

# Loch Haven Tymes

September 2014



A publication of the

**Loch Haven**

*Senior Living Community*

Macon, Missouri



# Employee Spotlight MEET: Kathy Techau

Going Above &  
Beyond



## Restorative Therapy



- ♦ **Were you named after anyone special?**  
No, I was the youngest of seventeen. My dad told me once to be glad I got a name at all and not a number!
- ♦ **Describe yourself in one word?** Blessed
- ♦ **What kind of pets do you have?** Bella, a black and tan pom.
- ♦ **Everyone has a talent? What is yours?** I enjoy all types of needlework.
- ♦ **What would be your dream vacation?**  
I would love to go to Ireland.
- ♦ **What is your favorite saying?** *People will forget what you said, people will forget what you did, but people will never forget how you made them feel.*
- ♦ **How long have you worked at Loch Haven?**  
It will be 31 years in December.
- ♦ **What are your duties?** Restorative Therapy
- ♦ **Where do you live?** Callao

- ♦ **What is your favorite all-time movie?** Star Wars
- ♦ **What is the best place you've ever gone on vacation?** Yellowstone National Park
- ♦ **What was your favorite subject in school?** Science

**Family:** Husband, Tom; three children, Robert, Jennifer and Nathan; and 1 granddaughter, Hannah.

*"When working with a resident, I try to make them feel like helping them is the most important thing I have to do today," ~ Kathy*



## Welcome to Team Loch Haven

Louise Azike, LPN	Sunset Village/SCU
Melissa Mauzey, LPN	Float
Deidre Head, NA	Mt. View
Tara Sevits, NA	Sunset Village
Keely Beck, NA	West Brook
Miranda Saunders, NA	Sunset Village/SCU
Terri Eberle, CMT	West Brook
Mary Adams	Dietary
Darlene Gregg	Dietary
Clay Johnson	Dietary
Jaquanleslie McDonald	Dietary

*Perfect Attendance Kristen Lee*

**DID YOU KNOW...**if you're thinking about moving to Loch Haven.....**WE MAKE IT EASY FOR YOU**

Admissions can be directly from the home, the emergency room, physician's office, or hospice.

## STAR AWARD WINNERS

July

*Vanessa Teter  
Brenda Akins  
Janis Fraley  
Julie Mason  
Elouise Maloney  
Donna Conger  
LaTisha Teter  
Rita Hammontree*

**Quarterly Winner  
Tillie Christensen**

**www.  
lochhaven.  
com**

**Pat Tooley, Laundry**



## SAFETY DRAWING

Crystal Sandner  
Cindy Wilhelm  
Lea Apel

## Getting to know our family

### MEET: Edythe Nute

West Brook Neighborhood

## my Story

I was the first born child of Tom and Irene Cross. On August 7, 1927 my mother gave birth to me at a farm south of Callao. Back in those days, women had their babies at home, not in a hospital. My parents went on to have three more children, all boys.

My parents were farmers. We raised animals, like chickens and cows, and grew crops. We got most of our needs met by milking the cows, butchering and growing a large garden. I used to hate drinking milk – now I wish I had drunk more as I now have to take a calcium supplement!

My mother canned almost everything that came out of the garden. We had a nice cellar with shelves in it where these were stored. When a tornado came THAT was the place to go! Later on I was on the highway when a big storm came through Macon. I was sent to the Macon Patrol until it went by – that was the storm that blew down the big antennae.

I went to school in Callao until we moved in 1938. I have always loved music, especially gospel music. While I was in school, I played the trumpet. I graduated high school from Bevier. One of our neighbors had a son who was in the Army. When he came home on leave we met. His name was Daymon Nute. We married in November of 1948.

Daymon spent 20 years in the Army. I got to see a lot of the world because of all the places he was stationed. Beginning in 1952 we were in France for 27 months. I went to Paris five or six times. At the same time we were in France, Daymon's brother was stationed in Germany. We visited him several times. On the second or third time we visited him, he told us about how easy it was to adopt in Germany. We went to speak to someone about that and eventually adopted a four year old boy. Fred, our son, is doing really well now. He is a Psychology Professor at Mineral Area College near Farmington, Missouri.

In 1952 we bought our own home in Bevier, which my brother Willy and his family stayed until Daymon retired from the Army in 1963. Once back in Missouri, I worked five years in a factory. It was hard work. There you had to work fast because it affected how much money you made. I also worked at Ben Franklin for five years.

My husband and I were really in-

volved with crafts. He made jewelry, beautiful jewelry. I did quilts, at least fifty of them! I also sewed little dresses for girls. Daymon and I went to many craft shows.

We also became "Snow Birds" doing lots of camping. We went to Arizona nine winters. We had our own camping vehicles – fifth wheels, trailers and motor homes. Daymon and I did a lot of traveling in the United States.

Daymon and I were married for 63 years. He always treated me well, we never spatted. In June 2011 Daymon moved into Loch Haven first, and a week later I moved in after dealing with packing up things. Daymon and I lived at Loch Haven together for three months before he passed. I have been here three additional years without him. It is very hard to lose someone so close to you.

I have three grandchildren and three great grandchildren. Two of my grandchildren live near Farmington, by my son. The other grandchild, and all three of my great grandchildren, live in Moberly. I see them quite often. I enjoy all my family's visits so much.

I stay busy here at Loch Haven. I enjoy all the activities that are provided – crafts, BINGO, music programs. I go to almost ALL of the church services that are offered here. Sometimes on Sunday, I go to three different services – I enjoy them so much! I have always been a religious person. I taught Sunday school before I got married. If I had one wish it would be to go back to my own church, First Baptist Church of Bevier, just one more time.



Interviewed and written by  
Janis Fraley

## a Warm Welcome to

Marlys Oglesby  
Edward Williams  
Berniece Lewis  
Vernon Barrow  
Dixie Clifton

Nora White  
Terry Veach  
John Gaughan  
Gene Day  
Robert Wolfe

Good luck to **Leota Krawl, Robert Bradley, and Stephen Kindall** who have returned home after a therapeutic stay.

## We will always Remember

Billy Fitzgerald  
Margaret Fuller  
Carl Robuck

Russell Hinton  
Clyde Johnson  
Raymond Bailey

*"Perhaps they are not the stars, but rather openings  
in Heaven where the love of our lost ones pours  
through and shines down upon us to let us know they  
are happy."-- Unknown*







# *Neighborhood Spotlight* is on our **Housekeeping Department!**

*Keeping it Clean!*



We want to give well-earned recognition to our housekeepers who work tirelessly every day of the year to keep our residents' rooms and our gathering areas at Loch Haven looking as great as they do. We thank them for everything they do. They work quietly (well some quieter than others!) and become very close to our residents as they have daily contact with each and every one. It is not unusual to see one of our housekeepers engaged in conversation or an activity with a resident. Hats off to Dana Morey, supervisor and her Housekeeping staff.

Pictured left: Front Row: Cheryl Taylor, Penny Morgan, Tammy Nute, Kathy Lee. Back Row: Carla Johns, Kathy Walker, Dana Morey, supervisor.

Not Pictured: Terri Cross, Brenda Patterson.

## **The LH PEP Squad**

A group of Loch Haven employees, known as the LH Pep Squad, gathers together once a month to organize and plan fun events for LH staff members. The goal is to promote team spirit, to recognize the efforts of our staff, and to bring fun to the work day. The Pep Squad recently added a **monthly birthday party** for staff members (top picture) where a cake is served to the entire staff on the last Tuesday of each month. The **Traveling Spirit Stick** began in August and our first winning neighborhood was Sunset Village (bottom picture). The theme was School Days. Neighborhoods can claim the Traveling Spirit Stick by showing off their team spirit on the 2nd Friday of each month. The neighborhood that has the most people "dressed-up" and/or neighborhood activities wins the "beautiful" traveling spirit stick.

The PEP Squad has hosted many events throughout the year, and also implemented the Team Player Board where co-workers/residents/family members recognize the team playing efforts of our staff.

**It's a beautiful day in our neighborhoods!!**

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](http://www.lochhaven.com)**





# Oak View & Cedar View Cottage News



**Compton & Day Family**



**Cedar View Cottage:** Celebrating birthdays this month in CV were neighbors Berneal Hardwick & Mary Britt. We sure enjoyed all the regular volunteers who brought music, bible study, and visits to both Cottages. Also, the whole Compton family practiced their music program one night here before doing their show at the Bevier Homecoming. Thanks you all! One day, Genelee Beckley showed Jami Jennings how a pumpkin pie is made. They said it turned out good and was tasty, too!. Tried a new game called Leap Frog at both cottages, but more practice is needed because that frog kept jumping over the lily pad instead of on it. Hilarious it was!! Neighbor Jerald Simons is a golfer. His son, Doug Simons, comes 2-3 times a week, and they go golfing. They sure have a great time, but we never hear their scores!! (Doug said they don't keep score. That way you can make up your own score.) A wonderful father and son relationship. Come by anytime. We welcome your visits and thanks for those fresh veggies.

**Oak View Cottage:** Celebrating birthdays this month was neighbor, Wanda Smith and PALS Aimee Goosey, Tina Wilham, and Paige Wilt. Paige is studying for her RN license. Go Girl! We welcomed two new volunteers this month; Loretta Thayer and Andrea Biggs who is one of our therapist with Rehab Care. Anytime Bob and Wanda Smith hear the music, they're up dancing. Its "do-si-do and away we go"!! You'll always find Wanda Vass, Dorothy Johnson and Bertha Deveno working a picture puzzle. They've got some beautiful ones done. Lillian Davis is a Skip-Bo player, and she says that Skip-Bo is more fun than doing puzzles. Wanda Vass also keeps busy doing counted cross stitch. Beautiful work and what a talent. Our many thanks for all who have brought fresh vegetables to both Cottages. They loved to snap those beans. All staff and neighbors love your visits so stop by anytime.

**Susan Lenon, Activity PAL**





**3rd Friday Chef Series**  
**Friday, September 12**  
**2 p.m.**  
**The Ladies of RCF**  
**Pineapple Upside Down Cake**  
**In an Iron Skillet**

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

*Loch Haven's*  
**Alzheimer's Support Group**

Second Monday of each month

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

We welcome you to join this monthly support group.

**Loch Haven's**

**A SENIOR Moment**  
**September Episode**  
**Hays Ten Mile Store**  
**Featuring Wade King**

Every Wednesday on CVTV  
 (Channels 22 & 64)

Listen for *A Senior Moment on Air!*

Hosted by Barbara Primm & Mary Beth Truitt  
 On KWIX 1230 AM First Monday of each month live at 8:30 a.m.

**Thanks to.....**

- ♦ Ben Franklin for their donation of miscellaneous decorating items.
- ♦ Debbie Stansberry for donating a flat screen television.
- ♦ Karla and Randy Britt for making a monetary donation to our Activity Department.
- ♦ We also had an anonymous donation for our dogs, Larry and Johnny. Thank you!
- ♦ Judy Rushton for donating items for our Country Store.
- ♦ Darlene Huffman for donating cucumbers to our Dining Services.
- ♦ Marlene Mendenhall for donating magazines.

**Yes we are!!**



**Loch Haven**

★ ★ ★ ★ ★  
**FIVE STAR**

Senior Living Community

CMS Center for Medicare & Medicaid Services



6	Pearl Oliver
8	Alice Lucas
10	Viola Slightom
12	Harlan Mason
12	Frances Schwind
13	Robert Smith
18	Sally Caldwell
19	Leora Bunton
20	Mary Carter
23	John Love
30	Arvella Johnson

**celebrate**

**Loch Haven Apartments**  
**celebrates**

**1st Annual National**  
**Assisted Living Week**

**September 8-13, 2014**

**Schedule of Events**

Sept 8 : Old Farmer's Day  
 Sept 9: Pajama Day  
 Sept 10: Let You Music Shine Day  
 Sept 11: Hat Day  
 Sept 12: 50's & 60's Day  
 Sept. 13: BBQ Day

\*\*Families invited! Wear your "The Magic Of Music" shirt. Lunch is served at noon.

Call us at 660-385-3744 x 236 for *Magic of Music* shirt information.







This month the residents have been so busy with fun activities. On one special day, residents dined on homemade individual pizzas with their choice of toppings. Many enjoyed that cheesy and gooey meal.

In the evenings, we have several residents who join up for a "serious" game of cards. Sometimes they can get rather "rowdy" as they discuss a play of a card or the value of a hand. Several women also gather together to play dominos of an evening. After supper, one can also find residents sitting on one of our porches to socialize or they are stretching their legs with a walk.

This month we have also been blessed by donations of delicious garden fruits and vegetables. What a delightful treat.

**Special thanks** go to Shirley Richard of El Dorado Hills, California (a daughter of Ruth Robuck, an LH resident). Ms. Richard sent our Washboard Band several rhythm instruments and treats. She heard about the band's formation and activities by reading about them in the newsletter last month. Thank you, Shirley Richard! We appreciate your thoughtfulness and generosity!

**by Janis Fraley**

**We're remodeling. Pardon the mess!**

## Special Brook News

**Wow!** Can you believe that school has started. Where did the summer go? We have been real busy this month. In the party department, we have made s'mores and homemade pizzas! We always enjoy eating something different and special.

We were on the go once again this month. We took a group to Moberly. We ate at the restaurant "Funny Pages", and had a really nice waitress named, Stephanie. A great big thanks goes to her. Then we went to Walmart to do some shopping. Thank you Katie Nelson for driving us there and Sandy Ralston for going with us to help.


We want to thank Larry and Shirley Alexander for helping us with our BBQ. We really enjoyed it. Our entire Special Brook staff worked together to make it a wonderful meal. **by Blanche Neeson**

We would like to send out a special thanks to **Margery Waller** who has been the Chairman of the Memory Walk for the past several years. Her dedication for the cause went **above and beyond!**





# September 2014 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>One on One activities offered daily to those unable to attend regularly scheduled activities</b>	<b>1</b> 9:30am Flex & Stretch 2pm Bingo 3:30pm Small Groups	<b>2</b> 10am Concentration 2pm Cooking <b>6:30pm Woodville</b>	<b>3</b> 9:30am Flex & Stretch 10am Crafts with Janice 2pm Dick and Alvie 3:30pm Small Groups	<b>4</b> 7:30am-9am Family Breakfast 10am Bevier Baptist Bible Study 2pm Independent Activities <b>Employee Picnic</b>	<b>5</b> 9:30am Flex & Stretch 10am Coffee Club 2pm Bingo 3:30pm Small Groups	<b>6</b> Independent Games <b>6:15pm Belles &amp; Beaus</b>
<b>7</b> 10am Sunday School 2pm United Methodist 6:30pm Callao Bible Study	<b>8</b> 9:30am Flex & Stretch 2pm Bingo 3:30pm Concentration <b>6:30pm Casino Night</b>	<b>9</b> 10am Spa Morning 2pm Birthday Party 3:30pm Small Groups 3:30pm Wii	<b>10</b> 9:30am Flex & Stretch 1pm Wal-Mart (Moberly) 7pm County Kickers	<b>11</b> 10am Bevier Baptist Bible Study 2pm Bingo 3:30pm Small Groups	<b>12</b> 9:30am Flex & Stretch 10am Coffee Club 12:30pm Old Thrashers 3:30pm Small Groups	<b>13</b> Independent Games
<b>14</b> 10am Sunday School 2pm Faith Baptist 6:30pm Callao Bible Study	<b>15</b> 9:30am Flex & Stretch 2p Bingo 3:30pm Men's Social	<b>16</b> 10am Concentration 2pm Movie <b>6:30pm Open Arms</b>	<b>17</b> 9:30am Flex & Stretch 2pm Donny Roberts 3:30pm Small Groups 7pm County Kickers	<b>18</b> 7:30am-9am Family Breakfast 10am Bevier Baptist Bible Study 2pm Farm Visit to Bixenmann Farms 3:30pm Small Groups	<b>19</b> 9:30am Flex & Stretch 10a Coffee Club <b>2pm Third Friday Chef Series</b>	<b>20</b> Independent Games
<b>21</b> 10am Sunday School 2pm Ethel Christian 6:30pm Callao Bible Study	<b>22</b> 9:30am Flex & Stretch 2pm Bingo 3:30pm Concentration	<b>23</b> 10am Spa Morning 2pm Laughter with Susan 3:30pm Resident Council 3:30pm Wii	<b>24</b> 9:30am Flex & Stretch 10am Atlanta Methodist Bible Study 2pm Compton & Days 3:30pm Small Groups 7pm County Kickers	<b>25</b> 10a Bevier Baptist Bible Study 2pm Bingo 3:30pm Women's Tea <b>6pm Steve and Linda</b>	<b>26</b> 9:30am Flex & Stretch 10am Lunch Outing 3:30pm Small Groups	<b>27</b> Independent Games
<b>28</b> 10am Sunday School 6:30pm Callao Bible Study	<b>29</b> 9:30am Flex & Stretch 2pm Bingo 3:30pm Small Groups	<b>30</b> 10am Concentration 1pm Drive 3:30pm Small Groups				





**Staying engaged with Craft Time!**



**Larry (the dog) and West Brook staff members wishing good luck to Stephen Kindell as he returns home after a short-term therapeutic stay.**



**We have SO enjoyed working up fresh produce!**



**THANKS to Richard Watts for all his hard work this summer keeping our grounds looking great!! Richard needed something to do in retirement....we're glad he found us!**





**As the old saying goes, "there's one in every crowd! The LH Softball poses after their successful season. Thanks for the comic relief, Tom!!**

As summer turns to fall, and fall to winter, you might be thinking about making a move. Please feel free to take a tour of Loch Haven Senior Living Community by contacting our Social Service Director Julie Mason at 660-385-3113. We welcome your inquiries.





# September 2014 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Brown Sugar Meatloaf OvenBrowned Potatoes Ratatouille Fruit Cobbler	<b>2</b> Turkey & Rice Casserole Hidden Valley Ranch Salad Peaches & Bananas	<b>3</b> Beef Tips in Gravy Buttered Egg Noodles Steamed Broccoli Italian Tossed Salad- Garlic Bread/Frost Cake	<b>4</b> Herbed Pork Roast Gravy/Stuffing Brussels Sprouts Texas Sheet Cake	<b>5</b> BBQ Chicken Baked Beans Cole slaw Fruit Shortcake	<b>6</b> Ham Steak Sweet Potato Wedges Greens Apple Cobbler Corn Bread
<b>7</b> Pot Roast Gravy Roasted Carrots/ Potatoes/Onions Assorted Desserts Fruit	<b>8</b> Honey Glazed Pork Chops Buttered Orzo Vegetable Blend Cheese Cake	<b>9</b> Cheeseburgers French Fries Relish Plate Fruited Gelatin	<b>10</b> Ham & Beans Fried Potatoes Mixed Greens Goopy Butter Cake Corn Bread	<b>11</b> Residents Choice	<b>12</b> Baked Crusted Tilapia Stewed Potatoes Carrots Brownies	<b>13</b> Penne Sausage Bake Zucchini w/Oregano Pineapple Upside Down Cake Garlic Bread
<b>14</b> Glazed Ham Scalloped Potatoes Steamed Vegetables Fruit Crisp	<b>15</b> Swedish Meatballs w/Sauce Buttered Noodles Country Green Beans Sherbet	<b>16</b> Chicken Fried Chicken Mashed Potatoes Cream Gravy Glazed Carrots	<b>17</b> Polish Sausage Peppers/Onions Roasted Redskin Potatoes Fried Cabbage Brownie Pie	<b>18</b> Soft Beef Taco Pinto Beans Fiesta Corn Salad Creamy Orange Cake	<b>19</b> Greek Chicken Pasta Ranch Vegetable Salad Peach Cobbler	<b>20</b> Baked Turkey Cunch Maple Sweet Potatoes w/Apples Strawberry Pretzel Dessert
<b>21</b> Roasted Chicken Baby Bakers Grilled Vegetables Velvety Buttermilk Pie Dinner Roll	<b>22</b> Beef Parnesan Buttered Pasta Broccoli Jell-o Cake w/ Whipped Topping	<b>23</b> Roast Turkey Gravy Cornbread Dressing Candied Carrots Apple Crisp	<b>24</b> Liver & Onions Mashed Potatoes Peas Daffodil Cake	<b>25</b> Salisbury Steak Twice Baked Potatoes Spinach Peaches w/ Whipped Topping	<b>26</b> Fish of the Day Macaroni & Cheese Cole Slaw Frosted Banana Cake	<b>27</b> Ham & Beans Fried Potatoes Braised Cabbage Creamy Custard Pie Corn Bread
<b>28</b> Fried Chicken Mashed Potatoes California Vegetables Pie of the Day Dinner Roll	<b>29</b> Brown Sugar Meatloaf OvenBrowned Potatoes Ratatouille Fruit Cobbler	<b>30</b> Turkey & Rice Casserole Hidden Valley Ranch Salad Peaches & Bananas	<div>             *all meals served buffet style with bread and beverage. Several choices available.           </div>			





## Impossibly Easy French Apple Dessert Squares

### STREUSEL

1 c original bisquick mix  
1/2 c packed brown sugar  
1/4 c butter or margarine  
3/4 c chopped nuts

### FRUIT MIXTURE

6 c apples, sliced peeled tart (6 medium)  
2 tsp ground cinnamon  
1/2 tsp ground nutmeg  
1 c original bisquick mix  
1 c granulated sugar  
1 c milk  
2 Tbsp butter or margarine, melted  
4 eggs, beaten

Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. For streusel mix together the Bisquick mix and brown sugar. Cut in 1/4 cup butter, using pastry blender, until crumbly. Stir in nuts; set aside. Mix together apples, cinnamon and nutmeg; spoon into baking pan. Stir together remaining ingredients until well blended. Pour mixture over apples. Sprinkle with streusel. Bake 50 minutes until golden brown. Cool 30 minutes or until set before cutting into squares.



## Crab and Shrimp Enchiladas from Bay Times

1 lb. crabmeat	1/2 lb. shrimp, cut into pieces
1 tbsp. butter	1 sm. onion chopped
1 cup heavy cream	8 ozs Shredded colby jack cheese,
1/2 cup sour cream	1/4 cup butter
1/2 tsp. parsley, cilantro & garlic powder	
1tsp. Old Bay	8 6" corn/flour tortillas

Sauté onions in the tablespoon of butter until they are transparent. Remove from heat and stir in crabmeat, shrimp and half of the shredded cheese. Spoon 1/4 to 1/3 cup of seafood mixture on each tortilla, roll it and put it rolled side down in a 7 x 13" baking dish. In a medium saucepan, over medium high heat melt the butter and mix in the heavy cream, parsley, cilantro garlic powder and Old Bay. Stir until well blended and warm but not boiling. Remove from heat and whisk in sour cream to prevent curdling. Pour the sauce over the enchiladas and sprinkle with remaining cheese. Bake 30 minutes in a preheated 350 ° oven.

## Panzenella

1 loaf very crusty Italian Bread  
1 whole Cucumber seeded cut into chunks  
6 Tomatoes, cut into wedges  
1/2 whole Red Onion thinly sliced  
1/4 cups Olive Oil  
1 Tbl. Red Wine Vinegar  
Salt And Pepper  
25 whole Basil Leaves (more or less to taste)  
Parmesan Shavings  
Olive Oil, For Drizzling

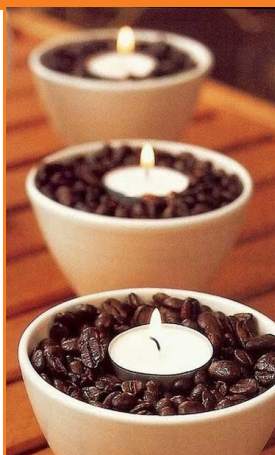


Place in oven for 20-25 minutes to slightly crisp (not toasted). Remove and allow to cool. In a large bowl, combine bread, cucumber, tomatoes, and onion. In a small jar, shake together the olive oil, vinegar, salt and pepper. Pour over the salad ingredients, tossing gently. Add basil and Parmesan shavings and toss again. Cover and allow to sit at room temperature for an hour or two before serving. Sprinkle with more salt and pepper and serve.

Preheat oven to 275 F. Cut the bread into 1-inch cubes, arrange on a baking sheet, and drizzle lightly with olive oil.

serving. Sprinkle with more salt and pepper and serve.

Don't  
You  
Just  
Love  
This



Cute Bowl, coffee beans, tea light candle

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

1. If typing a recipe and you want to get the little degree sign (°), press and hold "alt" and then type in 167 on your keypad. Voila! ° ° °
2. Pancakes will brown better if you add a tablespoon of molasses to your batter.
3. Put orange peels in a plastic bag and store in the freezer. Then, when a recipe calls for grated orange peel, simply grate it frozen.

## Blog of the month Six Sisters' Stuff

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

Welcome to our site! There are six of us girls . . . no boys! Now that we have grown up and moved far apart from each other, we use this blog to stay in touch and share our (recipe and project) ideas.





**Saturday, September 20, 2014**

**Long Branch Lake  
(1st Shelter House across Dam)**

**Registration: 9 a.m.**

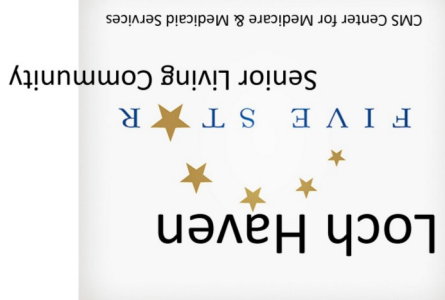
**Ceremony: 10 a.m. followed by walk across the Dam**

Free hot dogs, chips, and pop. Come out and join the fun and support families who have been touched by Alzheimer's Disease.

Bank Night is Thursday, Sept 18 starting at 5 p.m. at Loch Haven for teams to turn in money they have raised for the Memory Walk.

*We're leading the fight against dementia!*

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



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