

Loch Haven Tymes

April 2014



A publication of the

Loch Haven

Senior Living Community

Macon, Missouri

Employee Spotlight

MEET: Crystal Smoot, RN

WESTBROOK

Going Above & Beyond



- ♦ **Were you named after anyone special?** Every girl in the family has a form of Ann in their name. My middle name is Annette.
- ♦ **Describe yourself in one word?** Sassy! I usually say what I'm thinking.
- ♦ **What kind of pets do you have?** Many! 1 English Bulldog, 1 Maltese, 1 Daschund, 2 fat cats, and fish and hamsters.
- ♦ **What is your favorite all-time movie?** I enjoy chick flicks. The Notebook.
- ♦ **What is the best place you ever went on vacation?** Walt Disney World 2 times.
- ♦ **What was your favorite subject in school?** All math subjects.
- ♦ **If you could be someone else, who would you be?** I have a special love for animals, and would love to be a vet.
- ♦ **Everyone has a talent? What is yours?** Decorating. I love to change and rearrange my home.
- ♦ **What would be your dream vacation?** New England Getaway to The Hamptons, Cape Cod, & Martha's Vineyard in the fall.
- ♦ **What is your favorite saying?** "If you can't take the heat, get out of the kitchen!"
- ♦ **Who was your favorite celebrity as a child?** I am a child of the 80's, and always thought Corey Haim and Corey Feldman were "cool".
- ♦ **How long have you worked at Loch Haven?** 2 years. Been a nurse for 16 years.
- ♦ **What are your duties?** Charge nurse in West Brook.
- ♦ **Family:** My husband, Eric and I have been married for 21 years. We have a daughter, Allie, that is 18 and a senior at MHS and son, Jeffery, who is 15 and goes to MMS.
- ♦ **Where do you live?** I am originally from Carrollton, Missouri and moved to Macon 5 years ago. My family and I love Macon and most of the people we have met!

"I love working at Loch Haven for the personal/family feel. I have worked at nursing homes owned by corporations, and they do not compare to Loch Haven Senior Living Community!"

~Crystal~

Welcome to Team Loch Haven

- | | |
|--------------------|--------------------------|
| James Kohn, NA | Mt View & Sunset Village |
| Kelsey Prather, NA | Sunset Village |
| Tonya Waite, NA | Mt. View |
| Penny Morgan | Housekeeping |

THANK YOU for your
Perfect Attendance!

Dana Zamora

Team PLAYER award Judy Senholtz

STAR AWARD WINNERS

FEBRUARY

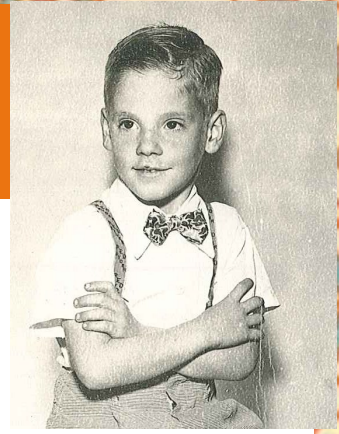
- Kristen Lee
- Terry Brammer
- Tristan Smith
- Latisha Teter
- Kim Dunseith
- Dennis Ashenfelter
- Amy Harre
- Terri Cross



Getting to know our family

MEET: Kenny Bork Sunset Village

Life Stories



I was born in Macon on April 4, 1949 to Raymond and Alice Bork. We lived in Macon out on PP. My dad worked for farmers in the area, and my mom worked at Banquet Food and the Dairy Queen. At that time the Dairy Queen was a little building right south of the school. I remember Cad taking her to work, and I'd get an ice cream cone. Mom then went to work as a cook at the old Standard Station. It was on the corner of Hwy 63 and Business 36. Mom worked there for 15 years or so. She was famous for her pies and hot rolls. My favorite was her banana cream pie. She could really do it up good with the meringue piled up high. She ended up going to work at the Clarence Factory, and eventually retired from there.

We moved into town, and that's where I lived the rest of the time before I came to live at Loch Haven. I was an only child. I always loved to hunt and fish...even as a kid. My friends and I would hunt squirrels, rabbits, quail, deer. I'd like to have a good rabbit to eat. I miss that!

I always loved animals. We of course had dogs and cats, but I also had a nanny goat. I'd milk her and give it to the cats. My dog, Princess, lived here for several years. Now, my mom brings her out to stay with me three days a week. She's my girl.

I went to school in Macon except for my first year in school where I went to the country school in Anabel. I can still remember all of my teachers' names. In high school my favorite class was Home Ec and my shop class. I made a gun case and a lamp.



I was just a typical teenager of the time. I'd get in trouble with my buddies for smoking behind the school. I liked to go to Howard's Skating Rink although I didn't skate. Never could. But it was close to where I lived, so I was there a lot.

When I turned 21, I got a 1959 Chevy. It wasn't anything fancy, but it did have a musical horn. You'd push a button, and it'd play a tune. It actually played several different tunes!

I worked at Don's Skelly at 63 & Vine. Started my senior year and worked there for six years. There were three other stations at that intersection (DX, Phillips 66, and Imperial). I remember gas being as low as 25 cents a gallon during one of the gas wars.

I had a lot of fun at the station. I remember one time getting in a little trouble when I pulled a prank on Howard Gladhill. He'd stopped in to use the bathroom. I had some fireworks in my trunk (it was July). Keith Maloney and I put smoke bombs under the door and through the open window. Keith got sent home, and I got chewed on all afternoon! The next day, Howard came back and was going to get even. He had a homemade bomb you put on a spark plug that he put in my car. We saw him do it, so Keith got his attention and I got the bomb and put it in the back of Howard's truck. When he drove out of the station...Kaboom!! His truck died and a semi was coming honking his horn. He got it going, but about had a nervous breakdown!!! Everyone had a good laugh.

I eventually went to work for the Norfolk and Western Railroad on the tie gang. We worked all over the place. I got hurt working, so I had to quit. I went to work for myself hauling dirt and gravel, building driveways and all kinds of odd jobs. You name it, and I did it.

I came to live at Loch Haven in 2004. I still go to McDonalds twice a week (the OATS bus picks me up). I go to as many activities as I can. I like to eat, and there's some good cooks here. My favorites are Penny Hicks, Jennifer Stivers, and Sharon Freeman. You haven't tasted a steak until Sharon cooks you one. Mostly I like to aggravate the Dietary Staff, especially Di Hicks. I think they like to aggravate me back!



a Warm Welcome

Dale Belshe Laura Miles
Genevieve Cameron Wilma Vose
Clayton Deshazer

Good luck to **Juanita Wisdom, Neva Maddy, Geneva Eymann, and Nora White** who have returned home after a therapeutic stay.

We will always

Remember

Richard Clark Thelma Gwinner
Sylvia Hutton Lorayne Vaughn
Bobby Johnston Bob Williams
Jean Jones

Softly...

*May God's peace replace your heartache
with warm and loving memories.*

Office Staff & Neighborhood Secretaries



There are many tasks that happen behind the scenes at Loch Haven. A group called the "Front Office Staff" takes on duties such as answering the phones, scheduling, resident and employee insurance, payroll, accounts payable and receivable, and much, much more. They are a busy group of ladies who enjoy what they do as they work with the entire Loch Haven family...employees, residents and family members. Pictured (l-r) Jean Magruder, nursing department administrative assistant; Tiffany Matlock, receptionist; Tammy Rhoades, neighborhood secretary; Paula Whisenand, scheduling assistant; Dianna Bowzer, neighborhood secretary; Amy Harre, insurance; Dena Selmon, accounting; Rosemary Jones, sub neighborhood secretary; and Patty Lolli, accounting assistant. Not pictured: Brenda Wilson, sub neighborhood secretary.

What I do To help YOU! Amy Harre Insurance

When we have a new resident come into our home and they have insurance, whether it is a Medicare Supplement or a Long Term Care policy, I call their company to see what their benefits are and try to discuss that with the resident or a family member. If there are claim forms to be filled out, I get those and fill them out, get the resident's signature (or the designated family member) and fax them in for them. I bill their insurance company each month, and if the resident desires apply any payments to their account. If the resident or family member has any questions or concerns, I try my best to answer them immediately. If I can't, I call their company and find out the information for them. My door is always open for any resident or family member to come see me with any questions or concerns they might have.

Amy joined the LH Office Staff in April 2013.



(l) Residents SO enjoyed a visit from a little lamb brought to us by Christie Anderson and her daughter Emily. Accompanying them were friends Gracee and Audree Butner. The lamb is part of a Home School Project of Emily's. (r) Who's behind that mask.....Tonya O'Haver!! Mardi Gras parties were held in several of the neighborhoods with residents enjoying their flashy Mardi Gras masks!

Oak View & Cedar View Cottages

Oak View News: This month we celebrated our one year anniversary at Oak View Cottage. March 12, 2014, we celebrated with our neighbors and PALS with a balloon launch and taco salad supper. The balloons had tags attached stating the address of Loch Haven, hoping to have a few returned to us letting us know where they had landed. We plan to have a larger party in the near future once the weather warms up with family and friends. We also enjoyed the festivities of St. Patrick's Day. The cottage indulged in Shamrock Shakes and sugar cookies made by Tina Wilham and Amy Goosey, cottage PALS. We added to our cottage family, Laura "Judy" Miles. Another big hit here at Oak View is music. Lillian Davis plays the piano daily, along with Bob Stansberry here and there. Bob and Wanda Smith are always dancing when musicians come to play for us. I hope spring brings lovely weather for all to enjoy!



Paige Wilt, CNA/CMT Oak View PAL



Cedar View News: What a busy month March was! We decorated with Shamrocks that our neighbors made for St. Patty's Day. We celebrated two birthday; Phyllis McLain and Jerald Simons. Also, enjoyed a balloon launch, hoping to get a reply back from one if found. Each and every month the neighbors look forward to Clark Dobbs Bible Study and Jana and Roy picking and singing their ole' favorites. For St. Patricks Day Celebration the residents enjoyed Country and Gospel music by Arnold Compton, Bill Lear, Jim & David Overstreet, Todd Samm, Roy Fancher, and Nadine Compton. Singing along were Harold & Cynthia Compton and Connie. Thanks, to all! Another night of picking and singing gospel music was Pat & North Clemons, Roy Fancher and Nadine Compton. Coming and sharing their musical talents and gospel singing from the Kaseyville Baptist Church was Pastor Perry & wife Becky Martins, Arnold Compton, and James Brennan. Singing along was Nadine & Kelly Compton and Cathy Ricker and many others. Many thanks to all. Thanks to everyone who made cookies and more! You are SO appreciated!!

Susan Lenon, Activity PAL



3rd Friday Chef Series

2 p.m.

Starring Margery Waller

Menu

Margery's Famous Cinnamon Rolls

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.



Birthdays

- 1 Wilma Ash
- 3 Arnold Truitt
- 4 Dale Belshe
- 4 Kenny Bork
- 6 Betty Teter
- 8 Georgia Hall
- 10 Mary Frye
- 13 Clayton Dshazer
- 16 Bernard Wilhelme
- 24 Mary Rodgers
- 25 Walter Davis
- 29 Eva Mason
- 29 Mildred Phipps
- 29 Pat Sutton
- 30 Julia Caldwell

to celebrate

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.

Thanks!

Thanks to Ron Watson for donating money for popcorn!

Every Thursday is popcorn day at LH!! AND thanks to Mary & Betty Hauf for helping cut out basketballs for our Team Player Boards!!

A Note from Corporate Compliance Officer BJ Roberts

Ethical business practices are everyone's concern. Every business enterprise in our country has opportunities for the misuse of information or money. The fraud investigation units of many corporations are uncovering questionable internal and external practices. Like every other industry, health care has regulatory obligations regarding the reporting and investigating of fraud and abuse. From the newest employee to the concerned community citizen, we all have an obligation to report business practices that are unethical or illegal. During the orientation process, our new employees receive training on the process of complying with state and federal government regulations; part of that process is the steps to reporting abuses of business and care practices within the facility. The Loch Haven report line, 660-395-7979, is available for those outside the facility to use to make reports. Once the report of an infraction has been received, an internal investigation will take place. The law is specific in regards to the investigation and the steps to be taken if ethical violations are discovered. Loch Haven's Corporate Compliance committee meets monthly to discuss and review our internal practices and make sure we maintain our standards of practice.

Loch Haven's

A SENIOR Moment

April Episode

Keeping Country Alive

featuring

Bill Lear...Black Diamond Jubilee

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.



join us on

facebook

under Loch Haven Senior Living Community

Special DAYS in Special Brook!

Well the end of another month. Hopefully we will be on to warmer days so we can sit out on our back porch. Our residents have been talking about planting flowers. Of course, we weren't talking about flowers in early March. We were building snowmen! A few of the staff members got together and built a St. Patrick's Day Snowman.

We've been busy with our daily exercises, crafts, and of course



always love our visitors...especially the four legged kind! We also had a fun game of marshmallow toss! There's always something "special" going on in Special Brook!

**Blanche Neeson,
SB Activity Director.**



RCF news




We are one busy family in the Loch Haven Apartments. If we think of "it", we give it a try!! Our main goal is to have fun every day! We made masks for our Mardi Gras Party, we baked 24 dozen cookies for the Doctor's Day Baskets, we had a going away party for Raymond Novinger (who is heading home for the summer to raise a LOT of tomatoes), and we've started on our Easter Egg Baskets. They are SO cute. Wishing you all a wonderful Easter. Stop by and see us, "and catch us if you can"!

Sandy Ralston RCF Activity Director



April 2014 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activities Subject to Change	April Showers brings May Flowers	1 10am Concentration 2pm All Fools 3:30pm Small Groups	2 9:30am Flex & Stretch 10am Crafts w/ Janice 2pm Dick & Alvie 3:30pm Small Groups	3 FAMILY BREAK- FAST (7:30-9a) 10am Bevier Baptist Bible Study 2pm Bingo 3:30pm Small Groups	4 9:30am Flex & Stretch 10am Coffee Club 1pm Drive	5 Independent Games
6 10am Sunday School 2pm United Methodist 6:30pm Callao Bible Study	7 9:30am Flex & Stretch 2pm Bingo 3:30pm Small Groups 6:30pm MMS Students	8 10am Small Groups 2pm Birthday Party 3:30pm Small Groups 3:30pm Wii	9 9:30am Flex & Stretch 10am Spa Morning 2pm French Fries & Onion Rings 4pm K5 Alive Singers	10 10am Bevier Baptist Bible Study 2pm Bingo 3:30pm Small Groups	11 9:30am Flex & Stretch 10am Coffee Club 2pm Pass The Hat 3:30pm Small Groups	12 Independent Games
13 10am Sunday School 2pm Faith Baptist 6:30pm Callao Bible Study	14 9:30am Flex & Stretch 2p Bingo 3:30pm Small Groups	15 10am Concentration 1pm Wal-Mart 6:30p Open Arms Baptist Church Choir	16 9:30am Flex & Stretch 10am Small Group 11am Lunch Outing 2pm Donnie Roberts 3:30pm Small Groups 7pm County Kickers	17 Family Breakfast (7:30-9a) 10am Bevier Baptist Bible Study 1:30pm Bingo (WB) 2pm-4pm Clothes to You 6:30pm Steve & Linda	18 9:30am Flex & Stretch 10a Coffee Club 2pm Third Friday Chef Series 3:30pm Small Groups	19 Independent Games
20 Happy Easter 10am Sunday School 2pm Ethel Christian 6:30pm Callao Bible Study	21 9:30am Flex & Stretch 2pm Bingo 3:30pm Women's Tea	22 10am Resident Council 2pm Laughter with Susan 3:30pm Small Groups 3:30pm Wii	23 9:30am Flex & Stretch 10am Atlanta Methodist Bible Study 2pm Compton & Days 3:30pm Small Groups 7pm County Kickers	24 10a Bevier Baptist Bible Study 2pm Independent Activities 6pm Volunteer	25 9:30am Flex & Stretch 10a Coffee Club 2pm Movie	
27 10am Sunday School 6:30pm Callao Bible Study	28 9:30am Flex & Stretch 2pm Bingo 3:30pm Small Groups	29 10am Concentration 2pm Men's Social 3:30pm Small Groups 330pm Wii	30 9:30am Flex & Stretch 10am Spa Morning 2pm Becki Wombwell & Jamie Bowen 3:30pm Small Groups 7pm County Kickers	26 Independent Games		

OUR VOLUNTEERS ARE TRIPLE CROWN WINNERS!!



You are invited to Loch Haven's
VOLUNTEER WINNER'S CIRCLE BANQUET
Thursday, April 24, 2014
Dinner 6 p.m.
First Church of the Nazarene Fellowship Hall
Highway 63 South Macon

Entertainment by Joel Vincent

RSVP by April 17th by calling 660-385-3113
or email mbtruit@lochhaven.com.

If you have volunteered at Loch Haven we
invite you to attend.

**KENTUCKY DERBY THEME. PRIZE FOR
THE BEST DECORATED HAT!!**

...AND THEY'RE OFF!



April 2014 Dining Calendar

EASTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 Baked Ham Sweet Potato Casserole Mixed Vegetables Mock Pecan Pie	7 Baked Chicken Au Gratin Potatoes Sugar Snap Peas Yellow Cake w/ Chocolate Frosting	1 Salisbury Steak Noodles Romanoff Steamed Vegetables Chocolate Cake	2 Pork Loin Herb Stuffing Yams Three Fruit Mound Cake	3 Pepper Beef Patty Mashed Potatoes/Gravy Green Beans Strawberry Shortcake Dinner Roll	4 Fried Fish Macaroni & cheese Stewed Tomatoes Peanut Butter Cake	5 Polish Sausage w/ Peppers & Onions Potato Wedges Sweet & Sour Cabbage Fruit Crumble
13 Fried Chicken Mashed Potatoes/Gravy Broccoli/w Cheese Sauce Apple Pie	14 Meatballs Brown Gravy Potato Medley Peas Blushing Pears	8 Smothered Beef Patty with onions and peppers Mashed Potatoes Vegetable Medley	9 Turkey Burger on Bun Relish Plate French Fries Ice Cream	10 Resident's Choice	11 Pork Chop Scalloped Corn Spinach, Bacon & Onion Fruit Shortcake	12 Spaghetti w/ Meat Sauce Italian Tossed Salad Fruit of the Day Garlic Bread
20 Pork Roast Au Gratin Potatoes Brussels with Bacon Frosted Marble Cake Dinner Roll	21 Chicken & Dressing Broccoli Pumpkin Crumble	15 Roast Turkey Gravy Baked Sweet Potato Green Bean Casserole Fruit Cobbler	16 Grilled Liver & On- ions Mashed Potatoes Spinach Bake Pudding Cream Pie	17 Swiss Steak Cramy Noodles Veggie Medley Baked custard	18 Breaded Fish Macaroni & cheese Cole Slaw Frosted Banana Cake	19 Bacon Wrapped Beef Parslied Butter Potatoes Fried Cabbage Fruit Salad
27 Roasted Chicken Buttered New Potatoes Broccoli Carrot Cake w/ Cream Cheese Frosting	28 Ham & Beans Fried Potatoes Mixed Greens Fruit Cobbler Corn Bread	22 Lasagna Caesar Salad Fruited Gelatin Garlic Bread	23 Meatloaf & Gravy Baked Potato Spinach Bake Bread Pudding Lemon Sauce	24 Sweet & Sour Pork Fried Rice Oriental Vegetables Frosted Cake	25 Marinated Chicken Angel Hair Pasta Italian Vegetables Fruit Crumble	26 Country Fried Steak Cram Gravy Mashed Potatoes Vegetable Medley Homemade Cheesecake
<p style="text-align: center;">*all meals served buffet style with bread and beverage. Several choices available.</p>						

Cooking up a Storm!

Broccoli, Bacon and Raisin Salad

1 bunch broccoli, washed, drained and broken into florets
1/2 cup hulled sunflower seeds
1/2 cup raisins
1/2 cup chopped, red onion
1 pound bacon, fried crisp and crumbled

Dressing

3/4 cup mayonnaise or salad dressing
1/2 cup granulated sugar
2 tablespoons white vinegar

Fry the bacon and crumble. Mix all ingredients, except the dressing, in a bowl. In a separate bowl, mix dressing ingredients and pour over salad ingredients. Toss until everything is coated. Chill until ready to serve.



Oreo Cheesecake Cookies

1 cup butter, room temperature
8 oz cream cheese, room temperature
2 cups sugar
2 tsp vanilla
2 cups all-purpose flour
3 cups Oreo cookie crumbs, divided
Preheat oven to 375. Line a baking sheet with parchment paper. Cream together butter and cream cheese until well combined. Add in sugar and vanilla and mix well. Add in flour one cup at a time until it is just combined. Stir in 1 cup of Oreo crumbs into the cookie mix. Pour remaining Oreo crumbs into a bowl. Roll cookie dough into 1.5" balls then roll into the cookie crumbs, making sure to coat each ball thoroughly (this will help hold the cookie together as it cooks). Place cookies 1-2" apart on baking sheet. Bake on center rack for 14-15 minutes or until the bottom just starts to brown. Allow to cool on the baking sheet for a few minutes before removing to a rack to cool completely



Give this a try!

Kitchen Window Herb Garden

(a great little project for YOU & the grandkids!)

Hearty Sausage & Hash Browns

- 4 cups frozen cubed hash brown potatoes
 - 1/4 cup chopped green pepper
 - 1/3 cup canola oil
 - 1/4 pound smoked sausage, halved lengthwise and cut into 1/4-inch slices
 - 3 slices process American cheese
- In a large skillet, cook potatoes and pepper in oil over medium heat until potatoes are golden brown. Stir in sausage; heat through. Remove from heat; top with cheese. Cover and let stand for 5 minutes or until cheese is melted.



Blog of the month

Stephanie Dea

<http://crockpot365.blogspot.com>

This blog is just what it says....the best recipes for slow cookers. If you don't want to turn on the oven this summer, opt for a slow cooker. Stephanie is a slow cooking expert and mom to three!



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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