

# Loch Haven Tymes

October 2014



A publication of the

**Loch Haven**

*Senior Living Community*

Macon, Missouri

# Employee Spotlight

## MEET: Dianna Bowzer, CNA/CMT

Going Above & Beyond



### Neighborhood Secretary



- ♦ Describe yourself in one word? Loving
  - ♦ What kind of pets do you have? Cat, Lucy and dog, Eddie.
  - ♦ What is the best place you've ever gone on vacation? Ozarks.
  - ♦ What was your favorite subject in school? Math
  - ♦ If you could be someone else, who would you be? A stay at home mom.
  - ♦ Everyone has a talent? What is yours? I am a good people person.
  - ♦ What is your favorite saying? *Do to others as you want done to you.*
  - ♦ How long have you worked at Loch Haven? Eleven and a half years.
  - ♦ What are your duties? To try and help maintain two of the four neighborhoods.
  - ♦ Where do you live? Macon
- Family:** Husband, Aric; Son, Hayden
- "Working here, I have made many friends." ~ Dianna*

## Welcome to Team Loch Haven

Ashlie Claunch  
Tammy Nute

Westbrook  
Housekeeping

*Perfect Attendance Amber Martinez*

### WE MAKE IT EASY FOR YOU

If you're thinking about moving to Loch Haven, pre-admission arrangements are provided by our Social Services Department; insurance coverage verified, assistance with physician and pharmacy selection, and assistance with financial planning!

## STAR AWARD WINNERS

### August

- James Kohn
- Frankie Kennison
- Cindy Riley
- Blanche Neeson
- Penny Morgan
- Cathy Walker
- Cheryl Taylor
- Dennis Ashenfelter

## Team PLAYER award Debbie Ditommaso



### Time Capsule! Memories of Schooldays by Oak View & Cedar View Neighbors

Our neighbors have been sharing memories of their schooldays. They can still see the teacher ringing that morning bell and them raising the flag and saying the pledge. Some games were tag, anti-over, kickball, dare, red rover, and hopscotch. They remember walking to school regardless of the weather, wearing long underwear and goulashes, learning reading, writing and arithmetic. The Pie & Box Suppers were a fun time. The auctioneer would auction off decorated containers that the girls brought. They had cookies, candy, pie or candy inside them. Whoever bought their box had to eat the contents with them. Some girls were so disappointed! Genalee Beckley recalled her entire family (before 1929) driving to California and back in their Model T Ford. Her dad ran off the road into a big ditch. No problem, they just pushed it out!!



# Getting to know our family

## MEET: Florene Garvin Mountain View Neighborhood

# My Story

In 1921 I was born to Lucy and Val Isbeque. My dad was from France and my mom was born in Huntsville. I was one of a set of triplets. My sisters, Christine and Charlene, were identical, and I was the odd man out! My sisters sometimes switched dates without the gentleman knowing it! I also had two brothers, Reginald and Richard.

As I was growing up, we lived in Macon. I went to South Moore school, then to Central and finally to the Big School. My mother had the three of us wear identical clothes until we got out of high school. I didn't like it much because my sisters had more of a say on what we wore. My mother was a homemaker, and we kept her on her toes. My father was in charge of Macon Elevator. He sold corn, wheat and oats. He was a busy man.

I met my husband, Tom, right out of high school at the Walnut Café. The Walnut Café was a place where young people met and hung out in Macon. Tom and I married on June 14, 1941. We had one child, then Tom went overseas to Guam. He was in the Navy and was away a year. When he returned we had two more children. Our children's names are Judy, Ricky and Cindy.

Tom was an auctioneer around here and in the Kansas City and St. Louis areas. He auctioned off cars and livestock. I was a homemaker until the children went to school. Once the children were older, I worked at the Hol-

man Café as a waitress. I liked doing that a lot.

Tom and I lived in Macon on Rutherford Street for the majority of our time together. I have many great memories of our family growing and changing at that address.

Our children are grown and are successful adults. Cindy owns a beauty shop in Florida named "Man Trap". Rick was in the Air Force and now has a car business here in Macon. Judy worked as a secretary at the University and is now retired. We have many grandchildren and great grandchildren. My Tom passed away in 2004 because of his sugar diabetes. I miss him terribly.

Three years ago I got a bad case of the shingles. As a result I moved into Loch Haven. I have been here ever since. I have made many friends at Loch Haven and enjoy the activities that are provided – such as Bingo and other games, outings, crafts and getting our nails done. My nails have been painted orange and black this week because Macon School is my alma mater!



by  
Janis  
Fraleigh

## a Warm Welcome to

- |                 |                    |
|-----------------|--------------------|
| Doris Bond      | Tom Linhardt (RCF) |
| Harold Bond     | Ronald Musicant    |
| Marilyn Gardner | Laural Noble       |
| Danny Howard    | Johnny Walker      |
| Dean Hughes     | Marjorie Wright    |

Good luck to **Margaret Epperly, Marlys Oglesby, Berniece Lewis, Nancy Niederhauser, Herb Magruder, Edward Walker & Donna Palmgren** who have returned home after a therapeutic stay.

## We will always Remember

- |              |                 |
|--------------|-----------------|
| Robert Wolfe | Evelyn Wellborn |
| Alice Lucas  | Wilma Vose      |
| Mary Jacques |                 |

For it is you who light my lamp; the LORD my God lightens my darkness.

**Psalms 18:28**





# LoH. Dining Services

Loch Haven is proud of the quality food service offered to our residents throughout our entire community. Diana Hicks and Jennifer Stivers, both Certified Dietary Managers, work with their entire team to meet the dietary needs of our residents. Sarah Eber is Loch Haven's Registered Dietician. Besides providing excellent service, the dietary staff become very close with our residents. There's always a lot of wonderful smells, visiting, and laughter coming from our dining rooms.



(picture left) **Evening Shift:** Sitting (l-r): Kesia Gunnels, Danielle Neeson, Jesse Boone, Patty Coleman (resident volunteer), Latisha Mitchell. Standing (l-r) Jennifer Stivers (Dietary Manager), Alicia Strausbaugh, Melissa Falkner, Lilla Engle. (picture right) **Day Shift:** Sitting (l-r) Heather Eakins, Henry Walker, Sharon Freeman. Standing (l-r) Diana Hicks (Dietary Manager) Penny Minter, Darlene Gregg, Jennifer Stivers. **Not Pictured:** Vicki Pinkerman, Tasia Hicks, Sherry Hollis, Raymond Reynolds, Larenda Faiola, Kim Smith, Craig Voyles, Linda Mitchell, Jacquan McDonald, Clay Johnson, Cindy Wilhelm, Jon Maxwell., and Bradley Burkhardt.

## Memory Walk



# 2014



Residents enjoyed a trip to Heartland. A fantastic meal in the car museum made a great backdrop for a trip back in time and reminiscing.



# Oak View & Cedar View Cottage News



Summer is gone, but the flowers are still pretty and hummingbirds have been so enjoyable for everyone to watch. Celebrating birthdays were Bob Smith (Oak View) and Sally Caldwell (Cedar View). Have had lots of music this month. Our regular volunteers came and entertained with their picking and singing. Thank you! Had a surprise visit with girls from Nashville who sang for all. Ashton Compton and friend Fiona. Thanks Girls! Oak View had a Bar-b-que get together with family and friends enjoying hamburgers & hot dogs. What a fun time they had out on the big patio.

If you play Ole Maids card game with Judy Miles, be prepared cause she wins every time. I've never won yet. Ha! Had a surprise visit from Big Red Bird. Cheep, Cheep! It was Spirit Day at Loch Haven so he thought he'd fly in!! The Cottages are having a Get Fit Challenge. 26 staff members signed up and are competing until October 30th. Be watching next month for the winning team. Last week the neighbors thought they were at the Grand Ole Opry when this music group came by which included Jim Overstreet, Todd Sam, Bill Lear, Roy Fancher, Barbara Jennings, Arnold Compton and Connie, Marilyn and Earl Gibler. Thanks you all! Our neighbors love their homes here at the Cottages and appreciate all you do for them. Loved all the vegetables and your visits and smiling faces. Come see us any time! Until next time, God Bless!

**Susan Lenon, Activity PAL**

**Ps: We also did some reminiscing about school days. See our thoughts under "Time Capsule"!**



## FOREVER FRIENDS

Mary Elizabeth Britt and Norma Miller. Have been friends for 72 years, and still to this day talk on the phone each and every day. Mary Elizabeth especially enjoys the days that Norma comes for a visit. Mary Elizabeth lives in Cedar View Cottage.

**Loch Haven's**  
**A SENIOR Moment**  
*October Episode*  
**Songs of Irving Berlin**  
*Featuring Mela Linn*

Every Wednesday on CVTV  
 (Channels 22 & 64)

Listen for *A Senior Moment on Air*

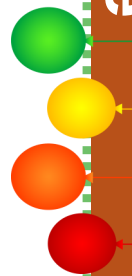
Hosted by Mary Beth Truitt, Barbara Primm & B.J. Roberts

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



- 2 June Allen
- 3 Edward Burkhardt
- 3 Maxine Cockrum
- 5 Doris Bond
- 7 Jack Crooker
- 7 Bill Miller
- 8 Cora Miller
- 15 Tom Linhardt
- 18 Ron McQuitty
- 18 Laura Miles
- 18 Jean Sapp
- 19 Ireta Lee
- 19 John Schuldt
- 22 Velma Hinds
- 23 Grace Pulis
- 23 Maxine Streight
- 26 Mary Eaton
- 27 Dorteia Hartung
- 29 Glenda Teeter
- 31 Janet Wadlow
- 31 Vera Clarkson

celebrate



**Thanks to.....**

- ♦ Yonnie Dikeou (Wanda & Bob Smith's daughter) for donating greeting cards.
- ♦ Ben Franklin....thanks so much for always thinking of us and donating decorating items.
- ♦ The Family of Severia Oberto who made a Memorial Donation in her honor. Thanks Richard!
- ♦ Thanks to everyone who participated and donated to this year's Memory Walk! It was a HUGE success once again!
- ♦ County Kickers for monetary donation to Special Brook and Activity Department.
- ♦ Lynn Coy who donated a television.
- ♦ Dzine's by T for donating a corsage for our "Homecoming Queen".
- ♦ Ron Watson for the donation of bananas! Lots of them...thanks!



**3rd Friday Chef Series**  
**Friday, October 10th**  
**2 p.m.**  
**Evie Nelson**  
**Chicken Potpie Muffins!**

The public is invited to join us in the North Activity Room to watch our guest chefs prepare and then serve samples of their specialty. Watch for this series on CVTV!

*Loch Haven's*  
**Alzheimer's**  
**Support Group**  
**Second Monday of**  
**each month**



**GET YOUR FLU SHOT!**

**FLU SEASON is coming!** And with it, the flu vaccine! Every year the media bombards us with promotional information about the benefits of the flu vaccine, yet many still do not believe that it is helpful. Those who live in a continuing care setting are offered the flu shot, and it is available as long as there is vaccine. If you live in the surrounding community, you may not realize that those who live in an environment with many others can benefit from YOUR flu shot. There are countless opportunities for staff and visitors to carry a germ into our buildings; unfortunately, once here, the germ is able to infect those with chronic health problems and lowered immunity. While a younger, healthier person may experience a milder illness or even be able to fight off the flu, elders often become very ill. Influenza affects the lungs and often leads to pneumonia, which is deadly serious for many. Protect yourself and your community....get a flu shot!! **B.J.Roberts, RN Assistant D.O.N.**



September was an exciting month for the Loch Haven Apartments. Not only did we stay busy helping with daily chores, getting our nails done, and enjoying visits from those we love – we also celebrated National Assisted Living Week! The whole week was spent dressing up to different themed days (such as pajama day, hat day, and old farmer day). Several residents also helped prepare for the big celebratory meal that we had on Saturday, September 13<sup>th</sup>. Residents helped by chopping vegetables, rolling silverware, and making decorations for the walls. The theme of the entire week was “The Magic of Music”, therefore our special day was complete when our very own band played several of our favorite tunes.

by Janis Fraley



We wish to congratulate Janis Fraley who was named Employee of the Year in RCF. “There’s no one more deserving than Janis. We love her!”, said Wendy Bouman RCF Manager.



## Special Brook News



It's Fall!!! Finally and we are excited! However, we do wonder where the summer months have gone. One of my ladies said, “I hope these winter months go by as fast as the summer months did!”

We have been very busy making items for the upcoming Loch Haven Craft Fair (which is held the first Friday in November.) We love making crafts...so much fun!

We have also enjoyed making fruit pizza, banana bread, and cookies. And of course, we love eating what we make!! We also enjoy our exercise time and kick ball. AND we have been attending several different music programs.

We are looking so forward to a fall drive and getting





out to eat. We'll also be attending the Macon High School Homecoming Parade. It's always one of our favorite days!

You're always invited to come visit us. Happy Autumn!

**Blanche Neeson Special Brook Activity Director**

# October 2014 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>One on One activities offered daily to those unable to attend regularly scheduled activities</b> <b>5</b> 10am Sunday School 2pm United Methodist 6:30pm Callao Bible Study	<b>6</b> 9:30am Flex & Stretch 2pm Bingo 3:30pm Concentration	 <b>7</b> 10am Spa Morning <b>2pm French Fries &amp; Onion Rings</b> 3:30pm Small Groups 3:30pm Wii (DR)	<b>1</b> 9:30am Flex & Stretch 10am Crafts with Janice 2pm Dick and Alvie 3:30pm Small Groups	<b>2</b> 7:30am-9am Family Breakfast 10am Bevier Baptist Bible Study 2pm Marching Band	<b>3</b> 9:30am Flex & Stretch 10am Coffee Club Homecoming Parade	<b>4</b> Independent Games
<b>12</b> 10am Sunday School 2pm Faith Baptist 6:30pm Callao Bible Study	<b>13</b> 9:30am Flex & Stretch 2p Bingo 3:30pm Men's Social	<b>14</b> 10am Concentration 2pm Birthday Party 3:30pm Small Groups 3:30pm Wii	<b>15</b> 9:30am Flex & Stretch 2pm Donny Roberts 4pm Camp Fire Dinner 7pm County Kickers	<b>16</b> 7:30am-9am Family Breakfast 10am Bevier Baptist Bible Study 2pm Soy Bean Harvest (farm visit) 3:30pm Small Groups	<b>17</b> 9:30am Flex & Stretch 10a Coffee Club <b>2pm Third Friday Chef Series</b>	<b>18</b> Independent Games
<b>19</b> 10am Sunday School 2pm Ethel Christian 6:30pm Callao Bible Study	<b>20</b> 9:30am Flex & Stretch 2pm Bingo 3:30pm Concentration	<b>21</b> 10am Spa Morning 2pm Laughter with Susan 3:30pm Resident Council 3:30pm Wii <b>6:30pm Open Arms</b>	<b>22</b> 9:30am Flex & Stretch 10am Atlanta Methodist Bible Study 2pm Compton & Days 3:30pm Small Groups 7pm County Kickers	<b>23</b> 10a Bevier Baptist Bible Study 2pm Bingo <b>6pm Steve and Linda</b>	<b>24</b> 9:30am Flex & Stretch 10am Lunch Outing 3:30pm Small Groups	<b>25</b> Independent Games
<b>26</b> 10am Sunday School 6:30pm Callao Bible Study	<b>27</b> 9:30am Flex & Stretch 2pm Bingo 3:30pm Small Groups	<b>28</b> 10am Cooking <b>2pm Country Store</b>	<b>29</b> 9:30am Flex & Stretch 2pm Wal-Mart (Macon)	<b>30</b> 7:30am-9am Family Breakfast 10am Bevier Baptist Bible Study 2pm Fall Drive	<b>31</b> 9:30am Flex & Stretch 10am Coffee Club 2pm Halloween Party Costume Contest	





Sunset Village “hung onto” the **Traveling Spirit Stick** in September. They literally “built” Busch Stadium. There was so much fun throughout our neighborhoods with an MU Tailgate Party (complete with Cindy Thompson Homecoming Queen) held for staff and residents (and anyone who happened to stop by) by the Front Hall Team. And Mountain View with a Macon Tiger Theme. There was so much spirit and fun. Theme for October will be Mix it UP! It will be fun to see what our creative bunch comes up with on the Second Friday!



Vi Kraettli (c) and Doris White (r) put their heads together (with a little help from Sandy Ralston (l), to make a Pineapple Upside Down Cake for our 3rd Friday Chef Series. Buon Appetite!



## Five Generations!

James VanHouten (center) started it all! Then came his daughter, Karen Copenhaver (r), her son Mark Copenhaver (l), his son Derek Copenhaver, (standing) and finally Baby Liam Copenhaver. James is a resident in Mountain View at Loch Haven.



**Larry Saves Again!** On one of the first weekends in August, Larry and I had to work. The facility is more relaxed on the weekends, and Larry patrols/rooms the halls on the west wing. After the evening meal on Saturday, one of our residents was laying on the floor. He lays on the floor on purpose. He does this on a daily basis when he has back pain. He requested to stay on the floor and not get up for dinner. Shortly after dinner was being served, Larry went to the resident’s room and just sat beside him. The resident was ready to get up, and Larry would not leave his side until he was assisted up to his wheelchair. Larry did not bark, but he knows that the resident is on the floor daily not as a result of a fall.

As we were getting the resident ready to come to the dining room, I heard Larry barking. Larry has a much different bark when he finds someone on the floor. Larry had found a female resident sitting on the floor beside her bed. This was a real fall. The resident was trying to get up out of her wheelchair unassisted and sat on the floor.

I went to get assistance, and Larry stayed with the resident. Larry did not leave her until she was up in her wheelchair and all was safe. TWICE in one evening, what a good dog!

**Chystal Smoot, RN Westbrook.**



# Upgrade That Wiener!

## Pumpkin Floats

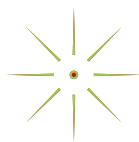
- 3 cups vanilla ice cream
- 1 cup + 3 tablespoons pumpkin puree
- 1 tablespoon whole milk
- Cream soda
- Whipped cream
- Caramel syrup

Put the ice cream, pumpkin puree and whole milk in a blender or food processor. Blend until smooth. Pour the mixture into a container with a lid. Freeze for at least a few hours or overnight. Put 2-3 scoops of the pumpkin ice cream in a glass. Add cream soda until the glass is full. Top it off with whipped cream and caramel syrup. 2 servings.



## Apple Nachos

- 2 medium tart apples
- 1/4 cup strawberries
- 1/4 cup blueberries
- 2-3 tablespoons shredded coconut
- 2-3 tablespoons granola
- 2-3 tablespoons sliced almonds
- 1/2 cup chocolate chips



1 tablespoon coconut oil

Slice the apples thin. Toss with lemon juice (to keep from turning brown). Slice the strawberries into bite sized pieces. Melt chocolate chips with the coconut oil in microwave (watch closely).

Start with a layer of apples and then drizzle on some chocolate. Continue this process until you use up all the apple slices. Add the strawberries and blueberries and some more chocolate. Top it all off with a sprinkle of granola, coconut, sliced almonds...and a little more chocolate. bPut the nachos in the fridge to chill for about 30 minutes or until the chocolate hardens.

## Neiman Marcus Dip

- 5 - 6 green onions
- 8 oz. cheddar cheese, shredded
- 1 1/2 cups mayonnaise
- 1 jar Hormel Real Bacon Bits
- 1 pkg. slivered almonds



Chop the green onions. Mix with cheese, mayo, bacon bits, and slivered almonds together. Chill for a couple hours. Serve with Ritz crackers or corn chips.

## Skordalia – a Garlic lover’s delight!

- 5 large potatoes
- 5 cloves of garlic, crushed
- 1 c. olive oil
- 1/4 c. white vinegar
- 1 egg yolk
- salt to taste

Boil potatoes until soft enough for mashing. Beat together with all other ingredients. When well mixed, add egg yolk and beat to incorporate. Refrigerate for a few hours to allow flavors to blend. If too thick when you remove from refrigerator, you can thin it with a little water. Serve with pita wedges or crackers or use it as a side dish with the meal.

Don't  
You  
Just  
Love  
This



Geometric Cutouts = Chic + simple!

## 1. 2. 3. in the kitchen tips

1. Roll lemons (or oranges) before cutting into them. You'll get more juice out of them!
2. Put frozen grapes in your room temp wine to cool it off, but not water it down. And it looks pretty "cool", too!
3. Freeze your herbs in olive oil to prevent them from browning and getting freezer burn. Not to mention they will always be handy, whether in season or not. Toss the cubes in a pan for sautéing meat and veggies, or use them as a sauce for pasta.

## Blog of the month Somewhat Simple

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

Somewhat Simple is **THE PLACE** for creative inspiration. Get inspired by thousands of simple projects, recipes, crafts, and more!



# Loch Haven Craft Fair

*November 7, 2014*

*10 a.m. - 3 p.m.*

**Meals & Memories Café &  
North Brook Activity Center**

**Over 30 Craft Booths PLUS**

**Jean's Famous Cinnamon Rolls &  
HUGE Bake Sale**

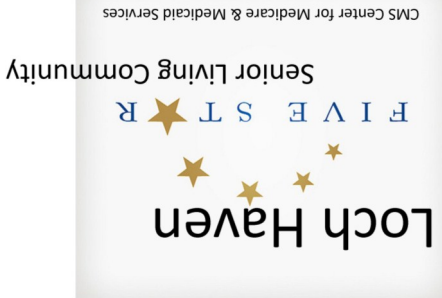
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AVAILABLE**

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