

Loch Haven Tymes

May 2019



A publication of

Loch Haven

Senior Living Community

Macon, Missouri

Bertha Wright—CNA

Employee Spotlight



- ♦ **What is your nickname?** Arlene
- ♦ **Describe yourself in one word.** Approachable
- ♦ **If you were an animal, what would you be?** Female Eagle
- ♦ **What is your favorite movie?** 300
- ♦ **Where is the best place you ever went on vacation?** Macon, Mo
- ♦ **What was your favorite subject in school?** English

- ♦ **Who is or was your hero and why?** My uncle Johnny because he always knew what to say when I had nightmares.
- ♦ **Everyone has a talent. What is yours?** Speaking to people
- ♦ **What is one thing on your bucket list?** To have a healthy marriage with a man that loves and fears the Lord (God)
- ♦ **How long have you worked here at Loch Haven?** Since November of 2018
- ♦ **What are your duties?** I'm a C.N.A at the Cottages. I take care of the elderly. I comfort them, bathe them, do their laundry, put them to bed and encourage them.
- ♦ **Where do you live:** Macon, MO

Positive quote about working at Loch Haven:

I truly love coming to work because I know that my love, patience, listening ear and more of me is well needed and appreciated here. It makes my shifts so much worth working! Thank you Loch Haven for hiring me!



Welcome to Team Loch Haven

Janette Douglas NA
Jasmine Kitts NA
Amber Graham NA
Emily Jarvis LPN
Brienne Rausch NA
Abby McCormick NA
Keli Hayes NA
Mallory Wayman NA

Perfect Attendance



DONNA EWING

APRIL SHOWERS
BRING MAY FLOWERS.



www.lochhaven.com

If you're the primary caregiver for a loved one. We know that taking time to get away can be a real challenge. We know that caregivers need a break too! That's why we offer **DayBreak/Adult Daycare** and **Respite** care services that both provide peace of mind while your away on vacation, a weekend getaway, running errands or just need a day to yourself. For more information about these services, contact Julie Mason or Sharon Thrasher in our Social Services Department at **660.385.3113**.



Activities, entertainment, bible study & Birthday celebrations!



A Warm Welcome to

Calvin Wright
Nina Mangus
Dorothea Couch
Ida Claiborne
Patricia Bradshaw
Betty Garnett

Gertrude Scurlock
Robert Harris
Marguerite Thrasher
David Walker
Sharrie Wilkins

Thanks to those who joined us for a therapeutic stay:
Calvin Wright, Berniece Lewis, Patricia Bradshaw and
Timothy Williams.

We will always remember

Virginia Hudson
Genevieve Shearon

Wayne Davis

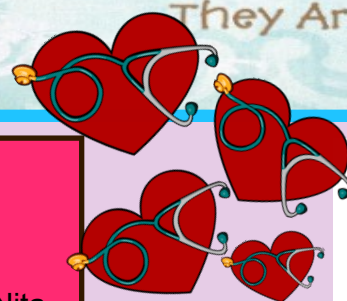
We have a heartache, No one can heal.
Love leaves a memory.
No one can steal.

Our Nurses...a Work of HEART



They are strong yet have the
Gentlest of touch.
They walk with determination
But always take time to listen.
They are educators, teaching and
Sharing knowledge everyday.
They are there when you need
Them the most.
They Are Nurses!

Gail Gabel, RN



Neighborhood Coordinators and Directors

Seated: (l-r) Donna Ewing RN- West Brook Unit Coordinator; Carol White, LPN- House Supervisor, Stacy Wood, LPN- Special Brooke Coordinator, Terry Brammer, RN- Infection Preventionist. Back Row (l-r): Nita Coale, RN- Director of Nursing, Lea Apel, RN-MDS Coordinator, Christy Riekeberg, RN-MDS Coordinator. Patty Hasselbring, LPN-Cottage Coordinator and Shyla Terry (not pictured), RN- Loch Haven Apartments Coordinator.

"A mother is
the one who
fills your
heart in the
first place."
- Amy Tan



Pictured L to R:
Alicia Gladbach
Roberta Davis

Congrats girls on receiving your
C.N.A certifications!

GREAT JOB!
Wow! Fantastic
Way To Go! Wonderful
Congratulations
Fabulous Yippee!! Good Work
Outstanding Kudos

Congrats to the following
team members who re-
cently received their C.N.A.
certifications!

Alex Quido
Angel Watson
Roberta Lucas
Kristen Hager
Courtney Dodd
Alicia Gladbach
Wendy Dueser

WAY TO GO!

We're ALL so proud of you!
~Team Loch Haven



Thank you Cross
Roads Christian
Church for com-
ing to visit our
home! Come
back real soon!





Our Volunteer Banquet was a boot scootin good time! We can't **THANK** our volunteer's **ENOUGH** for **ALL** that they do for our residents. They truly make such a difference in our residents lives and we greatly appreciate each and every one of **YOU** for all that you do!



Here's to all volunteers, those dedicated people who give selflessly of their time, talent and treasures.

THANK YOU
FOR MAKING THE WORLD
A BETTER PLACE



Emma Lu Dimmitt from Salt River Community Care was crowned our 2019 Nursing Home Queen! Thank you to all our contestants including our very own Betty Lucas for participating in this years pageant.





May Birthdays

Thank you to everyone who has shown their love to Loch Haven Senior Living Community by donating items, volunteering your time to read and provide activities to our residents and to all those who come in and visit. You are truly appreciated and we look forward to seeing you as the warmer weather approaches.



3	Marie Kindle	20	David McBrayer
6	Leota Krawl	21	Donna Albrothross
7	Jeannette Holz	22	Juanita Shearer
11	Doris Henley	25	Gail Clarkson
12	JoAnn Wood	30	Mary Hauf
18	James Scott	30	Betty Schlanker

Don't Go It Alone!

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

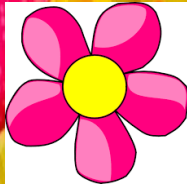
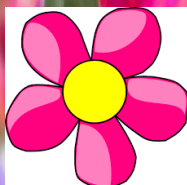
Stacy Wood, LPN at 385-3113

If you would like a PDF copy of the **Loch Haven Tymes** sent to your email address, just drop us a note at friendsoflo@gmail.com or call 660-385-3113

Employee work Anniversary's for the Month of MAY

1st	Heather Flemming, 6 years
6th	Amber Sherman, 3 years
7th	Alicia Smith, 11, years
7th	Wanda Wicker, 12 years
8th	Nichole Cleeton, 1 year
8th	Robin Jarvis, 1 year
11th	Geri Lake, 4 years
11th	Jennifer Stivers, 19 years
15th	Brenda Primrose, 39 years
17th	Emilee Britt, 2 years
21st	Kaitlyn Russell, 4 years
22nd	Helen Perkins, 1 year
27th	Stephanie Adkins, 5 years .
30th	Georgia Jones, 2 years

Thank you for your commitment to us and for being a valuable part of our TEAM! We look forward to working with you for years to come.



News from RCF

Hello Everyone!! April seemed to just fly by! We were busy as usual in the apartments. We had our usual activities such as bingo, wheel of fortune, L-R-C and Numbers Game. We celebrated Easter with a Social. We talked about Easter trivia and played a fun game of toss the peeps. If a resident could put 4 peeps in the basket they won a prize. Helen McDuffee won the chocolate bunny.

We also had refreshments of pink lemonade and funfetti cupcakes with a peep on the side.

We also had special visitors this month again. Lucy and Sammie came to visit us again. They are miniature schnauzers. The residents hear stories about them all the time. This way they can actually see the dogs. We will be back again next month.

~Katie Nelson, RCF Activity Director



SPECIAL Brook NEWS

We're so glad the weather has gotten warmer so that we can go outside to enjoy our pretty flowers! We've been busy doing

crafts, exercising and playing games. Getting ready to put out our garden soon. We've decided that we're going to plant tomatoes, green beans, green peppers and cucumbers. We'll be taking pictures to show you as the plants grow! We hope you can come out for a visit this month!

~ Blanche Neeson – Special Brook Activities Coordinator



May 2019 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All Activities are subject to change without advanced notice.	One on one activities offered to those that are unable to attend scheduled activities.		1 9:30a Chit Chat 10a Flex & Stretch 2p Alvie & Dick Gospel music 3:15p Numbers 7p County Kickers	2 10a Bevier Baptist Bible Study 2p Pitch 3:30p Dominos	3 9:30a Coffee Club 10a Flex & Stretch 1p Jim Bolin Bible Study 2:30p Skip-Bo	4 Bingo @ 9:30a Pitch @ 1p
5 10a Sunday School 2p United Methodist 6p Callao Bible Study	6 9:30a Chit Chat 10a Flex & Stretch 2p Bingo 3:15 Resident Council	7 9a Nails & Lotion 2p Craft 3p Pitch 7p Ethel Amish	8 9:30a Juice Bar 10a Flex & Stretch 2p Music w/Barb & Roy 3:15p Dominos 7p County Kickers	9 10a Bevier Baptist Bible Study 2p Mother's Day Tea	10 9:30a Coffee Club 10a Flex & Stretch 1p Jim Bolin Bible Study 2:30p LRC	11 Bingo @ 9:30a
12 Mother's Day 10a Sunday School 2p Faith Baptist National Nursing Home Week	13 9:30a Coffee/Tea 10a Flex & Stretch 2p Bingo 3:30a Dominos	14 10a Concentration 2p Birthday Party 3p Pitch	15 9:30a Chit Chat 10a Flex & Stretch 2p Music w/David Snarr 3:15p Tic Tac Toe 7p County Kickers	16 10a Bevier Baptist Bible Study 2p Music w/David Foster Community BBQ	17 9:30a Coffee Club 10a Flex & Stretch 1p Jim Bolin Bible Study 2:30p Numbers	18 Bingo @ 9:30a Pitch @ 1
19 10a Sunday School 2p Ethel Christian 6p Callao Bible Study	20 9:30a Chit Chat 10a Flex & Stretch 2p Bingo 3:30a Numbers & Dominos	21 9a Nail & Lotion 2p Pitch 3:30p Porch Time 6:30p Open Arms	22 9:30a Juice Bar 10a Flex & Stretch 2p Music w/Roy & Barb 3:15p Skip-Bo/UNO 7p County Kickers	23 10a Bevier Baptist Bible Study 2p Pitch 3:30p Noodle Ball	24 9:30a Coffee Club 10a Flex & Stretch 1p Jim Bolin Bible Study 2:30p Dominos	25 Bingo @ 9:30a
26 10a Sunday School 6p Callao Bible Study	27 Memorial Day	28 10a Concentration 2p Pitch 3:30p Porch Time	29 Iced Tea/Coffee 10a Flex & Stretch 2p Social 3:15p Wheel of Fortune 7p County Kickers	30 10a Bevier Baptist Bible Study 2p Pitch 3:30p Tic Tac Toe	31 9:30a Coffee Club 10a Flex & Stretch 1p Jim Bolin Bible Study 2:30p UNO	

National Nursing Home Week **MAY** 2019

THE SPIRIT OF CARING/The Spirit of America

Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
10:30 a.m. Bubble Blowing Launch	Hidden object day: grab a resident and look for the hid- den object	Decorate a wheelchair or walker: staff and resident will work as a team to decorate. There will be a parade in the afternoon.	3—6 p.m. Community BBQ	Milk carton sailboat races. Staff member and a resident will build a sailboat to- gether and there will be races.
Wear a shirt of your favorite sports team	CrAzY Hair Day!	Hippie Day	Loch Haven T-Shirt Day	
			Karaoke with a resident. Each entry from a staff member must include a resident.	“Bring it back Friday”, wear a old Loch Haven shirt

Please join us for the Annual LH Community BBQ
Thursday, May 16 3—6 p.m. Front Circle Drive

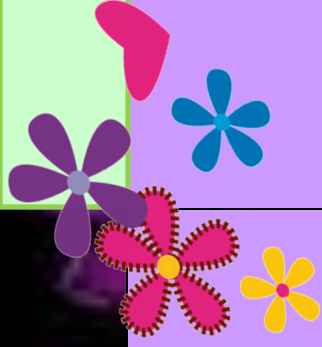
A special “thank you” to the following vendors for donating the food items for us to continue our yearly tradition of having a BBQ for our residents, staff and community. We greatly appreciate your generosity and contributions!

C&R
Prenger Foods
D.L. & Judy England— our Kohl wholesale Rep
US. Foods
ConAgra




LIVE SOULFULLY
May 12—18, 2019

ahcancal.org/NSNCW | #NSNCW



May 2019 DINING CALENDAR

5 Roasted Pork w/Gravy Combread Stuffing Green Beans Peach Swirl Cheesecake Bar Dinner Roll/Margarine Beverage	6 Meatloaf Mashed Potatoes/ Gravy Carrots Apple Crisp Bread/Margarine Beverage	7 Cheese Stuffed Shells with Marinara Spinach Salad (A) Mandarin Oranges & Bananas Bread Stick Beverage	1 Beef Stroganoff Over Egg Noodles Baby Carrots (A) Side Salad w/Dressing Cream Puff Cake Garlic Bread Beverage	2 Roast Turkey & Gravy Baked Sweet Potato (A) Green Bean Casserole Fruit Cobbler (FR) Dinner Roll/Margarine Beverage	3 Seasoned Baked Crusted Fish Macaroni & Cheese Cole Slaw Frosted Banana Cake Bread/Margarine Beverage	4 Chick Parmesan Buttered pasta Broccoli (A) Fruited Pudding (FR) Garlic Bread Beverage
12 Roasted Chicken Pasta Primavera Mixed Vegetables Apple Pie Dinner Roll/Margarine Beverage	13 Smothered Pork Au Gratin Potatoes Spinach (A) Lemon Bar Dinner Roll/Margarine Beverage	14 Swiss Steak Baked Potato w/Sour Cream Lima Beans Fruit Crumble (FR) Bread/Margarine Beverage	15 Turkey Stuffed Bell Pepper Caesar Salad Chocolate Chip Cake Dinner Roll/Margarine Beverage	16 Fish of the Day w/Tartar Sauce French Fries Broccoli Cole Slaw (A) Apple Cobbler (FR) Hush Puppies Beverage	17 Beef & Chees Baked Spaghetti Italian Blend Vegetables (A) Chocolate Layer Dessert Garlic Bread Beverage	18 Ham Au gratin Potatoes Buttered Peas & Carrots Key Lime Pie Combread/Margarine Beverage
19 Roast Beef Mashed Potatoes w/Gravy Parmesan Baked Zucchini Angle Peach Dessert (FR) Dinner Roll/Margarine Beverage	20 Ham & Beans Fried Potatoes Mixed Greens (A) Mandarin Oranges & Pineapple Combread/Margarine Beverage	21 Cornflake Chicken Garlic Mashed Potatoes Buttered Peas Lemon Cream Pie Beverage	22 BBQ Riblette Macaroni & Tomatoes Seasoned Green Beans Side Salad w/dressing Sherbet Bread/Margarine Beverage	23 Pepper Beef Patty Gravy Baked Potato w/sour cream Brussel Sprouts Chocolate Pudding Parfait Bread/Margarine Beverage	24 Tilapia w/lemon dill sauce Garlic Potatoes Roasted Baby Carrots & Onions (A) Mixed Fruit Cup Dinner Roll/Margarine Beverage	25 Alfredo Chicken But- tered Spaghetti Broccoli w/cheese sauce Side Salad w/dressing Frosted Red Gelatin Bread/Margarine Beverage
26 Fried Chicken Mashed Potatoes & Gravy Buttered Peas Fruit Cobbler (FR) Dinner Roll/Margarine Beverage	27 Mushroom Hamburger Steak Hash Brown Casserole Green Beans Fruited Gelatin (FR) Bread/Margarine Beverage	28 Bake Ham Scalloped Potatoes Squash Medley Chocolate Cream Pie Combread/Margarine Beverage	29 Beef Stroganoff Over Egg Noodles Baby Carrots (A) Side Salad w/Dressing Cream Puff Cake Garlic Bread Beverage	30 Roast Turkey Gravy Sweet Potatoes (A) Green Bean w/ Bacon & Onion No Bake Cookies Dinner Roll/Margarine Beverage	31 Oven Fried Fish Fried Potatoes Cole Slaw Seasonal Fresh Fruit Bread/Margarine Beverage	

A Mission To Serve



The Loch Haven Senior Living Community Foundation assists 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 support special projects, programs, and capital improvements that cannot be funded by the regular operating budget. Some special projects we are preparing for are the addition of a spa tub in the Legacy Building, new sitting furniture, and walking trails. All gifts are **tax deductible**. The Foundation members include: B J Roberts, Kelsey Hinshaw, and Richard Waller.

Loch Haven is grateful for all past donations, but the need continues to grow. Improving the quality of life for our 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.

If you would like to make a donation, please fill out the pledge card below , make checks payable to

Loch Haven Senior Living Community Foundation, and mail to:

Loch Haven Senior Living Community

PO Box 187

Macon, MO 63552

Name _____
Address _____
City, State Zip _____
Phone # _____
Email _____

We/I pledge our/my one time gift of: _____ \$25 _____ \$50 _____ \$100
_____ \$150 Amount of _____

HAPPY MOTHER'S DAY!



Come Celebrate Mother's Day
with your Mother.

We're Hosting

Mother's Day Tea

Thursday, May 9th at 2:00 pm in
the activity room.

Special Care will be serving tea at
10:00 am that morning in their
dinning room.



Loch Haven

would like to **CONGRATULATE** all
the graduates in our community.



You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the one who'll decide where to go.— **Dr Seuss**

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 email 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. Crystal Smith, Marketing Director 660-385-3113 friendsofhl@gmail.com www.lochhaven.com