

Loch Haven Tymes

January 2020



A publication of
Loch Haven
Senior Living Community
Macon, Missouri

Mindy Young — Head Cook

Employee Spotlight



Describe yourself in one word. Energetic

If you were an animal, what would you be? An Owl

What is your favorite movie? Gone With the Wind

What is the best place you ever went on vacation? Canada

What was your favorite subject in school? English

Who is or was your hero and why? My grandmother has always been my hero. She has always been there for me and has taught me everything from cooking to being strong.

Everyone has a talent, what's yours? I play various instruments

What is one thing on your bucket list? Visit somewhere exotic

Who was your favorite actor/actress growing up?

Julia Roberts

How long have you worked at Loch Haven? 3 years

What are your duties here? I'm responsible for feeding the residents in the main building breakfast and lunch.

Family: Mom Kim, Dad Jeff, Brother Brandon, Sister Kari, my son Alex, Fiancé Chris

Live in: Macon

Positive quote? Too often we underestimate the power of a touch, a listening ear, and honest compliment or the smallest act of caring. All of which have the power to turn a life around.

~Mindy



It's a NEW YEAR, are you searching for a NEW career?

Do you have a caregiving heart and have often wondered if you should pursue a nursing career? Are you looking for a career that's really rewarding and gives you purpose? If this is you, or someone you know, don't hesitate to apply. We know that getting started in a new career can be scary and challenging. Our team will help you get signed up for the programs you need to become a certified nurses aid. They will assist you every step of the way! Plus, we pay for your classes so you won't have to stress over getting financed. If you want to further your nursing career we offer scholarship programs to assist with the expenses.

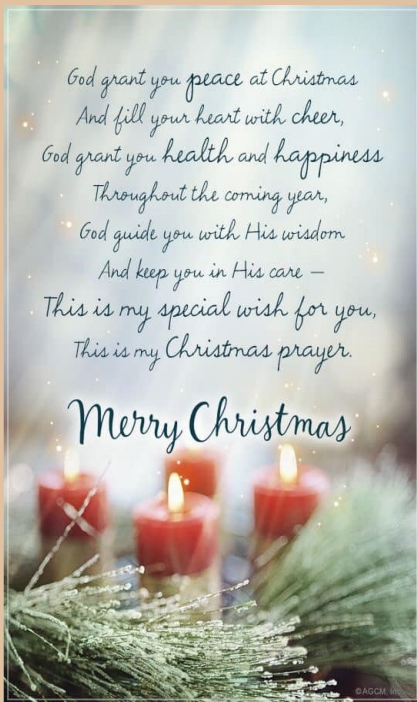
Come join the winning team today, whose been serving our community for over 50 years!



www.lochhaven.com



Thank you to the students from CCDC in Macon for coming out to see us to sing Christmas Carols to our residents! We appreciate you thinking of us this Christmas season and we sure enjoyed your smiles, cheerfulness and your music. Come back and see us soon, we loved having you here! Also, thank you to the teachers for making this happen, we appreciate you!



There was a tie between these two gingerbread houses for this years contest! Thank you to our staff for making these and for those of you who voted.



Thank you to the Bevier Band and Choir students for coming out to play their instruments and sing for the residents! It was beautiful!



FOLLOW US ON FACEBOOK
to see what's going on here!

A warm welcome to...

Robert Williams
John Beshears
Dorris Hatfield

Ricky Biegel
Craig Annabelle

Thanks to those who joined us for a therapeutic stay at
Loch Haven: Ricky Biegel

We will always remember

Jo Ann Young
Dorris Marrow

Zelta Gall
Robert Williamson

*Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed and very dear.*



Pictured are our residents writing cards and filling stockings to send to a soldier or a veteran for the Solider Angel project. They sure enjoyed preparing these stockings. Each stocking was filled with candy, cocoa mix, hot tea, chap stick, peanuts, corn nuts, candy canes, fun socks, a stocking cap, beef jerky and a crossword puzzle. We hope this gift warms their hearts and that they feel remembered and loved this Christmas season.



Our residents always enjoy all the holiday activities that our activity department has planned for them. Here's just a few of them painting ornaments for one of the many trees we have on display this Christmas season.



Oak View & Cedar View COTTAGES



Susie's Musings

Hello from the Cottages. Christmas time is always so fun around here! The residents said they hope Santa Claus brings us some warm weather, good health and peace in this world. Our Mimi Phipps said she hopes he brings me a man, and a good looking one! But she said she doesn't think she'll find one around here in our town, poor Mimi!

Thank you to all our regular volunteers who bring us music and bible study. We can't thank you enough for your time and your talents. Our residents have had a lot of visits this month from family. It's been great seeing so many smiles as our residents reminisced with their family, they sure enjoyed spending time together. Some visitor's tried out the hula hoop game! WAY TO GO! What fun that was to watch!

Our residents sure have been enjoying playing several different games during the winter season. As the snow flies we all gather at our harvest table and play games. The residents are really enjoying the game called numbers. They still all like to play trivia and skip O but it's always fun to learn a new one too!

We've spent many of our days singing Christmas carols and it's a challenge sometimes to remember the words. Everyone has enjoyed all the Christmas decorations that our staff puts up! They sure do a great job making our Cottages look so festive! This year we had some special decorations made from our youth for all the residents doors. The 4-H Buck A Roo's and the Boy Scouts along with their leaders came out to make crafts for each residents door. They used plastic coat hangers to make a snowflake, it was so creative! Then they used pizza pans, painted them and put a stocking cap on them and painted a face on them. The residents, staff and visitors all have enjoyed these creative crafts that our youth made. We always enjoy having organizations come out and we appreciate you thinking of us! Come back real soon!

Oakview was treated by some homemade cinnamon rolls that were made by Margarite Thrasher. They were sooo yummy! Must be a famous family recipe!

We can't think everyone enough who has volunteered here at the Cottages this past year. We appreciate you and you truly make a difference in the lives of our residents.

We hope everyone had a blessed Christmas and HAPPY NEW YEAR too!

We'll see you in 2020! ~Susan Lenon



January



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

04	Vickie Fugate	26	Cheryl Albright
05	Ivan Clarkson	28	Marjorie Stow
16	Bernice Lewis	29	Bonita Pennington
16	Helen McDuffee	29	Julia Wyatt
22	Delia Cochran	30	Dorothy Johnson

THANK YOU

- Lois McQuitty— Large bag of birdseed
- Judy Rushton— Cards, note pads and several miscellaneous items
- Shirlene Fitzgerald and David Malloy of the American Legion for donating blankets, walker bags and neck pillows
- AARP Chapter 5450— donated several items for our country store
- Jerry Smithson donated a walker and wheelchair



A special **THANK YOU** to everyone who adopted a resident this Christmas. You've made a **BIG** difference in the lives of our residents. They certainly feel loved by our community and it meant so much to them.



Merry Christmas



******YOUR GIFT *WILL* MAKE A DIFFERENCE******

The Loch Haven Foundation accepts donations for either designated projects or non-restricted funds to be used at the discretion of the Foundation for Loch Haven and its residents. Contact Foundation Director, Kelsey Hinshaw if you would like to make a donation or to learn more about the goals we have for the upcoming year with the money that's given to us.

SPECIAL Brook NEWS

Merry Christmas and Happy New Year from SCU. We have been real busy this month decorating our tree and baking cookies. We even dipped pretzels in chocolate for a special event. We've really enjoyed having several visitors here this past month. We were able to take several of our residents to the First Baptist Church for a Christmas program. We also was able to get several to shop at our country store. Wishing everyone a bless 2020! See you next year!
~Blanche Neeson, Activity Director



News from RCF

Hello everyone,
I can't believe we are starting another New Year. We wish everyone a great 2020! We finished 2019 on a high note in the apartments. We hosted our annual Family Holiday dinner on December 6th. Over 70 guests were in attendance. A great time was had by all. The staff dressed up in ugly Christmas t-shirts and the guests voted on who was the winner. There were many great ideas and Mary Summers came out on top. Thank you to all the staff for all the hard work put into the dinner. We appreciate each of you!
On Christmas Eve the residents opened their gifts from

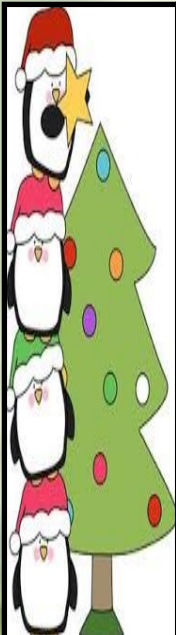
Santa. Many smiles appeared after opening such nice presents. Christmas Eve evening we hold a Candlelight service every year. Bryce Duncan read the night before Christmas and played some Christmas carols for us on the piano. He did a great job! We remembered those who we lost in the last year as Bryce played Silent Night. What a great end to a great day.
We are bringing in the New Year with a party on New Year's Eve. Wishing everyone a blessed NEW YEAR!
~Katie Nelson, RCF Activity Director

January 2020 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10a Exercise with Dianna 2p Junk Drawer Detective 3p Numbers	2 9:30 Resident Devotional 10a "King of the Road" Day 2p Cooking Club 3:30p Making sugar cookies	3 9:30a Coffee Club 10a Exercise 10:30a Book Club 1p Jim Bolin Bible Study 2:30a Snow Globes	4 9:30a BINGO 1p Pitch
5 10a Sunday School 2p United Methodist Church	6 9:30a Coffee Club 10s Exercise 10:30a Book Club 2p BINGO 3:15p Residents Council	7 9a Nails 1:30p LCR 3p Pitch 7p Ethel Amish	8 9:30a Coffee Club 10a Exercise 10:30a Book Club 2p Dick & Alvie Music 3:15p Elvis' B- Day Celebration 7p Country Kickers	9 9:30a Resident Devotional 10a Word Nerd Day 1p Coffee w/ a cop (National Law Enforcement day) 3p Pitch	10 9:30a Coffee Club 10:30a Book Club 1pm Jim Bolin Bible Study 2:30p Roll a Snowman Game 3:30p Soup Taste Tasting	11 9:30a BINGO 1p Movie Stagecoach
12 10a Sunday School 2p Faith Baptist	13 9:30a Coffee Club 10s Exercise 10:30a Book Club 2p BINGO 3:15p Making Snow	14 9a Pen Pal Letters 10:30a Women's Tea 2p Monthly Birthday Party 3:15p Pitch	15 9:30a Coffee Club 10a Exercise 10:30a Book Club 2p Barb & Roy Music 3:15p Swat the Balloon Game 7p Country Kickers	16 9:30a Resident Devotional 10:30a Appreciate A Dragon Day 2p David Foster Music 3:15p Blind Taste Testing	17 9:30a Coffee Club 10a Exercise 10:30a Book Club 1p Jim Bolin Bible Study 2:30p Celebrating Winnie the Pooh 3:45p Sing a Long	18 9:30a BINGO 1p Pitch
19 10a Sunday School 2p Ethel Christian	20 9:30a Coffee club 10a Exercise 10:30a Book Club 2p BINGO 3:15p MLK Trivia 3:45p Bowling Game	21 9a Nails 1:30p Numbers & Dominos 3p Pitch 6:30p Open Arms	22 9:30a Coffee Club 10a Exercise 10:30a Book Club 2p Music with Dianna Resa 3:15p Men's Social 7p Country Kickers	23 9:30a Resident Devotional 10a Spelling Bee 1:30p Snowman Craft 3:30p Pitch	24 9:30a Coffee Club 10a Exercise 10:30a Book Club 1p Jim Bolin Bible Study 2:30a Universal Yums	25 9:30a BINGO 1p Movie The Apple Dumpling Gang
26 10a Sunday School 2p LaPlata Baptist	27 9:30a Coffee Club 10a Exercise 10:30a Book Club 2p BINGO 3:15p Armchair Travel to Australia Australia Day	28 9:30a Chopstick Games 10:30a Chinese New Year Trivia and Coloring 1:30p Crazy Kazoos 3p Pitch	29 9:30a Coffee Club 10a Exercise 10:30a Book Club 2p Barb & Roy Music 3:15p Happy Hour 7p Country Kickers	30 9:30a Resident Devotional 10a Shoveling Snow Contest 1:30p Trip to Dollar Tree 3:15p LCR	31 9:30a Coffee Club 10a Exercise 10:30a Book Club 1p Jim Bolin Bible Study 2:30a Frosty Friday Celebration	



**HAPPY
HOLIDAYS**



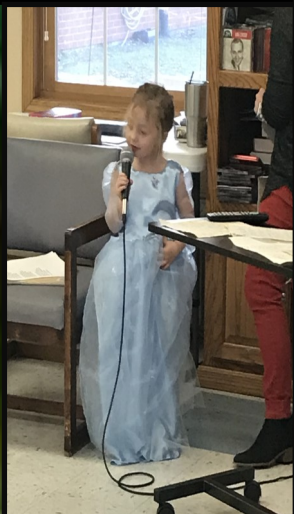
A special "thank you" to Callao Christian Church for bringing these meal baskets for our employee's. This project was called "Christmas to the Community!" The church chose several local businesses and gave a full meal to employee's as a token of appreciation for the hard work and dedication they provide to serving others in our community! We're grateful they chose us and the meals were such a surprise to our employee's and it was such a blessing to witness this wonderful act of kindness.

Our home has been BLESSED by so many in our community who've come to sing Christmas carols, bearing gifts for our Veteran's and adopting residents. We appreciate everyone who has made this Christmas so special for our residents and staff. Thank you for blessing to our HOME!

Macon United Methodist Church



Bill Lear and Friends



Dianna Resa and Crystal Smith performed a special Christmas program for our residents. They sang several traditional songs and really enjoyed seeing the residents sing along to the music. They also had a guest appearance from Kora Smith (Crystal's daughter) who sang Jingle Bells! Everyone enjoyed the Christmas music and we plan on signing for our residents again real soon!

Nita Coale raised the most money for the pie in the face but because this event was for a Alzheimer's fund raiser, all the contenders were such good sports and took a pie in the face too! These whipped cream faces right here raised \$339.33 and made such an impact on what raising money for a charity is all about! WAY TO GO TEAM!!!

January 2019 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Baked Ham Sweet Potatoes (A) Country Green Beans w/ Bacon & Onion Apple Pie Ala Mode Dinner roll/Margarine Beverage	6 Meatloaf Roasted Potatoes Baby Carrots (A) Cheesecake Bread/Margarine Beverage		1 Lemon Baked Fish Long & wild rice Broccoli w/Cheese Sauce (A) Ambrosia (FR) Dinner Roll/Margarine Beverage	2 Residents Choice	3 Roast Pork Herb Stuffing Roasted Brussel Sprouts Fruit Cup Dinner Roll/Margarine Beverage	4 Chicken Alfredo Over Fettuccini Italian Blend Veg (A) Mixed Fruit cup w/topping Garlic Toast Beverage
			8 Baked Turkey Crunch Parslied Buttered Pasta Italian Green Beans Pumpkin Cake (A) w/ Whipped Topping Cornbread/Margarine Beverage	9 Herbed Baked Cod Rice Pilaf Carrots, Broccoli, Cauli- flower (A) Apple Brown Betty (FR) Dinner Roll/Margarine Beverage	10 Orange-Rosemary Pork Roast Au Gratin Potatoes Fried Cabbage Carrot Cake w/Cream Cheese Frosting Cornbread/Margarine Beverage	11 Salisbury Steak Mashed Potatoes or But- tered Corn Winter Blend Veggies Mixed Berry Cobbler Bread/Margarine Beverage
12 Cornflake Chicken Baked Potato w/Sour Cream Carrots (A) Creamy Custard Pie Dinner Roll/Margarine Beverage	13 Apple Glazed Pork Loin Mashed Cauliflower Vegetable Medley Jell-O Cake w/Whipped Topping Bread/Margarine Beverage	14 Roast Beef w/Gravy Scalloped Potatoes Spinach & Mushrooms (A) Mock Pecan Pie Dinner Roll/Margarine Beverage	15 Smokey Mountain Chicken Smashed Red Potatoes Buttered Peas & Carrots (A) Autumn Fruit Crisp Texas Toast Beverage	16 Baked Sausage Ziti Italian Cut Green Beans Tossed Salad w/Dressing Pumpkin Mousse (A) Garlic Bread Beverage	17 Battered Pollock Fish Filet w/tater sauce Broccoli Rice Casserole Creamy Cole Slaw Caramel Pear Pudding (FR) Hush Puppies Beverage	18 Baked Ham Au Gratin Potatoes Lima Beans Banana Cake Bread/Margarine Beverage
19 Fried Chicken Garlic Mashed Potatoes w/Gravy Vegetable Blend Cherry Pie Dinner Roll/Margarine Beverage	20 Devil'd Pork Mashed Sweet Potatoes (A) Roasted Brussel Sprouts Frosted Chocolate Cake Cornbread/Margarine Beverage	21 Beef Stroganoff Over Egg Noodles Buttered Carrots (A) Pear Cobbler (FR) Bread/Margarine Beverage	22 Asian Chicken Long Grain & Wild Rice Blend Oriental Vegetables Egg Roll Mandarin Orange Cake Beverage	23 Roast Turkey w/Gravy Mashed Potatoes Steamed Broccoli (A) Mixed Fruit Cup Dinner Roll/Margarine Beverage	24 Fish of the Day w/Tarter Sauce Rice Pilaf Confetti Cole Slaw Chocolate Cream Pie Biscuit Beverage	25 Cranberry Glazed Pork Roast Garlic Red Roasted Pota- toes Mixed Greens (A) Frosted Vanilla Cake Beverage
26 Pot Roast w/Gravy Roasted Carrots, Pota- toes & Onions (A) Chocolate Chess Pie Dinner Roll/Margarine Beverage	27 Cheddar Baked Chicken Mashed Cauliflower Succotash Peach Cobble (FR) Biscuit/Margarine Beverage	28 Braised Beef Parslied Buttered Noodles Buttered Peas Pineapple Upside Down Cake Bread/Margarine Beverage	29 Lemon Baked Fish Long Grain & Wild Rice Blend Broccoli w/ Cheese Sauce (A) Ambrosia (FR) Dinner Roll/Margarine Beverage	30 Residents Choice	31 Roast Pork Herb Stuffing Roasted Brussel Sprouts Fruits Crisp (FR) Dinner Roll/ Margarine	

Happy New Year

Loch Haven would like to wish our residents, staff and community a wonderful NEW YEAR! May this year bring each of you joy, happiness and good health.

As we reflect on 2019 we'd like to express how extremely grateful for the support our community has shown us this past year.

We look forward to serving you in 2020!
~Loch Haven



Pictured is the **Callao American Legion Auxiliary Unit 360** who came bearing gifts for our Veterans. Each Veteran received a hat with the branch they served on it and a gift bag full of special items they requested.

A special thank you to this caring organization that comes year after year bringing Christmas gifts to our Veterans!

We appreciate your thoughtfulness and so does our Veterans.

MERRY CHRISTMAS



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