

Loch Haven Tymes

July 2017



A publication of
Loch Haven
Senior Living Community
Macon, Missouri



Lisa Norden....RCF

Employee Spotlight

- ♦ **What is your nickname?** I do not have a nickname.
- ♦ **Describe yourself in one word.** Strong-willed.
- ♦ **If you were an animal, what would you be?** A cat.
- ♦ **What is your favorite movie?** I like any type of action movie.
- ♦ **What is the best place you ever went on vacation?** The boot heel of Missouri visiting my in-laws.
- ♦ **What was your favorite subject in school?** Home Economics.
- ♦ **Who is or was your hero and why?** My mom because she never gave up on me and because of her support of me. She loves me so much.
- ♦ **Everyone has a talent. What is yours?** I am a good listener.
- ♦ **What is one thing on your bucket list?** I had a stroke in 2008 and want to get my license and drive again.
- ♦ **Who was your favorite celebrity as a child?** David Cassidy.
- ♦ **How long have you worked at Loch Haven?** 4 years.
- ♦ **What are your duties?** I do housekeeping and also work as a dietary aid.
- ♦ **Live In:** Macon
- ♦ **Family:** Daughters: BreeAnna Norden and Rachel Norden. Mother: Beverly. Granddaughter: Ava Renee.

"I love everything about working at Loch Haven!" Lisa

Welcome to Team Loch Haven

Kaitlyne Haynes	Laundry
Andrew Cassity	Cottage PAL
Shannon Dingledine	Dietary
Georgia Jones, RN	
Victoria Carothers, NA	Sunset Village
Robert Conger, NA	Mountain View
Briana Shaw, CNA	Oak View Cottage
James Keeney, CNA	Legacy
Alicia Farley	
Catlyn Miller, NA	Cottages
Charity Fields, NA	Cottages
Trisha Tipton, CNA	SCU & Mt. View
Abbigail Lorenzo, CNA	Special Care
Mary Noah, CMT	Oak View Cottage
Christina Jones, RN	
Taylor Sears	Housekeeping
Juliana Mueller	Dietary

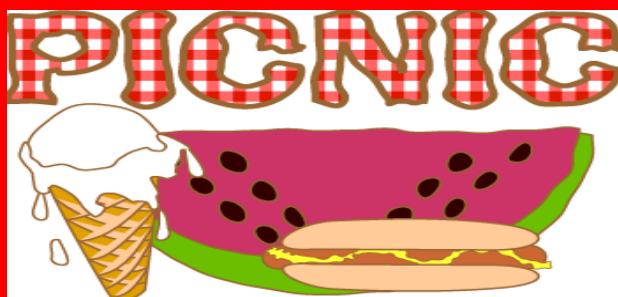
Perfect Attendance

Debbie Carpenter

STAR AWARD

Cheyenne Maloney

****For going above & beyond****



join us on
facebook

Phillip Smith

Resident Spotlight



J was born December 10, 1956 to Delmar and Jacqueline Smith. I grew up in Marceline, Mo where I graduated in May of 1975. My dad, the whiskey man and I went into the sawmill business together upon graduation. I didn't feel like I was making enough so I went to work at the Rock Quarry. Life was going pretty well for me at that time. My high school sweet heart, Tammy Tarpenting, graduated in May of 1976. We married in September of 1976. Tammy

and I welcomed our first daughter, Jessica, in February of 1977. A month after our first daughter arrived, an opportunity came along for me to go to work on the Santa Fe Railroad.

The next spring our daughter, Crystal, arrived. In April to be exact. I had always loved riding my Harley Davidson motorcycle and rode as often as possible. Unfortunately, I had a motorcycle accident in July of 1979, which resulted in my left leg being amputated below the knee. I was fitted with a prosthetic leg and was able to get around just fine. I returned to work on the railroad. We lived on Tammy's family farm after getting married. We stayed there until April of 1982 when we purchased our own home in town. Things were really great for a while. Our daughters were thriving and work was going great as I was the foreman of the tie gang. I was involved in a diving accident on June 16, 1984 that changed my life forever. I broke my neck, resulting in me becoming a quadriplegic. I was paralyzed from the chest down. I went to physical and occupational therapy and was able to move



my arms and figured out how to feed myself, brush my teeth, dial a phone and use a remote. Things started to look up again and I kept my positive attitude. I volunteered at Walt Disney Elementary, where the first graders practiced their reading to me in the afternoons. After my girls graduated in May of 1996, I started training with Voc. Rehab to learn how to drive again. I bought a van and

had it fixed up so I could drive it. I got a job as a people greeter at the Brookfield Wal-Mart in 1998. I really enjoyed that job. I was a member of the Eagles, where I could meet with friends. I decided to run for councilman for the City of Marceline. I was a council member for 15 years and even ran for Mayor. I was elected to that position for a two year term. I was a board member of RAIL (Rural Advocates for Independent Living) for 10 years. I was also a member of the First Christian Church in Marceline where I

was the board president for 10 years. Despite being confined to a wheel chair, I was able to stay busy and be involved in my community. I became a grandpa for the first time in August of 1997. Alexis Marie will always hold a special place in my heart for giving me the title of Grandpa (Papa). My second granddaughter, Sierra Ann, came along in October of 2002. My first grandson, Logan Andrew, came along in August of 2003. My third and final granddaughter, Brooklyn Elise, arrived in July of 2006. I welcomed my first son-in-law, Eric Sears, in October of 2011 and my second son-in-law, Mike Baker, in December of 2011. My second and final grandson, Hayden Thomas, arrived in May of 2012. I lost my beloved Tammy to cancer in September of 2012. I lost my RAIL hours and wasn't able to remain in my home. I was in a couple different nursing homes around Marceline before moving to Loch Haven to be closer to my daughters.



A Warm Welcome to

Betty Teague
Patsy Keipp

Reba Stropple
Freda Sparkman

Thanks to those who joined us for a therapeutic stay:

**James Wray, Norma Esry, Margaret Teter,
Joann Lampkin, Tonya O'Haver, Gertrude Scurlock,
Thomas Taylor and Edward Williams**

We will always remember

James Gamble
Morris Palmer

Helen Lunsford
Patricia Woodard

*Goodbyes are not forever.
Goodbyes are not the end.
They simply mean I'll miss you,
until we meet again.*



Laundry Department

Sorting out life one load at a time



(l-r) Donna Bridgewater, Weezie Maloney, Lisa Purdy and Dana Morey (supervisor)
Not Pictured: Donna Conger, Berneice Brunston & Martha Hiday

(l-r) Kaitlyne Haynes and Pat Tooley
Not Pictured: Cassie Rhoades, Shelly Vaughn, Debbie Cross and Roxanne Smith



A Tribute to our Veterans



Oak View & Cedar View COTTAGES

Susie's Musings



Hello again from the Cottages! Can't believe it's July already. The residents sure are enjoying the patios since summer has arrived. They like to check on their flowers and vegetables while they sit and listen to one another's stories like they used to do. They have also enjoyed eating popcorn and watching the cars and people go by. Our thanks to our regular volunteers that come every month. They keep busy doing their picture puzzles and playing that SKIP BO card game. I think we're about ready for a Skip Bo tournament. Oh dear me. They had a blast playing balloon baseball around the table. Lots of hooping and hollering. Sure kept me busy retrieving the balloons that were hit out of the ball park. Shirley Douglas and Martha Bragg celebrated their birthdays this month. The fathers enjoyed their day with some families coming in and some going out. Our fathers are so special just like our mothers. One thing the residents and staff have enjoyed this past month is the mother robin sitting on her nest which she built up in the upper patio rafter. Her eggs hatched and she has been sooo busy feeding the babies. Daddy robin helps out a lot. BUT guess what! The babies have gone and she is back sitting on eggs again. We think we are busy, but I sure wouldn't want her job!!! Our Missy Campbell RN brought one of her beautiful cats in for all to see. Its name is Salem and weighs 21 pounds. Now that's a lap full. Thanks Missy. Junior Muncy enjoys going out to the restaurant Star 63 and eating dinner with his family and friends. Way to go JR. Next comes July 4th so we'll be hearing a lot of boom boom booms and celebrating our independence and honoring all veterans who makes it possible for us. Thanks to all then and now. Our thanks to all who donated flowers, vegetable plants and anything for the cottages. Stop by for a visit anytime. Until next time. God bless.

Susan Lennon

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

July Birthdays

Don't Go It Alone!

Loch Haven's Alzheimer's Support Group

2nd Monday of
each month
5:30 p.m. light sup-
per
6 p.m. meeting

For more
information call



8	Vivian Helm	23	Ruth Murphy
14	Lyndle Allen Fesler, Jr	24	Gretchen Collins
19	Viola Kraettli	24	Mary L Giovanini
19	Helen Decker	25	Charles Hall
20	June Mitchell	28	David Switzer
20	Ruth Glatz	31	Lois Nerini
22	Paul Harrison		

Thanks

- ♦ Barbara Graubins for donating bird seed.
- ♦ To Pat Gwinner who donated crafts to the activity department.
- ♦ To Sherri Bibbs for donating magazines and a WWII documentary video.
- ♦ Deloris Tabor for donating some Daily Bread books
- ♦ RoseAnn Wilhelm for donating books.
- ♦ Jerry Summers for donating books.

- ♦ *We are in need of volunteers to read to our residents.*

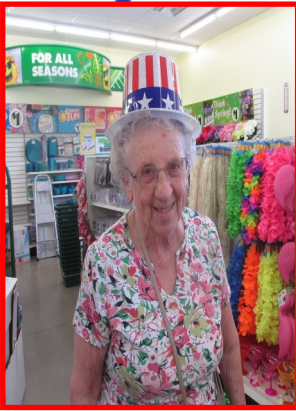
This would be 1 on 1 visits with our residents. They love bible verses, poems, newspapers, and short stories. See Activity Director Jeanie Nail if you can help us out!

- ♦ If you have either the **Daily Bread** or **Upper Room** magazines that you would donate, we would greatly appreciate receiving them.



Martha Bragg of Cedar View Cottage celebrated her 101st birthday on June 2 with her family. Lots of visiting and fellowship was enjoyed with Martha. L-R: daughter Carol Ward daughter Marjorie Love, granddaughter Cheri Ward, daughter Kathy Foley & husband Jim and son John Dawkins with his wife Betsy.

News from RCF



Hello everyone! We hope your summer started off as great as ours. We started the month off by going to the Isle of Capris Casino in Booneville. We always have a good time no matter the outcome. We also play a variety of games such as: Dice Game, Wheel of Fortune, L-R-C and of course BINGO. We took two shopping trips this month. One to the Dollar Tree and the other to Walmart. Our residents love to shop! We also went on a trip to Dairy Queen for a yummy, frozen treat. We then

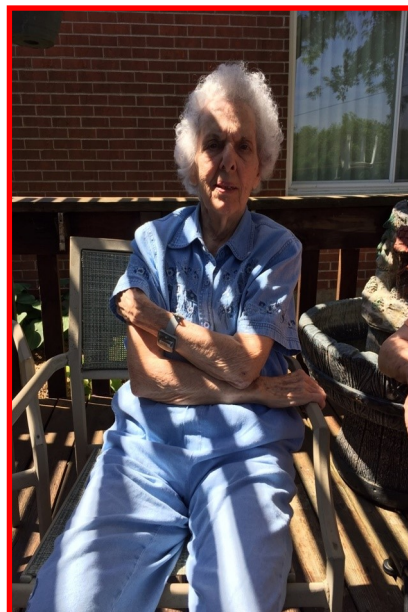
went on a drive. We have a happy hour each month too! Our residents enjoy a refreshing non-alcoholic strawberry daiquiri. We want to wish everyone a safe and Happy 4th of July from our RCF Family!

By Katie Nelson




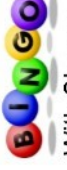

SPECIAL BROOK NEWS

This month we have enjoyed spending our mornings sitting out on the porch, drinking coffee and watching our garden grow. We have also enjoyed celebrating those who have had birthdays during the month of June. We love listening to Mrs. Techau play the piano and enjoyed celebrating Father's Day with a BBQ. We are looking forward to watching the vegetables in the garden grow and more warm weather to come.

By Amy Howlett




July 2017 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All Activities Are Subject To Change						 With Sherry @ 9:30
2 10a Sunday School 2p United Methodist 6p Callao Bible Study	3 8:30a Door to Door 10a Flex & Stretch 2p Bingo 3p Small Groups	4 INDEPENDENT ACTIVITIES	5 8:30a Door to Door 9:30a Chit Chat 10a Flex & Stretch 2p Dick & Alvie 3p Small Groups	6 Family Breakfast 8:30a Door to Door 10a Bevier Baptist Bible Study 10a MASS (RCF) 2 Craft 3p Small Groups	7 8:30a Door to Door 9:30a Flex & Stretch 10a Coffee Club & Meeting 2p Carmen Bible Sty.	8  With Sherry @ 9:30
9 10a Sunday School 2p Faith Baptist 6p Callao Bible Study	10 8:30a Door to Door 10a Flex & Stretch 2p Bingo 3p Small Groups	11 8:30a Door to Door 9a Nails 2p Birthday Party 3p Nails	12 8:30a Door to Door 9:30a Chit Chat 10a Flex & Stretch 2p Men's Social 3p Small Groups 7p County Kickers	13 8:30a Door to Door 10a Bevier Baptist Bible Study 2p Outing 3p Small Groups	14 8:30a Door to Door 9:30a Flex & Stretch 10a Coffee Club & Meeting 2p Carmen Bible Study	15  With Sherry @ 9:30
16 10a Sunday School 2p Ethel Christian 6p Callao Bible Study	17 8:30a Door to Door 9:30a Flex & Stretch 2p Bingo 3p Small Groups	18 8:30a Door to Door 10a Concentration 2p Ladies Social 3p Small Groups 6:30p Open Arms	19 8:30a Door to Door 9:30a Chit Chat 10a Flex & Stretch 2p Walmart 3p Small Groups 7p County Kickers	20 Family Breakfast 8:30a Door to Door 10a Bevier Baptist Bible Study 2p David Foster 3p Small Groups	21 8:30a Door to Door 9:30a Flex & Stretch 10a Coffee & Meeting 2pm Carmen Bible Study	22  With Sherry @ 9:30
23 10a Sunday School 6p Callao Bible Study 30 10a Sunday School 2p Atlanta Methodist	24 8:30a Door to Door 9:30a Flex & Stretch 2p Bingo 3p Small Groups 31 Same As July 24th	25 8:30a Door to Door 9a Nails 2p Nails 3p Small Groups	26 8:30a Door to Door 9:30a Chit Chat 10a Flex & Stretch 2p Roy & Barbara 3p Small Groups 7p County Kickers	27 8:30a Door to Door 10a Bevier Baptist Bible Study 2p Craft 3p Small Groups	28 8:30a Door to Door 9:30a Flex & Stretch 10a Coffee & Meeting 2p Carmen Bible Study	29  With Sherry @ 9:30

celebrating
Every Day!



July 2017 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Happy 4th of July!						1 Baked Ham Scalloped Potatoes Mixed Greens Cornbread Pudding Parfait
2 Pot Roast/Gravy Roasted Carrots, Potatoes & Onions Dinner Roll Pie of the Day	3 Honey Glazed Pork Chops Vegetable Blend Dinner Roll Cheesecake	4 Fiesta Steak Squash Corn Casserole Tossed Salad Dinner Roll Fresh Fruit Cup	5 Ham & Beans Fried Potatoes Mixed Greens Cornbread Goopy Butter Cookies	6 Residents Choice	7 Crusted Tilapia Stewed Potatoes Peas & Carrots Cheese Herb Biscuit Daffodil Cake	8 Spaghetti Sautéed Zucchini Garlic Bread Pineapple Upside Down Cake
9 Cheddar Baked Chicken Sweet Potato Wedges Brussel Sprouts Dinner Roll	10 Swedish Meatball Steamed Rice Broccoli Dinner Roll Sherbet	11 Breaded Pork Steak with Onions Roasted Potatoes Braised Red Cabbage Cornbread	12 Chicken Fried Chicken Cheesy Hash Brown Casserole Dinner Roll	13 Soft Beef Taco Pinto Beans Fiesta Corn Salad Creamy Orange Cake	14 Glazed Ham Scalloped Potatoes Country Green Beans with Bacon/ Onion	15 Baked Turkey Crunch Baked Sweet Potato Creamed Peas Dinner Roll
16 Roast Beef Mashed Pot/Gravy Candied Carrots Dinner Roll Creamy Custard Pie	17 Herb Roasted Chicken Baby Bakers Mixed Vegetables Frosted Cake	18 Bow Ties with Italian Sausage, Tomatoes & Cream Italian Tossed Salad Garlic Bread Sticks	19 Turkey/Gravy Cornbread Dressing Vegetable Medley Dinner Roll Blueberry Cobbler	20 Salisbury Steak Baked Potato Spinach Bake Dinner Roll Daffodil Cake	21 Fish of the Day Macaroni & Cheese Cole Slaw Dinner Roll Mandarin Oranges	22 Beef Parmesan Buttered Pasta Peas & Carrots Garlic Bread Mixed Fruit Cup
23 Fried Chicken <u>Mashed Potatoes/Gravy</u> 30 Pot Roast/Gravy Carrots & Potatoes	24 Meatloaf <u>Oven Brown Potatoes</u> 31 Pork Chops Vegetable Blend	25 Roast Turkey Stuffing/Gravy California Vegetables Dinner Roll Season Fresh Fruit	26 Beef Tips in Gravy Buttered Noodles Candied Carrots Caesar Salad Gelatin w/ Whipped Top	27 Herb Roasted Pork Baked Sweet Potato Vegetable Medley Dinner Roll Choco Chip Brownies	28 BBQ Chicken Baked Beans Marinated Cucumber & Onions Dinner Roll Peach Cobbler	29 Baked Ham Scalloped Potatoes Mixed Greens Cornbread Pudding Parfait

*All meals served buffet style with bread and beverage. Several choices available.

Summertime Dips



Pico de Gallo

6 roma (plum) tomatoes, diced
1/2 red onion, minced
3 Tablespoons chopped fresh cilantro
1/2 jalapeno pepper, seeded & minced
1/2 lime, juiced
1 clove garlic, minced
1 pinch garlic powder
1 pinch ground cumin (or to taste)
Salt & ground black pepper to taste

Stir the tomatoes, onion, cilantro, jalapeno pepper, lime juice, garlic, garlic powder, cumin, salt and pepper together in a bowl. Refrigerate at least 3 hours before serving.

Now it's all ready to eat with tortilla chips or on tacos and quesadillas!



Guacamole

3 whole avocados
Pico de Gallo (from recipe at left)
Lime juice
Salt to taste

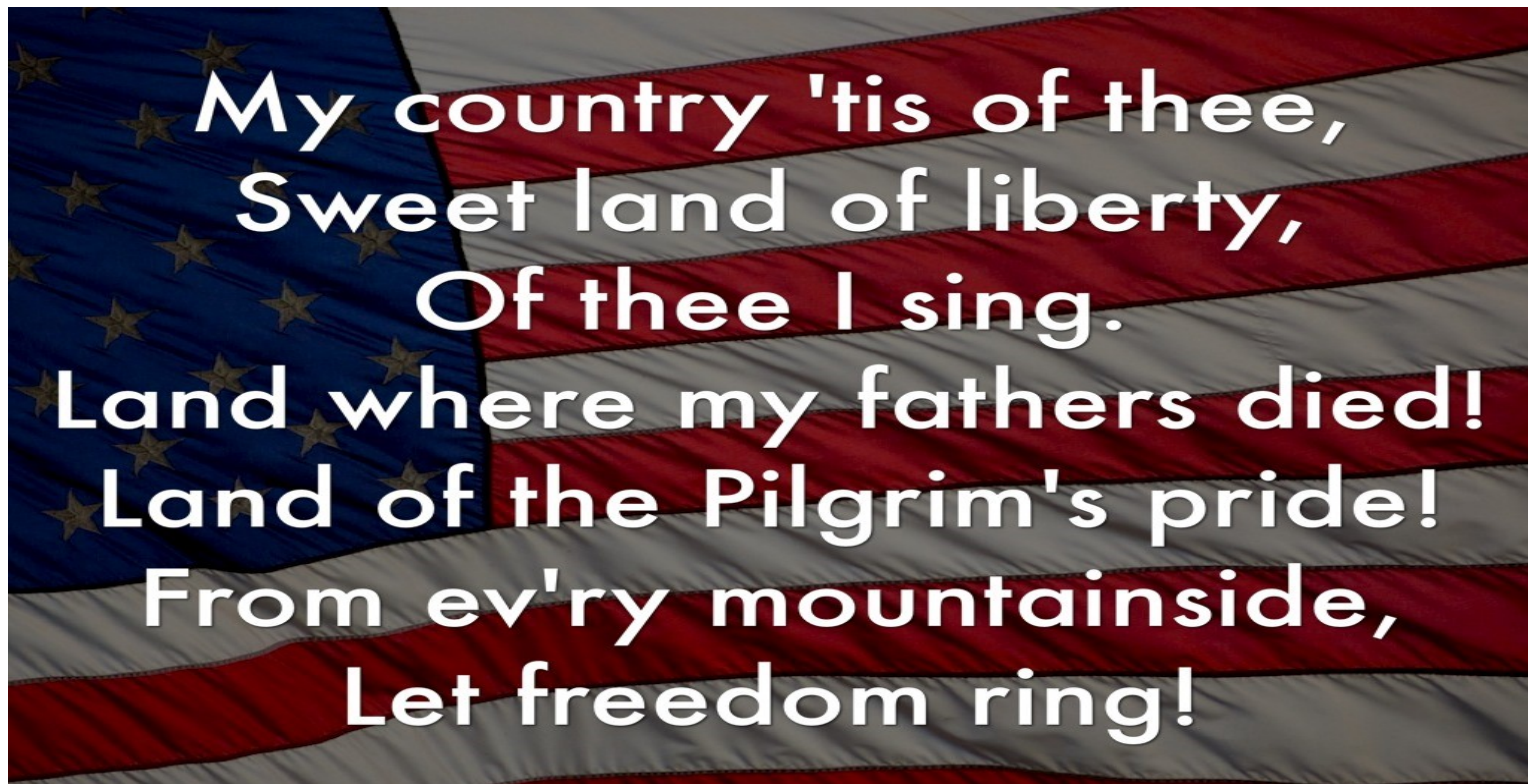
Start with buttery-soft avocados. Half them, length wise, and remove the pits. Using a spoon, scrape the "meat" out into a bowl. Next, with the bottom of a clean cup (or fork), smash the avocados, leaving some chunky pieces. Add salt to taste. Next, add a generous helping of Pico de Gallo. Fold it together. Lastly, squeezes the juice of half a lime over the top and give one last stir. Tightly cover with saran wrap to prevent air from reaching it. It might last in the frig about 24 hours. Guacamole is usually something you want to eat the same day.



DIY

TERRACOTTA POT SNAIL

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