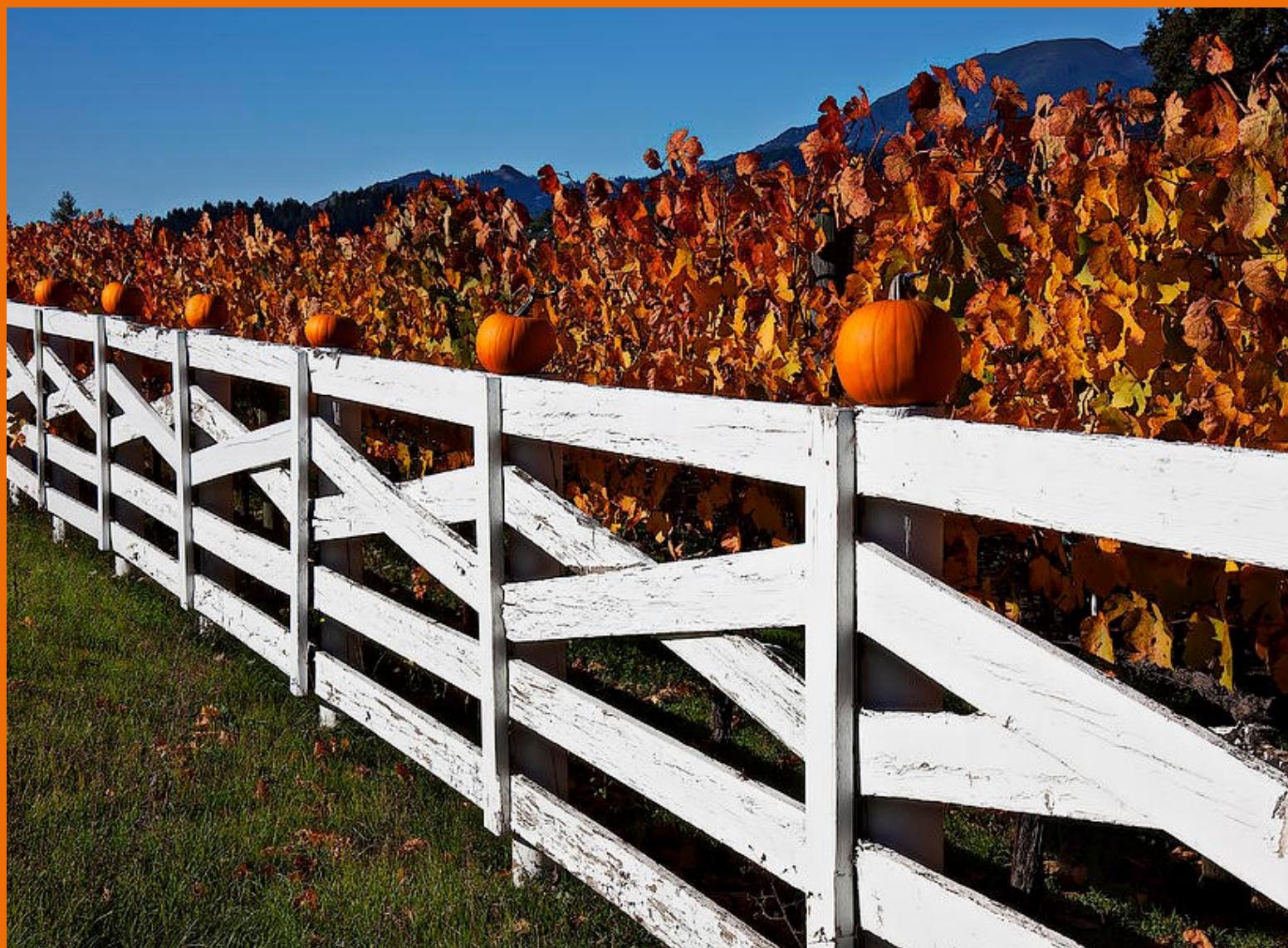


# Loch Haven Tymes

October 2016



A publication of  
**Loch Haven**  
*Senior Living Community*  
Macon, Missouri

# BRENDA AKINS

CNA

## Employee SPOTLIGHT



- **What is your nickname?** Bren
- **Describe yourself in one word.** Kind
- **If you were an animal, what would you be?** An owl
- **What is your favorite movie?** Follow that Dream and G.I. Blues.
- **What is the best place you ever went on vacation?** Wyoming and South Dakota.
- **What was your favorite subject in school?** History
- **Who is or was your hero and why?** My mother, Betty Smith. When she was diagnosed with cancer, she fought back and had the courage and heart to go on to WIN the Battle.
- **Everyone has a talent. What is yours?** Singing and drawing.
- **What is one thing in your bucket list?** I would like to be able to take my best friend and I to the State Fair one day.

- **Who was your favorite celebrity as a child?** Elvis Presley
- **How long have you worked at Loch Haven?** 13 years
- **What are your duties?** CNA. Helping, caring for the residents and loving them as well.
- **Family:** Husband, John. I have two children. Rebecca Karney and Stephen Akins and his wife Susan. Also two grandchildren.
- **Live In:** Ethel, Missouri

"I'm very proud of the way the CNAs and nurses work together to take care of the patients and help their families."

I feel at home here as well! ."

~~~ Brenda

## Welcome to Team Loch Haven

Courtland Ross, CNA  
Betty Williams, NA  
Brittani Cornell, CNA  
Jessica Watson, CNA  
Kayla Russell  
Kylie Durham  
Mindy Young  
Jacoda Stuart, CNA  
Teresa Davis  
Janice Burkhardt

West Brook  
West Brook  
Cottage PAL  
West Brook  
Dietary  
Dietary  
Dietary  
Mtn. View  
Housekeeping  
Dietary

## Fun, Food and Years of Service Recognition at our EMPLOYEE PICNIC 2016



## STAR AWARD Carrie Zapisek

## PERFECT ATTENDANCE Carol Leath



join us on

facebook

# TONYA O'HAVER

Mountain View

## RESIDENT Spotlight



**T**onya was born in 1973 in Macon. My parents were Eddie and Ruth O'Haver. I have one sister, Delta (named after the song *Delta Dawn*), who was one year older than me. She still lives in Macon, too.

We lived in Macon on Vine Street until I was three years old. From the age of 3-13, I lived in Phoenix, Arizona. We moved to Phoenix because my sister, Delta, had asthma and the doctors said the warm climate would be better for her there. While in Phoenix, my dad was a cook at a hospital. Phoenix was a big city, and I went to a big school. There was a lot to do there.

I had a lot of fun when living in Phoenix. I loved playing with my friends and especially liked to swim! We had a pool at the trailer park where we lived, so we swam a lot! I also enjoyed shopping with my family! I also remember my good friend, Tonya. Yes, her name was Tonya, too! We'd stay up and watch scary movies and oh man!!!

When I was thirteen, we moved back to Macon. We came back because that is where our family was. I remember one day when my sister and I were at school (in Macon). It was her birthday, and I had told her I was going to do something to embarrass her. She wouldn't know when or where. Well, I had to take papers to one of my teachers so I just slipped into my sister's P.E. class. I started yelling "Happy Birthday!!!"

She was so surprised....I really got her!

We were only in Macon for five years when we moved back to Phoenix. I was a senior.



ior by then, and I got to graduate with some of my elementary friends. It was pretty neat that I got to reunite with them.

I was never crazy about school, but I did love to read. That is still one of my favorite past-times besides listening to music and talking on the phone to my friends and sister.

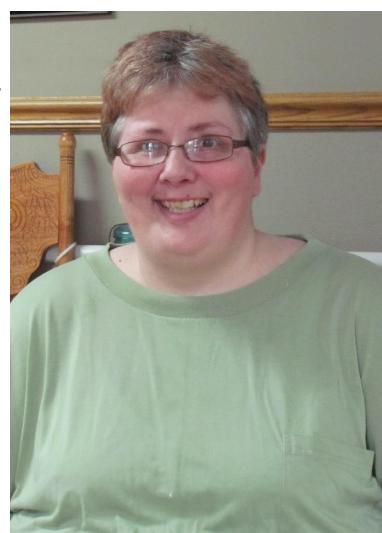
During high school I also took Child Care Classes. So I babysat a lot at that time. After I graduated from high school, I went to a trade school for Food Service in Columbia, Missouri. I worked at Wendy's in Columbia, and I also worked in Food Service and as a feed aid at a nursing home.

In 1994, I moved back to Macon and had my daughter Megan. She's now at college in Warrensburg. I went to work as a receptionist at GAMM until I hurt my back and became disabled.

In 2014 I came to live at Loch Haven. Both my mom and dad have lived at Loch Haven. Dad was here only one year, but mom was here for 13 years!!

I stay very busy attending the Activities. Chit Chat is my favorite. We visit with each other over hot chocolate, coffee, or tea. I enjoy Flex and Stretch (our exercise program) and the game Concentration. It challenges my mind to think about where things are.

I think that the staff here at Loch Haven is very friendly. We've got caring people working here. It's a good, homey place to be.



## A Warm Welcome 40

Wilma Burkhart  
Mary Foster  
Mary Greer

Robert Henderson  
Anita Wynne

Thanks to those who joined us for a therapeutic stay at Loch Haven: **Ernest Lafferty, Carmela Schrader, Margaret Block, Wanda Baker, Paul Harrison, and Joanne Morton.**

## We will always remember

Marilyn Hawley  
Genevieve Cameron  
Bert Clark

Finis Faught  
Linda Christensen

**May the comfort of God help you during this difficult time. May the God of all comfort bring you peace and healing.†††**



# DINING SERVICE STAFF.... WE THANK YOU!!



## Day Shift

**Front Row:** (l-r) Penny Kro-miech, Sherry Hollis, Craig Voyles, Penny Minter, Heather Eakins

**Back Row:** (l-r) Geri Lake, Janice Burkhardt, Jennifer Stivers (Dietary Manager), Kim Smith, Diana Hicks (Dietary Manager), Teri Rife



## Night Shift

**Front Center:** Patty Coleman (Resident Volunteer)

**Front Row:** (l-r) Dawn Gaunt, Kattie Payton, Haley Cook, Kylie Durhan, Kesia Gunnels

**Back Row:** (l-r) Takira Douglas, Evan Gresham, Sadie Adkins, Kayla Russell

**Not Pictured:** Vicky Pinkerman, Chris Nichols, Kody Harrington, Becky Yocum, Jessica Shaw, Amber Sherman, Delaney Mahan, Alicia Strausbaugh, Kristina Purdy, Raymond Reynolds, Shannon Benson, and Mindy Young.

**Loch Haven and the Memory Walk Committee** would like to thank the following sponsors for their support of the Memory Walk Event. Thanks for “walking” along side us to find a cure that will end Alzheimers! Thanks to everyone who participated!!

- Kohls Foods
- Prengers
- C & R
- Ben Franklin
- Sims Jewelry
- Macon Frames
- McDonald's
- Hardees
- Modern Cleaners
- D-Zines by T
- Walmart
- Sydenstricker Farm & Home
- Raspberry's BBQ
- Ashley's Apple Basket Café
- Tiffany in Home Care
- Comfort Inn
- Zwink Law Firm
- Helton Appliance

- Total Family Health Care
- CIA Insurance
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- Con Agra
- Pizza Hut
- Miller's Rexall Drugs
- US Bank
- American Family Insurance
- Integrity Insurance
- Long Branch Trophies & Awards
- West Winery
- Sonic Drive-In
- Hospice Compasus
- Citizens Bank



# Oak View & Cedar View COTTAGES

## Susie's Musings

**Howdy Ya All!** Where did last month go? Our flowers have been beautiful and the garden boxes have really produced the tomatoes at both cottages this summer. The gardener at Oak View, Bob Smith, has the green thumb when it comes to taking care of the plants. He celebrated his birthday this month with family and a BIG surprise. A lady that was so fat, it would take 20 of HIM to be as big as her. Wow! She finally went on her way. WHEEE! Thanks Clark Dobbs for being so faithful in bringing bible study each month. Lots of different games keep the residents busy and you'll always find Wanda Vass doing needle work of some kind in her room. The ladies like to get a manicure and one day I saw Mary Britt and Delpha Walters comparing their nails to see whose was the prettiest. They decided they both were winners because each of them had red nail polish on. How sweet it is! For the choice meal at Cedar View, they wanted home made ice cream. So we got the fixings and ice cream maker and put it all together. Presto...we "hadder done". It was sooo good. I asked residents about their first jobs. Mary Rodgers and Bertha Deveno said they worked at a shoe factory. Wanda Vass worked at the button factory making buttons in Macon. Daisy Tabor under age 14 was to sweep the school house floor every day and made a dollar a month. Ruth Rowland worked at a post office for twenty years. Mimi Phipps worked at McGraw Edison for thirty years. This is just a few for now. Rita Hammontree went with me one day to take Mary Lou Rodgers shopping. We had a blast! Everyone is looking forward to fall and seeing the trees in their beautiful breathtaking colors. Thanks for stopping by and visiting and bringing your smiles because they mean so much to the residents. We can't get over how BIG the grasshoppers are this year. I had one hit me, and I thought I was hit by a golf ball. I was so 'teed' off because he was chewing the yucky ole' tobacco which he spit on me! Well the persimmons have spoons in them and that means a lots of scooping. YUK YUK. Enjoy the fall and we'll see you next month. Love and blessings.....**Susan Lennon, Activity PAL**



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

# OCTOBER

## Birthdays!!

|    |                  |
|----|------------------|
| 5  | Doris Bond       |
| 7  | Jack Crooker     |
| 7  | Bill Miller      |
| 8  | Marie Miller     |
| 11 | Phyllis Tuttle   |
| 12 | Margaret Epperly |
| 15 | Tom Linhardt     |

|    |
|----|
| 19 |
| 19 |
| 21 |
| 21 |
| 22 |
| 25 |
| 26 |
| 29 |
| 30 |
| 31 |

Ireta Lee  
 John Schuld  
 Betty Brown  
 Evelyn Foster  
 Velma Hinds  
 Johnie Haynes  
 Mary Eaton  
 Glenda Teeter  
 Delpha Walters  
 Janet Wadlow



THANK YOU

- Jared Sinclair and Chelsea Lineberry for donating medical equipment.
- Larry Jackson for donating a clock.
- Don and Mary Ann Prange for donating cucumbers
- Janet Kelly for donating framed pictures, decorative pillows and a bear tin.
- Joe Boedeker for donating several items to our Apartments and to Loch Haven.
- Jerry Wyss for donating a patriotic cane for one of our resident veterans.

The Macon Senior Center will be having a Turkey Dinner Fundraiser on October 16th from 12-2 p.m. They will be raffling off a hand-made cedar chest. You can buy raffle tickets in advance at the Senior Center. The cost for the dinner is \$7 for adults and \$4 for 10 and under. Support the Senior Center by attending this event!

*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 call Val Lewis, RN at 385-3113*

### YMCA Blood Pressure Clinics

Loch Haven will be holding Blood Pressure Clinics at the Long Branch YMCA in Macon the first Wednesday of the months of October and November. Everyone is invited to stop-by between the hours of 8:30 - 10 a.m.

 Happy Halloween

### A Mission To Serve Loch Haven Foundation Formed

It's been a work in progress, but finally Loch Haven would like to announce the formation of the Loch Haven Senior Living Community Foundation. The Foundation will assist 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 will support special projects, programs, and capital improvements that cannot be funded by the regular operating budget. All gifts are tax deductible.

The Foundation has three board members: Kay Freeman, President; Kelsey Hinshaw, Treasurer; and Richard Waller, Member. Mary Beth Truitt will serve as the Director/Secretary for the Foundation.

Loch Haven is grateful for all past donations, but the need continues to grow. Improving the quality of life for 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. Contact Foundation Director, Mary Beth Truitt if you would like to receive more information on ways to give.

# SPECIAL Brook NEWS



This month has just blown by like the wind and rain that we have had. Not much time have we had outside, unfortunately! So inside, we had a baby shower party for a good friend and helper of our neighborhood. We also had fun stringing cheerios for the birds so that they can get ready for their trip south for the winter. We want to welcome Glenda Teeter to our neighborhood. Wishing each and everyone of you a Happy Autumn!!

by Darla Jones



## News from RCF

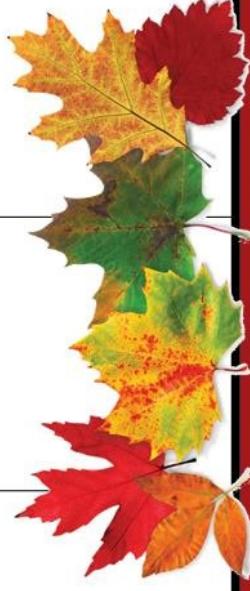


The residents enjoyed going to the Great Pershing Hot Air Balloon Derby early on this month. The balloons were so neat to watch... and beautiful. A great time was had by all. Our special "National Assisted Living Week" started off with a bang during our Grandparents Day Social. Refreshments were offered along with a variety of games and lots of photo opportunities with our loved ones. The week continued with special dress up days, a celebratory balloon launch, a trip to the riverboat in Hannibal, a great performance by our "band" and a family luncheon. We col-

lected photos of the residents and some staff of when they were younger and then had a fun "Guess Who" game with them. We also celebrated the Macon Homecoming by having a tailgate lunch and then participated in the Homecoming parade by either riding on our Loch Haven float or by sitting on the sidelines and watching. Go Macon Tigers! We were so busy this month! We welcome October with eager anticipation of more good times and great friends.

by Janis Fraley

# 2016 October Activity Calendar

| Sun                                                                              | Mon                                                                                          | Tue                                                                                                                        | Wed                                                                                                               | Thu                                                                                    | Fri                                                                                | Sat                                                                                   |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>Activities are subject to change</b>                                          | One on One activities offered daily to those unable to attend regularly scheduled activities |                                                                                                                            |                                                                                                                   |                                                                                        |                                                                                    |                                                                                       |
| <b>2</b><br>10am Sunday School<br>2pm United Methodist<br>6pm Callao Bible Study | <b>3</b> 9:30a Chit Chat (DR)<br>10am Flex & Stretch (DR)<br>2pm Bingo<br>3p Small Groups    | <b>4</b> 9:30 Chit Chat (DR)<br>10am Spa Day (DR)<br>2pm Resident Choice<br>3p Small Groups<br><b>7p Ethel Amish Choir</b> | <b>5</b> 9:30a Chit Chat (DR)<br>10am Flex & Stretch (DR)<br>2pm Dick & Alvie<br>3p Small Groups                  | <b>6</b> 10a Bevier Baptist<br>Bible Study (DR)<br>2p Burges Music<br>3p Small Groups  | <b>7</b> 9:30a Chit Chat<br>10a Flex & Stretch<br>2p Carmen Hour of Bible Stories  | <b>8</b> Weekends with Sherry<br>Bingo @ 9:30a                                        |
| <b>9</b><br>10am Sunday School<br>2pm Faith Baptist<br>6pm Callao Bible Study    | <b>10</b> 9:30a Chit Chat<br>10am Flex & Stretch<br>2pm Bingo<br>3p Small Groups             | <b>11</b> 9:30a Chit Chat<br>10am Concentration<br>2pm Birthday Party<br>3p Small Groups                                   | <b>12</b> 9:30a Chit Chat<br>10a Flex & Stretch<br>2p Wal-Mart<br>3p Small Groups<br>7p County Kickers            | <b>13</b> 10a Bevier Baptist<br>Bible Study<br>2p Friday 13th Craft<br>3p Small Groups | <b>14</b> 9:30a Chit Chat<br>10a Flex & Stretch<br>2p Carmen Hour of Bible Stories | <b>15</b> Independent Activities                                                      |
| <b>16</b><br>10am Sunday School<br>2p Ethel Christian<br>6pm Callao Bible Study  | <b>17</b> 9:30a Chit Chat<br>10am Flex & Stretch<br>2pm Bingo<br>3p Small Groups             | <b>18</b> 9:30a Chit Chat<br>10am Spa Day<br>2pm Halloween Cookies<br>3p Small Groups<br>6:30p Open Arms                   | <b>19</b> 9:30a Chit Chat<br>10a Flex & Stretch<br>2p Donny Roberts<br>3p Small Groups<br>7p County Kickers       | <b>20</b> 10a Bevier Baptist<br>Bible Study<br>2p Country Store<br>3p Small Groups     | <b>21</b> 9:30a Chit Chat<br>10a Flex & Stretch<br>2p Carmen Hour of Bible Stories | <b>22</b> Weekends with Sherry<br>Bingo @ 9:30                                        |
| <b>23</b><br>10am Sunday School<br>6pm Callao Bible Study                        | <b>24</b> 9:30a Chit Chat<br>10am Flex & Stretch<br>2pm Bingo<br>3p Small Groups             | <b>25</b> 9:30a Chit Chat<br>10am Concentration<br>2pm Resident Council<br>3p Small Groups                                 | <b>26</b> 9:30a Chit Chat<br>10a Flex & Stretch<br>2p Roy & Barbara Music<br>3p Small Groups<br>7p County Kickers | <b>27</b> 10a Bevier Baptist<br>Bible Study<br>2p Paint Pumpkins<br>3p Small Groups    | <b>28</b> 9:30a Chit Chat<br>10a Flex & Stretch<br>2p Carmen Hour of Bible Stories | <b>29</b> Weekends with Sherry<br>Bingo @ 9:30                                        |
| <b>30</b><br>10am Sunday School<br>2p Atlanta Methodist                          |                                                                                              |                                                                                                                            |                                                                                                                   |                                                                                        |                                                                                    |   |
| <b>31</b><br>10am Flex & Stretch<br>2pm Bingo<br>3p Witches Brew                 |                                                                                              |                                                                                                                            |                                                                                                                   |                                                                                        |                                                                                    |  |

# Meet Val Lewis Special Brook Coordinator

I was born and raised in Phoenix, Arizona for 25 years. I moved to Missouri in 2005 for a change of scenery. I met my husband here, and we have two wonderful children. Together we have a farm with cows, chickens, gardens and hay fields. I love to sew, knit, crochet as well as canning the food we produce on the farm. I just made watermelon jelly last week!

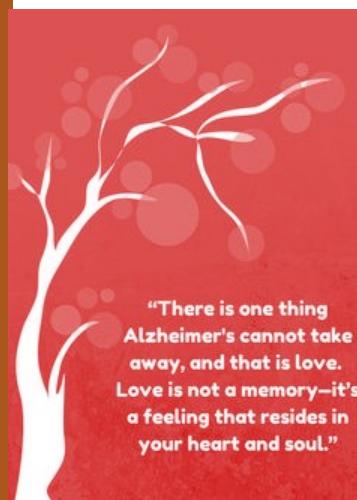
I started working at Loch Haven as a CNA in 2006, and then CMT the next year. I enjoyed caring for the elderly so much, and I have so many memories of them all. I wanted to do more to help them, and so I went to LPN school in 2009. When I graduated I changed fields and worked with the voice specialist in University's ENT clinic. I went back to school in 2011 and was part of MACC's first year of online LPN to RN program. I graduated with honors, and was given the academic achievement award for being the top of the class.

When I graduated I went to work at Moberly Hospital in the Senior Mental Health Unit. There I gained experience with dementia patients in crisis and other behavioral health needs. But when the unit was closed for a short time, I came back to Loch Haven. I always come back to Loch Haven. My husband says I should have never left, and that it is my second home. It took me a bit longer than him to figure that out. I worked with both Hospice Compassus and Loch Haven last year. I traveled to people's homes and helped them grant the last wish to be at home together, to the end. It is good work, but it kept me away from my family too much, so I came back home to stay this time.

I joined the Special Care team this July as the unit manager, and I have big plans. I want to take the strong foundation that the others have built and make it even greater. I want this to be a memory care unit that will help those with dementia be engaged in the world in a way that they can understand. As dementia changes them, the care we provide will strive to keep them calm and comfortable. Our administrator, Debby Lair has started a major renovation of the unit to make it feel more home-like. And our staff is learning new techniques to keep the residents minds well cared for.

In addition to the changes in the unit, I have also taken on the Macon Memory Walk to help raise funds for the Alzheimer's Organization. We have a great team of leaders that helped me make this year's walk a success! I have even more ideas for next year's walk, and I hope to see even more people there. Amber Betts-Morris and I host the Alzheimer's Support Group here at Loch Haven on the second Monday of the month at 5:30pm. We provide comfort, friendship and a meal to those who join us.

I hope you all will come and see the changes we have made and join us for our upcoming open house. (Date to be announced soon) ~~ VAL~~



Several residents enjoyed a day trip to Warm Springs Ranch in Boonville....home of the Budweiser Clydesdales! It was a wonderful day!!





*October 2016 Dining Calendar*

## *October 2016 Dining Calendar*



# Cooking thru the Ages!



## HEARTY BUTTERNUT SQUASH SOUP

1 lb bulk Italian sausage  
 1 medium onion, chopped  
 1 medium sweet red pepper, chopped  
 4 garlic cloves, minced  
 1 large butternut squash peeled, seeded and cut into 1-inch pieces  
 1 package (16 ounces) frozen corn, divided  
 4 cups water  
 1 tablespoon chicken base  
 2 cans (15-1/2 ounces each) great northern beans, rinsed and drained  
 2 cans (14-1/2 ounces each) fire-roasted diced tomatoes, undrained  
 1 teaspoon salt  
 1/4 teaspoon pepper  
 Heavy whipping cream and minced fresh parsley, optional

In a stockpot, cook and crumble sausage, onion and red pepper over medium heat until sausage is browned and onion is tender. Add garlic; cook 1 minute longer. Remove with a slotted spoon; discard drippings. Add squash, 1-1/2 cups corn, water and chicken base to same pan; bring to a boil. Reduce heat; simmer, covered, 15-20 minutes or until squash is tender. Remove soup from heat; cool slightly. Process in batches in a blender until smooth. Return to pot. Add beans, tomatoes, salt, pepper,



We ❤️ AUTUMN!



sausage mixture and remaining corn; heat through. If desired, drizzle servings with cream and sprinkle with parsley.

## ROASTED VEGETABLE MEDLEY

3 medium yellow potatoes, small wedges  
 2 medium sweet red peppers, 1" pieces  
 1 small butternut squash, peeled and cubed  
 1 medium sweet potato, peeled and cubed  
 1 medium red onion, cut into wedges  
 3 tablespoons olive oil  
 2 tablespoons balsamic vinegar  
 2 teaspoons dried rosemary, crushed  
 1 teaspoon dried thyme  
 1 teaspoon salt  
 1/2 teaspoon pepper

Preheat oven to 425°. In a large bowl, combine potatoes, red peppers, squash, sweet potato and onion. In a small bowl, whisk oil, vinegar and seasonings. Pour over vegetables and toss to coat. Transfer to two greased 15x10x1-in. baking pans. Bake, uncovered, 30-40 minutes or until tender, stirring occasionally.



**GO CRAZY!!  
WITH  
CANDIED APPLES!!!**

## Candy Corn Cookies

1 pouch (1 lb 1.5 oz) sugar cookie mix  
 1/3 cup butter or margarine, melted  
 1 egg  
 orange gel food color  
 2 oz semisweet chocolate, melted, cooled

Line 8x4-inch loaf pan with waxed paper, extending paper over sides of pan. In medium bowl, stir cookie mix, butter and egg until soft dough forms. On work surface, place 3/4 cup dough. Knead desired amount of food color into dough until color is uniform. Press dough evenly in bottom of pan. Divide remaining dough in half. On work surface, knead chocolate into one half remaining dough until color is uniform. Press over orange dough in pan, pressing gently to edge of pan. Gently press remaining plain dough into pan on top of chocolate dough.

Refrigerate until firm. Heat oven to 375°. Remove dough from pan. Cut crosswise into 1/4-inch-thick slices. Cut each slice into 5 wedges. On ungreased cookie sheet, place wedges 1 inch apart. Bake 7 to 9 minutes.



# Loch HAVEN CRAFT Fair



**Friday, November 4, 2016**

10 a.m.- 3 p.m.

Meals & Memories Cafe &  
North Brook Activity Center

**Over 30 Craft Booths PLUS**

- \* Jean's Famous Cinnamon Rolls
- \* Bake Sale
- \* Memory Walk Lunch will be served. This is the Kick-Off Fundraiser of the year for Memory Walk.

**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



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