



Loch Haven CRAFT SHOW

Friday, November 6, 2015

10 a.m.—3 p.m.

Meals & Memories Cafe &
North Brook Activity Center

Over 30 Craft Booths **PLUS**

Jean's Famous
Cinnamon Rolls

**Vendor
Space
Available**

**Contact
Cameron
Christopher**

@

**660-
385-
3113**

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

Loch Haven
701 Sunset Hills DR
Macon, MO 63552

Loch Haven Tymes

October 2015



A publication of

Loch Haven

Senior Living Community

Macon, Missouri



Julie Mason

Director of Social Services

Employee Spotlight

- ♦ **Describe yourself in one word:** Complicated
- ♦ **What kind of pets do you have?** 3 dogs and a kitten
- ♦ **What is your favorite movie?** "Bad Boys II" or "The Hunger Games". It's a toss up.
- ♦ **What is the best place you ever went on vacation?** Tulum, Mexico
- ♦ **What was your favorite subject in school?** Math
- ♦ **If you could be someone else, who would you be?** No one! I'm happy with who I am.
- ♦ **Everyone has a talent. What is yours?** Multitasking
- ♦ **What would be your dream vacation?** Hawaii
- ♦ **What is your favorite saying?** You only fail when you stop trying.
- ♦ **Who was your favorite celebrity as a child?** The cast of "Saved By The Bell"
- ♦ **How long have you worked at Loch Haven?** It will be 10 years in March.
- ♦ **What are your duties?** Admissions, discharges, overseeing, and ensuring the psychosocial wellbeing of all our residents.
- ♦ **Where do you live?** Elmer

Family: Husband Joey and children Emery (8) and Owen (6)

"Loch Haven has become my second home, and I consider both the staff and residents my second family. --Julie--"

Welcome to Team Loch Haven

Jesse Boone	Dietary
Augusta Walls, CNA	Special Brook
Barbara Askew, LPN	Sunset Village
Carrie Zapisek, CNA	Sunset Village
Wendy Crabtree, CNA	Special Brook

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



STAR AWARD WINNERS

Angela Yoder
Crystal Teel
Tracy Stephenson
Donna Whitezell
Terry Vaught
Cheyenne Maloney
Diana Bowzer

Perfect Attendance

Jammy Nuts

Team PLAYER Crystal Sandner



MEET Amber Betts-Morris Special Brook Neighborhood Coordinator

Hi! I am Amber Betts-Morris. I am the new Neighborhood Coordinator for Special Brook. I have worked here at Loch Haven for twelve years. I received my LPN in 2014 from Kirksville Vo-Tech PN Program. I am married to Lock and mom to Garon. I enjoy reading, fishing, and spending time with my family. I am excited for this new challenge and seeing how we can make our neighborhood even better than it already is.



Cream Cheese Pumpkin Pie

1 refrigerated pie crust
1 cup sugar
3 Tbl all-purpose flour
1 pkg (8 oz) plus 1 pkg (3 oz) cream cheese, softened
1 tsp ground cinnamon
1/4 tsp ground nutmeg
1/4 tsp ground ginger
1/4 tsp ground cloves
3 eggs
1 can (15 oz) pumpkin (not pumpkin pie mix)
1 Tbl milk

Heat oven to 375°F. Place pie crust in 9-inch glass pie plate. Bake about 8 minutes or until light golden brown. Beat sugar, flour and cream cheese with electric mixer on low speed until smooth; reserve 1/2 cup. Add remaining ingredients except milk to cream cheese mixture. Beat on medium speed until smooth. Pour into crust. Stir milk into reserved cream cheese mixture. Spoon over pumpkin mixture. Cut through cream cheese and pumpkin mixtures with knife in S-shaped curves for marbled design. Cover edge of crust with strip of foil; remove foil for last 15 minutes of baking. Bake 35 to 45 minutes or until knife inserted in center comes out clean. Cool 30 minutes. Cover loosely and refrigerate at least 4 hours before serving. Store covered in refrigerator.



Bundt Cake Breakfast

1 cup diced ham
2 cups tater tots (frozen)
1 dozen whisked eggs
1 can (8) Grands biscuits cut up into pieces
2 cups shredded Cheddar Cheese
1/4 c milk

Mix all ingredients together. Put in greased bundt pan. Bake on 400 degrees for 45 minutes. When done flip onto platter and cut and serve.

Caramel Apple Pie Cookies

1 package Pillsbury™ Refrigerated Pie Crusts
1 jar caramel sauce
1 can apple pie filling
1 egg, lightly beaten
3 tablespoons cinnamon sugar
Flour for working with dough

Preheat oven to 350°. Spray a cookie sheet with non-stick spray. Allow pie crust to rest at room temp for 10 minutes. Flour work surface and open one of the crusts. Spread a thin layer of caramel topping evenly over crust. Take the can of pie filling and run a knife through it to mince it to much smaller pieces, then spread about 3/4 of the can over the caramel layer. Dust apple layer with cinnamon-sugar. Cut the second crust with a pizza cutter into thin strips to make the lattice tops. Using the pie crust strips, create a lattice top over the apple filling. Use a round cookie cutter [or drinking glass] to cut out your cookies and place them on prepared cookie sheet. Brush each cookie with an egg wash (or cream) and sprinkle with sugar. Bake for 15-20 minutes, until light golden brown.



DIY Pumpkin Pie Creamer

1 Bottle CoffeeMate Natural Bliss Cinnamon Creamer
1/4 c. 100% Pure Pumpkin Puree
1/4 tsp. Pumpkin Pie Spice
1 to 4 tbs. Maple Syrup (optional)

Blend until smooth coffee creamer, pumpkin puree and pumpkin spice. Add maple syrup for sweetness. Pour into container and store in the refrigerator for up to 7 days.



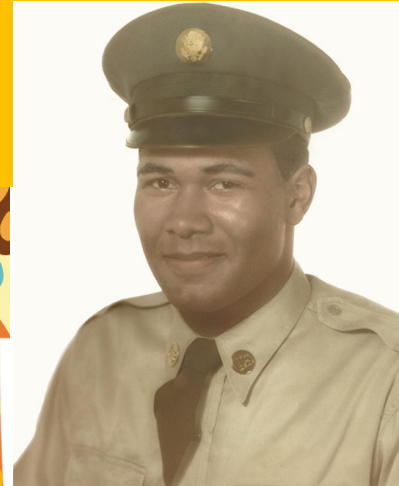
Don't You Just Love This!
~~~~~  
A Shutter Angel!!

**Website of the month**  
[www.recipesthatcrock.com](http://www.recipesthatcrock.com)



# October 2015 Dining Calendar

| Sun                                                                                                        | Mon                                                                                            | Tue                                                                                              | Wed                                                                                                             | Thu                                                                                                          | Fri                                                                                                  | Sat                                                                                                          |
|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
|                                                                                                            | *all meals served buffet style with bread and beverage.<br>Several choices available.          |                                                                                                  |                                                                                                                 | <b>1</b> Meatloaf<br>Gravy<br>Buttered Potatoes<br>Fried Cabbage<br>Fruit Crumble                            | <b>2</b> Turkey Ala King<br>Biscuit<br>Green Beans<br>Cucumbers & Onions<br>Lemon Ice Box Pie        | <b>3</b> Cheeseburgers<br>Relish Plate<br>Steak Fries<br>Carrot & Raisin Salad<br>Cream Cheese Brownie       |
| <b>4</b> Fried Chicken<br>Mashed Potatoes/Gravy<br>Corn<br>Apple Pie<br>Dinner Roll                        | <b>5</b> Swiss Steak<br>Buttered Noodles<br>Zucchini<br>Brownie                                | <b>6</b> BBQ Pork<br>Sweet Potatoes<br>Green Beans<br>Cream Cheese Cookies                       | <b>7</b> Creamy Turkey<br>Bake<br>Carrots<br>Garlic Bread<br>Iced Yellow Cake                                   | <b>8</b> Glazed Ham<br>Twice Baked Cauliflower<br>Peas<br>Corn Bread<br>Peach Cobbler                        | <b>9</b> Crunchy Baked<br>Fish<br>Mac & Cheese<br>Mixed Vegetables<br>Fruit Parfait                  | <b>10</b> Chicken<br>Parmesan<br>Spaghetti Noodles<br>Buttered Broccoli<br>Lemon Cake                        |
| <b>11</b> Roast Beef/Gravy<br>Au Gratin Potatoes<br>Green Bean Casserole<br>Peach Swirl Cheesecake<br>Bars | <b>12</b> Country Style<br>Ribs<br>Baked Potato Casserole<br>Brussels Sprouts<br>Fruit Cobbler | <b>13</b> Roasted Chicken<br>Mashed Potatoes<br>Sautéed Zucchini<br>Mandarin Oranges & Pineapple | <b>14</b> Pot Roast<br>Carrots/Potatoes/<br>Onions<br>Cream Cheese Cake                                         | <b>15 Residents<br/>Choice</b>                                                                               | <b>16</b> Pork Loin<br>Apple Stuffing<br>Peas/Carrots<br>Pineapple Upside<br>Down Cake               | <b>17</b> Western Egg<br>Bake<br>Creole Potatoes<br>Cottage Cheese<br>Melon Cubes                            |
| <b>18</b> Fried Chicken<br>Twice Baked Potato<br>California Vegetables<br>Chess Pie<br>Dinner Roll         | <b>19</b> Meatloaf<br>Mashed Potatoes<br>Gravy<br>Spinach Bake<br>Mandarin Oranges             | <b>20</b> Herbed Pork Roast<br>Creamy Rice<br>Carrots<br>Pudding Parfait                         | <b>21</b> Onion/Sage<br>Chicken<br>Oven Roasted Potatoes<br>Cauliflower/Cheese Sau<br>Iced Gelatin Poke Cake    | <b>22</b> Fish of the Day<br>French Fries<br>Cottage Cheese<br>Cole Slaw<br>Bread Pudding w/Vanilla<br>Sauce | <b>23</b> Chicken &<br>Dumplings<br>Buttered Broccoli<br>Pickled Beets<br>Chocolate Layer<br>Dessert | <b>24</b> Spaghetti w/ Meat<br>Sauce<br>Italian Vegetables<br>Frosted Cup Cake<br>Garlic Bread               |
| <b>25</b> Baked Ham<br>Sweet Potato Cass<br>Mixed Vegetables<br>Mock Pecan Pie<br>Dinner Roll              | <b>26</b> Grilled Liver &<br>Onions<br>Fried Potatoes<br>Green Beans<br>Blonde Brownie         | <b>27</b> Pork Loin/Gravy<br>Stuffing<br>Brussels Sprouts<br>Frosted Spice Cake                  | <b>28</b> Creamy Chicken<br>Spaghetti<br>Carrots<br>Diced Tomato Salad<br>Chocolate Chip Cookie<br>Garlic Bread | <b>29 Residents<br/>Choice</b>                                                                               | <b>30</b> Herbed Baked<br>Cod<br>Cheesy Hashbrowns<br>Mixed Vegetables<br>Hush Puppies<br>Lemon Bar  | <b>31</b> Swedish Meatballs<br>Buttered Egg Noodles<br>Zucchini & Tomatoes<br>Tossed Salad<br>Buttermilk Pie |



## Walter Davis Special Brook

I was born in Macon, Missouri on April 25, 1935. I never really knew my mother. She left the home when I was small. My father, Walter Thomas Davis, Sr., raised me.

I always valued education. I made good grades throughout my school years. After

high school I went to a technical college in Topeka, Kansas and got a two-year degree in Auto Mechanics. I then joined the military. My first post was in Alaska.

After being in the military for a while, I moved back to Macon. However, I realized there wasn't a lot of job opportunities in the area. I was concerned about being a good provider. So I re-enlisted in the military and was stationed in Southern California. While I was there I called my girl, Shirley, and asked her to marry me. We were married by phone, too!

Shirley and I have five children; James, Laura, Jeffrey, Neill, and Lenora. I really pushed my children to succeed in their education because it helped me so much in my life.

I stayed in the military and made it my career. Since I had a 2-year degree, I was in the NCO (non-commissioned officer) program. Non-commissioned officers usually obtain their position of authority by promotion through the enlisted ranks. But by the time I was a Chief 1 Officer, many people were being demoted

because there were too many high ranking officers. Eventually I retired as a master Sargent, but was eligible to receive pension as a Chief Warrant Officer 04 (CW04).

Throughout my career I constantly was checking the status of my category, because I wanted to make sure I would receive the correct pension. I was very persistent!

I did struggle some in the military



## A Warm Welcome to

Effa Walker  
Eleanor Lenzini  
Thomas Cross  
Vera Wolfe  
Vera Atkins

David Switzer  
Mary Kitchen  
Lauretta Yutz  
Donna Ward  
John Hawkins

Good luck to **Mike McCarty, Douglas Batten, Florence Gessner, Tillie Christensen & Marjorie Corn** who have returned home after a therapeutic stay. Also to

**Mary Ellis & Mary Jane Apel**  
who have moved closer to family.

because I wasn't super social. I was more of a book- smart person. Others would later tell my family that I was good at what I did and highly respected. While in the military I was in the motor pool, but the majority of the time I was a teacher. I taught various classes to other military personnel.

After I retired from the military, I sold real estate for a while with Century 21. I even earned my gold jacket. Then I worked for the Kansas state government as a veteran's representative. I really, really retired around 60 years old. It was around the year 2000 when I started getting Alzheimer's disease.

Shirley and I celebrated our 50<sup>th</sup> wedding anniversary together with a big party. She became sick soon after that and within just a few months, she had passed away.

I lived in an independent living facility and a nursing home in Kansas before moving back to Macon to live at Loch Haven in October of 2012. I have a few family members who work in the

area and check on me. I receive excellent care here, and that helps me to have a friendly and mannerly disposition. I have been suffering with Alzheimer's disease for about 15 years now, but I am doing fairly well. I recently enjoyed a party at Loch Haven with the other residents to celebrate my 80<sup>th</sup> birthday!

~~by The Family of **Walter Davis**  
and **Janis Fraley**~~



## We will always remember

John Westendorf  
Bob Stansberry

Norma Robinson  
Donald Zappa

Friends comfort you

Faith upholds you

Loving memories heal your heart





# Around *the* Neighborhood Dining Services

Dining Service Team, our residents receive excellent service along with appetizing food. The social interactions between residents is evident when they share a meal together or even sit in the dining rooms to have a cup of coffee. We are very proud of our Food Service Team and the care and attention they give to our residents.



**(picture left) Day Shift:** Sitting center: Kim Smith. Back Row (l-r) Kesia Gunnels, Danielle Smith, Diana Hicks (Dietary Manager) Sherry Hollis, Sharon Freeman, Jennifer Stivers (Dietary Manager) Nikie Edwards, Penny Minter. **(picture right) Evening Shift:** Sitting Center: Patty Coleman (resident volunteer), Back Row: (l-r) Vicky Pinkerman, Geri Lake, Alicia Strausbaugh, James Carleton, Megan Butner, Kaitlyn Russell, Kati Davis, Deashia Hayward. **Not Pictured:** Heather Eakins, Larenda Faiola, Raymond Reynolds, Jesse Boone



**Top left:** Velma Hinds (l) says you are never too old to learn something new. Velma is 104 years young. She is enjoying a mini lesson from Diane Voyles (r).

**Bottom left:** RCF's Mary Anderson enjoyed a bouquet of roses on her 90th birthday.

**Top right:** Tillie Christensen (c) is wished goodbye from her neighborhood friends as she goes home after a short term therapeutic stay.

**Bottom right:** Diana Hicks (l) and Paula Whisenand (r) share a moment after receiving their 35 years of service pin at the Annual Employee picnic.




 Celebrating Every DAY! 





# October 2015 Activity Calendar

| Sun                                                                              | Mon                                                                               | Tue                                                                                                                             | Wed                                                                                                           | Thu                                                                                                                | Fri                                                                                        | Sat                            |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------|
| Activities are subject to change                                                 | One on One activities offered daily to those unable to attend regularly scheduled |                                               |                                                                                                               | <b>1</b><br>10a Bevier Baptist Bible Study<br>2p Cooking                                                           | <b>2</b><br>10a Flex & Stretch<br>10:30a Coffee Club<br>2p Carmen Hour of Bible Stories    | <b>3</b><br>Independent Games  |
| <b>4</b><br>10a Sunday School<br>2p United Methodist (DR)<br>6:30p Callao Bible  | <b>5</b><br>10a Flex & Stretch<br>2p Bingo<br>3p Small Groups                     | <b>6</b><br>10am Concentration<br>1pm Book Club (WB)<br>2pm Resident Memorial<br>3:30pm Small Groups/Wii                        | <b>7</b><br>10a Flex & Stretch<br>2p Craft<br>3:30p Small Groups                                              | <b>8</b><br>10a Bevier Baptist Bible Study<br>2p Movie                                                             | <b>9</b><br>9:30a Flex & Stretch<br>10a Coffee Club<br>2p Carmen Hour of Bible Stories     | <b>10</b><br>Independent Games |
| <b>11</b><br>10a Sunday School<br>2p Faith Baptist<br>6:30p Callao Bible Study   | <b>12</b><br>10am Flex & Stretch<br>2p Bingo<br>3pm Small Groups                  | <b>13</b><br>10am Spa Day<br>1pm Book Club (WB)<br>2pm Birthday Party<br>3:30pm Small Groups/Wii                                | <b>14</b><br>10a Flex & Stretch<br>1030a Lunch Outing<br>7p County Kickers                                    | <b>15</b><br>10a Bevier Baptist Bible Study (DR)<br>2p Crafts with Kids                                            | <b>16</b><br>10a Flex & Stretch<br>10:30a Coffee Club<br>2p Carmen Hour of Bible Stories   | <b>17</b><br>Independent Games |
| <b>18</b><br>10a Sunday School<br>2p Ethel Christian<br>6:30p Callao Bible Study | <b>19</b><br>10a Flex & Stretch<br>2p Bingo<br>3p Small Groups                    | <b>20</b><br>10a Concentration<br>2p Laughter w/ Susan<br>3:30p Small Groups/Wii<br><b>6:30p Open Arms Baptist Church Choir</b> | <b>21</b><br>10a<br>2p Donny Roberts<br>3:30p Small Groups<br>7p County Kickers                               | <b>22</b><br>10a Bevier Baptist Bible Study<br>1:30pMass<br>1pm Wal-Mart (Moberly)<br><b>6pm Steve &amp; Linda</b> | <b>23</b><br>10a Flex & Stretch<br>10:30a Coffee Club<br>2p Carmen's Hour of Bible Stories | <b>24</b><br>Independent Games |
| <b>25</b><br>10a Sunday School<br>6:30p Callao Bible Study                       | <b>26</b><br>10a Flex & Stretch<br>2p Bingo<br>3p Small Groups                    | <b>27</b><br>10a Spa Day<br>1p Book Club (WB)<br>2p Resident Council<br>3:30p Small Groups/Wii                                  | <b>28</b><br>10a Atlanta Methodist Bible Study<br>2p Roy Flancher<br>3:30pm Small Groups<br>7p County Kickers | <b>29</b><br>10a Bevier Baptist Bible Study<br>1:30pMass<br>2pm Halloween Get-together                             | <b>30</b><br>10a Flex & Stretch<br>10:30a Coffee Club<br>2p Carmen's Hour of Bible Stories | <b>31</b><br>Independent Games |

## Oak View & Cedar View COTTAGES



## Susie's Musings

Wow! Another month gone and what a fun month. Celebrating his birthday this month was Oak View's Bob Smith. Many thanks to our regular volunteers that come each month. Cedar View enjoyed their Labor Day BBQ and gosh..was everything good. Ms. Opal did the cooking. What a cook!! Thanks Opal. Families and staff enjoyed all the fellowship and the picking and singing with David Snarr. What a hit he was with an hour of gospel music. Thanks David. When the weather was hot, Cedar View decided to cook an egg on the cement. Well it clouded up, and we had a non-cooked egg. So the next day, I thought I'd try it on my driveway. Well it was working so I went in the house awhile and later went back out to check on it. Dang, dang...the ole cat was eating it! Still a no show and would you believe the cat is missing now! It's the truth!! The residents wanted to make ice cream and use the old crank type freezer. We borrowed one from Chet and Imogene May of Callao and the fun was on. They took turns turning the handle. Vernon Barrows had churned a short while and thought it was ready because it was hard to crank. Well we had only been doing it for 10 minutes. When done everyone had their dish of ice cream. It was goood they said. The hummingbirds are sure busy at the feeders filling up for their long journey south. We were told they get on the backs of the geese and ride. Good idea, but who could stand all the honking of the geese!! If you want to see some pretty and big picture puzzles, stop by Oak View and see some that Wanda Vass and Dorothy Johnson have done. Skip O and RCL games continue at the Cottages as well. After the Homecoming Parade was over, Daisy Tabor told me "that was l-o-n-g parade and soooo goood." It was good to see the residents sitting there and enjoying the popcorn and parade. Our thanks to all who helped in any way to get them there. Lots of transporting with the bus and vans and those who helped with chairs and popcorn. How blessed we are for all the team work here at Loch Haven. Thanks again for all you do for the Cottages and stop by anytime and bring your smile and stay awhile! Stay healthy and God Bless!

Susan Lennon, Activity PAL

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



## Loch Haven's

### A SENIOR Moment

#### October Episode

**Bob "River Boat" Smith**  
With Gwen Smith & Roger Smith

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.

THANK YOU

To ALL who made the Memory Walk a wonderful success!!! It was a beautiful day with one of the largest crowds ever! The Macon Memory Walk Teams raised over \$18,000. Way to go Macon!!



Thanks to all who donated to the "Old Bag Sale". We had a room full of purses in which \$450 was raised for our Memory Walk Team!

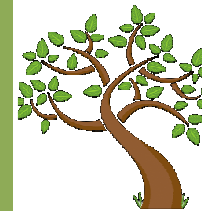
**IF YOU WOULD LIKE TO JOIN OUR MEMORY WALK TEAM...PLEASE CONTACT JEANIE NAIL AT LOCH HAVEN!**



## Birthdays

to celebrate

- 3 Maxine Cockrum
- 5 Doris Bond
- 7 Jack Crooker
- 7 Bill Miller
- 8 Marie Miller
- 11 Phyllis Tuttle
- 12 Margeret Epperly
- 15 Tom Linhardt
- 18 Laura Miles
- 19 Ireta Lee
- 19 John Schuld
- 22 Velma Hinds
- 25 Johnnie Haynes
- 26 Mary Eaton
- 29 Glenda Teeter
- 30 John Hawkins
- 31 Janet Wadlow



### Together we make a Family

#### LIFE'S REFLECTION

Loch Haven and Hospice Compassus are joining together to memorialize those who have lived at Loch Haven and who have passed. Every 3 months a Memorial Service will be held for those we've lost in the previous 3 months. The first service will be held on Tuesday, October 6th at 2 p.m. in the North Activity Room. Those who have passed in the months of June, July and August, 2015 will be remembered. Family members, close friends, and staff are invited to attend. For any further information please contact Cameron Christoffer, Activity Director at 660-385-3113 or [cchristoffer@lochhaven.com](mailto:cchristoffer@lochhaven.com).

### Loch Haven's Alzheimer's Support Group

2nd Monday of each month

5:30 p.m. light supper  
6 p.m. meeting

## RCF National Assisted Living Week



September has been very eventful at "the Apartments". Besides the regular monthly activities that the residents so enjoy, we had a week-long celebration for "National Assisted Living Week". This week, starting on September 13th with Grandparents Day, included balloons, miniature golfing, and dress-up days. The week ended with a community meal on September

18th. What a celebratory week! This month we also loved watching the Homecoming Parade in support of the Macon Tigers! Special thanks to: Steve Decker for donating fresh peaches and apples and Ruth Glatz and family for donating fresh apples to the RCF.

by Janis Fraley

