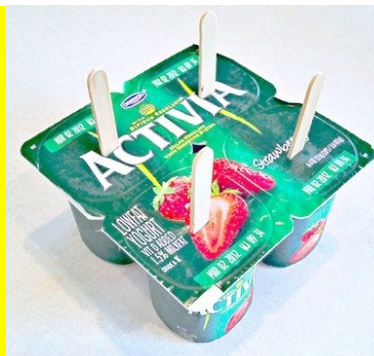
ion, and garlic. Brown and stir to break-up sausage. Add remaining ingredients except spinach; bring to a boil. Reduce heat to low and simmer uncovered for 30 minutes or until thickened. Stir in spinach and serve.

Chili and Cheese Ham Strata

6 slices sourdough bread (1 inch thick)
 1/4 cup butter, softened
 2-1/2 cups (10 ounces) shredded cheddar cheese, divided
 1 cup cubed fully cooked ham (not deli ham)
 1 can (4 ounces) chopped green chilies
 1/4 cup finely chopped onion
 2 tablespoons minced fresh cilantro
 5 eggs
 1 cup milk
 1/4 teaspoon salt
 1/4 teaspoon ground cumin
 1/4 teaspoon ground mustard

Butter bread; cube with a knife (or tear into 1 inch pieces) and place in a greased 9x13 baking dish. Sprinkle with chilies, 1-3/4 cups cheese, ham, onion and cilantro. Whisk the eggs, milk, salt, cumin and mustard in a large bowl. Pour over bread mixture; cover and refrigerate overnight. Remove from the refrigerator 30 minutes before baking and preheat oven to 350°. Bake, covered for 35 minutes. Uncover; sprinkle with remaining 3/4 cup cheese. Bake 10-20 minutes longer or until a knife inserted near the center comes out clean. Let stand for 5 minutes before cutting.

Don't You Just Love This



Yogurt + popsicle sticks + a freezer =
 a cool treat!

Cracker Barrel Old Country Store's Corn Muffins

4 tablespoons sugar
 4 tablespoons butter
 4 tablespoons liquid non-dairy creamer
 4 tablespoons yellow cornmeal
 3/4 cup self-rising flour

Add ingredients to bowl in order listed and beat well until it looks like a smooth cake batter. Divide batter between 8 greased cupcake wells and fill the other 4 with water. Bake at 400 degrees for 16 to 18 minutes, or until tester inserted into centers comes out clean. Let cool a few minutes in pan, and remove with two forks. Don't spill the water!.



Website of the month
www.thecountrycook.net





A jolly Irish fellow named Hugh
Was arrested for saying, "Look, Snoo!"
"What's snoo?" they would cry,
And he'd always reply
"Oh, nothing much, what's snoo with you?"

Kiss me! I'm Irish!



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, sex, 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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