

Loch Haven Tymes

September 2020



A publication of

Loch Haven

Senior Living Community

Macon, Missouri

Michelle Cockerham– RN

Employee Spotlight



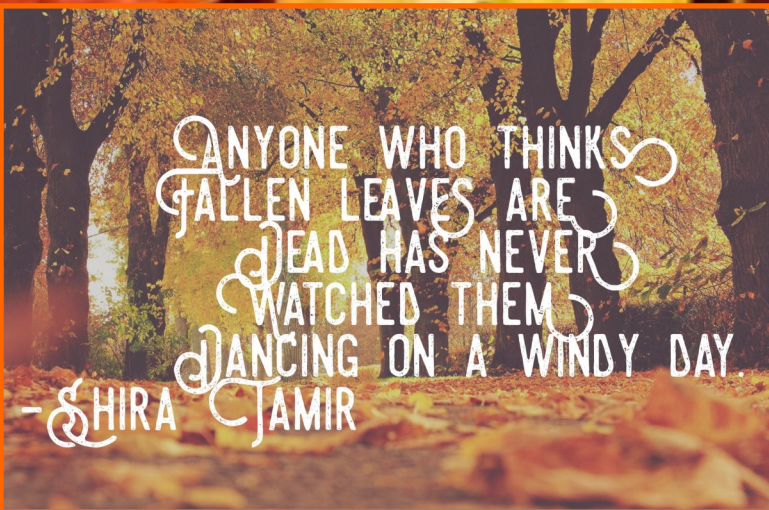
- ♦ **What is your nickname?** None
- ♦ **Describe yourself in one word.** Kind
- ♦ **What is the best place you ever went on vacation?** Either Smoky Mountains or Boston
- ♦ **What was your favorite subject in school?** Math

- ♦ **Who is or was your hero and why?** My Dad, he was always kind and giving to others. A friend to anyone he met.
- ♦ **Everyone has a talent. What is yours?** Caring for others
- ♦ **What is one thing on your bucket list?** Would like to travel to Alaska
- ♦ **How long have you worked at Loch Haven?** 1 year
- ♦ **What are your duties?** I'm a charge nurse
- ♦ **Live In:** Moberly

- ♦ **Family:** Husband, Wally, We have three children Avery 22, Jared 18 and Lauren 15

A quote you like:

Sometimes it takes only one act of kindness and caring to change a person's life.



www.lochhaven.com

If you're looking for a rewarding career where you make a difference in someone else's life, we need you to apply! We're always looking **CNA's, CMT's, LPN's and RN's** to join our team! If you thinking about becoming a nurse, we offer scholarship programs that will help you pay for nursing school.

CALL us today at 660.385.3113 and ask for Nita Coale our DON to learn more about the many opportunities we have available.



Life at Loch Haven



Employee Work Anniversary's for September

4	Bridget Hancock	1 year
6	Christie Buckman	3 years
6	Ashley Stacy	3 years
9	Kayde Lagle	1 year
9	Devonni Smith	2 years
13	Alicia Gladbach	2 years
13	Jessica Huntsman	3 years
14	Brenda Akins	16 years
21	Terry Brammer	36 years
23	Debbie Ditommaso	1 year
23	Schela Enyard	1 year
27	Kathy Schmitt	2 years
27	Dianna Resa	2 years
28	Paula Stout	9 years
30	Mary Campbell	1 year
30	Opal Lewis	6 years

"Thank you for your commitment to us and for being a valuable part of our team! We look forward to working with you for years to come!"

~Team Loch Haven

A Warm Welcome to

Maxine Teter
Ida Claiborne

Dick Robert
Anita Wynne

We will always remember

Wanda Whitley

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



We love celebrating Birthday's here! The residents sure enjoy the ice cream and cake at their parties! We had several Birthday's during the summer months.



Our ladies love nail day! It's something they truly look forward too! The smiles say it all!

Oak View Cottage



Some of the ladies that live at Oakview spent some time designing outfits for their paper models. They really enjoyed this activity because they could be creative! They used jewels and feathers to design their fabulous dresses. They all enjoyed being fashion designers!



Diana Resa playing the guitar, piano and singing too!



The residents at Oak View have been celebrating a few Birthday's this past month. Diana Resa our restorative aid, came to play the piano, guitar and sing to everyone. The residents really enjoyed the fresh produce from their garden. They got to go outside to the fair that the activity department put on, it was a fun time! There were games like duck pond and a dunk tank! Many of the residents enjoyed the fair food. The fried oreo's was a hit and they sure were good! We hope everyone is staying cool this summer and staying safe. We'll talk to you soon.
Rachael Schermuly—Activities

September BIRTHDAYS

2	James Massman	14	Fred Schrader
7	Betty Macrander	14	Maxine Teter
8	Catherine L Gaughan	18	Patsie Littrell
12	Nellie Charlene Pontius	19	Leoria Bunton
13	Helen Moehle	22	David Veach
13	Mary Davis	27	Alvina Howe
14	Richard Miller		

Take me to the FAIR





News From RCF

Hello Everyone,
What a year so far. Nothing seems to be the same. We try to make things fun in here the apartments. We traveled in our minds to Atlanta, Georgia and learned about the city and the state. We also took rides around the City of Macon. Many of the residents enjoy driving

around and reminiscing about where people lived. I always learn many things on the drives. We celebrated Christmas in July too!

The residents also like to take walks outdoors. They love to be outside when the weather cooperates. We sit outside on the porch too. We even let bible study outside one day. What a way to enjoy Gods creation. See you again next month.

~Katie Nelson, RCF Activity Director

SPECIAL BROOK NEWS

Hello everyone! On the cooler days this past month we took some time to sit out on our porch. We have such a beautiful view because there are several flowers still in bloom. We had a fun time playing kick ball with a beach ball! That sure brings back summer time memories of being at the lake or pools with family. We hope everyone has a great rest of their summer!
~Blanche Neeson, SCU Activity Director



September 2020 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All activities are subject to change One on ones offered daily		1 10a Who am I 2p Name that tune 3:15p Yahtzee!	2 9a Coffee Club 10a Exercise 10:30a Book Club 2p Pitch 3:15p Discussing V-J Day	3 10a Devotional 2p Junk Drawer Detective 3:15p September Trivia	4 9a Coffee Club 10a Exercise 10:30a Friday Dance 2p The Price is Right 3p Cooking Club	5 Independent Activities
6 Independent Activities	7 Labor Day Independent Activities	8 9a Nails 2p Concentration 3:15p Shooting Practice w/ Nerf Guns	9 9a Coffee Club 10a Kindness Rocks 2p Monthly Birthday Party & Diana Resa sings	10 10a Devotional 2p Pitch 3:15p Art Club- Power in the acorn	11 9a Coffee Club 10a Exercise 10:30a Book Club 2p Instruments 2:45p Celebrating Chocolate Milkshake	12 Independent Activities
13 Independent Activities	14 9a Coffee Club 10a Exercise 10:30a Book Club 1:30p BINGO (GR1) 2:15p BINGO (GR2) 3:15p BINGO (GR3)	15 10a True or False Game 2p Lists of 25 3:15p Resident's Council and Popsicles	16 9a Coffee Club 10a Pitch 2:30p-4p Country Store	17 10a Devotional 2p Keota Plays at RCF 2p Noodle Ball 3p What's in the bag?	18 9a Coffee Club 10a Exercise 10:30 Friday Dance 2p Cooking Club 3:15p Memorial Service	19 Independent Activities
20 Independent Activities	21 9a Coffee Club 10a Exercise 10:30a Book Club 1:30p BINGO (GR1) 2:15p BINGO (GR2) 3:15p BINGO (GR3)	22 9a Nails 2p Pitch 3:15p Art Club- Hello Fall	23 9am Coffee Club 10a Exercise 10:30a Book Club 1:30p Bucket of Beans 2:30p Trivia Bowl	24 10a Devotional 2p Dianna Sings 3:15p Cooking Club	25 9a Coffee Club 10a Exercise 10:30a Book Club 2p Concentration 3p Facebook and Happy Hour	26 Independent Activities
27 Independent Activities	28 9a Coffee Club 10a Exercise 10:30a Book Club 1:30p BINGO (GR1) 2:15p BINGO (GR2) 3:15p BINGO (GR3)	29 10a Wheel of Fortune 2p Card BINGO 3:15p Universal Yums	30 9a Coffee Club 10a Balloon Swat 2p Pitch 3:15p "Yabba Dabba Do" Day!			



A few of our residents celebrated National Root Beer Float Day! They were fun to make and fun to drink!



Here at Loch Haven we have coffee club every Monday, Wednesday and Friday in our activity room. This gives our residents the opportunity to enjoy their choice of hot cocoa, homemade cappuccino, hot tea and coffee. Sometimes they enjoy some sweet treats to go with their favorite drink. Many of our residents take part in this because they enjoy talking to each other and getting the chance to socialize before they start their day.



September 2020 Dining Calendar

SUN	MON	TUE	WED	THUR	FRI	SAT
		1 Summer Chicken w/ Pasta Tossed Salad with Dressing Fruited Pudding (FR) Dinner Roll/Margarine Beverage	2 Fiesta Hamburger Steak Mashed Potatoes & Gravy Chuckwagon Corn Snickerdoodle Blondie Bars Dinner Roll/Margarine Beverage	3 Resident's Choice (3 oz Pro/2 Grain/ 1 veg) Beverage	4 Baked Fish w/Tarter Sauce Macaroni & Cheese Dill & Chive Peas Fresh Fruit Cup Cheese Herb Biscuit Beverage	5 Baked Ziti w/Italian Sausage Side Salad w/Dressing Jell-O-O Cake w/ Whipped Topping Garlic Bread Beverage
6 Cheddar Baked Chicken Baked Potato w/Sour Cream Green Bean Casserole Peach Cobbler (FR) Dinner Roll/Margarine Beverage	7 Swedish Meatballs w/ Sauce Steamed Rice Broccoli (A) Pineapple Crisp (FR) Dinner Roll w/Margarine Beverage	8 Pork Chop w/Gravy Oven Roasted Potatoes Brussel Sprouts Tropical Fruit w/Whipped Topping Dinner Roll/Margarine Beverage	9 Roast Turkey Baked Fresh Sweet Potato (A) Creamed Peas Strawberry Pretzel Dessert Dinner Roll w/Margarine Beverage	10 Soft Beef Taco Pinto Beans Fiesta Corn Salad Creamy Orange Cake Beverage	11 Glazed Ham Scalloped Potatoes Braised Red Cabbage Frosted Angel Food Cake Cornbread/Margarine Beverage	12 Cornflake Chicken Cheesy Hash Brown Casserole Buttered Carrots (A) Banana Cream Pie Dinner Roll/Margarine Beverage
13 Roast Beef Mashed Potatoes & Gravy Broccoli w/Cheese Sauce (A) Creamy Custard Pie Dinner Roll/Margarine	14 Herb Roasted Chicken Baby Bakers Four Way Mixed Vegetables Frosted Cake Dinner Roll/Margarine	15 Bow Ties w/Italian Sausage Tomatoes and Cream Italian Blend Vegetables (A) Caesar Salad Fruited Gelatin (FR) Garlic Bread Stick Beverage	16 Salisbury Steak Baked Potato w/Sour Cream Spinach (A) Hummingbird Cake Dinner Roll/Margarine Beverage	17 Sliced Roast Turkey w/ Gravy Vegetable Medley Cornbread Dressing Blueberry Cobbler (FR) Dinner Roll/Margarine Beverage	18 Fish of the Day w/ Tarter Sauce Macaroni & Cheese Green Beans Mandarin Oranges & Bananas Dinner Roll/Margarine Beverage	19 Beef Parmesan Buttered Pasta Roasted Zucchini Mixed Fruit Cup Garlic Bread Beverage
20 Fried Chicken Mashed Potatoes & Gravy Green Beans Peach Pie Dinner Roll/Margarine Beverage	21 Meatloaf Oven Browned Potatoes Buttered Corn Strawberry Shortcake (FR) Dinner Roll/Margarine Beverage	22 Baked Turkey Crunch Garden Blend Rice Roasted Zucchini Seasonal Fresh Fruit Dinner Roll/Margarine Beverage	23 Beef Tips in Gravy Buttered Egg Noodles Candied Carrots Caesar Salad Banana Pudding Cake Garlic Bread Beverage	24 Herb Roasted Pork Loin in Gravy Baked Sweet Potato Mixed Vegetables Frosted Chocolate Chip Brownie Biscuit/Margarine Beverage	25 BBQ Chicken Baked Beans Potato Salad Mixed Fruit Cup Dinner Roll/Margarine Beverage	26 Baked Ham Scalloped Potatoes Seasoned Spinach (A) Pudding Parfait Cornbread/Margarine Beverage
27 Pot Roast w/Gravy Roasted Carrots Potatoes & Onions (A) Cheesecake Dinner Roll/Margarine Beverage	28 Brown Sugar Pork Chops w/Garlic & Herbs Buttered Orzo Green Peas w/Sautéed Onions Brownie Dinner Roll/Margarine	29 Summer Chicken Tossed Salad/Dressing Fruited Pudding (FR) Dinner Roll/Margarine Beverage	30 Fiesta Hamburger Steak Mashed Potatoes & Gravy Chuckwagon Corn Snickerdoodle Blondie Bars Dinner Roll/Margarine			

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 members include: Kelsey Hinshaw, Richard Waller and Crystal Smith.

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 life.

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 _____

Raising money for Alzheimer's

Thank you to Blanche Neeson, Donna Ewing, Casey Little, Julie Mason and Jennifer Stivers for participating in an ice bucket challenge to raise money for the Alzheimer's Foundation! Thank you everyone for purchasing tickets because of you we reached our goal!



Congrats to Leslie Nash for winning our quilt raffle!



World Alzheimer's month is in September, it is an annual international event, always held in September and run by Alzheimer's Disease International (ADI).

The aim of the month is to raise awareness and challenge stigma surrounding Alzheimer's and dementia. The event has been running since 2012, and September 21st is world Alzheimer's Day.

There will be a virtual ceremony this year due to Covid-19



CONGRATULATIONS to Crystal Bouman for getting the closest guess on how many Jelly Beans were in the jar! The jar had 248 and she guessed 263! Way to go, you were sooooo close!



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 email 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. Crystal Smith, Marketing Director 660-385-3113 www.lochhaven.com