

# Loch Haven Tymes

August 2019

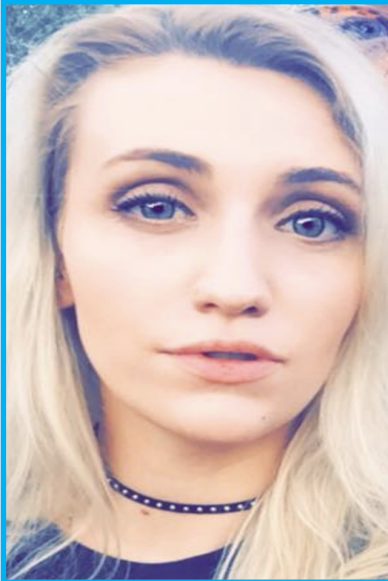


A publication of

## Loch Haven

### Senior Living Community

Macon, Missouri



# Allie Watson – CNA Employee Spotlight

**What is your nickname?**  
Allie or Oop

**Describe yourself in one word.** Compassionate  
**If you were an animal, what would you be?** A Bird

**What is your favorite movie?**

Love and Basketball

**What is the best place you ever went on vacation?** Colorado, it was

**How long have you worked at Loch Haven?** 8 years

**What are your duties?** To assist residents with their everyday tasks including cleaning and doing their laundry. I also make sure that they feel safe and secure.

**Live In:** Macon

**Family:** Boyfriend Trapper and my daughter Alyson

**Favorite quote or saying?**

To often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

gorgeous!

**What was your favorite subject in school?** History

**Who is or was your hero and why?** My mom. There aren't enough words or paper to describe why, she's a very strong independent caring person.

**Everyone has a talent. What is yours?** I'm pretty good at drawing and painting

**What is one thing on your bucket list?** To see the Northern Lights

**Who was your favorite celebrity as a child?** Chad Michael Murray

## Our hairdressers & our barber bring COLOR to the world!

A special thanks to our hairdresser's and our barber for the many years they've spent making sure the residents get their hair done. You give the residents something to look forward to. There's just nothing like getting your hair cut, permed and styled! We know that you both have made so many residents feel their best!

Heather Brien has been a part of the Loch Haven team for 10 years and she runs the salon at the RCF apartments. Richard Fuller has been coming out to Loch Haven for 50 years this year!

Thank you both for your years of service, we greatly appreciate your commitment to us!



Richard Fuller (Barber)



Heather Brien (RCF)

# I ♥ MY HAIRDRESSER

Here at Loch Haven we stay very busy during the summer with family and friend visits, and pet visits too! The residents have been staying active by playing kick ball and attending our stretch & flex and exercise classes. It's sure been a HOT month but we're finding fun things to do inside until there's a cool enough day to sit out on our porches. We encourage everyone to come out for a visit and you're always welcome to attend an activity in our activity department! ~ Team Loch Haven



It's SUMMER time and the residents are having so much fun with all the activities. They sure love BINGO and kick ball!



*A warm welcome to*

Patty Bailey  
Gail Clarkson  
Marguerite Thrasher

Betty Strobietto  
Joanne Bollinger  
James Allred

Thanks to those who joined us for a therapeutic stay:  
Brenda Patterson, Marilyn Merry, Ted Huddleston, Ronald McElhaney, Gary Baker, Roberta Wells and Patricia Richmond.

*We will always remember*

Robert Harris  
Lloyd Gladhill

Clarence Wells  
Virginia Waldeier

*Grieve not, nor speak of me with tears, but laugh and talk of me as if I were beside you always.*  
—Isla Paschal Richardson

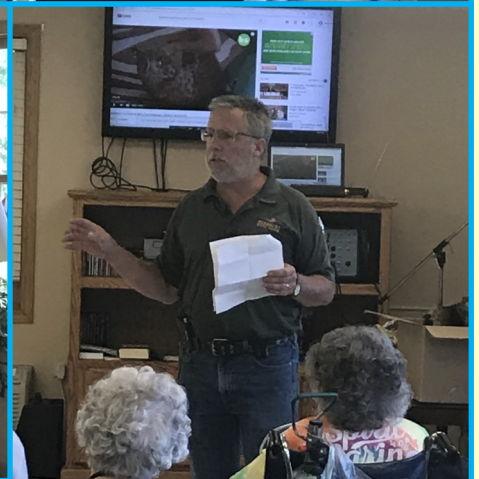
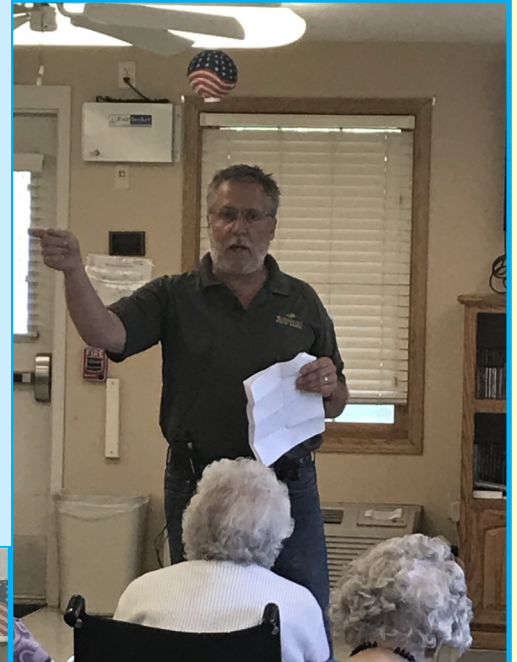
# Learning about Missouri Wildlife.....

Long Branch State Park naturalist, Eric Utter came out to visit our residents. He shared information regarding a variety of Missouri wildlife, their habitats and how they contribute to the natural balance of wildlife populations. His presentation was very informational and everyone enjoyed the education he shared.



Eric spoke about several animals and brought hides for our residents to see and touch. His presentation was very educational and FUN! He asked the residents several questions during his presentation which allowed them to be a part of his program. Everyone enjoyed getting to see the hides and feel the difference in the types of fur the animals wear.

***THANK YOU FOR COMING, ERIC! Come back real soon!***



# Oak View & Cedar View COTTAGES

## Susie's Musings

Hello again from the cottages. Can't believe it's August already. How time flies, right? Staff and residents are sure enjoying their beautiful flowers out on the patios. Drive by sometime and check them out! The cottages were treated with some big beautiful peaches brought from Barbara & Katie Moore from Callao. They didn't last long because they were so delicious! Everyone sure enjoyed them and many thanks for caring and sharing. At O.V. the dining room table was adored with the biggest and most beautiful gladiola flowers. Thanks to Martha & Ralph Klusman for sharing their flowers from their garden. Its always nice when Janice comes and brings one of her beautiful dogs for all to see. Thank you, Janice!

The children from Bevier Baptist Church Bible School made the most beautiful greeting cards for the residents. They were decorated so pretty and hey wrote a sweet greeting inside. So thoughtful! We so appreciate our regular volunteers that come out each month. Thank you for ALL that you do here! You certainly make a difference in our residents lives.

Skip Bo is still played a lot and some really like the beach ball bounce game we've been playing. You must be watching ALL the time or you'll get K-N-O-C-K-E-D on your head! Thanks to all our staff at the cottages for all you do for our residents. You can't be beat!

Bye for now and God Bless!

~Susan Lenon



Thank you to our Susan for taking care of the flowers and our gardens during the HOT summer days! We appreciate you and for ALL that you do here!

# August Birthdays



05	Delmer Gladhill	28	Sandford Carter
05	Geraldine Young	28	Connie Lierly
12	Ralph Richter	28	Betty Strobietto
17	Mary Britt	31	Evelyn Williams
25	Betty Lucas		
27	Ralph Klusman		



*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 contact

Stacy Wood  
385-3113

### Employee work Anniversary's for the Month of AUGUST

8/8/2019	Kimberly Bohnlein	7 years
8/8/2019	Amy Howlett	7 years
8/10/2019	Aden Cook	1 year
8/15/2019	Christy Riekeberg	31 years
8/15/2019	Heather Brien	11 years
8/15/2019	Maria Sears	5 years
8/16/2019	Jamie Orgill	2 years
8/16/2019	Alicia Strausbaugh	1 year
8/19/2019	Tammy Nute	5 years
8/22/2019	Rose Lima	1 year
8/22/2019	Craig Voyles	8 years
8/22/2019	Annette Newport	1 year
8/28/2019	Roberta Lucas	1 year
8/29/2019	Leroy Sanders	38 years
8/30/2019	Amber Whittle	2 years
8/31/2019	Dana Zamora	20 years
8/31/2019	Mindy Young	3 years

*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.*

## Welcome to the TEAM!

Abigail Watts, CNA  
Emily Harris, Dietary  
Michelle Martinez, Dietary  
Madison Peavler, CNA  
Christina Spurgeon, NA

THANK YOU to

Orscheln's in Moberly donated 500 lbs of birdseed!

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

July was a truly busy, but fun time at Loch Haven Apartments. In the mornings, we usually learn new things with Katie Nelson, our activity director. This month, Katie shared facts about peaches, Canada, Argentina, Apollo 11, hot dogs, potatoes, blueberries, and lighthouses. If we aren't learning about various things, we are worshipping with a variety of volunteers who come to share their talents with us. Those people and congregations include, but are not limited to; Bill Lear, Clark Dobbs, Immaculate Conception, Bevier Baptist, United Methodist, Faith Baptist, and the Callao Bible Study group. The Fourth of July found us celebrating our country in several ways. The residents loved creating a festive door decoration that honored our country by using paint, stars and ribbon. Then, we had a special meal that included fried chicken wings, homemade BBQ meatballs, deviled eggs, "red, white and blue salad", potato salad and two special desserts. Residents enjoyed learning trivia about the 4<sup>th</sup> of July, had a Fourth of July Social in the afternoon and many residents sat on the patios that evening to watch the night skies for the fireworks. The residents were happy to have two special dogs come to visit them. Many of the people smiled and remembered times spending with their special animals. Fluffy fur and sloppy kisses were shared by many. We were very pleased to have a visit from a local musician named McKenna Nelson. She graced us with her beautiful voice and great guitar playing. We all agree she is truly talented! Until next month, stay cool. ~Janis Fraley



# SPECIAL BROOK

## News from RCF

Hello everyone! We go from too much rain to hardly none. Hope everyone is staying cool. Been busy with our garden and we're starting to harvest or veggies, we just picked green beans. We had enough to cook up a mess, man they sure were good! Also got to go fishing this month, it sure was fun casting a line! We didn't catch anything just a nibble but sure had fun going! ~Blanch





Some of the benefits of being socially **active** as a **senior** include: Reduces risk for mental health issues. ... By keeping your brain constantly engaged in activity and interaction you are sharpening your mind and reducing risk of cognitive decline. Improves physical health.






**FACT: The healing process takes longer as we age, but exercise can help. Active adults have wounds that heal as much as 25 percent faster than those who do not exercise. Beginning an exercise program now, before an incident occurs, may allow your aging loved one to benefit from improved healing and a faster recovery.**

**Loch Haven offers exercise classes as well as a stretch and flex classes three times a week. We know that exercise is a VERY important part of our residents lives. We encourage all of our residents to attend these classes each week! ~ Activities Department**



# August 2019 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	All Activities Are Subject to Change	<b>Birthstone:</b> <b>Peridot</b> <b>Flower—Gladiolus</b>  	Bird of the Month: Kingfisher 	1 10a Mass 10a Bevier Baptist Bible Study 2p Concentration 3p Pitch	2 9:30a Coffee Club 10a Flex & Stretch 1p Jim Bolin Bible Study 2:30p All About August	3 9:30a Bingo 1p Pitch
4 10a Sunday School 2p United Methodist	5 9:30a Beverage Bar 10a Exercise 2p Bingo 3p Hydration Station/Reminisce	6 10a Concentration 2p Pitch 3:30p Kick Ball <b>7p Ethel Amish</b>	7 9:30a Tea/Coffee 10a Flex & Stretch 2p Alvie & Dick Gospel Music 3:30p Skip Bo <b>7p County Kickers</b>	8 10a Bevier Baptist Bible Study 2p Ladies Social 3p Pitch	9 9:30a Coffee Club 10a Flex & Stretch 1p Jim Bolin Bible Study 2:30p Music Trivia	10 9:30a Bingo
11 10a Sunday School 2p Faith Baptist 6p Callao Bible Study	12 9:30a Coffee/Tea 10a Exercise 2p Bingo 3p Resident Council <b>6:30p Senior Songsters</b>	13 9a Nails 2p Birthday Party 3p Pitch	14 9:30a Beverage Bar 10a Exercise 2p Music w/Barb & Roy 3p Kick Ball <b>7p County Kickers</b>	15 10a Bevier Baptist Bible Study 2p David Foster & Friends 3:15p UNO	16 9:30a Coffee Club 10a Flex & Stretch 1p Jim Bolin Bible Study 2:30p Sing A Long	17 9:30a Bingo 1p Pitch
18 10a Sunday School 2p Ethel Christian 6p Callao Bible Study	19 9:30a Tea/Coffee 10a Exercise 2p Bingo 3p Hydration Station/Reminisce	20 10a Concentration 2p Pitch 3:30p National Lemonade Day <b>6:30p Open Arms</b>	21 9:30a Coffee/Tea 10a Flex & Stretch 2p Music w/Dianna Resa 3p Numbers & Domino's <b>7p County Kickers</b>	22 10a Bevier Baptist Bible Study 2p Dominos (DR) <b>BLOOD DRIVE 2P-6P</b>	23 9:30a Coffee Club 10a Flex & Stretch 1p Jim Bolin Bible Study 2:30p Famous people of Missouri	24 9:30a Bingo
25 10a Sunday School 6p Callao Bible Study	26 9:30a Beverage Bar 10a Exercise 2p Bingo 3p Balloon Volleyball	27 9a Nails 1:30p-2:30p Dominos 2:30p Pitch	28 9:30a Tea/Coffee 10a Flex & Stretch 2p Music w/Barb & Roy 3p Travel Stories <b>7p County Kickers</b>	29 10a Bevier Baptist Bible Study 2p Men's Social 3p Pitch	30 9:30a Coffee Club 10a Flex & Stretch 1p Jim Bolin Bible Study 2:30p The History of Patsy Cline	31 9:30a Bingo 1p Pitch

# August 2019 Dining Calendar



<p><b>4</b> Roasted Chicken Pasta Primavera Mixed Vegetables Apple Pie Dinner Roll/Margarine Beverage</p>	<p><b>5</b> Smothered Pork Au Gratin Potatoes Spinach (A) Lemon Bar Dinner Roll/Margarine Beverage</p>	<p><b>6</b> Swiss Steak Baked Potato w/Sour Cream Lima Beans Fruit Crumble (FR) Bread/Margarine Beverage</p>	<p><b>7</b> Turkey Stuffed Bell Pepper Caesar Salad Chocolate Chip Cake Dinner Roll/Margarine Beverage</p>	<p><b>1</b> Chicken &amp; Kale Alfredo Bake Tossed Salad/Dressing Angel Food Cake w/Fruit (FR) Garlic Bread Beverage</p>	<p><b>2</b> BBQ Sliced Beef Brisket Baby Bakers Roasted Carrots (A) Peanut Butter Pie Bread/Margarine Beverage</p>	<p><b>3</b> Swedish Meatballs w/ Sauce Herb Mashed Potatoes Italian Vegetables (A) Fresh Fruit Cup Bread/Margarine Beverage</p>
<p><b>11</b> Roast Beef Mashed Potatoes w/Gravy Parmesan Baked Zucchini Angle Peach Dessert(FR) Dinner Roll/Margarine Beverage</p>	<p><b>12</b> Ham &amp; Beans Fried Potatoes Mixed Greens (A) Mandarin Oranges &amp; Pineapple Cornbread/Margarine Beverage</p>	<p><b>13</b> Cornflake Chicken Garlic Mashed Potatoes Buttered Peas Lemon Cream Pie Beverage</p>	<p><b>14</b> BBQ Riblette Macaroni &amp; Tomatoes Seasoned Green Beans Side Salad w/dressing Sherbet Bread/Margarine Beverage</p>	<p><b>15</b> Pepper Beef Patty Gravy Baked Potato w/sour cream Brussel Sprouts Chocolate Pudding Parfait Bread/Margarine Beverage</p>	<p><b>9</b> Beef &amp; Chees Baked Spaghetti Italian Blend Vegetables (A) Chocolate Layer Dessert Garlic Bread Beverage</p>	<p><b>10</b> Baked Ham Au gratin Potatoes Buttered Peas &amp; Carrots Key Lime Pie Cornbread/Margarine Beverage</p>
<p><b>18</b> Fried Chicken Mashed Potatoes &amp; Gravy Buttered Peas Fruit Cobbler (FR) Dinner Roll/Margarine Beverage</p>	<p><b>19</b> Mushroom Hamburger Steak Hash Brown Casserole Green Beans Fruited Gelatin (FR) Bread/Margarine Beverage</p>	<p><b>20</b> Bake Ham Scalloped Potatoes Squash Medley Chocolate Cream Pie Cornbread/Margarine Beverage</p>	<p><b>21</b> Beef Stroganoff Over Egg Noodles Baby Carrots (A) Side Salad w/Dressing Cream Puff Cake Garlic Bread Beverage</p>	<p><b>22</b> Roast Turkey w/Gravy Sweet Potatoes (A) Green Bean w/ Bacon &amp; Onion No Bake Cookies Dinner Roll/Margarine Beverage</p>	<p><b>16</b> Baked Tilapia w/lemon dill sauce Garlic Potatoes Roasted Baby Carrots &amp; Onions (A) Mixed Fruit Cup Dinner Roll/Margarine Beverage</p>	<p><b>17</b> Alfredo Chicken Spaghetti Noodles Broccoli w/cheese sauce Side Salad w/dressing Frosted Red Gelatin Bread/Margarine Beverage</p>
<p><b>25</b> Roast Pork Gravy Cornbread Stuffing Green Beans Peach Swirl Cheesecake Bar Dinner roll/margarine Beverage</p>	<p><b>26</b> Meatloaf Mashed Potatoes/ Gravy Carrots Apple Crisp Bread/Margarine Beverage</p>	<p><b>27</b> Cheese Stuffed Shells with Mannara Spinach Salad (A) Mandarin Oranges &amp; Bananas Bread Stick Beverage</p>	<p><b>28</b> Resident's Choice Grain/1 Veg/Fruit 1 Beverage</p>	<p><b>29</b> Chicken &amp; Kale Alfredo Bake Tossed Salad/Dressing Angel Food Cake w/Fruit (FR) Garlic Bread Beverage</p>	<p><b>23</b> Oven Fried Fish Fried Potatoes Cole Slaw Seasonal Fresh Fruit Bread/Margarine Beverage</p>	<p><b>24</b> Chicken Parmesan Buttered Pasta Broccoli Fruited Pudding Garlic Bread Beverage</p>
<p><b>30</b> Roast Pork Gravy Cornbread Stuffing Green Beans Peach Swirl Cheesecake Bar Dinner roll/margarine Beverage</p>	<p><b>31</b> Swedish Meatballs w/ Sauce Herb Mashed Potatoes Italian Vegetables (A) Fresh Fruit Cup Bread/Margarine Beverage</p>	<p><b>32</b> Swedish Meatballs w/ Sauce Herb Mashed Potatoes Italian Vegetables (A) Fresh Fruit Cup Bread/Margarine Beverage</p>	<p><b>33</b> Swedish Meatballs w/ Sauce Herb Mashed Potatoes Italian Vegetables (A) Fresh Fruit Cup Bread/Margarine Beverage</p>	<p><b>34</b> Swedish Meatballs w/ Sauce Herb Mashed Potatoes Italian Vegetables (A) Fresh Fruit Cup Bread/Margarine Beverage</p>	<p><b>30</b> BBQ Sliced Beef Brisket Baby Bakers Roasted Carrots (A) Peanut Butter Pie Bread/Margarine Beverage</p>	<p><b>31</b> Swedish Meatballs w/ Sauce Herb Mashed Potatoes Italian Vegetables (A) Fresh Fruit Cup Bread/Margarine Beverage</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 members include: B J Roberts, Kelsey Hinshaw, and Richard Waller.

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**

**PO Box 187**

**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 \_\_\_\_\_

# Summer Fun!!!



The Loch Haven Times 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 [www.lochhaven.com](http://www.lochhaven.com)