

Loch Haven Tymes

September 2017



A publication of
Loch Haven
Senior Living Community
Macon, Missouri

Terry Vaught....CMT, West Brook

Employee Spotlight



- ♦ **What is your nickname?** *I don't have a nickname.*
 - ♦ **Describe yourself in one word.** *Crazy.*
 - ♦ **If you were an animal, what would you be?** *I would be a dog.*
 - ♦ **What is your favorite movie?** *Smokie & the Bandit.*
 - ♦ **What is the best place you ever went on vacation?** *South Dakota.*
 - ♦ **What was your favorite subject in school?** *Math.*
 - ♦ **Who is or was your hero and why?** *My grandma. She raised 11 kids and worked hard all her life.*
 - ♦ **Everyone has a talent. What is yours?** *Sign Language.*
 - ♦ **What is one thing on your bucket list?** *I would love to go to Florida some day.*
 - ♦ **Who was your favorite celebrity as a child?** *It was Tweety Bird for a long time.*
 - ♦ **How long have you worked at Loch Haven?** *10 years, this time.*
 - ♦ **What are your duties?** *I do everything for the resident's daily living, ADL's and caring for people in every way, with a positive attitude.*
 - ♦ **Live In:** *Macon*
 - ♦ **Family:** *My husband is Wayne. We have two sons: Bobby & wife Desi and JW & wife Jaimi. We have 9 grandchildren.*
- "I love taking care of the residents. I loved working here the first time I was here so that's why I came back and why I stay here. The residents here love us as much as we love them."*
- Terry*

Welcome to

Team Loch Haven

Carlotta Litwiller	Dietary
Gracie Seward	Dietary
Susan Brake	Dietary
Jamie Howard	CMT
Sarah Harrison	CMT
Tyneeka Mason	CNA
Jamie Ward	NA
Lenda Wachter	RN
Jadera Newman	NA
Candice Barron	Laundry
Dayna Swisher	RN
Katrastina Harvey	CNA

Perfect Attendance

Opal Lewis

STAR AWARD

Sandy Roberts Janis Fraley
Tammy Rhodes Courtney Kelso
Crystal Bouman



www.lochhaven.com



Shirley Weber

Resident Spotlight



I Was born in Macon County in 1932. I grew up and have lived all my life on a farm. I went to LaPlata school and then to North East Truman University. I married Marion Wayne Weber on May 30, 1950, at the preacher's house in Atlanta, MO. We didn't have a honeymoon because we didn't have any money. No money, no honeymoon. We had two children, both boys. One is Jace Weber and his wife is Sally. They have

four children. Our other son, Bill Wayne, passed away in 2010. I taught school at LaPlata for six years and did the rest of my teaching in Knox County (20 years). I just loved every minute of it. I have always loved to sew and make things for family and friends. Some of the things I enjoyed making were purses and billfolds. I was told, many times, that I was a great seamstress. I was always really proud of my work. I enjoyed reading both fiction and non-fiction books and my favorite actor was Clark Gable. So, you can probably guess what my favorite movie was...That's right, it was *Gone with the Wind*.

For our 25th wedding anniversary, I saved my money and paid for two flights to Hawaii for a vacation. I told my husband that I had paid for his flight to go but if he didn't want to go I was going without him no matter what. Well, he was afraid to fly but decided to go and we spent 15 days on four different Hawaiian islands. He held on tight while we did all of that flying.

Back when I was a kid, I learned to drive with daddy's help. I was nine or ten years old and drove his old clunker. It was a good, old car. There was this time when my daddy was moving cattle from one

place to the other and I had to follow him in that clunker. The road was muddy and very slick. You had to stay in the ruts but I slipped out and ended up in the ditch. On down the road, daddy was visiting with another man and daddy told this man that I was following him in the car. This man told dad that I would be a while getting there because I had slid off the road and was stuck in the ditch. I don't recall how I got out of the ditch, but I did.

When I was a kid, my mother's family had all died but she had a brother, Frank, who would come and see her. I really didn't like him. He came one time and got in a hammock to rest. I was watching him and I knew he was gonna do something. He started walking on the porch and I guess he wasn't watching where he was going because he fell off the porch into a big tub of water. Oh my, he tried to say that I pushed him into the water. When he left, he gave everyone a gift but me. It didn't really hurt my feelings any. I just thought it was good that he came to see my mom.

Marion and I moved here to Loch Haven about 1 1/2 years ago. He passed away shortly after moving here. I really like it here. It's a nice place with great food, a good selection of activities and good people.



A Warm Welcome to

Helen Baker
Shirley Levett
Floyd Seidel
Jennie Grant

Betty Lucas
Norman Burk
Catherine Wiseman

Thanks to those who joined us for a therapeutic stay:
Donna Palmgren

We will always remember

Marquita Rosson
Wayne Creed

Reba Stroppel

Although it's difficult today to see
beyond the sorrow, may looking back
in memory help comfort you tomorrow.

Housekeeping

Housekeepers make every day



Front row (L-R)

Cheryl Taylor
Amy Riley
Tammy Nute
Amy Garcia

Back row (L-R)

Cathy Walker
Dana Morey - Supervisor
Courtney Kelso

Loch Haven Apartment's 4th Annual National Assisted Living Week September 10-16, 2017

During the week of September 10-16, Loch Haven Apartments will be celebrating their 4th Annual National Assisted Living Week with many fun filled activities and events. The theme for the week is "Family is Forever".

Following is the complete list of events for the week. Residents, staff, families, and friends are encouraged to dress up on these days. We would love to have anyone stop by and see us this week!



September 11 (Monday)

School Spirit Day
10 am - Balloon Launch

September 12 (Tuesday)

Twin Day
10 am - Warm Spring Ranch Tour
2 pm - Movie & Popcorn
Seven Brides for Seven Brothers

September 13 (Wednesday)

Favorite Hat Day
2 pm - Family Feud

September 14 (Thursday)

Pajama Day
2 pm - Scavenger Hunt

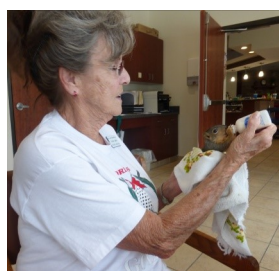
September 15 (Friday)

Assisted Living Week T-Shirt Day
11 am - 1 pm - Carnival (front circle drive)
12 pm - Lunch
2 pm - Assisted Living Week Reception

FAMILY IS FOREVER



Oak View & Cedar View COTTAGES



Susie's Musings

Hello from the Cottages! Wow! Where did our summer go? It sure was a busy one at the cottages. Lots of families have been traveling on vacations and coming to see their loved ones. Some residents enjoyed going out to the Flywheel. Charlie Hall went to see the tractors on display with his grandson. Dale Belshe also went and enjoyed seeing lots of his friends. Dale also went to the Ole' Settlers Reunion at Shelbyville and took top prize with his 1946 Chevy. He also took 1st & 2nd place with the same car at Bevier's Homecoming. Way to go Dale!! Residents have sure enjoyed their vegetables they've raised this summer along with all the other vegetables that were donated. Thanks again!

All enjoyed seeing and listening to Clark Dobbs Bible Study. Mildred Phipps told Clark she didn't know why they came to Bible Study because everyone goes to sleep but her and she can't hear. Oh, Lordy Day!!! Thanks also to Roy Fancher for coming and picking & singing to everyone.

Celebrating birthdays this month were Berneal Hardwick, Junior Muncy, and Mary Britt.

With school starting, our volunteer Austin Falkiner's last day was Friday the 18th. So Austin answered these questions about his "dream date": What color of hair would she have—orange; what language would she speak—English; what size of feet would she have—medium; what color of lip stick would she wear—bright red; would she be healthy or wealthy—wealthy; does she have her own car—oh, yes; does she sing country music—oh, yeah. Well, I told him I had to go make a few phone calls. Then, she showed up...he was speechless! She was so happy to see him but all he did was laugh at her!! I don't think you can get them that pretty at Montgomery Ward Store. Have a great school year, Austin.

The eclipse was a total nothing. It did get dark a bit. Our thanks to all our staff who keep our residents laughing and wearing their smiles. Until next time, God Bless.

Susan Lennon

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

September Birthdays

5	Jean D Grossman	13	Ruth Baugh
8	Catherine L Gaughan	19	Leoria Bunton
8	Hilda A Kreimeyer	23	John Ollen Love
10	Viola Slightom	27	Alvina C Howe
12	Nellie Charlene Pontius	30	Arvella E Johnson



Happy Retirement to Floyd Young who has been with Loch Haven for over 15 years. Thank you for all of your hard work and dedication to the staff, residents and facility. We wish you many happy years of retirement.

Thanks to

- ♦ Everyone who donated purses/handbags
- ♦ Dottie Wray for donating a TV
- ♦ Judy Rushton for donating Christmas material
- ♦ Everyone who has donated magazines



OLD
BAG
SALE



Former residents Alma and Bruno Amidei are sending love from heaven to the newest addition to their family. While Alma was a resident at in the RCF Apartments at Loch Haven, she worked on cross stitching quilt blocks. She was very talented with this craft. Alma's daughter, Teresa Gates, has recently taken these quilt blocks and put a baby quilt together. This baby quilt will be given to Teresa's grandbaby. What a great way to spread love throughout the generations!

MACC Blood Pressure Clinic

Loch Haven will be holding a Blood Pressure Clinic at the Health & Career Fair on the campus of Moberly Area Community College on October 18 from 11:00 am—4:00 pm. Everyone is invited to stop-by.

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 contact

Stacy Wood at 385-3113

News from RCF



Hello everyone! We stayed busy again this month. We start off each month going to the Casino. We headed to Booneville this time. We also enjoyed art class with Twyla. She always comes up with a fun idea for us to try. Bill Lear led a Bible study for us. He plays music and then studies scripture. We went to the Dollar Tree this month. The residents enjoy finding little treats. We want to thank Dakota from the Dollar Tree for holding the door open for our ladies. We had some homemade strawberry ice cream this month. Everyone who tasted it thought it was good and many wanted seconds. We went on a ride just to get out of the building. We drove around Thomas Hill Lake. The lake was beautiful on the day we went. The sun was shining and there were blue skies all around.

We learned about a few things this month such as: Monopoly, the 'Dog Days of Summer', solar eclipses, sunflowers, honey bees and even Mt Vesuvius. We also played our games: 7-Up, Bingo, Wheel of Fortune, Numbers Game, L-R-C, and Noodle Ball.

We sat outside on our porch a couple of days to enjoy the beautiful weather. We also have a Bible study with Clark Dobbs. Clark has music and shares devotionals with us as well. We ended the month by going to Wal-Mart. We always find a good bargain or two there. We want to thank everyone who donated home grown products to us. We hope you have a great month and we will share our adventures again soon.

By Katie Nelson

SPECIAL BROOK NEWS

Hello everyone! This month, we have spent a lot of time outside enjoying the wonderful weather. We talked about all the things we love to do in the summer. We even enjoyed popsicles one afternoon. We also had a lot of birthdays this month and had a wonderful time celebrating them.

By Amy Howlett



September 2017 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All Activities Are Subject To Change One on One Activities Offered					1 9:30a Exercise 10a Community Meeting 2p Bible Study w/Jim Bolin BLOOD DRIVE 2-6p	2 Saturday with Sherry Bingo @ 9:30a
3 10a Sunday School 2p United Methodist 6p Callao Bible Study	4 Labor Day	5 8:30a Door to Door 9a Nails 2p Nails 3p Small Groups 7p Ethel Amish	6 8:30 Door to Door 9:30a Chitchat 10a Exercise 2p Alvie & Dick 3p Pitch & Dominoes	7 AARP 8:30a Door to Door 10a Bevier Baptist Bible Study 10a MASS RCF 2p Men's Social	8 9:30a Exercise 10a Community Meeting 2p Bible Study w/Jim Bolin	9 Saturday with Sherry Bingo @ 9:30a
10 10a Sunday School 2p Faith Baptist 6p Callao Bible Study	11 8:30 Door to Door 10a Exercise 2p —3:30p Bingo	12 8:30a Door to Door 10a Concentration 2p Birthday Party 3p Pitch & Dominoes	13 8:30a Door to Door 9:30a Chitchat 10a Exercise 2p Noodle Ball 3p Small Groups 7p County Kickers	14 Family Breakfast 8:30a Door to Door 10a Bevier Baptist Bible Study 2p Facials	15 9:30a Exercise 10a Community Meeting Carnival 11-1 RCF 2p Bible Study w/Jim Bolin	16 Saturday with Sherry Bingo @ 9:30a
17 10a Sunday School 2p Ethel Christian 6p Callao Bible Study	18 8:30 Door to Door 10a Exercise 2p —3:30p Bingo	19 8:30a Door to Door 9a Nails 2p Nails 3p Small Groups 6:30p Open Arms	20 8:30 Door to Door 10a Exercise 2p Red Hat Ladies 7p County Kickers	21 8:30 Door to Door 10a Bevier Baptist Bible Study 2p David Foster 3p Pitch & Dominoes	22 9:30a Exercise 10a Community Meeting 2p Bible Study w/Jim Bolin	23 Saturday with Sherry Bingo @ 9:30a
24 10a Sunday School 9p Callao Bible Study	25 8:30a Door to Door 10a Exercise 2p —3:30p Bingo	26 8:30a Door to Door 10a Concentration 2p Social 3p Skip-Bo & Dominoes	27 8:30 Door to Door 10a Exercise 2p Roy & Barb 3p Pitch & Dominoes 7p County Kickers	28 Family Breakfast 8:30a Door to Door 10a Bevier Baptist Bible Study 2p Walmart	29 9:30a Exercise 10a Community Meeting 2p Bible Study	30 Saturday with Sherry Bingo @ 9:30a 6:15p Belles & Beaus



September 2017 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		*All meals served buffet style with bread and beverage. Several choices available.			1 Crusted Tilapia Stewed Potatoes Peas & Carrots Cheese Herb Biscuit Daffodil Cake	2 Spaghetti Sautéed Zucchini Garlic Bread Pineapple Upside Down Cake
3 Cheddar Baked Chicken Sweet Potato Wedges Brussel Sprouts Dinner Roll Peach Cobbler	4 Swedish Meatball Steamed Rice Broccoli Dinner Roll Sherbet	5 Breaded Pork Steak with Onions Roasted Potatoes Braised Red Cabbage Cornbread Tropical Fruit Salad	6 Chicken Fried Chicken Cheesy Hash Browns Glazed Carrots Dinner Roll Banana Cream Pie	7 Soft Beef Taco Pinto Beans Fiesta Corn Salad Creamy Orange Cake	8 Glazed Ham Scalloped Potatoes Country Green Beans with Bacon/ Onion & Frosted Angel Food Cake	9 Baked Turkey Crunch Baked Sweet Potato Creamed Peas Dinner Roll & Strawberry Pretzel Dessert
10 Roast Beef Mashed Pot/Gravy Candied Carrots Dinner Roll Creamy Custard Pie	11 Herb Roasted Chicken Baby Bakers Mixed Vegetables Frosted Cake	12 Bow Ties with Italian Sausage, Tomatoes & Cream Italian Tossed Salad Garlic Bread Sticks Fruited Gelatin	13 Turkey/Gravy Cornbread Dressing Vegetable Medley Dinner Roll Blueberry Cobbler	14 Salisbury Steak Baked Potato Spinach Bake Dinner Roll Daffodil Cake	15 Fish of the Day Macaroni & Cheese Cole Slaw Dinner Roll Mandarin Oranges	16 Beef Parmesan Buttered Pasta Peas & Carrots Garlic Bread Mixed Fruit Cup
17 Fried Chicken Mashed Potatoes/Gravy Green Beans Dinner Roll Chess Pie	18 Meatloaf Oven Browned Potatoes Creamed Peas Dinner Roll Fruit Shortcake	19 Roast Turkey Stuffing/Gravy California Vegetables Dinner Roll Seasonal Fresh Fruit	20 Beef Tips in Gravy Buttered Noodles Candied Carrots Caesar Salad Garlic bread Gelatin w/ Whipped Top	21 Herb Roasted Pork Loin w/gravy Baked Sweet Potato Vegetable Medley Roll & Frosted Chocolate Chip Brownies	22 BBQ Chicken Baked Beans Cucumbers & Onions Dinner Roll Peach Cobbler	23 Baked Ham Scalloped Potatoes Mixed Greens Cornbread Pudding Parfait
24 Pot Roast/Gravy Carrots, Potatoes & onions Dinner Roll Pie of the Day	25 Honey glazed pork Chops Buttered Orzo Vegetable Blend Roll & Cheese Cake	26 Fiesta Steak Squash Corn Casserole Tossed Salad Dinner Roll Fresh Fruit Cup	27 Ham & Beans Fried Potatoes Mixed Greens Cornbread Goopy Butter Cookies	28 Residents Choice	29 Crusted Tilapia Stewed Potatoes Peas & Carrots Cheese Herb Biscuit Daffodil Cake	30 Spaghetti Sautéed Zucchini Garlic Bread Pineapple Upside Down



Sweet Fall Baking



Iced Pumpkin Cookies

2 1/2 cups all purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cloves
1/2 teaspoon salt
1/2 cup butter, softened
1 1/2 cups white sugar
1 cup canned pumpkin puree
1 egg
1 teaspoon vanilla extract
2 cups confectioners' sugar
3 tablespoons milk
1 tablespoon melted butter
1 teaspoon vanilla extract

1. Preheat oven to 350 degrees. Combine flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves, and salt; set aside.
2. In a medium bowl, cream together the 1/2 cup butter and white sugar. Add pumpkin, egg, and 1 teaspoon vanilla to butter mixture and beat until creamy. Mix in dry ingredients. Drop on cookie sheet by tablespoonfuls; flatten slightly.
3. Bake for 15-20 minutes in the preheated oven. Cool cookies, then drizzle glaze with fork.
4. To Make Glaze: Combine confectioners' sugar, milk, 1 tablespoon melted butter, and 1 teaspoon vanilla. Add milk as needed, to achieve drizzling consistency.



Mountain Dew Apple Dumplings

2 Granny Smith apples
2 cans refrigerated crescent rolls
2 sticks butter
1 1/2 cups white sugar
1 teaspoon vanilla extract
Cinnamon (to taste)
1 can Mountain Dew



1. Peel and core apples. Cut the apples into 8 slices. Roll each apple slice in a crescent roll.
2. Place in a 9x13 buttered pan.
3. Melt butter, then add sugar and stir. Add vanilla. Stir. Pour on top of apples. Pour Mountain Dew over the top of the apples. Sprinkle with cinnamon and bake at 350 degrees for 40 minutes. Serve with ice cream and spoon some of the sweet sauce from the pan over the top.

Pecan Pie Bars

3 cups all purpose flour
1/2 cup white sugar
1/2 teaspoon salt
1 cup margarine
4 eggs
1 1/2 cups light corn syrup
1 1/2 cups white sugar
3 tablespoons margarine, melted
1 1/2 teaspoons vanilla extract
2 1/2 cups chopped pecans



1. Preheat oven to 350 degrees. Lightly grease a 10x15 inch jellyroll pan.
2. In a large bowl, stir together the flour, 1/2 cup sugar, and salt. Cut in 1 cup of margarine until mixture resembles coarse crumbs. Sprinkle the mixture evenly over the prepared pan, and press in firmly.
3. Bake for 20 minutes in the preheated oven.
4. While the crust is baking, prepare the filling. In a large bowl mix together the eggs, corn syrup, 1 1/2 cups sugar, 3 tablespoons margarine, and vanilla until smooth. Stir in the chopped pecans. Spread the filling evenly over the crust as soon as it comes out of the oven.
5. Bake for 25 minutes in the preheated oven, or until set. Allow to cool completely on a wire rack before slicing into bars.



LIFE IS A KITCHEN

put on your

prettiest

APRON

& whip up something

INCREDIBLE



Memory Walk

Saturday, September 16, 2017
Long Branch Lake
(1st Shelter House across Dam)

8 a.m. Registration
9:00 a.m. Ceremony
9:30 a.m. Walk across Dam

Come out and join the fun and support families who have been touched by Alzheimer's Disease.

*****Teams turn in money at 8 a.m. registration day of walk.***



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

Loch Haven
701 Sunset Hills DR
Macon, MO 63552