

Loch Haven Tymes

September 2019



A publication of

Loch Haven

Senior Living Community

Macon, Missouri

Sandra Roberts

Employee Spotlight



- ♦ **What is your nickname?** Sandy
- ♦ **Describe yourself in one word.** Helper
- ♦ **If you were an animal, what would you be?** A bird, so I could fly south for the winter
- ♦ **What is your favorite movie?** Dream Team
- ♦ **What is the best place you ever went on vacation?** Hawaii
- ♦ **What was your favorite subject in school?** Science and Biology
- ♦ **Who is or was your hero and why?** A Sunday School teacher in Omaha because she was a very nice person who gave me

great advice—super role model of following the rules of life.

- ♦ **Everyone has a talent. What is yours?** One of our residents said that I'm a "jack of all trades" because I can do many things and my specialty is keeping people HAPPY!
- ♦ **What is one thing on your bucket list?** Ride a train through Arizona
- ♦ **Who was your favorite celebrity as a child?** Carol Burnett
- ♦ **How long have you worked at Loch Haven?** Approximately 10 years—off and on
- ♦ **What are your duties?** Housekeeping, cooking, Certified Nurses Aid, and a Certified Med Tech.
- ♦ **Live In:** Macon/Anabel area
- ♦ **Family:** 1 daughter, Cindy Parks, she resides in Macon and 1 son Neil Anderson who lives in Sierra Vista, Az and 6 step children.

"I enjoy the life stories that the residents share. We become another member of their family, they trust us and I enjoy being a part of their life." ~Sandra "Sandy" Roberts



If you're looking for a rewarding career where you make a difference in someone else's life, we need you to apply! We're always looking **CNA's, CMT's, LPN's and RN's** to join our team! If you thinking about becoming a nurse, we offer scholarship programs that will help you pay for nursing school.

CALL us today at 660.385.3113 and ask for Nita Coale our DON to learn more about the many opportunities we have available.

www.lochhaven.com



Janet Wadlow

THEN & NOW



THEN~ Janet was four years old in the picture on your far left. It was taken during World War II. The center picture was Janet's fourth grade school picture. She attended Chambersburg, IL grade school.

NOW~ This picture was taken in 2017 at Cross Roads Christian Church for their church directory. Janet moved to Loch Haven in 2016. She loves living here. She enjoys having other residents to talk to, all the activities and she's thankful for the transportation department that takes her to appointments because she's unable to drive.

"I like how the social service department helps me to understand what my payer source will pay for. They help me with my medical bills and my overall expenses. I also really like how I don't have to go alone to my doctors appointments. It's comforting to have a staff member go with me and I'm so thankful for that!" ~Janet Wadlow

A Warm Welcome to

Norman Burk
Orvel Helton
Odette Gipson

Donetta Givens
Mary Harvey
Ruth Dittmore

Thanks to those who joined us for a therapeutic stay:

Juanita McIntire, Betty Strobietto, and Martha Klusman.

We will always remember

Ralph Klusman
Janice Biehl

Shirley Matticks

Although it's difficult today to see beyond the sorrow, may looking back in memory help comfort you tomorrow.

Housekeeping



These ladies right here keep our home clean. They work hard to ensure that each residents room is taken care of! We can't "THANK" them enough for ALL they do here!

Pictured: (L to R)
Tammy Nute, Cheryl Taylor
and Cathy Walker

They even like to match their shirts to spread cheer!



Loch Haven's Sixth Annual National Assisted Living Week September 09 through September 13 2019



Themed Days:

Monday (9th) – Twin Day
9:30 am – Bible Study with Bill Lear
10:30 am – Kickoff Party

Tuesday (10th) – Western Day
10 am – Cowboy Stories
2 pm – Tie Day Shirts

Wednesday (11th) – Patriotic Dress
10 am – Reading with Butch
1 pm – TSU Art Gallery Outing

Thursday (12th) – Farmers Day
10 am – Animal Calling Contest

Friday (13th) – Wear Your Tie Dyed Shirt
2 pm – NALW Celebration: Join us for Cake and Punch

Oak View & Cedar View COTTAGES

Susie's Musings

Here again from the Cottages. My my my, our summer is almost gone! Both Cottages have enjoyed their veggies from their gardens. Also thanks to everyone that brought in and shared their gardens with us. Thanks for your caring and sharing. All the flowers at the Cottages have been so beautiful and everyone has sure enjoyed their beauty. Our regular volunteers that come each month are so enjoyed by all. Our many thanks to all of you. When it comes to card games it's always Skip-O the number one game. The residents sure like to do trivia and reminiscing and that's a big hit with all residents. Had fun playing bingo, kerplunk, and fly swatter excising. Both Cottages have had lots of family and friends coming in for visits. If the weather isn't too hot they go out on the patio's. When Dorothy Burton's family comes, her grandchildren like to play in her room on the floor. It loos so homey when you walk by her room and see them playing. Well say, so long for now. We will see you in another month.

Love and blessings to all.
~Susan Lenon

Susie's slogan: Be IN SYLE....Wear a SMILE :)

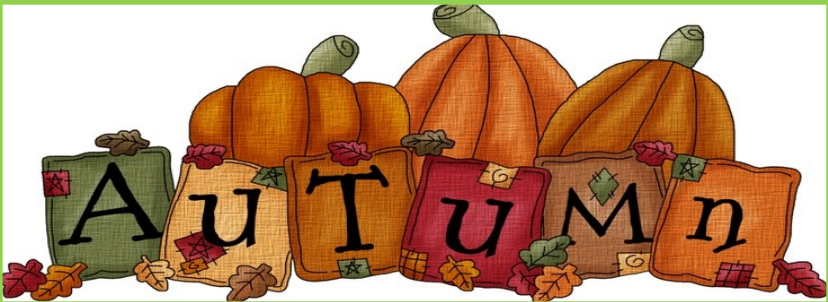




September

Birthdays

2	James Massman	12	Nellie Charlene Pontius
8	Catherine L Gaughan	14	Richard Miller
8	Hilda A Kreimeyer	19	Leoria Bunton



Thanks

- ♦ Janet Shepard for several bushels of corn on the cobb for our residents
- ♦ Everyone who has donated magazines and books
- ♦ For those families that donated to our foundation

World Alzheimer's month is in September, it is an annual international event, always held in September and run by Alzheimer's Disease International (ADI).

The aim of the month is to raise awareness and challenge stigma surrounding Alzheimer's and dementia. The event has been running since 2012, and September 21st is world Alzheimer's Day.

Memory Walk
Saturday, September 21, 2019
Long Branch Lake



9:00 a.m. Registration
 10:00 a.m. Ceremony
 10:30 a.m. Walk

Come out, join the fun and support families who have been touched by Alzheimer's Disease.

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 at 385-3113



News From RCF

August was warm and welcoming. Many of our mornings were spent learning new bits of trivia, listening to speakers, or worshipping with spiritual leaders. Although sometimes we enjoyed our own company in our apartments. We have several talented residents who sew, stitch and play the piano. The quiet moments in their personal apartment are spent working on these projects, catching up with mail or reading.

We've welcomed several visitors this month, too. Summer is often the time we can see family and friends from far and wide...and we really enjoy visitors!

There have been several donations of fresh vegetables from local gardens this year. We've enjoyed delicious corn on the cob, a variety of zucchini dishes and cucumbers! Many evenings the residents have looked forward to refreshing watermelon or cantaloupe for dessert. However if you ask, ice cream is still the majority's favorite dessert.

Speaking of ice cream, we really loved the "Root Beer Float" activity this month. Nothing like a root beer float to bring back memories, funny stories and a few chuckles when the bubbles from the root beer tickle our noses.

Fun Fact: Did you know that the first root beer float was invented by J. Wisner, owner of Colorado's Cripple Creek Brewing, on Aug. 19, 1893?

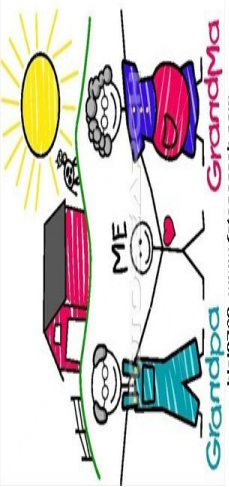


~Janis Fraley

SPECIAL BROOK NEWS

Wow! Where has the summer went. Can't believe it is already time for school. We have been so busy playing lots of games, exercising, baking yummy fruit pizza for a summer treat! Took a fishing trip with David Walker to Long Branch Lake. Boy did we catch a whopper! We had a great outing to the Apple Basket. It was such a great time. The food was delicious and everyone enjoyed getting to go somewhere together. ~ Blanche Neeson



SEPTEMBER 2019 ACTIVITY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10a Sunday School 2p United Methodist 6p Callao Bible Study	2 Labor Day Office Closed	3 10a Concentration 2p Pitch 3:30p LRC 7p Ethel Amish	4 9:30a Beverage Bar 10a Flex & Stretch 2p Alvie & Dick Gospel Music 3:15p Balloon Volleyball	5 10a Mass (RCF) 10a Bevier Baptist Bible Study 2p Pitch 3:30p Noodle Ball	6 9:30a Coffee Club 10a Exercise 1p Jim Bolin Bible Study 2:15p All About September	7 9:30a Bingo
8 Grandparent's Day 10a Sunday School 2p Faith Baptist 6p Callao Bible Study	9 9:30a Beverage Bar 10a Exercise 2p Bingo 3:15p Bean Bucket Toss	10 9a Nails 2p September Birthday Party 3p Pitch	11 9:30a Coffee/Tea 10a Flex & Stretch 2p Barb & Roy 3p Skip-Bo 7p County Kickers	12 10a Bevier Baptist Bible Study 2p-4p Country Store	13 9:30a Coffee Club 10a Exercise 1p Jim Bolin 2:30p Numbers	14 9:30a Bingo 1p Pitch
15 10a Sunday School 2p Ethel Christian 6p Callao Bible Study	16 9:30a Coffee/Tea 10a Flex & Stretch 2p Bingo 3:15p Resident Council	17 10a Day Care Children Making gripe socks 2p Concentration 3p Pitch 6:30p Open Arms	18 9:30a Coffee/Tea 10a Exercise 2p Music w/Dianna 3p Trivia 7p County Kickers	19 10a Bevier Baptist Bible Study 2p Pitch 3:30p 5 Second Rule	20 9:30a Coffee Club 10a Exercise 1p Jim Bolin 2:15p Sing a long	21 9:30a Bingo
22 10a Sunday School 6p Callao Bible Study	23 First Day of Autumn 9:30a Coffee/Tea 10a Flex & Stretch 2p Bingo 3:15p UNO	24 9a Nails 2p Craft Leaf and Tree Fall Wall Art	25 9:30a Beverages 10a Exercise 2p Music w/Barb & Roy 3p Concentration 7p County Kickers	26 10a Bevier Baptist Bible Study 2p Pitch 3:30p Numbers	27 9:30a Coffee Club 10a Exercise 1p Jim Bolin 2:15p Skip-Bo	28 9:30a Bingo 1p Pitch
29 10a Sunday School 6p Callao Bible Study	30 9:30a Coffee/Tea 10a Flex & Stretch 2p Bingo 3:15p Noodle Ball			All Activities Are Subject to Change. ~~~~~ One on One activities Offered Daily.	Birthstone: Sapphire Flower: Aster 	Bird of the Month: Red Tailed Hawk 



We would like to thank the family members that come out to the activity department and play games and attend our events. You truly brighten the residents day and ours too!
~Activity Department~

To Loch Haven Cottages:


I was there from March 2, 2019 until June 14, 2019 for therapy after a surgery. I have absolutely no complaints. I can't say it was all enjoyable. Those exercises were painful at times but the therapists were kind and thoughtful. My care was excellent. The nurses or nurse aids were there quickly after receiving a call. I enjoyed the religious services and activities if I wanted to join in. My room was comfortable.

I liked that we're like a big family; eating together, sharing about our earlier days, raising our families and the concern for each other and worrying when someone didn't show up for a meal. My room was quiet and comfortable. The food was good and we got generous portions. Almost too much, trying to fatten us up?

If I ever have to have physical therapy again or get to the time where I need help to function or am a problem to my family, Loch Haven is where I want to go. I know I'll have excellent care.

Idavee Claiborne

September 2019 Dining Calendar

SUN	MON	TUE	WED	THUR	FRI	SAT
1 Roasted Chicken Pasta Primavera Mixed Vegetables Apple Pie Dinner Roll/Margarine Beverage	2 Smothered Pork Au Gratin Potatoes Spinach (A) Lemon Bar Dinner Roll/Margarine Beverage	3 Swiss Steak Baked Potato w/Sour Cream Lima Beans Fruit Crumble (FR) Bread/Margarine Beverage	4 Turkey Stuffed Bell Pepper Caesar Salad Chocolate Chip Cake Dinner Roll/Margarine Beverage	5 Fish of the Day w/ Tartar Sauce French Fries Broccoli Cole Slaw (A) Apple Cobbler (FR) Hush Puppies Beverage	6 Beef & Chees Baked Spaghetti Italian Blend Vegetables (A) Chocolate Layer Dessert Garlic Bread Beverage	7 Baked Ham Au gratin Potatoes Buttered Peas & Carrots Key Lime Pie Combread/Margarine Beverage
8 Roast Beef Mashed Potatoes w/Gravy Parmesan Baked Zucchini Angle Peach Dessert (FR) Dinner Roll/Margarine Beverage	9 Ham & Beans Fried Potatoes Mixed Greens (A) Mandarin Oranges & Pineapple Combread/Margarine Beverage	10 Cornflake Chicken Garlic Mashed Potatoes Buttered Peas Lemon Cream Pie Beverage	11 BBQ Riblette Macaroni & Tomatoes Seasoned Green Beans Side Salad w/dressing Sherbet Bread/Margarine Beverage	12 Pepper Beef Patty Gravy Baked Potato w/sour cream Brussel Sprouts Chocolate Pudding Parfait Bread/Margarine	13 Baked Tilapia w/lemon dill sauce Garlic Potatoes Roasted Baby Carrots & Onions (A) Mixed Fruit Cup Dinner Roll/Margarine	14 Alfredo Chicken Spaghetti Noodles Broccoli w/cheese sauce Side Salad w/dressing Frosted Red Gelatin Bread/Margarine Beverage
15 Fried Chicken Mashed Potatoes & Gravy Buttered Peas Fruit Cobbler (FR) Dinner Roll/Margarine Beverage	16 Mushroom Hamburg- er Steak Hash Brown Casserole Green Beans Fruited Gelatin (FR) Bread/Margarine Beverage	17 Bake Ham Scalloped Potatoes Squash Medley Chocolate Cream Pie Combread/Margarine Beverage	18 Beef Stroganoff Over Egg Noodles Baby Carrots (A) Side Salad w/Dressing Cream Puff Cake Garlic Bread Beverage	19 Roast Turkey w/ Gravy Sweet Potatoes (A) Green Bean w/ Bacon & Onion No Bake Cookies Dinner Roll/Margarine	20 Oven Fried Fish Fried Potatoes Cole Slaw Seasonal Fresh Fruit Bread/Margarine Beverage	21 Chicken Parme- san Buttered Pasta Broccoli Fruited Pudding Garlic Bread Beverage
22 Roast Pork Gravy Combread Stuffing Green Beans Peach Swirl Cheesecake Bar Dinner roll/margarine Beverage	23 Meatloaf Mashed Potatoes/ Gravy Carrots Apple Crisp Bread/Margarine Beverage	24 Cheese Stuffed Shells with Marinara Spinach Salad (A) Mandarin Oranges & Bananas Bread Stick Beverage	25 Resident's Choice Grain/1 Veg/Fruit 1	26 Chicken & Kale Alfredo Bake Tossed Salad/Dressing Angel Food Cake w/Fruit (FR) Garlic Bread Beverage	27 BBQ Sliced Beef Brisket Baby Bakers Roasted Carrots (A) Peanut Butter Pie Bread/Margarine Beverage	28 Swedish Meat- balls w/Sauce Herb Mashed Potatoes Italian Vegetables (A) Fresh Fruit Cup Bread/Margarine Beverage
29 Roasted Chicken Pasta Primavera Mixed Vegetables Apple Pie Dinner Roll/Margarine Beverage	30 Smothered Pork Au Gratin Potatoes Spinach (A) Lemon Bar Dinner Roll/Margarine Beverage					

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: 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 Other \$ ____

May we acknowledge your donation contribution in our newsletter Yes____ or No____

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September 21, 2019
Long Branch Lake**

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Come out, join the fun and support families who have been touched by Alzheimer's Disease.

Always **REMEMBER**
For Those Who **CANNOT**



On behalf of the Macon County Nursing Home Board of Directors, Loch Haven Residents and Employees, we want to **THANK** each and everyone one of you for your support at the polls in August! Thank you for loving and supporting your community.

Kelsey Hinshaw, Administrator



We'd like to **THANK** the *Senior Songsters* for coming this past month. Our residents really look forward to your visit. Your music was wonderful and we **ALL** enjoyed listening to you share your gift of music with us. It's always so beautiful.

Thanks again, for coming and we look forward to seeing you this winter.

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 email 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