

Loch Haven Tymes

August 2014



A publication of the

Loch Haven

Senior Living Community

Macon, Missouri

MEET: Tammy Rhodes ,

Neighborhood Secretary

Going Above & Beyond



♦ **Were you named after anyone special?**
No

♦ **Describe yourself in one word?** Caring

♦ **What kind of pets do you have?** None

♦ **What is your favorite all-time movie?**
The Notebook

♦ **What is the best place you've ever**

gone on vacation? Sunrise Beach, Missouri camping. It is so relaxing.

♦ **What was your favorite subject in school?**
Accounting

♦ **Everyone has a talent? What is yours?** Working!

♦ **What would be your dream vacation?**

Alaska in the summer.

♦ **What is your favorite saying?** God doesn't give you more then you can handle.

♦ **Who was your favorite celebrity as a child?**
Olivia Newton John

♦ **How long have you worked at Loch Haven?**
25 years

♦ **What are your duties?** Secretary, CNA/CMT and Equipment

♦ **Where do you live?** Atlanta

Family: Husband, Dan; daughter, Cassie; and son, Corey.

"At Loch Haven there are very caring workers, that treat you like family, " ~ Tammy

Welcome to Team Loch Haven

Sheila Manuel, RN	Nights
Lourae Lee, NA	Sunset Village
Frankie Kennison, NA	Mt. View
Loretta Lewis, NA	Westbrook
Charlotte Weaver, NA	Cottage PAL
Jennifer Williams, NA	Sunset Village
Henry Walker	Dietary
Mary Adams	Dietary

Perfect Attendance Crystal Sandner

Team PLAYER award Paige Wilt

STAR AWARD WINNERS

*Dena Selmon
Crystal Sandner
Penny Morgan
Terri Cross
Tillie Christensen
Tracy Sanders
Lisa Purdy
Weezie Maloney*



Janice Fraley, who works in the LH Apartments loves to write. You will be seeing articles written by Janice in this issue and in upcoming issues of the LH Tymes.

THANKS to Janice for sharing her time and talent!

DID YOU KNOW...if you're thinking about moving to Loch Haven.....

WE MAKE IT EASY FOR YOU

After hours or week-end admissions are possible with prior arrangements.

Getting to know our Family

MEET: Gennalee Beckley Cedar View Cottage

My Story



Great Great Granddaughter Emaline

Was born to Garrett and Nellie Kidwell on November 5, 1922. I resided with my family in the northern part of Shelby County as I grew up. I had one brother and four sisters. As I was growing up, I was lovingly called Ginny. My mother still called me that when I was an adult.

I met my future husband, Donald Beckley when I was in school. He was a year ahead of me. I graduated in 1940, and on

January 4, 1941, Donald and I were married.

For the first three years of marriage, Donald was in the Army. He was stationed in New Mexico at one point. Later, we realized that he was there while they were making the bomb. At the time he was there, we didn't know. Don was scheduled to ship out overseas during the end of his time in the Army, but didn't go because the war ended before his scheduled departure.

After three years in the Army, we settled just north of Clarence in Shelby County. I wasn't a very good cook in the early years of our marriage. Later, Donald would recall how badly the first pumpkin pie I tried to make turned

out. However, with practice, I became quite the cook!

Donald and I had six children; three boys and three girls. When the children were young, I was a busy homemaker. Donald was a farmer. He was very good with the soil and also had livestock such as cows and hogs. Donald was very proud of his farm, and often had me take pictures of cattle, machinery, or a certain crop in the field. Once several of the children were out of the house, I became a cook at the Clarence Nursing Home.

At this time, I enjoy living at Cedar View Cottage at Loch Haven. In August, I will have been here for one year. My family has grown by leaps and bounds over the years. I have "too many" grandchildren to count! However, my first and only (so far) great-great-grandchild is less than two years old.

*Interviewed and written by Janice Fraley
(Staff Loch Haven Apartments)*



a Warm Welcome to

Edward Burkhardt
Betty Cobb
Leota Krawl (RCF)
Warren Miller

George Morgan (RCF)
James Vanhouten
Rowland Roberts

Good luck to **Betty Pinkerman, Robert Pinkerman, Edward Smith, Opal Tipton, and Shirley Peaslee** who have returned home after a therapeutic stay.

We will always Remember

Kenny Bork
Marjorie Davis
Mary Delcour
Ruth Anne Gray

Bobby Mallett
Mary Elizabeth Maloney
Eva Mason
Phyllis McLain

"Some people come into our lives, leave footprints on our hearts, and we are never the same".-- Unknown



Neighborhood Spotlight



*Millie Wooten &
Bea Edwards*



*Richard Fuller &
resident Edward Burkhardt*

There's nothing that makes a person feel better than having their hair permed, washed and set or cut. Thanks to those at Loch Haven who make our residents look their "best" each and every day. Millie Wooten takes care of residents in our Legacy Neighborhoods, Heather Brien is located in the Loch Haven Apartments, Katie West takes care of the ladies in RCF and both Oak View and Cedar View Cottages, and you will find Richard Fuller carrying out barber duties for our men throughout our entire community. Thanks to these folks, our residents are looking good!!



Katie West & Heather Brien



Florene Garwin

Meet Stephanie....

the voice you hear when you call Loch Haven

Hi. My name is **Stephanie Adkins**. My husband, Shawn, and I live in Atlanta with our three children (Sadie, Triston, and Canyon). We are active members of the Atlanta First Baptist Church where we serve in various ministries. I spend my free time with my children playing games and watching movies. I



love to listen to Sadie play the piano and watch Triston play basketball and baseball. Our youngest, Canyon, is only 20 months old, so I spend a lot of time chasing after him and watching him grow and change with every day. I am very thankful for the opportunity to work here at Loch Haven. I am enjoying getting to know and visit with the residents and also with everybody who works here.



We were privileged to team up with **Learning Opportunities/Quality Works, Inc.** this summer for their **Yes Summer Program**. From leading group activities to working in the Front Office to helping send this very newsletter out, these volunteers always had a great attitude to work and to learn. We look forward to working with them again in the future. Tabitha Candanoza (left in top photo), Sunset Village Activity Director coordinated the activities for the participants.



Oak View & Cedar View Cottage News

Cedar View Cottage News: July started off with a BANG! All residents from our entire community enjoyed seeing a fireworks show celebrating our independence. The fireworks were provided by Richard Compton. Thanks Richard! Also thanks to Charles & Tina Faulkner and daughter for shooting them off. Great job! Had a surprise music group perform that played and sang gospel music. Debbie Smith, Karen Bails and Mary Long. What harmony. Thanks girls. We are blessed with our volunteers and musicians each month. All enjoy sitting out on the patio admiring all the pretty flowers. Another Kute Kritter was found out by the patio. Guess who? Kermit the Frog!! We have been playing a lot of trivia. We have some pretty smart neighbors! Maybe the Jeopardy Show is next. Who knows!? Bingo was enjoyed at the Flywheel under the big tent. Our thanks to the ones who provided the bingo day for the area nursing homes. Have you noticed how nice the flowers, shrubs and the new mulching all around the neighborhoods looks! Great job to Richard Watts. Stop in for a visit and enjoy some of Jackie's homemade cookies. Until next time....God Bless!!

Susan Lenon, Activity PAL



Oak View Cottage: Just a little hopping news at Oak View this month. Two of our neighbors celebrated birthdays this month. The staff surprised Mr. Raymond Bailey with a birthday cake. His family was here, and they were very appreciative of the effort we took to make his birthday a spectacular one. Also celebrating a birthday day was Mr. Harold Spencer. His family had a combined birthday party for him and an anniversary party for him and his wife. We had cake, punch, and a good time. Mr. Spencer turned 90, and he and his wife, June, celebrated 70 years of marriage together. There were about 20 family members, staff, and cottage neighbors in attendance. Two of our cottage PALS also celebrated their birthdays this month; Lisa Norden and Wanda Wicker! Our patio is still as beautiful as ever, along with the rest of the campus. We appreciate all of our hard-working staff, along with the neighbors who make our cottage a home. Jump on in and say hello!
Paige Wilt, CNA/CMT Oak View PAL



3rd Friday Chef Series

Friday, August 15
2 p.m.

Katie Nelson

Homemade Strawberry Ice Cream

The public is invited to join us in the North Activity Room to watch our guest chefs prepare and then serve samples of their specialty.

Loch Haven's

Alzheimer's Support Group

Second Monday of each month

5:30 p.m. light supper 6 p.m. meeting.

We welcome you to join this monthly support group.

Loch Haven's

A SENIOR Moment

August Episode

Making Fun of Life

Featuring Doris White

Every Wednesday on CVTV
(Channels 22 & 64)

Listen for *A Senior Moment on Air*

Hosted by Barbara Primm & Mary Beth Truitt

On KWIX 1230 AM First Monday of each month live at 8:30 a.m.

Thanks to.....

- ♦ Ron Watson for donating bananas, books, ice cream & notebooks.
- ♦ Comptons for providing a fireworks display for our residents.
- ♦ Wanda Wyatt, Ana Smith, Marsha Hammons, C.L. Harlan, Joe Boedeker, and all those who donated greeting cards.
- ♦ Marsha Hammons for donating walker bags.
- ♦ Judy Rushton for donating several items for our Country Store.
- ♦ Julie Mills for donating clothes.
- ♦ Thanks to Erin Baker for being our guest chef in July. They always say a GREAT cook is one who tastes their food. The cheesecake bites were beyond wonderful!



Birthdays

4	Ruth Rowland
6	Berneal Hardwick
6	Neva Maddy
7	Edythe Nute
8	Madison Walker
11	Bea Edwards
12	Alma Amidei
12	Betty Cobb
13	Mary Dubbert
14	Florene Garvin
14	Wilma Vose
16	Robert Bradley
17	Mary Elizabeth Britt
18	Lee Speck
20	Wanda Smith
20	Lena Swanson
23	Carl Robuck
25	Norma Penick
26	Melvina Blew
28	Jimmy Burkhardt
28	Sandy Carter
29	Garland Elliott
29	Mary Anderson

celebrate

St. Louis Cardinals & American Red Cross | 2014 Blood Drive

STEP UP to the plate and donate.

Loch Haven Blood Drive

Tuesday, August 12
2:00-6:00 pm

Held in the
North Activities Room

Loch Haven

FIVE STAR

Senior Living Community

CMS Center for Medicare & Medicaid Services

RCF news

The residents of The Apartments have stayed busy this month working with fresh vegetables. We have enjoyed eating the “fruits of our labor” after working up corn on the cob and green beans. We have also liked eating fresh cucumbers, strawberries, blackberries, beets, and zucchini.

Speaking of eating, one afternoon the residents and staff enjoyed eating hot funnel cakes. The staff could scarcely keep up with the demand for the funnel cakes. All had a fun and yummy time!

The residents and staff have loved the company of a stray kitten that has been named “Butterscotch”. We get a lot of joy watching it play and romp around.

Janice Fraley,
RCF Staff

**We’re remodeling.
Pardon the mess!**



Special Brook News

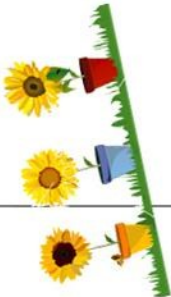
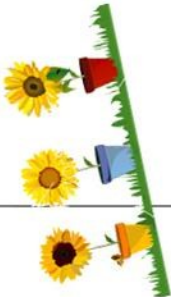
Well, can you believe that school will be starting up this month. Where did the summer go? We would like to say thank you to Chuck Elliot for letting us borrow an antique coffeepot, cup, jug, and some dishes for decorating a shelf. Also, thanks to Barb Robetor for making a sign and donating two butterflies for our newly decorated walls. We have been doing a bit of remodeling in Special Care. It is really looking nice around here.

We have been busy making crafts, shucking corn, snapping green beans, and just sitting outside on our beautiful deck. Want to say thank you to Walmart for donating back packs for the Memory Walk....it’s coming up soon!

Blanche Neeson,
SB Activity Director



August 2014 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>One on One activities offered daily to those unable to attend regularly scheduled activities</p>				<p>Activities Subject to Change</p>	<p>1 9:30am Flex & Stretch 10am Coffee Club 2pm Social 3:30pm Small Groups</p>	<p>2 Independent Games</p>
<p>3 10am Sunday School 2pm United Methodist 6:30pm Callao Bible Study</p>	<p>4 9:30am Flex & Stretch 2pm Bingo 3:30pm Small Groups</p>	<p>5 10am Spa Morning 2pm Cards & Dominoes</p>	<p>6 9:30am Flex & Stretch 10am Crafts with Janice 2pm Dick & Alvie 3:30pm Small Groups</p>	<p>7 7:30am-9am Family Breakfast 10am Bevier Baptist Bible Study 2pm Bingo 3:30pm Small Groups</p>	<p>8 9:30am Flex & Stretch 10am Coffee Club 2pm Pass the HAT 3:30pm Small Groups</p>	<p>9 Independent Games</p>
<p>10 10am Sunday School 2pm Faith Baptist 6:30pm Callao Bible Study</p>	<p>11 9:30am Flex & Stretch 2p Bingo 3:30pm Men's Social</p>	<p>12 10am Concentration 2pm Birthday Party 3:30pm Small Groups 3:30pm Wii Blood Drive</p>	<p>13 9:30am Flex & Stretch 2pm Movie 7pm County Kickers</p>	<p>14 10am Bevier Baptist Bible Study 3:30pm Small Groups</p>	<p>15 9:30am Flex & Stretch 10a Coffee Club 2pm Third Friday Chef Series</p>	<p>16 Independent Games</p>
<p>17 10am Sunday School 2pm Ethel Christian 6:30pm Callao Bible Study</p>	<p>18 9:30am Flex & Stretch 2pm Bingo 3:30pm Small Groups</p>	<p>19 10am Spa Morning 2pm Laughter with Susan 3:30pm Small Groups 3:30pm Wii 6:30pm Open Arms</p>	<p>20 9:30am Flex & Stretch 1:30pm Wal Mart Marathon 3:30pm Small Groups 7pm County Kickers</p>	<p>21 7:30am-9am Family Breakfast 10a Bevier Baptist Bible Study 2pm Bingo 3:30pm Women's Tea</p>	<p>22 9:30am Flex & Stretch 10a Coffee Club 2pm Who Has IT 3:30pm Small Groups</p>	<p>23 Independent Games</p>
<p>24 10am Sunday School 2pm Crossroads Christian Church 6:30pm Callao Bible Study</p>	<p>25 9:30am Flex & Stretch 2pm Bingo 3:30pm Small Groups</p>	<p>26 10am Concentration 2pm Resident Council 3:30pm Small Groups</p>	<p>27 9:30am Flex & Stretch 10am Atlanta Methodist Bible Study 2pm Compton & Days 3:30pm Small Groups 7pm County Kickers</p>	<p>28 10am Bevier Baptist Bible Study 2pm Bingo 3:30pm Small Groups 6pm Steve & Linda</p>	<p>29 9:30am Flex & Stretch 10a Coffee Club 2pm Country Store</p>	<p>30 Independent Games</p>
<p>31 10am Sunday School 2pm Atlanta Methodist</p>						



Friday Night Lights!!! Several Loch Haven staff members have joined together to form a slow pitch softball team through the YMCA program. The team plays each Friday night. Pictured left is Amy Harre at bat with Cameron Christoffer on deck. Right...several team members look on and cheer on their teammates .



A favorite game of our residents....Pass The Hat....Pat Badger models one of the fun hats she got "stuck" with. The game is a version of musical chairs...only with hats.



The Loch Haven Jug Band has grown!! LH Staff and residents enjoy a performance of the Jug Band made up of residents of the LH Apartments. The group now has a piano, harmonica, two washboards, and a homemade drum! The group was organized by resident, Doris White.

Our Family Album



Flywheel Bingo! Need we say more!!




You can sure tell that it is corn and bean time! Our residents have been enjoying the cooler July days by sitting out on the front porch together with wonderful conversation and laughter. There's nothing like snapping beans and husking corn. Life is good!



Look who showed up at a "Christmas in July Party"....and he brought cooler July temperatures!!



August 2014 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		*all meals served buffet style with bread and beverage. Several choices available.			1 Fish of the Day Macaroni & Cheese Cole Slaw Frosted Banana Cake	2 Ham & Beans Fried Potatoes Braised Cabbage Creamy Custard Pie Corn Bread
3 Fried Chicken Mashed Potatoes California Vegetables Pie of the Day Dinner Roll	4 Brown Sugar Meatloaf Oven Browned Potatoes Ratatouille	5 Turkey & Rice Casserole Hidden Valley Ranch Salad Peaches & Bananas	6 Beef Tips in Gravy Buttered Egg Noodles Steamed Broccoli Italian Tossed Salad Garlic Bread/Frost Cake	7 Herbed Pork Roast Gravy/Stuffing Brussels Sprouts Texas Sheet Cake	8 BBQ Chicken Baked Beans Cole slaw Fruit Shortcake	9 Ham Steak Sweet Potato Wedges Greens Apple Cobbler Corn Bread
10 Pot Roast Gravy Roasted Carrots/ Potatoes/Onions Assorted Desserts	11 Honey Glazed Pork Chops Buttered Orzo Vegetable Blend Cheese Cake	12 Cheeseburgers French Fries Relish Plate Fruited Gelatin	13 Ham & Beans Fried Potatoes Mixed Greens Goosey Butter Cake Corn Bread	14 Residents Choice	15 Baked Crusted Tilapia Stewed Potatoes Carrots Brownies	16 Penne Sausage Bake Zucchini w/Oregano Pineapple Upside Down Cake
17 Glazed Ham Scalloped Potatoes Steamed Vegetables Fruit Crisp	18 Swedish Meatballs w/Sauce Buttered Noodles Country Green Beans Sherbet	19 Chicken Fried Chicken Mashed Potatoes Cream Gravy Glazed Carrots Fruit Parfait	20 Polish Sausage Peppers/Onions Roasted Redskin Potatoes Fried Cabbage Brownie Pie	21 Soft Beef Taco Pinto Beans Fiesta Corn Salad Creamy Orange Cake	22 Greek Chicken Pasta Ranch Vegetable Salad Peach Cobbler	23 Baked Turkey Maple Sweet Potatoes w/Apples Strawberry Pretzel Dessert
24 Roasted Chicken Baby Bakers 31 Fried Chicken Mashed Potatoes	25 Beef Parmesan Buttered Pasta Broccoli Jello-o Cake w/ Whipped Topping	26 Roast Turkey Gravy Cornbread Dressing Candied Carrots Apple Crisp	27 Liver & Onions Mashed Potatoes Peas Daffodil Cake	28 Salisbury Steak Twice Baked Potatoes Spinach Peaches w/ Whipped Topping	29 Fish of the Day Macaroni & Cheese Cole Slaw Frosted Banana Cake	30 Ham & Beans Fried Potatoes Braised Cabbage Creamy Custard Pie

Can't eat just one!

Chocolate Chip Cheesecake Bites

Erin Roberts July Guest Chef

24 Oreo cookies
5 -1/3 Tbl. butter, melted
16 oz. cream cheese (2 packages), softened
3/4 cup white sugar
6 tablespoons milk
2 eggs
1/2 cup sour cream
2 tablespoons flour
1 and 1/2 teaspoons vanilla
1 cup mini chocolate chips

Heat oven to 350°F. Line two 12-count cupcake pans with cupcake liners; set aside. Crush Oreo cookies. Pour cookie crumbs in medium bowl and stir in melted butter. Place about one tablespoon of cookie crumb mixture into each cupcake liner and form a crust. Bake 5 minutes.

In large bowl mix together cream cheese and sugar until smooth. Add milk and mix. Add eggs one at a time, mixing until just incorporated after each addition. Add sour cream, flour, and vanilla and mix until smooth. Stir in chocolate chips. Pour cheesecake mixture on pre-baked crusts, filling until almost completely full. Place additional chocolate chips on top if desired. Bake 20-21 minutes. Tops will rise considerably but will go back down as cheesecake cools. Allow cheesecake bites to cool for about 1 hour, then move to refrigerator and chill for 2 hours before serving. Store cheesecake bites in airtight container in refrigerator up to 5 days.

Chocolate Chip Cheesecake Bites

© Erin's Bakeshop



Layered Tortellini Pesto Salad

1 (9 oz) package refrigerated cheese tortellini
1 cup frozen sweet peas
2 cups romaine lettuce, torn
1 to 1 1/2 cups julienne (matchstick-cut) carrots
2 cups cooked chicken, chopped
1 medium red bell pepper, cut into strips
2 Tbs mayonnaise
1/2 cup basil pesto
1/2 cup buttermilk
2 Tbs chopped fresh parsley or basil leaves



"In the Tropics" Zucchini Bread

2 eggs, beaten
1 cup cooking oil
2 cups sugar
3 tsp. vanilla
2 cups grated unpeeled zucchini
3 cups flour
1/4 tsp. baking powder
1 tsp. baking soda

1 tsp. salt - I cut in half
2-1/2 tsp. cinnamon
1 can (8 oz.) crushed pineapple, undrained
1/2 cup chopped maraschino cherries
1 cup chopped nuts (optional)

Pesto Dressing

In a small bowl, mix mayonnaise, pesto, and buttermilk. Let sit in fridge to chill while preparing rest of salad.

Salad

Cook tortellini as directed on package, adding peas during last 4 minutes of cook time. Drain; rinse immediately with cold water. Pat with paper towels to remove moisture. In a 3 or 4 quart clear bowl, layer your lettuce, carrots, chicken, peas, tortellini, and bell pepper. Top with pesto dressing, garnish with freshly chopped parsley or basil.

Mix all ingredients together well, adding pineapple, cherries and nuts last. Put batter in 2 well greased and floured 9 x 5 inch bread pans. Bake at 350 for 1 hour, or until tests done with toothpick, or sharp paring knife. Remove from pans and cool on wire racks.

Don't
You
Just
Love
This
Idea



Lemons, Mason Jars + Flowers...so pretty!

Can you eat that egg?

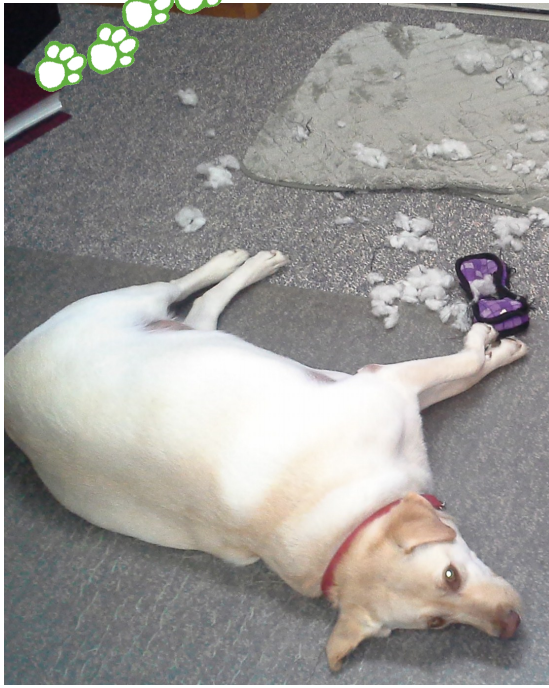
If not sure you ought-ter, then place it in water.
If it lies on its side, then it's fresh; eat with pride.
After three or four days, at an angle it lays.
But, it still is a treat, so go on and eat.
Ten days, stands on end, in your baking 'twill blend.
'Cause it's definitely edible, in your baking, incredible.
But, if it floats on the surface, that egg serves no purpose.
'Cause a floater's a stinker! Out the back door best fling 'er!



Blog of the month www.lazysundaycooking.com

Welcome to Marta's lifestyle blog. You'll read about cooking, gardening, growing your food, healthy lifestyle, fitness, DIY, travel, and photography. A little upscale site, but very interesting looking at photos and recipes of this world traveler.

We our puppies!



Larry (l) got to the bottom of that “squeak” in one of his toys, and Johnny (r) gets a hug from Katie Nelson, West Brook Activity Director. Both dogs live at Loch Haven, and came to live with us through a Department of Corrections program called Puppies For Parole. Loch Haven was the first nursing home to adopt dogs to live in their community. As a result of this, the Puppies For Parole Program has awarded a grant of \$500 to Loch Haven to use for the dogs. “We will be making a decision soon as to how we’ll use the money,” said Kelsey Hinshaw, LH Assistant Administrator



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, sex, 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