

Loch Haven Tymes

February 2018



A publication of
Loch Haven
Senior Living Community
Macon, Missouri



Sandy Ralston

CNA, CMT, Activities

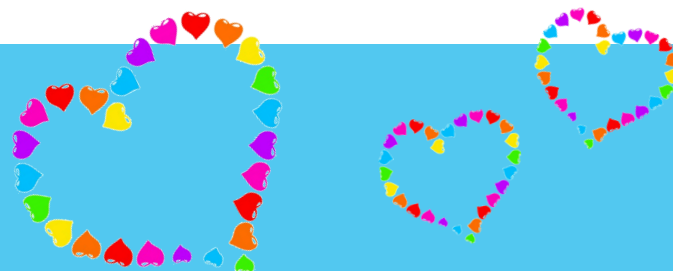
Employee Spotlight

- ♦ **What is your favorite movie?** Old Yeller
- ♦ **What is the best place you ever went on vacation?** Jackson Hole, Wyoming
- ♦ **What was your favorite subject in school?** Spelling
- ♦ **Who is or was your hero and why?** My mother and father are my heroes. They taught me that you could
- ♦ **What is your nickname?** Punkie
- ♦ **Describe yourself in one word.** Smiley
- ♦ **If you were an animal, what would you be?** I would be a Dog.

- make the best of a bad situation if you try hard enough.
- ♦ **Everyone has a talent. What is yours?** Caring for the elderly.
 - ♦ **What is one thing on your bucket list?** Sky diving!
 - ♦ **Who was your favorite celebrity as a child?** Debbie Reynolds
 - ♦ **How long have you worked at Loch Haven?** 38 years.
 - ♦ **What are your duties?** I do activities with our residents.
 - ♦ **Live In:** Macon
 - ♦ **Family:** My husband and I have 6 children, 10 grandchildren, and 8 great-grandchildren.

Welcome to Team Loch Haven

Megan Hendrix, NA	Westbrook
Lorenda Koehnemann, LPN	Cottages
Karen Runyon, LPN	Westbrook
Samantha McNally, CNA	Cottages
Cindi Blaine, LPN	Sunset Village
Jennifer Christy, CMT	Cottages
Joseph Zamora	Dietary
Linda Reynolds, NA	Dietary
Stacy Noyes	Housekeeping
Kristen Campbell, CMT	Sunset/Westbrook
Anne Boone	Housekeeping
Andrea Weisenborn	Laundry
Alize Burman	Dietary



Perfect Attendance Pat Tooley

STAR AWARD Wendy Bouman

****For going above & beyond****

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

Meet Sophie





J Evans & Janice Biehl Westbrook

Resident Spotlight

J. Evans Biehl was born on December 2, 1932, to Leslie & Dorothy (Evans) Biehl on their family farm. He had a sister five years younger named Peggy (Biehl) Salter. His parents lived all their lives on the farm. His mom was a wonderful cook. She taught school before she was married and lived to be 100 years old.

One day, in 1947, a family from Iowa moved in next to the family farm with their daughter....

I, Janice Lee Hyman, was born in West Union, Iowa on February 14, 1934 to Frank and Ethel (Pierce) Hyman. J.E. and I both graduated from Queen City High School. We were married on May 18, 1952, a week after I graduated from high school. We were married for nine months and Uncle Sam tapped on J.E.'s shoulder and off to the Army he went. I followed him from camp to camp until I settled down at Fort Ben Harrison, Indiana, just real close to Indianapolis, where we lived until he was discharged.

After J.E. and I were married, my folks bought the grocery store in Rutledge, MO (now owned & operated by the Amish). They would have a drawing every Saturday night and give away various items such as 5 lb. of flour, beef roast, etc. Everyone in town came out. Dad was also a musician. He played several instruments (piano, organ, trombone, accordion and would have music parties at their home.

We moved back to Kirksville and had had two children, Larry J Biehl and Sheri Lee (Biehl) Casady. We owned and operated our own business for over 30 years (J's Small Engine at 310 North Main), until we retired.

We have four living grand-children, one deceased and 1 great-grandchild.

J.E. was a member of the Kirksville Racing Association where he was pit steward and flag man. We were both members of

the Loyal Order of Moose. J.E. served as Governor & State Vice President. I was Senior Regent. J.E. was President of the Adair County Democrat Club. We are both members of the Macon County Fly Wheel & Collectable Club. He served as Vice President and I was Secretary and worked in the head quarters.

J.E. and I sold our home in Kirksville and moved to his parents home. We bought it and built our business from there. It was east of town near Nobles Berry Farm and I took care of his mother until she had to go to the nursing home.

After J.E. had his stroke, we had an auction and sold our place. We moved to St. Andrews Apartments in Kirksville then I had a heart attack and we moved up here to Loch Haven.



A Warm Welcome

Sandra Wilke Welch John Murr
Donneta Givens Arthur Thayer
June Spencer

Thanks to those who joined us for a therapeutic stay: **Sondra Lake, Edward Smith, Anna Sykes, and Owen Wood**

We will always remember

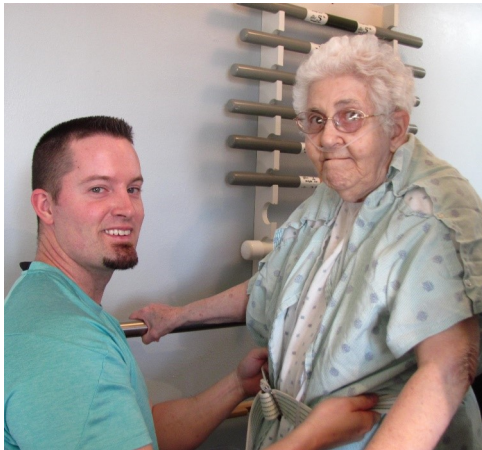
Mary Anderson Arvella Johnson
Curtis Wood

Those we love remain with us
For love itself lives on.

OUR THERAPY DEPARTMENT



ReHab Care Therapists (l-r) Mae Quindo, Dee Worley, Tiffany Blankenship, Amanda Wingo, Josh Dodsworth, and Amanda Winkler. Not pictured: Kristie Lea.



OFFERING HOPE, HEALING AND RECOVERY

At Loch Haven, therapy is offered 365 days a year. So there is no need to go it alone at home when you can get the best after-hospital-stay therapy right here at Loch Haven. ReHab Care provides Therapy Services at Loch Haven. Their excellent team of professional therapists have our residents up, moving, and headed home in no time. And Loch Haven's Restorative Therapists work with our residents to make sure they are getting the therapy and exercise they need daily.



Restorative Therapists: (l-r) Carol Leath and Sara Conley. Not pictured: Wanda Wicker.



If you are having surgery in the near future, please contact Social Service Director Julie Mason to find out about the exceptional after-hospital-stay care and therapy at Loch Haven Senior Living Community. We will have you home in no time!!



Oak View & Cedar View COTTAGES



Susie's Musings

Hello Ya All!! Are you ready for spring and summer? I think we all are. Keeping busy at the cottages finds lots of Skip-Bo being played and they like the bean bag toss game. Some of them can sling that bean bag and you better get out of their way. They love history trivia and oh my, you can learn some of the most neatest things when talking with the residents about the topics. I'm learning things I've never heard of. WEE!! It's good for your brain! It's so rewarding! I played a game of Chinese Checkers with Betty Rayfield and guess who won? It sure wasn't me. Way to go Betty! You can always find Wanda Vass crocheting something really neat. In Dorothy Johnsons room, you will find some beautiful orchids in bloom. She also has a miniature one which is so pretty and dainty. Now in Charlie Halls room, you will find tractor magazines and anything pertaining to farming. He loves to visit about old tractors. He is a neat one to visit with and I love to talk with him. Also at Oak View, we had the music trio from Columbia, MO called The Liberty Bell. The women did most of the singing and the harmony was so beautiful. Their names are Diandra and Bob Worley & Christina. Diandra is a speech therapist here at Loch Haven. We thank them and look forward to them coming again. We've started a new exercise class on Mondays, Wednesdays, and Fridays. We had the 1st gathering and are looking forward to the next one. They said they love it! Thanks to our regular volunteers who come each month. David Snarr and Bill Lear teamed up with their picking and singing and did some great gospel songs. The residents said they could listen to them all night long. This was one time I didn't see anyone napping. I can't believe it! When it's nail day, the women always tell each other that their nails are the prettiest. They like that sparkly look. Valentines Day is approaching and we're going to have our 1st King & Queen contest. Voting will be a penny a vote. Thanks to the staff for all you do for our loved ones here at the cottages. Stop by anytime for a visit. But if you do, you better have an umbrella because the geese are thick overhead. Splat! Splat! Our love and blessings.

Susan Lenon, Activity PAL

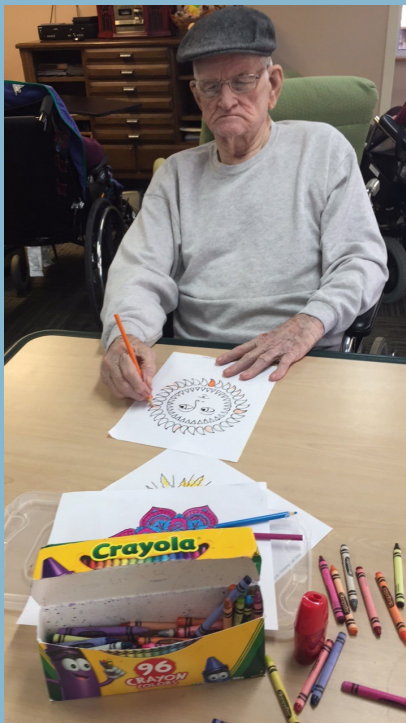
Susie's Slogan: Be IN STYLE....Wear a SMILE!

FEBRUARY



Thank You

- ♦ Vaudia Sattman for donating Christmas decorations.



Birthdays

1	Helen Baker	11	Golda Gwinner
3	Carol Shaw	14	Janice Biehl
4	Doris Lewis	15	Margaret Lockard
4	Shirley Matticks	16	Lloyd Gladhill
5	Genevieve Shearon	16	Arthur Thayer
7	Carlos Andrews	18	Gertrude Scurlock
7	Doris Morrow	19	Irvin Cross
7	Wanda Vass	23	James Allred
9	Christina Nichols	26	Wayne Streight

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
receptionist@lochhaven.com
or call 660-385-3113
and ask
Stephanie to add you
to the list!

www.lochhaven.com

SPECIAL Brook NEWS

GREETINGS from Special Brook!

Hello! I hope everyone had a good New Years. This month, we have been enjoying a lot of art, music, puzzles, and exercises. We have also enjoyed watching the birds and cats out the window and are looking forward to the warmer weather to come.

By Amy Howlett



News from RCF



Hello Everyone!! I hope your New Year started off as great as ours. We began the month by talking about New Year's Resolutions. We also folded the January Newsletters. We do this every month. Our residents enjoy helping.

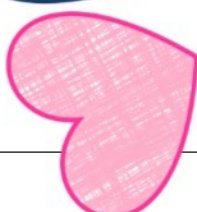
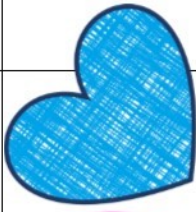
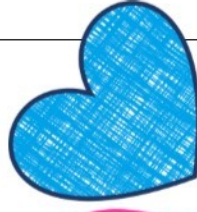
We spend some of the month learning about a wide range of topics such as: facts about the Grand Canyon, biographies about Ben Franklin and Martin Luther King, Jr., oatmeal, boy scouts, Australia, marshmallows, and the Big Apple.

We also played a few games such as: L-R-C, numbers game, bingo, and Yahtzee. We watched a movie too! We watched Pillow Talk with Doris Day, Tony Randall and Rock Hudson. What a great movie! We enjoyed some popcorn too.

Everyone stay warm!

by Katie Nelson

February 2018 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>All activities are subject to change to meet the needs of all the residents.</i></p>		 		<p>1 10a Bevier Baptist Bible Study 10a Mass 2p French Fries & Onion Rings 3p Pitch</p>	<p>2 9:30a Exercise 10a Community Meeting 2p Bible Study w/Jim Bolin</p>	<p>3 Saturday with Sherry Bingo @ 9:30</p>
<p>4 10a Sunday School 2p United Methodist 6p Callao Bible Study</p>	<p>5 9:30a Table Talk 10a Exercise 2p Bingo 3p Small Groups</p>	<p>6 9:30a Nails/Lotion 2p Craft 3:15p Pitch 7p Ethel Amish</p>	<p>7 9:30a Coffee 10a Exercise 2p Alvie & Dick 3p Concentration 7p County Kickers</p>	<p>8 10a Bevier Baptist Bible Study 2p Resident Choice 3p Pitch</p>	<p>9 9:30a Exercise 10a Community Meeting 2p Bible Study w/Jim Bolin</p>	<p>10 Saturday with Sherry Bingo @ 9:30</p>
<p>11 10a Sunday School 2p Faith Baptist 6p Callao Bible Study</p>	<p>12 9:30a Hot Chocolate 10a Exercise 2p Bingo 3p Small Groups</p>	<p>13 10a Concentration 2p Birthday Party/Mardi Gras 3:15p Pitch</p>	<p>14 9:30a Coffee Time 10a Exercise 2p Valentine Party 5:30p Couples Valentine Dinner</p>	<p>15 10a Bevier Baptist Bible Study 2p Arlene & David Foster 3p Pitch</p>	<p>16 9:30a Exercise 10a Community Meeting 2p Bible Study w/Jim Bolin</p>	<p>17 Saturday with Sherry Bingo @ 9:30</p>
<p>18 10a Sunday School 2p Ethel Christian 6p Callao Bible Study</p>	<p>19 9:30a Table Talk 10a Exercise 2p Bingo 3p Small Groups</p>	<p>20 9:30a Nails/Lotion 2p Ladies Tea 3:15p Pitch 6:30p Open Arms</p>	<p>21 9:30a Coffee 10a Exercise 2p David Snarr 3p Concentration 7p County Kickers</p>	<p>22 10a Bevier Baptist Bible Study 2p Men's Social & Pitch</p>	<p>23 9:30a Exercise 10a Community Meeting 2p Bible Study w/Jim Bolin</p>	<p>24 Saturday with Sherry Bingo @ 9:30</p>
<p>25 10a Sunday School 6p Callao Bible Study</p>	<p>26 9:30a Hot Chocolate 10a Exercise 2p Bingo 3p Small Groups</p>	<p>27 10a Concentration 2p Pass The Hat 3p Pitch</p>	<p>28 9:30a Table Talk 10a Exercise 2p Roy & Barbara 3p Small Groups</p>		 	

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 has three board members: B J Roberts, President; Kelsey Hinshaw, Treasurer; and Richard Waller, Member. Mary Beth Truitt will serve as the Director/Secretary for the Foundation.

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 live.

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 _____

Thank you in advance for your donation

February 2018 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chicken Alfredo over Fettuccini Carrots, Broccoli, Cauliflower Apple Brown Betty	2 Meatloaf Mashed potatoes w/ gravy Brussel Sprouts Orange Brownies	3 Herb Roasted Pork Loin w/gravy Buttered New Potatoes Mixed Vegetables Cinnamon Applesauce
4 Roast Beef w/gravy Baked Potato Carrots Creamy Custard Pie	5 Oven Fried Chicken Broccoli Rice Casserole Beet & Onion Salad Caramel Pear Pudding	6 Lasagna Cauliflower Side Salad Strawberries & Bananas	7 Cranberry Glazed Ham Loaf Noodles Romanoff Lima Beans Jell-O Cake	8 Roast Turkey Cornbread Stuffing Candied Carrots Tossed Salad Pumpkin Mouse	9 Fish of the Day French Fries Creamy Cole Slaw Cinnamon Baked Apples	10 Beefy Pepper Bake Vegetable Medley Cookies
11 Baked Ham Candied Sweet Potatoes Country Green Beans Side Salad Apple Pie	12 Creamy Mushroom Chicken Mashed Potatoes Carrots, Broccoli, Cauliflower, & Peaches	13 Cranberry Glazed Pork Roast Scalloped Potatoes Brussel Sprouts Pear Cobbler	14 Bacon Cheeseburger French Fries Citrus Fruit Cup	15 Roast Turkey w/ gravy Herb Stuffing Broccoli Autumn Fruit Crumble	16 Baked Fish Rice Pilaf Confetti Cole Slaw Creamy Lemon Pie	17 Bacon Wrapped Beef Roasted Red Potatoes Mixed Greens Frosted Cake
18 Fried Chicken Mashed Potatoes w/ gravy Vegetable Blend Cherry Pie	19 Pork Tips in gravy Steamed Rice Steamed Broccoli Ambrosia	20 Salisbury Steak Baked Potato Cheesy Spinach Pineapple Upside Down Cake	21 Cornflake Chicken Cheese Mashed Potatoes Glazed Carrots Peach Cobbler	22 Residents Choice	23 Spaghetti & Meatballs Italian Blend Vegetables Fruit Shortcake	24 Sliced Turkey Candied Yams Buttered Corn Glazed Applesauce Cake
25 Pot Roast Gravy Roasted Carrots, Potatoes & Onions Pie of the Day	26 Baked Tilapia Garden Blend Rice Broccoli with cheese Lemon Cream Cake	27 BBQ Chicken Au Gratin Potatoes Buttered Peas Frosted Chocolate Cake	28 Country Ham Slice Baked Sweet Potato Fried Cabbage Peach Cobbler	*All meals served buffet style with bread and beverage. Several choices available.		



Cooking thru the Ages!



Heartfelt



Scrambled Egg Muffins

1/2 lb. bulk pork sausage
12 eggs
1/2 cup chopped onion
1/2 cup chopped green pepper
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder
1/2 cup shredded Cheddar cheese

Preheat oven to 350 degrees. Lightly grease 12 muffin cups or line with paper muffin liners. Heat a large skillet over medium-high heat and stir in sausage; cook and stir until sausage is crumbly, evenly browned, and no longer pink, 10 to 15 minutes; drain. Beat eggs in a large bowl. Stir in onion, green pepper, salt, pepper, and garlic powder. Mix in sausage and Cheddar cheese. Spoon in 1/3 cupful's into muffin cups. Bake in preheated oven until a knife inserted near the center comes out clean, about 20 to 25 minutes.

Recipe courtesy of: Allrecipes.com

1/4 teaspoon ground cinnamon
3/4 cup butter
1 1/3 cups brown sugar
3 tablespoons light corn syrup

Butter a 9X13 inch baking dish. Arrange the pieces of bread in the bottom of dish. In a large bowl, beat together eggs, milk, cream, vanilla and cinnamon. Pour over bread pieces, cover, and refrigerate overnight. The next morning, preheat oven to 350 degrees. In a small saucepan, combine butter, brown sugar and corn syrup. Heat until bubbling. Pour over bread and egg mixture. Bake in preheated oven, uncovered, for 40 minutes.

Recipe courtesy of: Allrecipes.com



Baked French Toast

1 (1 pound) loaf French bread, cut diagonally in 1 inch cubes
8 eggs
2 cups milk
1 1/2 cups half-and-half cream
2 teaspoons vanilla extract

Fruit Salad

1 cup sugar
1 cup water
Juice of 1 orange
Zest of 1 orange
2 whole vanilla beans, caviar scraped out (or 2 teaspoons vanilla extract)
4 pints strawberries, hulled and halved
2 pints blueberries
2 cups red grapes, halved
2 cups green grapes, halved
Mint leaves



Place the sugar, water, orange juice and orange zest into a small saucepan and stir to combine. Bring to a boil, then turn the heat to low and simmer for 12-20 minutes to thicken slightly. Set aside to cool, then store in the fridge until cold.

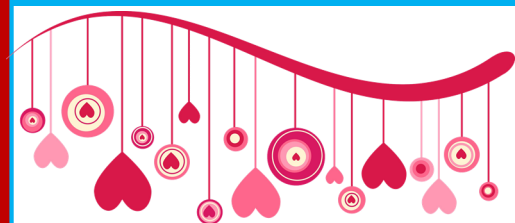
Mix together all the fruit in a large bowl and pour the syrup over the top, tossing gently. Garnish with mint leaves and serve. Recipe courtesy of: tastykitchen.com



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