

# *Loch Haven Times*

August 2016



A publication of

## **Loch Haven**

*Senior Living Community*

Macon, Missouri



# JADE HUGHES, CNA

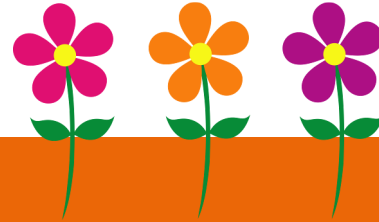
Sunset Village

## Employee SPOTLIGHT

- ♦ **What is your nickname?** Stormy
- ♦ **Describe yourself in one word.** Spazzy
- ♦ **If you were an animal, what would you be?** Bird
- ♦ **What is your favorite movie?** Fly Away Home
- ♦ **What is the best place you ever went on vacation?** Nags Head, NC
- ♦ **What was your favorite subject in school?** History
- ♦ **Who is or was your hero and why?** Be your own!!
- ♦ **Everyone has a talent. What is yours?** Cooking
- ♦ **What is one thing in your bucket list?** Take a trip to my homeland, Scotland, with my kids.
- ♦ **How long have you worked at Loch Haven?** Previously—4 years. Presently— 3 months.
- ♦ **What are your duties?** Assisting all residents with needs and wants. Here we are all jack-of-all trades!
- ♦ **Family:** Two daughters, Gillian is 10 years old and Addilynn is 18 months.
- ♦ **Live In:** Macon

*"You were born with the ability to change someone's life.*

*Don't ever waste it! ."* ~~~ Jade



## Welcome to Team Loch Haven

Kaitlynn Wriedt, CNA	Sunset Village
Jennifer Citron, NA	Cottage PAL
Brenda Hulett	Housekeeping
Amy Garcia	Housekeeping
Haley Cook	Dietary
Barbara Dunaway, RN	Float
Corby Cochenour, LPN	Mt.View/Sunset
Kody Harrington	Dietary
Miranda Wyatt, NA	Mt View
Cassie Calvert, NA	Westbrook
Lisa Ponsetto, CMT	Special/Mountain
Tamera Wilson, CNA	West Brook
Kayelen Fleak, CNA	Mt. View
Amie Myers, LPN	West/Sunset



### Perfect Attendance

*Terry Vaught*

### STAR AWARD WINNERS

- |                   |                |
|-------------------|----------------|
| Emily Allison     | Janis Fraley   |
| Denny Ashenfelter | Heather Dunham |
| Alvie Voyles      |                |

**Some serious shucking going on!!!**

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)





# VERNON BARROW

Cedar ViewCottage

## RESIDENT Spotlight

I, Vernon Barrow, was born in January 30, 1938 to Grace and Bill Barrow. I had one sister named Billie.

We lived in Webb City, Missouri, and I went to school there. I joined the Air Force the day I gradu-

ated high school. I joined the Air Force because I liked airplanes and wanted to work on them. They sent me to a military school for training, then put me in another outfit. I had done really well on a test, but they needed some help with the radar field. I never really got a chance to work on the airplanes like I wanted. Instead I learned how to work on the radar sets. It was a very important job at the time. The radar was used on planes that were flying from the eastern coast to California. I flew on some of them where there were problems with the radar. I was stationed in Alaska and was there for several years. I liked it a lot.

After retiring from the military, I worked for AT&T. My job with AT&T required me to use the knowledge I had gained through the Air Force regarding radar and electronics. Back at that time they built channels and the telephone company ran on these channels. They ran all the way across the US. Part of my job was to help take care of these channels.

Most mornings I would stop at a local coffee shop in Windsor, Missouri for their coffee and donuts. One such morning, I saw a beautiful woman driving down the road in a

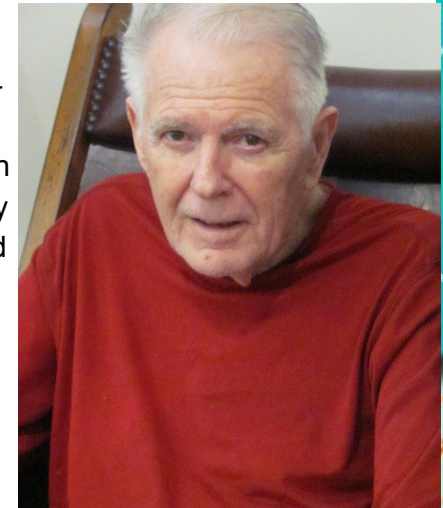
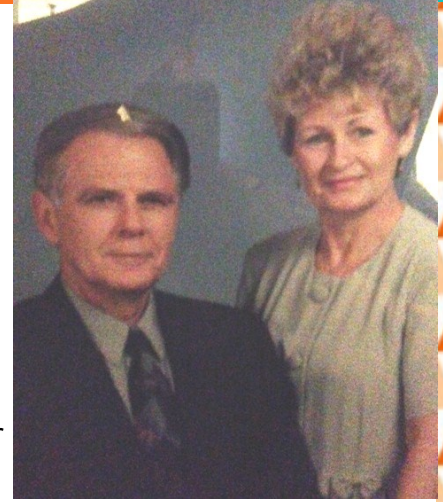
convertible. I asked about her, found out her name was Elsa, and we soon met. I discovered that she was from Germany and that she was staying with a cousin. Two weeks after our first meeting, we were married!

Elsa and I had a daughter named Susan. Susan is now grown and has four daughters of her own. I also have a son named Roger, from my first marriage. I don't get a chance to see him very often.

In the past I really enjoyed fishing and working with model trains. I had a large model train set up in my basement. I could spend hours working and running them. However, since my retirement from AT&T I haven't pursued these interests much anymore.

I have been a Loch Haven for two years now. I enjoy having my own space and having people help with my care.

*Interviewed and written  
by Janis Fraley  
(Staff Loch Haven  
Apartments)*



## A Warm Welcome to

- |                   |                 |
|-------------------|-----------------|
| Doris Alexander   | Joanne Morton   |
| Linda Christensen | Donald Perkins  |
| Louise Deline     | Opal Tipton     |
| Albert Greene     | Margaret Turpin |

Good luck to **Helen McDuffee** and **Mary Anderson** who have returned to their Apartments in the RCF, and to **Cindy Thompson** who has returned home.



## We will always remember

- |               |                   |
|---------------|-------------------|
| James Davis   | Geraldine Maloney |
| Mary Dubbert  | Ruth Payton       |
| Linda Griffin | Jerald Simons     |
| Betty Hauf    |                   |

Grieve not, nor speak of me with tears,  
but laugh and talk of me as if I were beside  
you always. ~ Isla Paschal Richardson



# GRRREAT HAIR DAY...BEAUTY SHOP



Heather Brien (RCF)  
with Vi Kraettli



Katie West (Cottages)  
with Martha Bragg



Kayla Minor (Legacy)  
with Cindy Thompson



**MISSOURI.....100% HUMIDITY!!**

## Order of the Eastern Star Milestone

On June 13, 2016, Martha Bragg a resident of Cedar View Cottage received an extraordinary honor. She received a pin and certificate for being a member of the Grand Chapter of Missouri Order of the Eastern Star for eighty years.

A letter presented to Martha read, "On behalf of our Worthy Grand Matron, Sister Linda Jenkins, and Worthy Grand Patron, Brother Jack Olson, and membership of Missouri, we extend our heartiest congratulations! Your continuing service to our beautiful Order is truly a cause for celebration. You were initiated into Glenwood Chapter #277 on June 18, 1934 and affiliated with La Plata #59 who consolidated with

Censer Chapter #50 on November 18, 2003, and they in turn consolidated with Shelbina Chapter #159 on September 10, 2014. Through all these changes you've remained a faithful member through the years. "

Joining Martha for the celebration were members of her family. She is pictured with her daughter, Kathy Foley. June was an extra special month for Martha as she turned 100 years young on June 2nd.



Mary Lou Giovanini (seated) and Judy Senholtz, CNA share a birthday on July 24th. Although it was Judy's day off, she brought a special treat to Loch Haven for Mary Lou along with a birthday crown. Mary Lou is a resident of Sunset Village where Judy works.





# Oak View & Cedar View COTTAGES

## Susie's Musngs



Marie McDowell serenaded by Susie on world's smallest violin.



### Howdy from The Cottages!

Wow!! 93 Degrees and we're still here to say Howdy DO to 'U! The Cottages have been busy with their families visiting on their vacations. How wonderful it has been. Thanks to the families of Mary Britt of Cedar View and Harold Spencer of Oak View for bringing all the sweet corn for us. They had fun cleaning it and also eating it! Yum-Yum! THANKS. Praises to our regular volunteers for coming each month. Keeping busy with games of Skip O, Trivia, Golfing, and puzzles. You can always find some women crocheting and embroidering and reading their favorite books. Since hot weather is here, I asked where they went swimming when they were youngsters. Some said they went to pools because of snakes, and one went to the Current River. Some went to ponds, but had to watch out for snakes. Some ladies wore those ole' rubbery white swimming caps. One feller liked to dive if the water was deep enough. At night, Vernon Barrows said he would drive his dad's car and a bunch of kids would hop in, and off to the drive-in theater they'd go. Well! He had to go to the back to let them out of the trunk without getting caught. Way to go boys!!!! I also asked them, "if you had a rooster, and it wouldn't crow, what would you do?" One said "throw him in the pot and eat him." Oh NO!! Next said if he can't crow, I wouldn't care. One said, "gosh, I could sleep all day!" Next, she would give it to her uncle and have him give it to his ex-wife. Oh MY!!! Now Berneal Hardwich had a pet rooster, and he had no legs and walked on partly stubs. He would crow when she said, "Crow, Billy, crow!" He did it every time. Smart Bird! We're all ready for cooler weather and so is the man in the moon. I saw him the other night when I had Sophie out and there was a full moon. He had on a sun visor and sweat was running down his face. He was about to burn up from the heat! Even his glasses were steamed over, and I think he was a bit dehydrated!!! Oh My! Until next time!!!

Susan Lenon, Activity PAL

Susie's Slogan: Be IN STYLE...Wear a SMILE!





# AUGUST

## Birthdays!!

- 2 Opal Tipton
- 4 Ruth Rowland
- 5 Delmer Gladhill
- 5 Geraldine Young
- 6 Berneal Hardwick
- 7 Hubert Rosson
- 8 Madison Walker
- 9 Marjorie Creed

- 11 Dwight Patterson
- 12 Alma Amidei
- 17 Mary Elizabeth Britt
- 22 James Gates
- 23 Carl White
- 25 Betty Lucas
- 25 Dorothy Richardson
- 25 Virginia Wood
- 28 James Burkhardt
- 28 Sandy Carter
- 29 Mary Anderson
- 31 Virginia Williams



- ◆ Tamara Aguilar who donated quilting supplies.
- ◆ Sherry Bibbs who donated magazines.
- ◆ Yvonne Stone who donated games.

If you would like a PDF copy of the Loch Haven Tymes sent to your email address, just drop us a note at [marketinglh@gmail.com](mailto:marketinglh@gmail.com) or call 660-385-3113 and ask Stephanie to add you to the list!

### Loch Haven's Alzheimer's Support Group

2nd Monday of each month  
5:30 p.m. light supper      6 p.m. meeting

Did you know that Loch Haven has an awesome website!!! Check it out at [www.lochhaven.com](http://www.lochhaven.com) and send family and friends there if they are interested in finding out more about Loch Haven.



## WHAT WE NEED

Loch Haven is in need of framed artwork to use in rooms for residents who don't have much for their walls. If you have any framed artwork that you would like to donate, we would love to have it!!



**Delpha Walters (l) and Marquita Rosson (r)** pose in front of a wreath that they made (one for each of their doors). Delpha's granddaughter, Sarah Hempler, brought in the flowers and letters, and the ladies did the rest of the work!

If you are considering a stay at Loch Haven, please contact Social Service Director Julie Mason to schedule a tour and find out about your options here at Loch Haven Senior Living Community.



# SPECIAL Brook NEWS



July has been HOT and MUGGY, but on a few nice days we headed out to the garden and enjoyed the day. The flowers are taking a beating from the heat, but we're keeping them watered! We also enjoy watching our cats play....although they've been a bit lazier in the warm weather.

Because we like sensory activities we made play

dough. The residents really had a blast with it! I also made shape boards so they could place shapes in the right place on the board. They enjoyed that as well. And of course, there's always bounce the ball!

We have had several newcomers. It's great to have new faces and personalities. It's been a great month and very, very busy!! Come see us when you can! **by Darla Jones**

## News from RCF



July started off with a BANG! We celebrated the 4<sup>th</sup> of July by having a special Bar-B-Que'd lunch of pork ribs and hamburgers, picnic style side dishes and delicious watermelon for dessert. There was also a special holiday treat cup filled with red, white and blue M&Ms that had a cupcake on top! Yummy! The dining room and tables were decorated to fit our celebration. We also enjoyed special trivia and July 4<sup>th</sup> BINGO. Many residents ventured outdoors in the evening to watch fireworks, while others watched the fireworks on television. What a great day!

On the 14<sup>th</sup>, we celebrated "Christmas in July"! The fourteen is the date that commemorates the creation of the holiday poem, "T'was the Night Before Christmas". Residents had the opportunity to hear this festive

story. Christmas socks, holiday music, two kinds of fudge and punch were present during this celebration. Everyone had fun discussing their favorite Christmas songs, listening to those songs and reminiscing about their favorite holiday memories. We also played a game where we had to tear paper in the shape of a Christmas tree without looking! What a challenge.

The rest of the month was filled with our regular busy activities of card games, trips around town, enjoying family and other visitors. We are truly blessed to be here and enjoy such great and fun activities.

**by Janis Fraley**



# August 2016 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>Activities are subject to change</b>	<b>1</b> 9a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups	<b>2</b> 9a Chit Chat 10am Concentration 2pm Watermelon Crawl 3p Small Groups	<b>3</b> 9a Chit Chat 10am Flex & Stretch 2pm Dick & Alvie 3p Small Groups	<b>4</b> 10am Bevier Baptist Bible Study 2pm Wal-Mart 3p Small Groups	<b>5</b> 9:30am Flex & Stretch 10am Coffee Club 2pm Carmen Hour of Bible Stories	<b>6</b> Weekends with Sherry Bingo @ 9:30	
<b>7</b> 10am Sunday School 2pm United Methodist	<b>8</b> 9a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups	<b>9</b> 9a Chit Chat 10am Spa Day 2pm Birthday Party 3p Small Groups	<b>10</b> 9a Chit Chat 10am Flex & Stretch 2pm National Smore's 3p Small Groups 7p County Kickers	<b>11</b> 10am Bevier Baptist Bible Study 2pm Crafts 3p Small Groups	<b>12</b> 9:30am Flex & Stretch 10am Coffee Club 2pm Carmen Hour of Bible Stories	<b>13</b> Weekends with Sherry Bingo @ 9:30	
<b>14</b> 10am Sunday School 2pm Faith Baptist 6pm Callao Bible Study	<b>15</b> 9a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups	<b>16</b> 9a Chit Chat 10am Concentration 2pm Men's Social 3p Small Groups	<b>17</b> 9a Chit Chat 10am Flex & Stretch 2pm Resident Choice 3p Small Groups	<b>18</b> 10am Bevier Baptist Bible Study 2pm Ladies Tea 3p Small Groups	<b>19</b> 9:30am Flex & Stretch 10am Coffee Club 2pm Carmen Hour of Bible Stories	<b>20</b> Weekends with Sherry Bingo @ 9:30	
<b>21</b> 10am Sunday School 2pm Ethel Christian 6pm Callao Bible Study	<b>22</b> 9a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups	<b>23</b> 9a Chit Chat 10am Spa Day 2pm Resident Council 3p Small Groups	<b>24</b> 9a Chit Chat 10am Flex & Stretch 2pm Roy & Barbara 3p Small Groups 7p County Kickers	<b>25</b> 10am Bevier Baptist Bible Study 2pm Movie	<b>26</b> 9:30am Flex & Stretch 10am Coffee Club 2pm Carmen Hour of Bible Stories	<b>27</b> Weekends with Sherry Bingo @ 9:30	
<b>28</b> 0am Sunday School 6pm Callao Bible Study	<b>29</b> 9a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups	<b>30</b> 9a Chit Chat 10am Concentration 2pm Let's Get Toasted 3p Small Groups	<b>31</b> 9a Chit Chat 10am Flex & Stretch 2pm Trail Much? 3p Small Groups 7p County Kickers				



## The Arla Harrell Story

(This article and photo are reprinted and edited with permission of Arlie's family. Arlie is a resident of Loch Haven Senior Living Community)

**WASHINGTON** • In the final days of World War II, an 18-year-old Army private from Missouri named Arla Wayne Harrell was sent to Camp Crowder in the south-west corner of the state where he said he was twice exposed to mustard gas. He didn't talk about it for years. When he finally did, he told his family that the Army warned him he'd be thrown in jail if he ever disclosed the experiments. Harrell, known as "Arlie," has been rejected three times by the Department of Veterans Affairs for claims to help treat a lung disorder and skin cancer that his family believes are connected to that exposure. Harrell is unable to walk or talk. But his family hopes his final appeal to the VA will get him the recognition from the government they believe he deserves.

The VA has said he needs more documentation — "new and material evidence," as a 2006 rejection letter describes it — to prove the claim. Harrell's family said that's impossible. He was 18 at the time and had been warned to never talk. At the time, Harrell was new in the military and didn't know or doesn't remember the names of other men exposed with him. His children think he purposely blocked out the experience.

But 55 pages of military records in his family's possession show that right after Arlie Harrell said he was twice tested with mustard gas, in late July 1945, he was hospitalized at Camp Crowder with a high fever and a sore throat. The Army diagnosed it as nasopharyngitis — an inflammation of mucous membranes between the nose and throat — along with tonsillitis and severe gum disease. He served three years, mostly in postwar Germany. Ever since, his children say, he has suffered persistent breathing problems.

Harrell and his wife, Betty, raised three daughters and two sons in a Kansas City suburb, and later, in the town of Bevier. Harrell was a truck driver and mechanic; his wife worked as a nurse. "He was always short of breath," said a son, Ray Harrell, of Sarasota, Florida, who served in the National Guard. "Something was not quite right. I worked side by side with him a lot, and when he'd push it, he'd just have to stop sometimes and catch his breath."

"I never knew a healthy dad growing up," said Trish Ayers, a daughter who lives in Berea, Kentucky. "Dad worked the whole time, but Dad struggled with his breathing. We girls could not use perfume, we could not use hairspray, anything in the house because of his ailment."

Daughter Beverly Howe, a nurse trained in chemical, biological, and radiological treatment from Thomasville, Georgia, said she interviewed her father for a school paper in the early 1970s, and he disclosed the gassing reluctantly to her for the first time. As a nurse, she recognized the symptoms from her training. "He said it was secret, and they weren't supposed to talk about it," she said. "If they did, they'd be in big trouble."

Then, while visiting a Veterans Administration hospital in Columbia in the late 1980s or early 1990s, a VA X-ray technician who had seen Arlie Harrell's records asked if he had ever been exposed to mustard gas. "I was mostly horrified when I saw the look of terror in my dad's eyes," said Ayers, who was with her father at that appointment. "The man told him it was OK, you can talk about it now. He said, 'Yes,' and that was about it."

His children say he suffers from frequent pneumonia and bronchitis and from the aftermath of a stroke. Despite his inability to talk, he is still cognizant and understands visitors, including his wife, who visits him almost every day. The children say their parents are spending down savings on his care and that \$500-a-month drug costs for Harrell put a serious drain on their mother's state pension. VA benefits that would come if he was recognized as a victim of the mustard gas exposure would help.

But what matters most now, the children say, is that in the time their father has left the government acknowledges the secret he kept for so long, and that the VA has for so long denied — that "my father could understand that somebody finally believes him," Howe said.

###

On May 31, 2016, Sen Claire McCaskill D-MO introduced the **Arlie Harrell Act** to aid veterans who were exposed to mustard gas. [Read more at www.npr.org](http://www.npr.org). [Search for Arlie Harrell Act](#).



### Congratulations to our Dominoes Tournament

Winners: 1st place Janet Wadlow (r), 2nd place Bonita Pennington (c), 3rd place Brenda Finney (l)




### "ME" LOVE FAMILY BREAKFAST!





# August 2016 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
* All meals served buffet style with bread and beverage. Several choices available.	1 Meatloaf/Gravy Party Potatoes Carrots Apple Crisp	2 Pork Lo Mein Oriental Vegetables Mandarin Oranges & Bananas Egg Roll	3 Residents Choice	4 Pot Roast Roasted Carrots/ Potatoes/Onions Angel Food Cake w/ Fruit	5 BBQ Pork Breaded Vegetables Creamy Cole Slaw Peanut Butter Pie	6 Swedish Meatballs w/ Sauce Steamed Rice Italian Vegetables Fresh Fruit Cup
7 Roasted Chicken Orzo Grains w/ Veggies Lima Beans Apple Pie	8 Pork Chop Pasta Primavera Wilted Spinach Salad Brownie Dinner Roll	9 Swiss Steak Baked Potato Mixed Vegetables Fruit Crumble	10 Beef Enchiladas Mexican Corn Chocolate Layer Dessert	11 Roast Turkey/Gravy Sweet Potatoes Brussels Sprouts Dinner Roll Fruit Cobbler	12 Fish of the Day French Fries Broccoli Cole Slaw Hush Puppies Bread Pudding	13 Ham & Potato Au Gratin Candied Carrots Cornbread Strawberries & Bananas
14 Roast Beef Mashed Potatoes/Gravy Green Bean Casserole Dinner Roll Angel Peach Dessert	15 BBQ Pork Macaroni & Cheese Side Salad/Dressing Jell-o Cake w/ Whipped Topping	16 Ham & Beans Fried Potatoes Mixed Greens Corn Bread Mandarin Oranges &	17 Creamy Chicken Curry Steamed Rice Broccoli Warm Flatbread Hummingbird Cake	18 Pepper Beef Patty Gravy Baked Potato Green Beans Rice Pudding	19 Turkey Pot Roast Garlic Mashed Potatoes Glazed Carrots Dinner Roll	20 Beef Tips/Gravy Buttered Egg Noodles Vegetable Blend Side Salad/Dressing Pudding Parfait
21 Fried Chicken Mashed Potatoes/Gravy Corn Fruit Cobbler	22 Mushroom Hamburger Steak Hash Brown Casserole Buttered Peas Fruited Gelatin	23 Roast Turkey/ Gravy Sweet Potatoes Green Beans w/Bacon & Onion Soft Rice Custard	24 Cheesy Sausage/ Spaghetti Bake Baby Carrots Cream Puff Cake Garlic Bread	25 Baked Ham Scalloped Potatoes Squash Medley Chocolate Cream Pie Cornbread	26 Oven Fried Fish Macaroni & Cheese Cole Slaw Tropical Fruit w/ Topping	27 Chicken Parmesan Buttered Pasta Broccoli Fruited Pudding Garlic Bread
28 Roast Pork/Gravy Bread Dressing Green Beans Peach Swirl Cheesecake Bar	29 Meatloaf/Gravy Party Potatoes Carrots Apple Crisp	30 Pork Lo Mein Oriental Vegetables Mandarin Oranges & Bananas Egg Roll	31 Residents Choice			





# Cooking thru the Ages!



## Crock Pot Sausage & Little Potatoes

- 1 (1.5 lb.) bag Little Potatoes, sliced in half
- 1 small yellow onion, finely diced
- 1 (10 oz.) package smoked sausage
- 1 (10.75 oz.) can cream of mushroom soup, undiluted
- 1 tsp. cajun seasoning

Place Little Potatoes into the bottom of a 4 quart slow cooker. Season potatoes and sausage with cajun seasoning. Spread soup over the top. Stir mixture to combine. Cover with lid. Cook on low for about 4 hours (until potatoes are fork tender.) Stir before serving.



until combined. Pour the heavy whipping cream and whip on medium-high speed (hand mixer) for 2-3 minutes until small peaks form. Fold the blended strawberry mixture into the whipped cream in a large mixing bowl working in batches, about 1 cup at a time. Pour the combined ice cream mixture into chilled pan, cover it, and place in the freezer for one hour. Chop the chocolate chips. Stir the chocolate into the ice cream with a spoon, re-cover, and allow to freeze until firm for another 4-5 hours or overnight.

## Summer Cooking

### Homemade No Churn Chocolate-Covered Strawberry Ice Cream

- 1 lb. bag frozen strawberries
- 3/4 cup semi-sweet chocolate chips
- 14 oz. can sweetened condensed milk
- 1 tsp. pure vanilla extract
- 1/8 tsp. salt
- 1-1/2 cups heavy whipping cream, cold

Chill 9-x 5-x-3-inch metal loaf pan. Blend the frozen strawberries in a food processor until they're the texture or consistency of bread crumbs. Add the sweetened condensed milk, vanilla and salt to the blended strawberries in the food processor. Pulse



- |                                |                             |
|--------------------------------|-----------------------------|
| 8 oz. mushrooms, sliced thin   | 2 garlic cloves, minced     |
| 10 oz. frozen spinach (thawed) | 4 eggs                      |
| 1 cup milk                     | 2 oz. Feta, crumbled        |
| 1/4 cup grated Parmesan        | 1/2 cup shredded Mozzarella |
| Salt/Pepper, to taste          |                             |

Preheat oven to 350. Drain spinach in colander. Saute mushrooms in skillet with some cooking spray over medium heat. Add garlic, salt, and pepper. Saute for 5 minutes. Spread the drained spinach in greased pie plate. Layer the mushrooms and Feta on top of the spinach next. Whisk the eggs together with milk and Parmesan. Pour over the spinach/mushroom/Feta. Sprinkle Mozzarella over top. Bake 45-60 minutes, or until top is golden brown and center is solid.



## LadyBugs Anyone?

### Best Ever Lemonade

- 1-3/4 cups white sugar
- 8 cups water
- 1-1/2 cups fresh lemon juice

In a small saucepan, combine sugar and 1 cup water. Bring to boil and stir to dissolve sugar. Allow to cool to room temperature, then cover and refrigerate until chilled. Remove seeds from lemon juice, but leave pulp. In pitcher, stir together chilled syrup, lemon juice and remaining 7 cups water.







Thanks *to* Maples Rep performers *for* sharing their talents with us!! It's *always* a special treat!

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

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