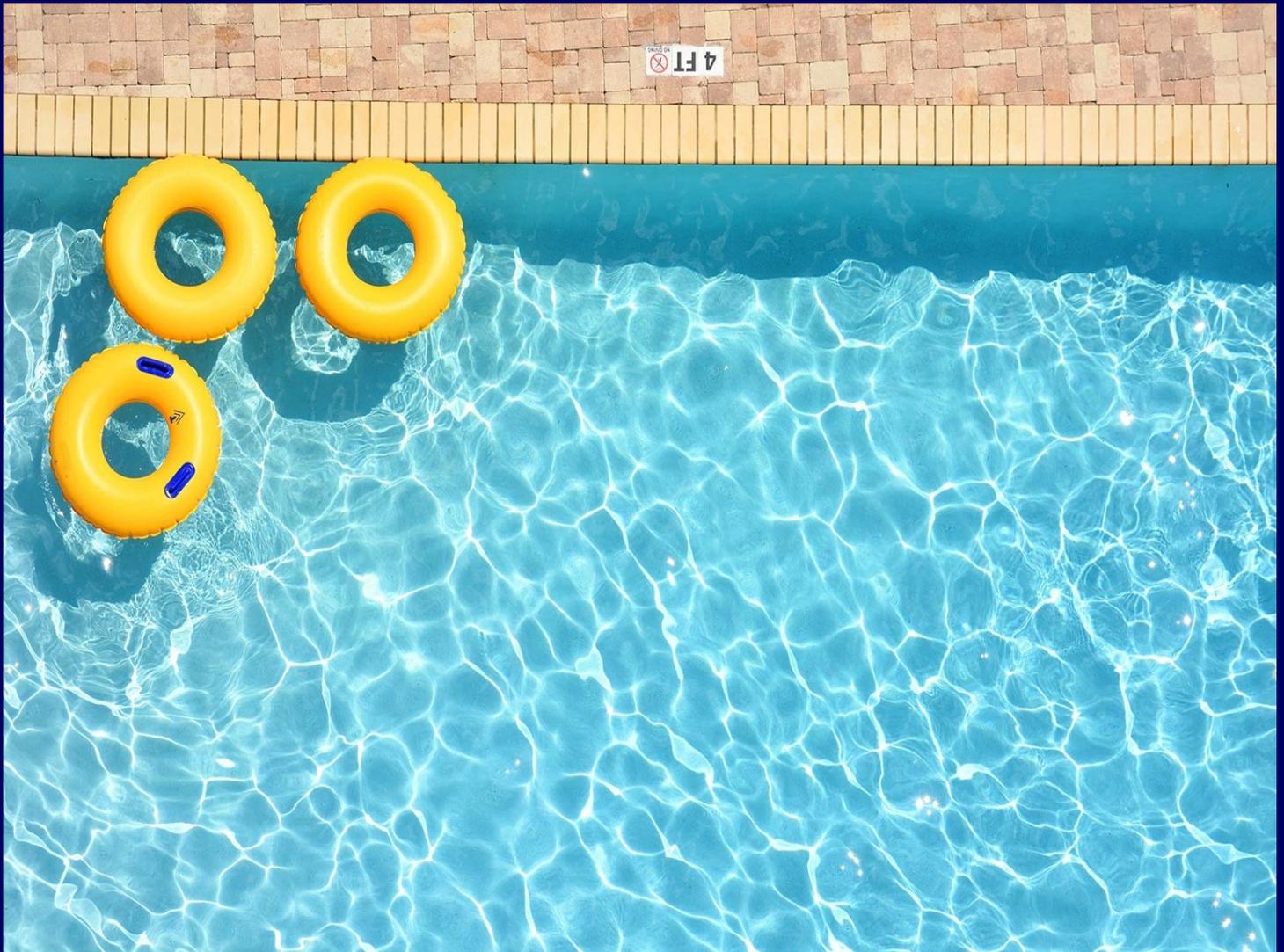


Loch Haven Tymes

August 2017



A publication of
Loch Haven
Senior Living Community
Macon, Missouri

Cheryl Taylor...Housekeeping

Employee Spotlight

- ♦ **What is your nickname?** Cherelle. Given to me by Dana Morey.
- ♦ **Describe yourself in one word.** Friendly
- ♦ **If you were an animal, what would you be?** A swan because they are so graceful.
- ♦ **What is your favorite movie?** Road House
- ♦ **What is the best place you ever went on vacation?** Florida
- ♦ **What was your favorite subject in school?** Spelling
- ♦ **Who is or was your hero and why?** My mother. She was always there when I needed her but I lost her 37 years ago.
- ♦ **Everyone has a talent. What is yours?** Making my friends smile every day.
- ♦ **What is one thing on your bucket list?** To go to Cancun, Mexico with my daughter, Crystal Sandner, and friend Melissa Morrison.
- ♦ **Who was your favorite celebrity as a child?**

- ♦ **What is your nickname?** Sam Elliott.
- ♦ **How long have you worked at Loch Haven?** 11 years 5 months
- ♦ **What are your duties?** Housekeeping (keeping the building sparkling clean)
- ♦ **Live In:** Bevier
- ♦ **Family:** I have three daughters: Crystal Sandner, Bridget Frey, Melissa Marrison. I also have one son: William Taylor.



"I love working at Loch Haven. I have made a lot of great friends here and my plan is to stay here until I retire."

Welcome to Team Loch Haven

Radonna Shimek	Dietary
Christian Coale	Dietary
Karen Carothers	Westbrook
Shannon Morse	Westbrook
Lee Newcomer	Special Care
Kirstan Vance	Mountain View
Amy Riley	Housekeeping
Beverly Huddleston	Housekeeping

Perfect Attendance

Rose Mary Neeson

"Doing what's expected of you can make you good, but it's the time you spend going above and beyond what's required that makes you great!"

- Josh S Hinds



There was a big birthday celebration at the Cedar View Cottage for Viola K. who turned 100. She was surprised by her family bringing her dinner. She was also surprised with all the cards, candy, flowers and balloons she received. The Cedar View staff sang Happy Birthday to her. Happy Birthday to our Viola K!! You are a sweet lady.

Carlos Andrews

Resident Spotlight



J Was born on February 7, 1943, and was raised in Moberly, Missouri. I have two daughters: Lois Ann Richardson of Kansas City, Missouri and Carlotta Litwelly of Macon. I have six grandchildren, one girl and five boys. I also have one great-grandchild. I got my schooling in Moberly and grew up on a farm. I started working when I was 11 years old. My first job was at the Bushes Bowling Alley, setting pins. There were

no machines. It was all done by hand and you had to be fast and I mean real fast. I did almost every type of job while working on different farms. I worked with pigs and when the wind storms blew over the corn crops, I had the job of shucking the corn off of the corn stocks. When harvest time came, the farmer would only have the Amish do the job of shucking the corn. This was east of Renick, MO. I worked at the Pig & Bun Restaurant, as a carhop, and at a couple other restaurants. I worked on DFW Air Force Base at Fort Worth, Texas doing their lawn care and irrigation. I had to walk 14 miles, both ways, to get there. Later on, I worked in different casinos in Nevada.

I loved to go coon hunting with my dad. It was a lot of fun to follow the hounds. You had to know the different sounds of the hounds voices. Some of the hounds were Red Tick and some were Red Bone. They were black and tan in color and we did

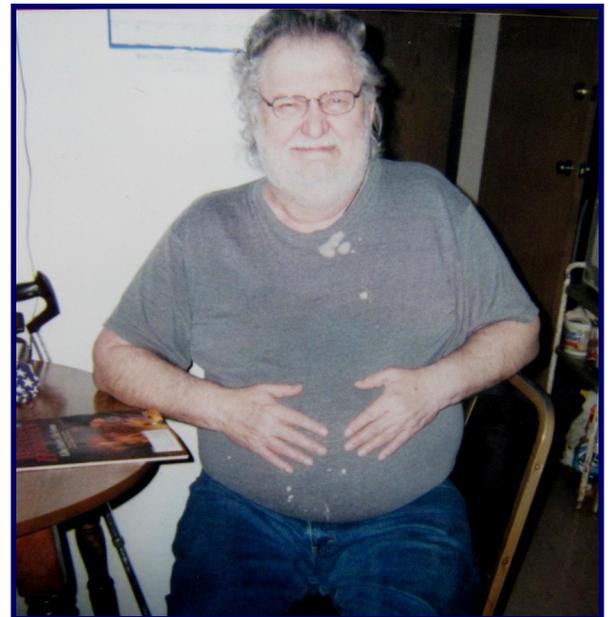
the hunting down around the Moberly area. Dad would skin the coons and sell the hides. We would enjoy eating the coons too. There was this one time, after a rabbit hunt, we went to sell the rabbits. We stopped at this woman's house and I went up to the door. I asked her if she would like to buy some rabbits



and she asked me how many I had. I said that I had 105 rabbits and she said "WOW! I'll buy all of them". I said "Wow" myself. I couldn't believe it. She said her and her husband were going to be having their 65th wedding anniversary and they had 15 kids to feed. Later, I learned that the girls did all the cooking and the boys just sat around the TV and radio, drinking beer. The boys ended up getting into an argument and went outside to fight it out. When there was a winner, they went back inside.



Later, I moved to Macon. I joined the Air Force and in 1961, I began working at Banquet Foods. I worked there for 17 years. I came to Loch Haven in 2016 and have made several friends. It is a nice place to be but I miss my home. I enjoy watching TV but I only like action movies. Mash is the best. It is my favorite.



A Warm Welcome to

Joseph Kiser
Donna Palmgren

Christina Nichols

Thanks to those who joined us for a therapeutic stay:

Patsy Keipp

We will always remember

Donald Perkins
Wilma Burkhart

Gretchen Collins
Dale Woodard

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

—Isla Paschal Richardson

Beauty Shop

Hairdressers bring **COLOR** to the world



Kayla Minor (Legacy)
with Louise Gaughan



Katie Taylor (Cottages)
Berneal Hardwick



Heather Brien (RCF)
with Charlene Pontius



I would like to thank everyone who helped with the Ice Cream Social. If you brought cakes or donated your time, it was greatly appreciated. If you were staff and helped with the residents, I want you to know how much that was appreciated also. I hope everyone had enough to eat and a good time!

Thank you again,
Jeanie Nail
Activities Director



If you would like a PDF copy of the **Loch Haven Tymes** sent to your email address, call 660-385-3113 and ask Stephanie to add you to the list!



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Oak View & Cedar View COTTAGES

Susie's Musings

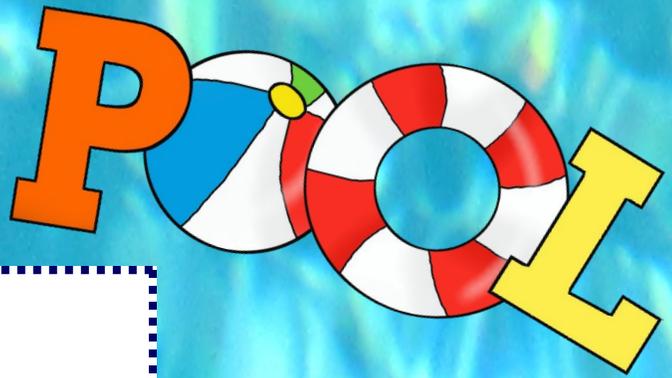


Hello from the Cottages! July started off with a BOOM BOOM celebrating the 4th of July with a big fireworks display thanks to Richard Compton. The fireworks were shot off by Tina and Charlie Falkiner and what a great job they did. You all are the best! Music groups for the month were Roy Fancher and Barbara Jenkins, David Snarr, Bill Lear, Chet Neimier and two other men doing great country music. Thanks to them for their great picking and singing. Our resident Sharon Crews' family entertained one Sunday with piano music and gospel singing. Thank you all. Also, thanks to Clark Dobbs for coming each month with a Bible study. Our cottages are enjoying the vegetables they're growing in their gardens, plus some that are brought in. Thanks for thinking of us. We had a balloon launch and we are anxious to see if we get any responses back. Wish us luck! What fun the residents had snapping green beans. It was so neat to listen to all the stories that were shared by them. Some would knock your socks off! We have a new volunteer, Austin Falkiner, and his smile says it all. He is so pleasant and a good helper. Thank you Austin. Doing nails, I always ask if they want the deluxe or the sloppy job. WELL, MiMi Phipps told me she's never ever had a sloppy job so don't give me one now. WELL, I guess she told me, RIGHT!! I love it... We always see deer around the cottages and there is this one buck that is getting sort of tame. He was caught peeking in Shirley Douglas' window while he was eating out of her birdfeeder. She didn't have a camera, I guess he thought he was at the movies. OH, DEER! I stop by some times at Oak View Cottage and look at the puzzles that Paul Harrison does and also the ones that Wanda Vass & Dorothy Johnson are doing. They do the ones that have thousands of pieces. Beautiful they are. With the hot weather here, stop by and have a glass of ice tea and visit with some of the residents. They love to share their stories. Thanks to all the staff here for all you do. You are tops. Until next month...God Bless.

Susan Lennon

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

August Birthdays



4	Mildred Ruth Rowland	19	Virgil L Muncy,
5	Delmer W Gladhill	Jr	
5	Geraldine Young	23	Carl J White
6	Berneal Hardwick	25	Virginia Wood
7	Hubert J Rosson	25	Dorothy Richardson
10	Reba J Stroppel	25	Betty Lucas
11	Dwight E Patterson	28	Sanford Carter
11	Margaret L Taylor	28	James L Burkhardt
17	Mary E Britt	29	Mary E Anderson

Thanks

- ◆ To everyone who has donated magazines and clothing
- ◆ Betty Devore for donating personal items
- ◆ Ted Burkhardt for donating magazines
- ◆ Doris Claypool for donating purses

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

385-3113



We Are In Need Of

Gently used purses or handbags for Loch Haven's Old Bag Sale. They can be dropped off at the front office. All proceeds go to the Alzheimer's Bags for a Cure.



Lace Collars

The recent analysis of the lace collars is that "the pattern is very indicative of a European country". The overall pattern is made of medallions, knots and several different lace patterns, then "laid out" and an open lace pattern called "Bride" is worked (or made) to hold the pattern to the desired shape.

The collars were made by Anna Besse Soper, born July 4, 1879, in Clay County, Missouri (2.5 miles west of Kearney in the historical Mt. Gilead community). When she finished grade school at Mt. Gilead, she attended Baird Ladies College at Clinton, MO. She graduated in May 1898, with a degree in Art.

The collars were for her and her sister to wear at their weddings. The large collar to be worn over a soft jacket. The smaller collar to wear with a suit over the high collar of a soft blouse.

Besse Saper became Mrs. H.M. Diffenbacher December 27, 1898 then taught china painting several years.

Gwen Smith—2017

News from RCF



Hello everyone! The summer heat is really starting to kick in. We are glad to have a cool place to be. We started the month off with a "Happy Birthday to America" party to celebrate Independence Day. We sang patriotic songs. We also ate birthday cake and drank Hawaiian Punch. We went to the casino again this month. We went to Mark Twain Casino in LaGrange this time. It's a good thing we only go to have fun—ha ha. We exercise our minds in the mornings and then we play a game or have a social time in the afternoon. This month we learned about Yellow Pig Day, cows and potatoes. We played games such as: Noodle Ball, L-R-C, Wheel of Fortune, Numbers Game and Bingo. We even celebrated Christmas in July! We

also have a Happy Hour each month. This day comes in handy with all the hot weather we are having this summer. We have three volunteers who each come in one day out of the month. One of the volunteers teaches an art class. The residents also enjoy visits from a volunteer who leads a Bible Study on the second Tuesday and another volunteer who leads a Bible Study on the last Tuesday of the month. We want to thank these three individuals for sharing part of their day with us. We also want to welcome Mickie Scurlock to our RCF family. We hope whoever reads this has a great day and we will be back again next month.

By Katie Nelson

SPECIAL BROOK NEWS

This month we have enjoyed sitting on the porch, talking about the things we like about summer. Things like gardening and hanging clothes on the line. We also enjoyed watching Disney movies, doing our nails and coloring summer pages on those hot days when we couldn't get out.

By Amy Howlett



August 2017 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Activities are subject to change</p>	<p>One on One activities offered to those unable to attend regular activities</p>	<p>1 10a Concentration 2p Pass The Hat 3p Small Groups 7pm Ethel Amish</p>	<p>2 9:30a Chitchat 10a Flex & Stretch 2p Alvie & Dick 3p Small Groups</p>	<p>3 10am MASS 10a Bevier Baptist Bible Study 2p Noodle Ball AARP</p>	<p>4 9:30a Flex & Stretch 10a Resident Community Meeting & Coffee 2p Carmen Hour of Bible Stories</p>	<p>5 Saturday with Sherry Bingo @ 9:30</p>
<p>6 10a Sunday School 2p United Methodist 6p Callao Bible Study</p>	<p>7 9a Chit Chat 10a Flex & Stretch 2p Bingo 3p Small Groups</p>	<p>8 9a Chit Chat 10a Nail Day 2p Birthday Party 3p Nails</p>	<p>9 9:30a Chitchat 10a Flex & Stretch 2p Painting 3p Small Groups 7p County Kickers</p>	<p>10 10a Bevier Baptist Bible Study 2p Sing a Long 3p Small Groups</p>	<p>11 9:30am Flex & Stretch 10a Resident Community Meeting & Coffee 2p Carmen Hour of Bible Stories</p>	<p>12 Saturday with Sherry Bingo @ 9:30</p>
<p>13 10a Sunday School 2p Faith Baptist 6p Callao Bible Study</p>	<p>14 9a Chit Chat 10a Flex & Stretch 2p Bingo 3p Small Groups</p>	<p>15 9a Chit Chat 10a Concentration 2p Craft 3p Small Groups 6:30p Open Arms</p>	<p>16 9:30a Chitchat 10a Flex & Stretch 2p Social 3p Small Groups 7p County Kickers</p>	<p>17 10am Bevier Baptist Bible Study 2p David Foster 3p Small Groups</p>	<p>18 9:30a Flex & Stretch 10a Resident Community Meeting & Coffee 2p Carmen Hour of Bible Stories</p>	<p>19 Saturday with Sherry Bingo @ 9:30</p>
<p>20 10a Sunday School 2p Ethel Christian 6pm Callao Bible Study</p>	<p>21 9a Chit Chat 10a Flex & Stretch 2p Bingo 3p Small Groups</p>	<p>22 9a Chit Chat 10a Nail Day 2p Nails 3p Small Groups</p>	<p>23 9:30a Chitchat 10a Flex & Stretch 2p Roy & Barbara 3p Small Groups 7p County Kickers</p>	<p>24 10a Bevier Baptist Bible Study 2p Travel Movie & Popcorn</p>	<p>25 9:30a Flex & Stretch 10a Resident Community Meeting & Meeting 2p Carmen Hour of Bible Stories</p>	<p>26 Saturday with Sherry Bingo @ 9:30</p>
<p>27 10a Sunday School 6p Callao Bible Study</p>	<p>28 9a Chit Chat 10a Flex & Stretch 2p Bingo 3p Small Groups</p>	<p>29 9a Chit Chat 10a Concentration 2p Country Store 3p Small Groups</p>	<p>30 9:30a Chitchat 10a Flex & Stretch 2p Social 3p Small Groups 7p County Kickers</p>	<p>31 10a Bevier Baptist Bible Study 2p Spelling Bee 3p Small Groups</p>		



Congratulations to Jeanie Nail on being voted Activities Director of the Year by the Activity Directors Association of Missouri (A.D.A.M). Jeanie encourages socializing and provides entertainment for our residents. She manages a wide range of activities to stimulate physical and emotional health. Thank you for your dedication and hard work, Jeanie.



Summertime Cooking

Zucchini Boats

2 medium zucchini
3/4 lb. ground beef
1 small onion, chopped
1/2 C chopped fresh mushrooms
1/2 C chopped sweet red pepper
1/2 C chopped green pepper
1 C shredded cheddar cheese, divided
2 T ketchup
Salt & pepper, to taste



1. Trim the ends off zucchini. Cut zucchini in half lengthwise; scoop out pulp, leaving 1/2-in. shells. Finely chop pulp.
2. In a skillet, cook beef, zucchini pulp, onion, mushrooms and peppers over medium heat until meat is no longer pink; drain. Remove from the heat. Add 1/2 C cheese, ketchup, salt and pepper; mix well. Spoon into the zucchini shells. Place in a greased 13x9-in. baking dish. Sprinkle with remaining cheese.
3. Bake, uncovered, at 350 degrees for 25-30 minutes or until zucchini is tender.

Fresh Strawberry Pie

1 9-in. pie crust
3 lb. (about 4 pints) strawberries, hulled
3/4 C sugar
2 t. low-sugar or no-sugar powdered pectin
2 T cornstarch
2 T lemon juice
1 to 2 T water

1. Roll out the pie crust and place it into a 9-in. pie plate. Trim and crimp the edges. Refrigerate for a half hour. Line the pie crust with parchment paper or foil and fill with pie weights or dry beans. Bake at 350 degrees for 20 minutes. Remove the weights and continue baking for 10 to 15 minutes, until the crust is lightly golden. Cool completely before adding filling.
2. Cut 15 of the strawberries in half and set aside for the top of the pie.
3. In a blender, puree 2 cups of the sliced berries with the sugar, pectin, cornstarch and lemon juice until smooth. Transfer to a saucepan and set over medium-high heat. Stir constantly until mixture comes to a rolling boil. Boil for 1 minute. Transfer glaze to a large bowl and cool for 20 minutes. Scoop out 1/4 C of the glaze and set aside .
4. Stir remaining strawberries into the bowl of glaze until evenly coated. Spoon the filling into the pie. Level it so the slices are flat and arrange the reserved, halved strawberries on top. Thin the reserved glaze with 1 to 2 tablespoons of water and brush over the pie.
5. Refrigerate for 1 hour or until the glaze is set. Slice and enjoy!



Fireflies





Thank you to Richard Compton for donating fireworks in memory of his mother, Nadine Compton, who lived in Cedar View Cottage. Also, thank you to Charlie, Tina and Austin Falkiner for all they did in making the fireworks display so beautiful.

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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