

Loch Haven Tymes

July 2019



A publication of

Loch Haven

Senior Living Community

Macon, Missouri

Jessica Shepardson— Charge Nurse, RN

Employee Spotlight



- ♦ **What is your nickname?** Jess or Jesse
- ♦ **Describe yourself in one word.** Kind
- ♦ **If you were an animal, what would you be?** A bird, they're free
- ♦ **What is your favorite movie?** The Hangover
- ♦ **What is the best place you ever went on vacation?** Hawaii

- ♦ **What was your favorite subject in school?** Math
- ♦ **Who is or was your hero and why?** My mom, everything we/she has been through and she remains with a smile on her face.
- ♦ **Everyone has a talent. What is yours?** Being able to binge watch a TV series in 2 days
- ♦ **What is one thing on your bucket list?** To travel all over the country and be the next Guy Fieri
- ♦ **Who was your favorite celebrity as a child?** Jessica Simpson
- ♦ **How long have you worked at Loch Haven**
What are your duties? Almost 2 years. I'm a nurse so anything and everything my residents need.

Family: Nathan (significant other), Jackson (Son), Jeanne (Mother), Chris (Father) and Brittany (Sister)
Live In: Moberly

One of my favorite quotes:

A positive mind finds away it can be done; a negative mind looks for all the ways it can't be done.

Welcome to Team Loch Haven

Allison Gall — Nurses Aid
Karen Kimbro — Nurses Aid
Allyson Kinzle — CNA
Brittany Harrison — CNA
Elsabeth Rainey —CNA
Ashley Taylor-Gale — Nurses Aid
Kayla Russell —Dietary

Welcome to team Loch Haven!

Our caring staff always goes above and beyond what's expected of them to bring smiles to other's! Thank you, Terry Vaught and Amber Whittle for planting flowers for our residents and staff to enjoy! Thanks, girls we appreciate all that you do here for our home!



Catherine Wiseman

Resident Spotlight



Catherine was born on October 24, 1933. She grew up in Shelby County and went to school for 8 years at Valley Grove in the rural part of Shelby County. After grade school she went to Bethel High School. She enjoyed school and sang in the choir. After High School she attended Hannibal La-Grange College where she was studying to become a Stenographer. She was there for 1 year and she didn't finish because her boyfriend at the time wasn't able to transport her there because of his work schedule. She was pretty serious with her boyfriend and that year was a leap year. In those days the women could ask the man for his hand in marriage. So she asked him and he immediately went and got her a ring and within a month they got married. She married Lawrence Wiseman on May 7, 1953. He was from Shelby County to. They rented a large crop farm for Lawrence to farm and they also raised hogs. They had three children, Gene, Wendell and Shirley.



Mary Agnes Delah Catherine

Gene resides in Jefferson City, Wendell lives in Peculiar and Shirley resides in Macon. Catherine enjoyed being a house wife because she was able to maintain a large garden as well as many flower beds that surrounded their home. She said she had flowers everywhere! Her kids kept her busy most days because she was always running them places. When she had time to relax she would set outside and look at her beautiful flowers. That was one of her favorite things to do!

Her husband, Lawrence lived at Loch Haven until he passed away in 2004. They celebrated their 50th wedding anniversary here at Loch Haven. That was a special day to Catherine and something she will always remember. Catherine has lived here at Loch Haven for over a year now and she said she feels at home here.



She enjoys playing games in the activity room and her favorite game to play is pitch! She spends a lot of her time there visiting and interacting with the other residents. Her favorite game is pitch and she sure enjoys the coffee social time in the mornings. She also spends time out on the porch enjoying the nice breeze and the beauty of her surroundings.

Catherine has 5 grandchildren and 3 step grandchildren. She enjoys spending time with her family when they come to visit!

THE DOG SHOW has always been a resident favorite!



Welcome to the TEAM!

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 Karen Kimbro — Nurses Aid
 Allyson Kinzle — CNA
 Brittany Harrison — CNA
 Elisabeth Rainey —CNA
 Ashley Taylor-Gale — Nurses Aid
 Kayla Russell —Dietary

Welcome to team Loch Haven!



PERFECT ATTENDANCE AWARD

DALE SANDERS



Employee work Anniversary's for the Month of JULY

1st	Donna Bridgewater	20 years
9th	Loretta Lewis	5 years
9th	Charlotte Weaver	5 years
10th	Janette Brown	1 years
10th	Barbara Primm	45 years
11th	Sandra Ralston	40 years
17th	Lea Apel	33 years
18th	Elizabeth Minks	6 years
19th	Melissa Falkiner	1 year
24th	Terry Vaught	12 years
29th	Shonda Wood	4 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.*

A Warm Welcome

Juanita McIntire	Janet Cline
Martha Klusman	Roberta Wells
Ralph Klusman	Brenda Patterson
Phyllis Murray	Clarence Wells
Patricia Richmond	Ronald McElhaney
Gary Baker	Jimmie Stevenson
Ted Huddleston	Richard Miller

Thanks to those who joined us for a therapeutic stay: Doris Gladhill, Linda Miller, Betty Garnett, Dorothy Lea, Phyllis Murray, John McElligott, Jerry Smithson, Patricia Richmond, James Farris, Ida Claiborne, Janet Cline, Ted Burkhardt and Marguerite Thrasher.

We Will Always Remember

Herschell Smith

God is ever near to those
 Who have a broken heart
 Through the loss of someone dear
 That tears your world apart.

July Birthdays



A special "thank you" to Orscheln's for their bird seed donation!
We appreciate your generosity!

14	Donita Givens	22	Kenneth Harrison
19	Juanita McIntire	28	David Switzer
20	June Mitchell	31	Lois Nerini

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**

If you would like a
PDF copy
of the
Loch Haven Tymes
sent to your email
address, just drop us a
note at
friendsoflh@gmail.com or
call 660-385-3113
and ask
Crystal Smith to add you
to the list!

Little Mr. & Miss Loch
Haven 2019:

OWEN NEESON
and
CAILYN HINES!



News from RCF

Hello Everyone. June was a busy month as usual. Twyla Sarazine taught our art class again this month. She teaches it every month and we thank her for her time. Butch Naughton also volunteers by reading to our residents monthly. Thank you!! We also ate banana splits this month. What a nice treat on a warm day. Its hard to beat bananas, ice cream, whipped topping and 3 kinds of syrup. We used caramel, chocolate and strawberry. We celebrated father's day by having a special lunch for the men. They served homemade tenderloins. The men also received a sundae in a cardinals batting helmet. Our other volunteers Bill Lear and Clark Dobbs lead us in bible study. They each come opposite days. We want to thank both of you for your time. Our residents enjoy your classes. During the rest of the month we learned about different subjects such as: manatees, marine mammals, hershey chocolate, Sweden and fathers. We also played games such as bingo, L-R-C and the numbers game. **Katie Nelson~ RCF Activity Director**



SPECIAL BROOK NEWS


Hope everyone is staying dry. We have been busy playing games, exercising and sitting outside on the porch. Our garden sure is growing right along. We haven't had to water it, that's for sure! Thank you mother nature! We sure enjoyed the dog show, donuts with Dad on father's day.

We've been busy baking on the rainy days! We made lots and lots of cookies for all to enjoy! They sure didn't last long!

~ Blanche Neeson

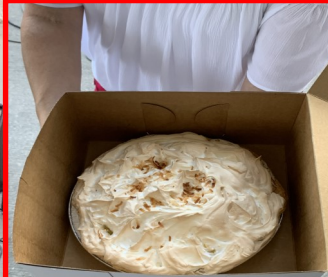


JULY 2019 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30a Coffee/Tea 10a Flex & Stretch 2p Bingo 3:15p Resident Council	2 9a Nails 2p Pitch 3p Bucket Bean Bag Toss 7p Ethel Amish	3 9:30a Coffee/Tea 10a Exercise 2p Alvie & Dick Gospel Music 3:30p UNO & Skip-Bo 7p County Kickers	4 10a Bevier Baptist Bible Study 2p Pitch 3:30p Numbers	5 9:30a Coffee Club 10a Flex & Stretch 1p Jim Bolin Bible Study 2:30p Dominos	6 9:30a Bingo 1p Pitch	
7 10a Sunday School 2p United Methodist 6p Callao Bible Study	8 9:30a Coffee 10a Exercise 2p Bingo 3:30p Balloon Volleyball	9 10a Concentration 2p Birthday Party 3p Pitch	10 9:30a Juice Bar 10a Flex & Stretch 2p Music w/Barb & Roy 3:15p Short Stories 7p County Kickers	11 10a MASS 10a Bevier Baptist Bible Study 2p Pitch 3:30p Penny Ante	12 9:30a Coffee Club 10a Exercise 1p Jim Bolin Bible Study 2:30p Numbers	13 9:30p Bingo
14 10a Sunday School 2p Faith Baptist 6p Callao Bible Study	15 9:30a Tea/Coffee 10a Flex & Stretch 2p Bingo 3:30p Reminisce	16 9a Nails 1:30p Craft 3p Pitch 6:30p Open Arms	17 9:30a Coffee/Tea 10a Exercise 2p Music w/Dianna Resa 3p Bucket Bean Bag Toss 7p County Kickers	18 10a Bevier Baptist Bible Study 2p Pitch 3:30p Wheel of Fortune 6:30p Senior Songsters	19 9:30a Coffee Club 10a Flex & Stretch 1p Jim Bolin Bible Study 2:30p Kick Ball	20 9:30a Bingo 1p Pitch
21 10a Sunday School 2p Ethel Cristian 6p Callao Bible Study	22 9:30a Coffee 10a Exercise 2p Bingo 3:30p Visiting on the Porch	23 10a Concentration 2p Pitch 3:30p Penne Ante	24 9:30a Tea /Coffee 10a Flex & Stretch 2p Music w/Roy & Barb 3:15p Dominos 7p County Kickers	25 10a Bevier Baptist Bible Study 2p Pitch 3:30p LRC	26 9:30a Coffee Club 10a Exercise 1p Jim Bolin Bible Study 2:30p Root Beer Floats	27 9:30a Bingo
28 10a Sunday School 6p Callao Bible Study	29 9:30a Coffee/Tea 10a Flex & Stretch 2p Bingo 3:30p Dominos & Numbers	30 9a Nails 1:30p Craft 3p Pitch	31 9:30a Juice Bar 10a Exercise 2p Trivia 3p UNO & Skip-Bo			All Activities Are Subject To Change





Ice Cream Social



Thank you to everyone who came out to our Ice Cream Social, Veterans tribute and Little Mr & Miss LH contest. We appreciate the volunteers, staff, cake/pie donations and our community for making this event so special for our residents. We were blessed to have a beautiful day for this event which was held outside on our circle drive. We appreciate everyone who attended and we hope you come back soon to visit!

July 2019 Dining Calendar

	1 Meatloaf Mashed Potatoes/ Gravy Carrots Apple Crisp Bread/Margarine Beverage	2 Cheese Stuffed Shells with Marinara Spinach Salad (A) Mandarin Oranges & Bananas Bread Stick Beverage	3 Resident's Choice Grain/1 Veg/Fruit 1 Beverage	4 Chicken & Kale Alfredo Bake Tossed Salad/Dressing Angel Food Cake w/Fruit (FR) Garlic Bread Beverage	5 Beef Brisket Baby Bakers Roasted Carrots (A) Peanut Butter Pie Bread/Margarine Beverage	6 Swedish Meatballs w/ Sauce Mashed Potatoes Italian Vegetables (A) Fresh Fruit Cup Bread/Margarine Beverage
7 Roasted Chicken Pasta Primavera Mixed Vegetables Apple Pie Dinner Roll/Margarine Beverage	8 Smothered Pork Au Gratin Potatoes Spinach (A) Lemon Bar Dinner Roll/Margarine Beverage	9 Swiss Steak Baked Potato w/Sour Cream Lima Beans Fruit Crumble (FR) Bread/Margarine Beverage	10 Turkey Stuffed Bell Pepper Caesar Salad Chocolate Chip Cake Dinner Roll/Margarine Beverage	11 Fish of the Day w/Tartar Sauce French Fries Broccoli Cole Slaw (A) Apple Cobbler (FR) Hush Puppies Beverage	12 Beef & Chees Baked Spaghetti Italian Blend Vegetables (A) Chocolate Layer Dessert Garlic Bread Beverage	13 Ham Au gratin Potatoes Buttered Peas & Carrots Key Lime Pie Cornbread/Margarine Beverage
14 Roast Beef Mashed Potatoes w/Gravy Parmesan Baked Zucchini Angle Peach Dessert (FR) Dinner Roll/Margarine Beverage	15 Ham & Beans Fried Potatoes Mixed Greens (A) Mandarin Oranges & Pineapple Cornbread/Margarine Beverage	16 Cornflake Chicken Garlic Mashed Potatoes Buttered Peas Lemon Cream Pie Beverage	17 BBQ Riblette Macaroni & Tomatoes Seasoned Green Beans Side Salad w/dressing Sherbet Bread/Margarine Beverage	18 Pepper Beef Patty Gravy Baked Potato w/sour cream Brussel Sprouts Chocolate Pudding Parfait Bread/Margarine Beverage	19 Tilapia w/lemon dill sauce Garlic Potatoes Roasted Baby Carrots & Onions (A) Mixed Fruit Cup Dinner Roll/Margarine Beverage	20 Alfredo Chicken Spaghetti Noodles Broccoli w/cheese sauce Side Salad w/dressing Frosted Red Gelatin Bread/Margarine Beverage
21 Fried Chicken Mashed Potatoes & Gravy Buttered Peas Fruit Cobbler (FR) Dinner Roll/Margarine Beverage	22 Mushroom Hamburger Steak Hash Brown Casserole Green Beans Fruited Gelatin (FR) Bread/Margarine Beverage	23 Bake Ham Scalloped Potatoes Squash Medley Chocolate Cream Pie Cornbread/Margarine Beverage	24 Beef Stroganoff Over Egg Noodles Baby Carrots (A) Side Salad w/Dressing Cream Puff Cake Garlic Bread Beverage	25 Roast Turkey Gravy Sweet Potatoes (A) Green Bean w/ Bacon & Onion No Bake Cookies Dinner Roll/Margarine Beverage	26 Oven Fried Fish Fried Potatoes Cole Slaw Seasonal Fresh Fruit Bread/Margarine Beverage	27 Chicken Parmesan Buttered Pasta Broccoli Fruited Pudding Garlic Bread Beverage
28 Roast Pork Gravy Cornbread Stuffing Green Beans Peach Swirl Cheesecake Bar Dinner roll/margarine Beverage	29 Meatloaf Mashed Potatoes/ Gravy Carrots Apple Crisp Bread/Margarine Beverage	30 Cheese Stuffed Shells with Marinara Spinach Salad (A) Mandarin Oranges & Bananas Bread Stick Beverage	31 Resident's Choice Grain/1 Veg/Fruit 1 Beverage			

Susie's Musings

Hello again from the cottages. This will be one spring we will never forget! Rain, rain and more rain, right! The cottages patio's are so beautiful with the many flowers and vegetables plants. Our thanks to Zelda Galls daughters Betty Jo and Debra Ann and Virginia Williams daughters, Peggy Smith and Mela Linn for donating the flowers and also arranging them. Our thanks to our regular volunteers that come each month. Loretta Thayer came to play the piano this past month and she played some really great oldies. She can sure make the piano keys rattle. Welcome back Loretta and many thanks. Skip O is still the # 1 game played plus we've been playing the Left Right and Center games too. Its fun but after awhile you forget which is your left and or your right. Three Birthdays were celebrated with their family and friends. Thank you to those who came to celebrate with them! Our last years Robin came back and remodeled her old nest and raised 4 babies again. Well see if she raises another four like she did before. It's been fun watching her right out the window. We had a beautiful buck eye butterfly on the patio and another one which hadn't opened yet. It's unbelievably beautiful. Will close for now so have a great and safe Fourth of July. Until next time, God Bless. ~Susan Lenon - Activities





I recently stayed at Loch Haven due to a health situation that required me to have therapy. I knew I needed help that my family wasn't able to provide. I had heard that Loch Haven offered a Rehab to Home program.

I recovered really well after staying there for just 20 days. Me and my family are very pleased with the care I received and how well I'm doing. The program was tailored to me specifically, between the daily occupational and physical therapy I regained my strength and balance very quickly. By the end of this therapy program I felt stronger than I have in quite sometime.

The staff was very accommodating to my needs. I really enjoyed all the meals there. I also really liked the small setting that the cottages offer. Having the small group allowed me to get to know everyone. I would recommend Loch Haven's Rehab to Home program to anyone that needs a place to go after a surgery or who's needing care until they can return home.

Dorothy Lea

If you would like a PDF copy of the **Loch Haven Tymes** sent to your email address, just drop us a note at friendsoflh@gmail.com or call 660-385-3113 and ask Crystal Smith to add you to the list!



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LET FREEDOM RING!!!

Loch Haven wishes everyone a safe and wonderful 4th of July!

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. Contact Crystal Smith, Marketing Director at 660-385-3113 for more information. Visit our website at www.lochhaven.com.