

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.*
- ♦ **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

- ♦ **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.

"I'm very proud of the way the CNA's 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

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

Courtland Ross, CNA	West Brook
Betty Williams, NA	West Brook
Brittani Cornell, CNA	Cottage PAL
Jessica Watson, CNA	West Brook
Kayla Russell	Dietary
Kylie Durham	Dietary
Mindy Young	Dietary
Jacoda Stuart, CNA	Mtn. View
Teresa Davis	Housekeeping
Janice Burkhardt	Dietary



STAR AWARD

Carrie Zapisek

PERFECT ATTENDANCE

Carol Leath



join us on
facebook



TONYA O'HAYER

Mountain View

RESIDENT Spotlight

I 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 birth-



day, and I had told her I was going to do something to embarrass her. She wouldn't no 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 sen-

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 to

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. † †

†



Day Shift

Front Row: (l-r) Penny Kromeich, 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
 Cathy's Pet Parlor
 Car Quest
 Cam's Cut & Curl
 Macon Coca-Cola Bottling
 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. WHEEEE! 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 Lenon, Activity PAL**

Susie's Slogan: Be IN STYLEÖ .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 Schuldt
Betty Brown
Evelyn Foster
Velma Hinds
Johnie Haynes
Mary Eaton
Glenda Teeter
Delpha Walters
Janet Wadlow



- ♦ 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.



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

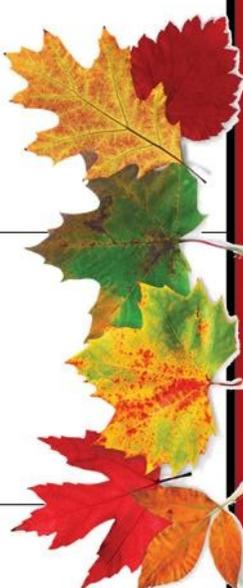


The residents enjoyed going to the Great Pershing Hot Air Balloon Derby early on this month. The balloons were so neat to watch... and beautiful. A great time was had by all. Our special "National Assisted Living Week" started off with a bang during our Grandparents Day Social. Refreshments were offered 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
<p>Activities are subject to change</p> <p>2 10am Sunday School 2pm United Methodist 6p Callao Bible Study</p>	<p>One on One activities offered daily to those unable to attend regularly scheduled activities</p> <p>3 9:30a Chit Chat (DR) 10am Flex & Stretch (DR) 2pm Bingo 3p Small Groups</p>	<p>4 9a:30 Chit Chat (DR) 10am Spa Day (DR) 2pm Resident Choice 3p Small Groups 7p Ethel Amish Choir</p>	<p>5 9:30a Chit Chat (DR) 10am Flex & Stretch (DR) 2pm Dick & Alvie 3p Small Groups</p>	<p>6 10a Bevier Baptist Bible Study (DR) 2p Burges Music 3p Small Groups</p>	<p>7 9:30a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories</p>	<p>1 Weekends with Sherry 9:30a Bingo</p>
<p>9 10am Sunday School 2pm Faith Baptist 6pm Callao Bible Study</p>	<p>10 9:30a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups</p>	<p>11 9:30a Chit Chat 10am Concentration 2pm Birthday Party 3p Small Groups</p>	<p>12 9:30a Chit Chat 10a Flex & Stretch 2p Wal-Mart 3p Small Groups 7p County Kickers</p>	<p>13 10a Bevier Baptist Bible Study 2p Friday 13th Craft 3p Small Groups</p>	<p>14 9:30a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories</p>	<p>15 Independent Activities</p>
<p>16 10am Sunday School 2p Ethel Christian 6pm Callao Bible Study</p>	<p>17 9:30a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups</p>	<p>18 9:30a Chit Chat 10am Spa Day 2pm Halloween Cookies 3p Small Groups 6:30p Open Arms</p>	<p>19 9:30a Chit Chat 10a Flex & Stretch 2p Donny Roberts 3p Small Groups 7p County Kickers</p>	<p>20 10a Bevier Baptist Bible Study 2p Country Store 3p Small Groups</p>	<p>21 9:30a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories</p>	<p>22 Weekends with Sherry Bingo @ 9:30</p>
<p>23 10am Sunday School 6pm Callao Bible Study</p>	<p>24 9:30a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups</p>	<p>25 9:30a Chit Chat 10am Concentration 2pm Resident Council 3p Small Groups</p>	<p>26 9:30a Chit Chat 10a Flex & Stretch 2p Roy & Barbara Music 3p Small Groups 7p County Kickers</p>	<p>27 10a Bevier Baptist Bible Study 2p Paint Pumpkins 3p Small Groups</p>	<p>28 9:30a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories</p>	<p>29 Weekends with Sherry Bingo @ 9:30</p>
<p>30 10am Sunday School 2p Atlanta Methodist</p>	<p>31 9:30a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Witches Brew</p>					

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!

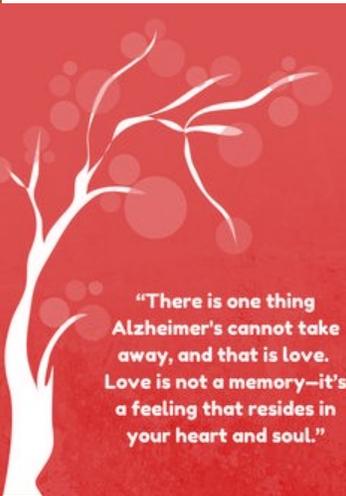
I started working at Loch Haven as a CNA in 2006, and then CMT the next year. I enjoyed caring for the elderly so much, and I have so many memories of them all. I wanted to do more to help them, and so I went to LPN school in 2009. When I graduated I changed fields and worked with the voice specialist 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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>*All meals served buffet style with bread and beverage. Several choices available.</p>					
2 Baked Ham Sweet Potato Casserole Mixed Vegetables Frosted Chocolate Cake Dinner Roll	3 Taco Salad Spanish Rice Corn Salad Tres Leches Cake	4 Vegetable Lasagna Italian Tossed Salad Tiramisu Pudding Cup Garlic Bread	5 Meatloaf Mashed Potatoes/Gravy Green Beans Iced Oatmeal Cake	6 Roast Turkey/Gravy Corn Bread Dressing Brussels Sprouts Dinner Roll Pumpkin Pie	7 Grilled Pork Chop Roasted Potatoes Sauteed Cabbage Cinnamon Baked Apples	8 Marinated Chicken Fettuccini Alfredo Baby Carrots Bread Sticks Chocolate Chip Cookie
9 Pork Roast Gravy Herb Stuffing Cauliflower/w Parsley Pineapple Cake	10 Herb Butter Tilapia Scalloped Potatoes Lemon Pepper Asparagus Pear Cobbler	11 Pork Tips/Gravy Buttered Egg Noodles Steamed Broccoli Oriental Salad Mandarin Oranges	12 Buttermilk Ranch Chicken Baked Beans Squash medley Lemon Cream Pie	13 Residents Choice	14 Pot Roast Roasted Carrots/Potatoes/Onions Cheese Herb Biscuit Carrot Cake w/ Cream Cheese Frost	15 Fried Fish Macaroni & Cheese Mixed Vegetables Chilled Peaches
16 Baked Chicken with Onion Gravy Baked Potato Spinach & Mushrooms Dinner Roll Vanilla Cake	17 Stuffed Shells w/ Sauce Italian Blend Vegetables Side Salad Gelatin with Whipped Topping	18 Pork Chop w/ Mushroom Gravy Buttered Rice Dutch Cabbage Pumpkin Crumble	19 Baked Whitefish Baked Sweet Potato Parmesan Cauliflower Cheese Herb Biscuit Rice Pudding	20 Glazed Ham Au Gratin Potatoes Carrots & Onions Glazed Applesauce Cake	21 Oven Fried Chicken Mashed Potatoes & Gravy Vegetable Medley Buttermilk Biscuit Pie of the Day	22 Enchilada Casserole Corn Dinner roll Sopapilla with Honey
23 Oven Fried Chicken <u>Mashed Potatoes/Gravy</u>	24 Ham & Beans <u>Fried Potatoes</u>	25 Beef & Broccoli Stir Fry Steamed Rice Marinated Slaw Mandarin Oranges	26 Roasted Pork Loin Dressing and Gravy Vegetable Medley Sweet Potato Pie	27 Italian Chicken Buttered Pasta Spinach Salad Poached Pears	28 Lemon Fish Garden Blend Rice Asparagus Bread Stick Warm Fruit Compote	29 Baked Zit w/ Italian Sausage Italian Vegetable Garlic Bread
30 Baked Ham Sweet Potato Casserole	31 Taco Salad Spanish Rice					



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.



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.



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

Loch Haven CRaFT Fair



Friday, November 4, 2016
10 a.m.- 3 p.m.
Meals & Memories Cafe &
North Brook Activity Center

Over 30 Craft Boots 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



Loch Haven
701 Sunset Hills DR
Macon, MO 63552