

Loch Haven Times

August 2015



A publication of

Loch Haven

Senior Living Community

Macon, Missouri

Employee Spotlight

Stephanie Adkins

Front Receptionist



- ♦ **Describe yourself in one word:** Friendly
- ♦ **What kind of pets do you have?** Herbie (Boston Terrier), Furball (cat), several fish and frogs.
- ♦ **What is your favorite movie?** Sweet Home Alabama or The Notebook
- ♦ **What is the best place you ever went on vacation?** Out west to see Mt. Rushmore, Seven Falls, The Rockies, The Royal Gorge, and Yellow Stone National Park.
- ♦ **What was your favorite subject in school?** All Math classes
- ♦ **If you could be someone else, who would you be?** My grandma, "Nanny" Weber. She saw the good in everything, loved and served the Lord and had enough love in her heart to share with EVERYONE.
- ♦ **What would be your dream vacation?** To see and swim in the ocean. I've never done that.
- ♦ **What is your favorite saying?** "Show respect even to people who don't deserve it; not as a reflection of their character, but as a reflection of yours." -Dave Willis
- ♦ **Who was your favorite celebrity as a child?** Melissa Gilbert (as Laura in Little House on the Prairie)
- ♦ **How long have you worked at Loch Haven?** 1 year
- ♦ **What are your duties?** Answering the phone, greeting and directing visitors, tracking attendance, handling workers compensation claims and making daily deposits.
- ♦ **Family:** Husband, Shawn; Daughter, Sadie (15); Sons: Triston (13) and Canyon(2). Interesting Fact! My husband, youngest son, and I all share the same birthday, November 30.
- ♦ **I live in Atlanta.**

*"Loch Haven is a great place to work and has made me a better person."
~~Stephanie~~*

Welcome to Team Loch Haven



Melissa Simpson, LPN
Monica Anders, CNA
April Richter, CNA
Heather Downey, CNA
Sharon Gentner, RN
Kayla Minor
Martin Mitchell
Jacki Petre, CNA
Joy Campbell, RN
Levi Turner
Angela Yoder
Diane Roberts, RN
Dusti Flores, CMA/CMT

West Brook
Sunset Village
Sunset Village
North Brook
North Brook
Beauty Shop
Dietary
Cottage PAL
Float
Dietary
Housekeeping
PRN
Apartments

STAR AWARD WINNERS

Donna Bridgewater
Dana Morey

Sandy Ralston

Paula Whisenand

Quarterly Drawing Winner

Donna Bridgewater

Perfect Attendance

Lynette Berti



Team PLAYER Penny Baskett



If you are interested in becoming a team member at Loch Haven, please stop by and fill out an application or download it from our website at:

www.lochhaven.com



join us on
facebook



Jean Naughton

Loch Haven Apartments

Resident Spotlight

I was born to Sam and Sylvia "Barnett" Wilkerson on December 10, 1923. They named me Marjorie Jean Wilkerson, but I go by Jean. For the first five years of my life we lived in the Novelty area. We moved often after that, because my parents were both teachers. For two years we were in Idaho. While there my mother taught the first four grades and my father taught the second four grades. We

lived in a little house that they called a "teacherage", that was built onto the school house. It had two bedrooms and a bathroom. I started school at 5 1/2 years old and my mother was my first teacher.

We then moved back to Missouri. For the next several years I went to school in Hazel Dale, Newark, Novelty, and Kirksville Junior High. After that we went to Middle Grove, where we lived in the school house because my parents taught there. I graduated from LaPlata High School when I was 17 years old.

Later, I met a young man in LaPlata while attending church meetings. His name was Aldace Naughton, Jr. He would soon become the light of my life. While Aldace and I were in college, the news came over the radio that the Japanese had hit Pearl Harbor. I won't ever forget that day. Aldace wasn't old enough at that time to go in the Army.

But soon he was. When he joined, I went to work at Santa Fe Railroad. I learned how to be a telegraph and depot operator. I also learned, like most women did during the war, to wear slacks on the job. The men I worked with were good to me and helped me with freight for the baggage cars. I had to hold up orders to the train engineer often by putting a note on a pole and holding it up because they couldn't stop the train. After the first year I worked with the steel gang laying rail.

Aldace called and said he had a furlow coming up and asked me if I wanted to get married. I said, "Yes!" At that time I was in Agency on the St. Joe Branch. The Grand River had flooded, and the train track was closed, so the station men took me to St. Joe on the motorcar.

Then I took the bus to Kansas City, and then home to LaPlata to get married. After our marriage, Aldace shipped out for overseas training, and I got on the train to return to work. He went one way, and I went another. Later, as a result of a visit to the Army camp, we had a baby boy that we nicknamed "Butch". I had to call Aldace while he was in Clovis, New Mexico to tell him that I was pregnant. I quit work while I was pregnant and got an apartment in Kirksville. Butch was three months old before Aldace came back.

After Aldace's return, we were in Rothville where he was an agent on the railroad. He worked at many different stations. Dur-

ing this time we had another son, which we named Mike. I was pregnant with a girl, Patty, when we returned to LaPlata. Aldace was appointed Postmaster in 1968. Those were the good years. We kept busy with the kids being in school and baseball. Aldace was the Scout Master, and I was a den mother. We had five acres with a two story home. It was a neighborhood with lots of children, so we had visitors all the time. Aldace was a good husband. He wouldn't fight with me. We may have disagreed, but we never fought. He was too good natured for that.

We worked in church, legion and civic organizations. Butch went into the Marines. Our daughter Patty got married and had a son. I went back to college at the age of 40. I taught second grade for three years in Atlanta, Missouri. Then I taught 12 years in LaPlata.

When my dad died, we brought my mom to LaPlata from Texas. We built a duplex. Mom lived on one side, and we lived on the other. Patty had a daughter, then got a divorce. So we fixed up an apartment in the basement of the duplex, and she moved in. We had four generations in that one building! After a few years, our Patty passed away. Her children, Wayne and Denise, went to live with their dad.

After my mom passed away, and Aldace retired due to his health, we enjoyed spending our time in RV camps in Iowa and Missouri Parks. We had a Cloud 9 camp membership. We would camp there for 2 to 4 weeks at a time. I love to camp! We had to sell the RV when Aldace's health failed. I lost him in 1989 after back surgery. You never really get over losing a spouse. I was all alone in the big duplex, so I sold it and put up a small house in LaPlata just for me. I lived there for 10 years by myself.

During that time I got a smaller RV. I had an aunt, Aunt Hazel, who moved from Michigan, and she'd go camping with me. She was about 90 years old, and she'd get out of the RV and direct me into the parking spaces. It was a sight to see her directing traffic in her shorts and t-shirt! My longest RV trip was with Butch and his family. We went to California to see his oldest son graduate from Stanford. His younger children were in the RV with us, and they were just young ones still, probably only 4 and 7 years old. What a trip!

I was 80 years old when I needed my hips replaced. Since then I have seen a lot of hospitals. But I also still had my small RV, and I would camp by myself. Once the RV was too big, I sold it and bought a van that I had set up like an RV. I would go to local parks and camp out for about a week. I would take my bird, Chi Chi, with me.

My health continued to fail, though. After a few other nursing home stays, I ended up at Loch Haven Apartments. I really love it here. It is a great place to be where you are taken care of really well.

--by Janis Fraley--



A Warm Welcome to

Rodney Buster
Mary Lamb

John Murr
Geraldine Young

Good luck to **Thomas Faylor, Regina Jones, Opal Tipton, and Patrick O'Toole** who have returned home after a therapeutic stay.

We will always remember

Dixie Clifton
Ethel Clarke
Nadine Compton
Wilma Hemen

Ronald McQuitty
Deloma Nuhn
Norma Penick
Gwendolyn Small

Death leaves a heartache No one can heal;
Love leaves a memory No one can steal



Around The Neighborhood Beauty Shops

← Meet Kayla Minor

Legacy Neighborhoods Newest Hairstylist!

Hi my name is Kayla, and I'm the new beautician at Loch Haven. I took the place of Millie Wooten who just retired. I went to cosmetology school at the Mexico Cosmetology School (in Mexico, Missouri). I graduated in 2010. I started out doing hair at Sarah's Beauty Shop in Paris in August of 2010. After that I worked at three more salons and also a Daycare before I came to work here. I had my son in December of 2013. I also go to school at MACC in Moberly. It's good to be here!



Heather Brien: RCF



Tasia Hicks: Legacy

Congratulation
and Good
Luck to
Millie
Wooten on
her Retirement



Katie West: Cottages



Linda Roberts: Legacy



Not pictured:
Richard Fuller



Just the (Missouri) State Fair Facts

- The first Missouri State Fair was held in September of 1901.
- The state considered locating the fair in Chillicothe, Marshall, Mexico, Moberly, and Sedalia. Cities made offers of land which they would commit to the fair.
- Sedalia was chosen as it had bid 150 acres, the most amount of land of any city to be devoted to the fairgrounds. The Van Riper family, who had set land aside for the location of the Missouri State Capital in Jefferson City, also donated the site in Sedalia.
- It's most famous event is the mule show which has run since its inception.
- In 2009, a record attendance was set at nearly 340,000 people.

Oak View & Cedar View COTTAGES



Susie's Musings

Can't believe we're still afloat with all the rains we've had. But It keeps everything green and all the flowers pretty on the patios where the residents like to sit and visit when friends and families come for visits (if it's not too hot outside).

Sure enjoyed Steve Wilhoit's Music Concert at Oak View last month. What a beautiful voice he has! Accompanying him on the piano was Beth Dixon with her great talent. Thanks you all!

Regular volunteers, Roy Fancher and Barbara Jennings, played and sang some great oldies. It was like the *Name That Tune* Show. Our thanks to them. Thanks also to Clark Dobbs and all who come and lift up our spirits with God's word.

Seeing the baby pot bellied pig was a big thing for all to see! How cute was that! Thanks to Rita and Gary Hammontree. Bring it again!!

If you want to see some orchids, stop in at Oak View and see Dorothy Johnson and Geneva Eymann's flowers. They are soooo pretty.

So many activities have added to the fun around the Cottages. Root Beer floats was a cool treat one day at Oak View when the weather was so hot. They're actually good anytime...right!?! Cleaning some donated sweet corn was a big hit at Cedar View and then getting to eat it was even better. Our thanks to all who bring fresh vegetables to the Cottages.

Some residents tried their luck at balancing a book on their heads one day. They all did good, but Bob Stansbury said his head had a point on the top! He didn't think he could do it, but he was sure surprised when he "gotter" done. Good job Bob!

Until next month....stay healthy and cool and hopefully stay afloat. Thanks for all you do for both Cottages. **Thanks for the wonderful staff that works here.**

Blessings to all.....

Susan Lennon, Activity PAL

www.lochhaven.com

Loch Haven's
A SENIOR Moment
August Episode
The Art of
Norman O'Halloran

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/92.5 FM First Monday of each month live at 8:30 a.m.



- ⇒ To the Tuttle Family for their donation of a flag to our Loch Haven Apartments.
- ⇒ DJ & Yvonne Stone for donating magazines and board games.

Loch Haven's
Alzheimer's Support Group

Second Monday of each month

5:30 p.m. light supper 6 p.m. meeting



Old BAG AUCTION

Coming in September to benefit the Alzheimer's Association Memory Walk!! If you have any old purses or bags to donate, please bring them the Front Desk at Loch Haven.



www.lochhaven.com



Birthdays

to celebrate

- | | |
|----|----------------------|
| 12 | Alma Amidei |
| 22 | Irvin Gates |
| 28 | Jimmy Burkhardt |
| 9 | Marjorie Creed |
| 13 | Mary Dubbert |
| 29 | Mary Anderson |
| 6 | Berneal Hardwick |
| 23 | Carl White, Jr. |
| 5 | Delmer Gladhill |
| 25 | Dorothy Richardson |
| 31 | Virginia Williams |
| 29 | Garland Elliott |
| 9 | George Anderson |
| 5 | Geraldine Young |
| 1 | Earl Burton |
| 20 | Lena Swanson |
| 8 | Madison Walker |
| 19 | Marie Clardy |
| 17 | Mary Elizabeth Britt |
| 4 | Ruth Rowland |
| 28 | Sanford Carter |
| 25 | Virginia Wood |
| 20 | Wanda Smith |



Jacob Jennings shown entertaining our residents during Coffee Club. He is accompanied by (and takes lessons from) Beth Dixon. Thanks Jacob and Beth!!



RCF news



July came in with lots of rain. To stay busy the residents of "The Apartments" participated in several indoor activities such as cooking, crafts, exercise, bible studies, and celebrations! We celebrated the Fourth of July with a delicious BBQ and patriotic BINGO. Then in the middle of the month we celebrated "Christmas in July"! We sang Christmas songs, had an exciting snowball fight with giant marshmallows, drank eggnog and ate sugar cookies. Several of our ladies had made the cookies that morning while watching a Christmas movie. Although a few people wore their Santa hats, Mr. Claus was nowhere to be seen. The heat of the summer set in about the middle of the month, which forced us to spend less time on the porches outside. Even in the heat, we have kept out of trouble by staying occupied. Our minds have been tested with

Spelling Bees, number facts, word games, biographies and trivia. We've also taken joy out of having family pets come to visit with us. Many of the ladies attended to their beloved plants and flowers outside, helping us keep our grounds beautiful. Several of the residents enjoyed an excursion out and about Macon and the surrounding areas. Some of the places we saw were Long Branch Lake, new houses around the lake, and the new truck stop in Beaver. Five of our residents had birthdays in the span of a week this month! Shyla Terry, our registered nurse, had a birthday, too. We also have a couple who celebrated their wedding anniversary this month. We have been very busy celebrating by having lots of cake and singing. All of these activities have helped us stay fit and young at heart!

by Janis Fraley

Special Brook News



We can't believe that July has already gone! It was a great month for us, and before we know it the kids will be back in school. That will make some parents happy! :-)

Well, we have been busy with exercising, crafts, cooking, and enjoying sitting outside with our beautiful flower garden. We have cooked our green beans that came out of our garden and boy were they good!! Can't wait until we

can dig-up our sweet potatoes and see how many we will have. We of course always enjoy when families show up...and especially when they bring babies! Come visit us any time! We love pets, too. Have a wonderful rest of the summer and we'll see you in September!

Blanche Neeson, Special Brook Activity Director

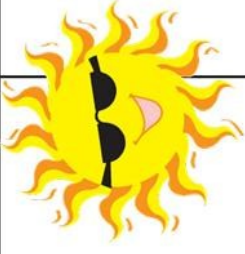
August 2015 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activities are subject to change					One on One activities offered daily to those unable to attend regularly scheduled	1 Independent Games
2 10am Sunday School 2pm United Methodist	3 9:30am Flex & Stretch 10am Small Groups 2pm Bingo 3pm Watermelon Crawl	4 10am Spa Day 1pm Book Club (WB) 2pm Group Craft 3:30pm Small Groups 3:30pm Wii	5 9:30am Flex & Stretch 10am Small Groups 2pm Dick & Alvie 3:30pm Small Groups	6 10am Bevier Baptist Bible Study 1:30pm Mass 2pm Movie	7 9:30am Flex & Stretch (DR) 10am Coffee Club 2pm Carmen Hour of Bible Stories	8 Independent Games
9 10am Sunday School 2pm Faith Baptist 6:30pm Callao Bible Study	10 10am Flex & Stretch 2p Bingo 3pm S'mores History Please	11 10am Concentration 1pm Book Club (WB) 2pm Birthday Party 3:30pm Small Groups	12 9:30am Flex & Stretch 10:30am Lunch Outing 7pm County Kickers	13 10am Bevier Baptist Bible Study 2pm Bingo 3:30pm Small Groups	14 9:30am Flex & Stretch 10a Coffee Club 2pm Carmen Hour of Bible Stories	15 Independent Games
16 10am Sunday School 2pm Ethel Christian 6:30pm Callao Bible Study	17 10am Flex & Stretch 2pm Bingo 3:30pm LRC Game	18 10am 7 Up 1pm Book Club (WB) 2pm Laughter w/ Susan 3:30pm Dominoes 6:30p Open Arms Baptist Church Choir	19 10am Flex & Stretch 2pm 5 Second Rule 3:30pm Small Groups 7pm County Kickers	20 10a Bevier Baptist Bible Study 1:30pm Mass 2pm Bingo 3:30pm Small Groups	21 9:30am Flex & Stretch 10a Coffee Club 2pm Carmen's Bible Study	22 Independent Games
23 10am Sunday School 6:30pm Callao Bible Study	24 10am Flex & Stretch 2pm Bingo 3:30pm Small Groups	25 10am Concentration 1pm Book Club (WB) 2pm Resident Council 3:30pm Small Groups 3:30pm Wii 6pm Ethel Amish	26 10am Atlanta Methodist Bible Study 2pm Roy Francher 3:30pm Small Groups 7pm County Kickers	27 10am Bevier Baptist Bible Study 1pm Wal-Mart 6pm Steve & Linda	28 9:30am Flex & Stretch 10a Coffee Club 2pm Carmen Hour of Bible Stories	29
30 10am Sunday School 2pm Atlanta Methodist	31 10am Flex & Stretch 2pm Bingo 3:30pm Small Groups					

celebrating Every DAY!



August 2015 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		*all meals served buffet style with bread and beverage. Several choices available.				1 Hawaiian Meatballs Steamed Rice Carrots Frosted Cake
2 Orange Rosemary Pork Baked Potato Vegetable Blend Angel Peach Dessert	3 Broccoli Chicken Divan Buttered Pasta Side Salad Frosted Red Gelatin	4 Ham & Beans Fried Potatoes Mixed Greens Fresh Fruit Cup Corn Bread	5 Chicken & Dumplings Carrots Apple Cream Cakelet	6 Meatloaf Gravy Buttered Potatoes Fried Cabbage Fruit Crumble	7 Turkey Ala King Biscuit Green Beans Cucumbers & Onions Lemon Ice Box Pie	8 Cheeseburgers Relish Plate Steak Fries Carrot & Raisin Salad Cream Cheese Brownie
9 Fried Chicken Mashed Potatoes/Gravy Corn Apple Pie Dinner Roll	10 Swiss Steak Buttered Noodles Zucchini Brownie	11 BBQ Pork Sweet Potatoes Green Beans Cream Cheese Cookies	12 Creamy Turkey Bake Carrots Garlic Bread Yellow Cake/Choco	13 Glazed Ham Twice Baked Cauliflower Peas Corn Bread Peach Cobbler	14 Crunchy Baked Fish Mac & Cheese Mixed Vegetables Fruit Parfait	15 Chicken Parmesan Spaghetti Noodles Buttered Broccoli Lemon Cake
16 Roast Beef/Gravy Au Gratin Potatoes Green Bean Casserole Peach Swirl Cheesecake Bars	17 Country Style Ribs Baked Potato Casserole Brussels Sprouts Fruit Cobbler	18 Roasted Chicken Mashed Potatoes Sauteed Zucchini Mandarin Oranges & Pineapple	19 Pot Roast Carrots/Potatoes/Onions Cream Cheese Cake	20 Residents Choice		22 Western Egg Bake Creole Potatoes Cottage Cheese Melon Cubes Iced Cinnamon Rolls
23 BBQ Chicken Corn on the Cob 30 Roast Pork Baked Potato	24 Baked Ham Sweet Potato Casserole 31 Chicken Divan Buttered Pasta	25 Fried Pork Chops Gravy Pinto Beans Buttered Cabbage Creamy Lemon Pie	26 Roast Turkey Gravy Herb Stuffing Brussels Sprouts Peaches/Whipped Top	27 Beef Tips in Gravy Buttered Egg Noodles Mixed Vegetables Fruit Crisp	28 Fish of the Day Macaroni & Cheese Steamed Broccoli Mandarin Oranges	29 Hawaiian Meatballs Steamed Rice Carrots Frosted Cake



Cooking Corner



Summer Easy recipes

MILLIONAIRE PIE

- 2 ready-made graham cracker crusts
- 1 (8 oz) cream cheese, softened
- 1 large container of Cool Whip
- 1 large can crushed pineapple (drained)
- 1 8 oz jar maraschino cherries (chopped & drained)
- 1 can sweetened condensed milk
- 1/2 cup chopped pecans
- 1/4 cup lemon juice

Blend together cream cheese, lemon juice and condensed milk; gently fold in the whipped topping. Stir in the crushed pineapple, cherries and pecans; pour into pie crusts and refrigerate for 3 to 4 hours.

PIZZA BALLS

- 3 cans Pillsbury Buttermilk Biscuits (10 ct)
- 60 pepperoni slices (2 per biscuit)
- Block of cheese (Colby/Monterey Jack or Cheddar)
- 1 beaten egg
- Parmesan Cheese
- Italian Seasoning
- Garlic Powder
- 1 jar pizza sauce

Slice cheese into approx. 28 squares. Flatten each biscuit and stack pepperoni and cheese on top. Gather edges of biscuit and



millionaire pie

dipping. Voila!!

tuck and secure on top of the roll. Line rolls in greased 9x13 pan Brush with beaten egg. Sprinkle with parmesan cheese, Italian seasoning and garlic powder. Bake at 425° for 18 minutes. Serve with warm pizza sauce for

CRANBERRY APPLE COLESLAW

- 8 cups shredded cabbage (bagged with carrots)
- 1/2 cup dried cranberries
- 1 large apple chopped (granny smith or your favorite apple)
- 1 cup Marzetti® Original Slaw Dressing

In a large bowl combine all ingredients and mix until well coated. Chill in fridge for approximately one hour.

Link to CopyCat Marzetti's Cole Slaw Dressing

www.home-ec101.com/coleslaw-done-right/



Don't You Just Love This



THE perfect "round" ice cream sandwich.

Sweet Italian Dressing

Salad Time

- 1/4 cup balsamic vinegar
- 2 cloves garlic, peeled and minced
- 1 teaspoon sugar or sugar substitute
- 1/2 teaspoon oregano
- salt to taste
- 1/4 teaspoon ground black pepper
- 1/4 cup olive oil

Place vinegar, garlic, sugar, oregano, salt and pepper in a Blender or food processor. While the machine is running, slowly drizzle olive oil through the blender top or feed tube until dressing is combined.

Blog of the month
www.sweetlittlebluebird.com

See You Next Month!



Loch Haven Senior Living Community

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, sex, 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