

# Loch Haven Tymes

December 2014



A publication of the

**Loch Haven**

*Senior Living Community*

Macon, Missouri

# Employee Spotlight

## MEET: Michelle Woodruff, CNA/CMT

Going Above & Beyond



Westbrook/RCF



- ◆ **Were you named after anyone?** Yes, my aunt.
- ◆ **Describe yourself in one word?** Caring
- ◆ **What kind of pets do you have?** A cat named Hunter.
- ◆ **What kind of movie do you like best?** Action!
- ◆ **What is the best place you've ever gone on vacation?** Florida
- ◆ **What was your favorite subject in school?** Science
- ◆ **If you could be someone else, who would you be?** A millionaire. A stay-at-home mom.
- ◆ **Everyone has a talent? What is yours?** Caring for people.
- ◆ **What would be your dream vacation?** Back packing across Europe.
- ◆ **What is your favorite saying?** It will only get worse before it can get better.
- ◆ **Who was your favorite celebrity as a child?** Patrick Swayze
- ◆ **How long have you worked at Loch Haven?** 3 months
- ◆ **What are your duties?** Caring for the residents any way I can. I pass meds in RCF (the Apartments)
- ◆ **Where do you live?** New Cambria

**Family:** Husband, Westlee; Son, Justin; and Son, Christopher

*"The residents ALWAYS make me smile" ~ Michelle*

## Welcome to Team Loch Haven

Abbie Lorenzo, CNA	Sunset Village
Sandra Roberts	RCF
Sarah Minor	Housekeeping
Kim Dunseith	Transportation
Cody Dorrell, RN	Cottages
Amanda Clary, CNA	Cottages
Frank Iloff, CNA	West Brook
Samantha Black, CNA	Mt. View
Jarilyn Parr, CNA	Sunset Village
Shyrie Mitchell, CNA	Mt. View
Kailin Dunham, CNA	Mt. View
Kate Murphy, LPN	Sunset Village
Malika Douglas	Dietary

*Perfect Attendance Karon Leslie*

## STAR AWARD WINNERS

October

*Lisa Purdy*  
*Rebecca Newberry*  
*Frankie Kennison*  
*Berniece Brunston*  
*Janis Fraley*  
*Latisha Teter*  
*Brenda Herndon*

Quarterly Winner  
 Dennis Ashenfelter

## Team PLAYER award Frankie Kennison



If you are interested in becoming a team member at Loch Haven, please stop by and fill out an application or download it from our website at:

[www.lochhaven.com](http://www.lochhaven.com)



# MEET: Katie Amedei

Getting to know our family

I was born in 1925. Next year I'll be 90...Mama Mia! My parents were August and Antoniatia Amedei. My dad worked in the 68 Coal Mine which was south of Bevier. We lived first west of Bevier, but then moved to #8 right next to Colombatto's store. My mom was a homemaker and took care of me and my two sisters (Mary Lou and Tina) and one brother (Buck) until she died when I was six years old. When my mom died, we did the best we could. The neighbors brought food to help my dad who was still working in the mines. I had to grow up fast, and did as much as I could.

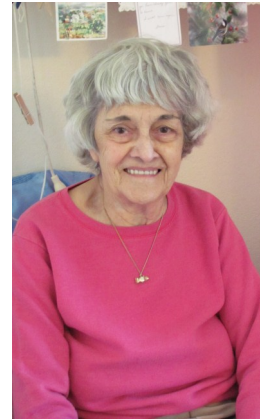
I had a lot of things happen in my young life, as a few years later, we lost our dad as well. My youngest sister, Tina, was adopted by Mr. & Mrs. David Carmen. They were so good to her. I ran the household and sent Mary Lou and Buck to school. I was only able to go to the fourth grade. The school kept sending me books to read, but I couldn't. I had to feed the kids. Buck had a job working for the Chiarottino's on their chicken farm. We took care of each other and managed just fine.

When Mary Lou was a Sophomore, she met Bobby Giovanni. He'd come visit and sit under the willow tree. He'd bring food his mom had made. They soon got married.

The priest, Fr. Rourke, would come to visit, and he would give me \$10. I don't know where he got it. He would tell me to go buy food. So I'd go to Colombatto's Store and buy raw salami and cheese. I remember Fr. Rourke as being a very jolly man. I think he had a little to drink!

After Mary Lou and Buck left home, I went to live with the Carmen's. I had my own room. I also got my first job. I worked for Albert & Juanita Bianco. Juanita was very sick. I took care of her and their home and did the cooking for several months until she was well enough to do it herself.

I then went to work at the Travelier Café as a waitress. I moved into a room upstairs. I worked and lived there until the Travelier



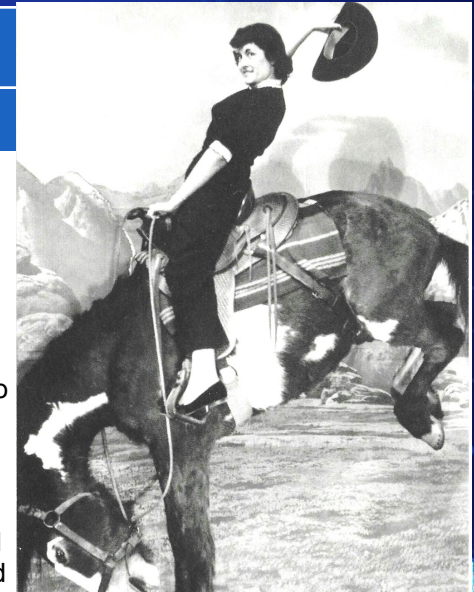
closed. Mr. & Mrs. Herb Raw were the owners, and they were good people to work for. After it closed, I moved in with Mary Lou and Bobby. I have so many memories of places we went to in Bevier. There was Johnny & Maggie's restaurant. It was in their home. They had the best hamburgers! They would put eggs, a little flour, and garlic and fry them up. Then they would serve them on a big slice of bread.

Then there was the Rock Tavern. Johnny Trucano ran it. Johnny's wife would always be there...knitting. They had a dance floor. I'd have boys want to dance, and I would tell them that I didn't feel good. They would say "you didn't feel good yesterday!" I would tell them to "go dance with that lady over there!" They would say, "I don't like the looks of her!" They were pushy. It seems like only yesterday.

My favorite place was Joyland. We all went there to dance. There were other places, but Joyland was the best. I would also help wait tables with the owners' daughter Del (Colombatto) Newton. We couldn't dance unless one of us was taking care of customers. One of my rules on dancing was that if I refused the

first guy (maybe he wasn't good looking), I couldn't dance with any other boy that night. If he'd ask me why I wouldn't dance with him, I'd tell him he wasn't good looking enough!

I went through a lot of stuff in my life, but I'd do it all over again because I love my sisters and brother. I'm living in Loch Haven now and enjoy visits from my nephews, niece and friends.



## a Warm Welcome to

- |                   |                |
|-------------------|----------------|
| Karen Ballew      | Linda Collins  |
| Janice Biehl      | Marjorie Creed |
| Linda Christensen | Elma Cross     |

Good luck to **James VanHouten, Edward Williams, Donna Palmgren, and Richard Hoge** who have returned home after a therapeutic stay.

## We will always Remember

- |                 |                  |
|-----------------|------------------|
| Robert Bradley  | Frances Reinhart |
| Betty Cobb      | Rowland Roberts  |
| Dorthea Hartung | Mary Thompson    |
| Nelson Million  |                  |

**Psalms 34:18** The LORD is near to the broken hearted and saves the crushed in spirit.



Cooking our Thanksgiving Meal for our residents and family in the Apartments makes us smile!



Finding a bounty of sweet potatoes when we dug-up our sweet potato vines in SCU makes us smile!



Having nursing students from MACC doing their clinicals throughout our neighborhoods makes us all smile!



Making tortellini makes us smile! Eating them makes us smile bigger!!



Seeing our PALS (l-r) Chris Waller, RN, Marissa Avila, CNA & Betty Wilcox, CNA having fun while learning at the 3rd Annual CNA/Nurse Leadership Conference makes us smile! The conference not only provided education, but also “celebrates, recognizes, and inspires” all to continue making a difference in the lives of our residents.



# Oak View & Cedar View Cottage News

Wow! What a summer, we miss our pretty flowers and birds already. Enjoyed the beautiful and colorful fall leaves. Breathtaking they were! Our regular volunteers came and all enjoyed their music and Bible Study. Also, had new volunteers bringing music; David and Arlene Foster, Mollie and Larry Gilliland, Ron Thompson, and Eldon Kohn. Many thanks to all! Had bus outings to Promised Land Acres to see all the animals; bottle fed baby lamb, potbellied pigs, llamas, a pregnant donkey, and a white horse in which the school kids had painted with their hand prints. There were lots of pumpkins and other gentle animals. Halloween was a fun time and the neighbors enjoyed handing out candy to the kids. Cottages are decorated for fall, and we are all looking forward to Thanksgiving. Blindfolded neighbors had fun pinning the tail feathers on the ole bird. Poor ole' Tom! Next comes Christmas ALREADY! Wanda Vass in Oak View has been busy painting crafts and picking out walnuts. Oak View is having their Family Holiday Dinner on December 13th at 4:30 p.m. Cedar View is having a Magical Christmas Gathering on December 12th at 4 p.m. with a group bringing Christmas music. Be sure to drive out and look at how beautifully decorated the Cottages are. As we look back, we want to say many thanks to all who have helped or donated anything this year. We are so grateful to our community and the love you show us. Our love to all and Happy Thanksgiving and Merry Christmas!

**See you in 2015!!**

**Susan Lenon, Activity PAL**



Loch Haven's  
**A SENIOR Moment**  
*December Episode*  
**A Doll Bed For Christmas**  
**Featuring Tracy Miller**

Every Wednesday on CVTV  
 (Channels 22 & 64)

Listen for *A Senior Moment on Air*

Hosted by Mary Beth Truitt, Barbara Primm & B.J. Roberts

On KWIX 1230 AM/92.5 FM First Monday of each month live at 8:30 a.m.



**Birthdays**

to celebrate

- 2 J Evans Biehl
- 6 Betty Hauf
- 8 Linda Collins
- 10 Charlotte Cross
- 10 Jean Naughton
- 11 Nadine Compton
- 11 Esther Davis
- 12 Linda Christensen
- 13 Kelly Douglas
- 18 David Carter
- 25 Josephine Noble
- 25 Dale Woodridge
- 28 Geraldine Maloney
- 29 Pearl Hauptmann

Thanks to.....

- \* Nicole Odani for donating magazines.
- \* Wanda Whitley for donating puzzles
- \* Walmart for donating trash cans and plastic totes
- \* Dr. Theriac's office for donating magazines
- \* Wanda Wyatt for donating items for the Country Store and tablecloths.
- \* To ALL who have donated throughout the entire year. We certainly appreciate everything you do for us.



3rd Friday Chef Series  
 Friday, December 19  
 2 p.m.

**Di Hicks & Jennifer Stivers**  
**Southern Fried Chicken**

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. Watch for this series on CVTV!

*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 *presents*  
*The Angels of Love*  
*Tree*

WINTER MEMORY TREE  
 2014



Would you like to honor or remember someone special in your life this holiday season? Loch Haven will create a display of trees in the front circle drive decorated this year with wooden bell ornaments (inlaid with a little angel) made by local artisan Janice Wilson. The ornaments will be placed on trees, and the trees will be lit throughout the Christmas holiday season. Your loved ones name will be written on the bell as a special dedication. The ornament is yours to keep afterwards and can be picked-up at Loch Haven or special arrangements can be made to mail ornaments for those our of town. A donation of \$5 is asked per ornament.

If you or someone you know would like to purchase an angel, please stop by our front office or send a \$5 donation and the person's name to:

Loch Haven Winter Memory Tree

701 Sunset Hills Dr., Macon, MO 63552

For inquiries call 660-385-3113 or e-mail marketinglh@gmail.com

Each donation will be used to benefit the Loch Haven Legacy Facility Renovation Fund.

**KLTE CHRISTMAS**  
**MEMORY BOOKS**

NOW AVAILABLE AT LOCH HAVEN



join us on  
**facebook**

As fall approached, the residents of the RCF stayed very busy. Several of the neighbors enjoyed working with crafts such as making party favors for our Family Thanksgiving and creating decorations for the season. They also were active with various exercises. We enjoy daily exercises at 11 a.m, and sometimes we have exercises with special props like handkerchiefs. **BINGO** is an activity that lots of residents look forward to, and we are able to participate in BINGO twice a week. We were very blessed to have a guest, or more than one guest, come for each of our residents at our Family Thanksgiving celebration on November 21st. Our celebration gets bigger and better every year. Merry Christmas from all of us at the Loch Haven Apartments!

Janis Fraley



## Special Brook News

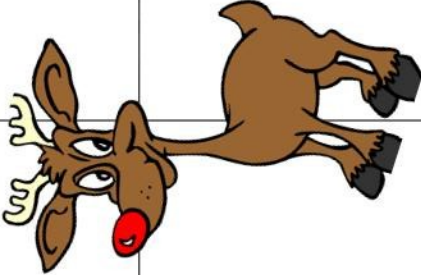
**Where has time gone.** We can't believe that it is almost Thanksgiving. We hope that everyone stays warm. We kept busy making crafts for the Annual Loch Haven Craft Fair, and enjoyed sitting at our booth during the Fair. We've also watched movies and exercised daily. We particularly liked going on a fall drive and seeing the trees turn colors. We also celebrated two birthdays in one day. Two of our residents, Cheryl Albright and Carol Shaw went to the MHS High School play to see "Willy Wonka and the Chocolate Factory" along with Blanche Neeson. It was very good!

We want to wish each and every one of you a very Merry Christmas and look forward to all the family and friends visiting. If you don't make it over Christmas, come see us in the New Year!

Blanche Neeson Special Brook Activity Director



# December 2014 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat						
<b>1</b> One on One activities offered daily to those unable to attend regularly scheduled activities	<b>2</b> 9:30am Flex & Stretch 2pm Bingo 3:30pm Men's Social	<b>3</b> 10am Concentration 2pm Wal-Mart <b>6:30pm Woodville</b>	<b>4</b> 9:30am Flex & Stretch 10am Crafts with Janice 2pm Dick & Alvie 3:30pm Small Groups	<b>5</b> 10am Beaver Baptist Bible Study 2pm Bingo 3:30pm Small Groups <b>6pm SCU Christmas Lights</b>	<b>6</b> 9:30am Flex & Stretch 10am Coffee Club 2pm Surprise Social 3:30pm Small Groups	<b>7</b> 10am Sunday School 2pm United Methodist 3pm 4 H Kids hang Decor on Door 3pm-5pm Beaver-Buck-a-roo's Door Décor 6:30pm Callao Bible Study	<b>8</b> 9:30am Flex & Stretch 2pm Bingo 3:30pm Concentration <b>6pm West Christmas Lights</b>	<b>9</b> 10am Spa Moming 2pm Birthday Party 3:30pm Small Groups 3:30pm Wii <b>6pm South Christmas Lights</b>	<b>10</b> 9:30am Flex & Stretch 10am Cooking 2pm Decorating Cookies 3:30pm Small Groups <b>6pm North Christmas Lights</b> 7pm County Kickers	<b>11</b> 7:30am-9am Family Breakfast 10am Beaver Baptist Bible Study 1:30pm Mass (RCF) 2pm Bingo 3:30pm Small Groups	<b>12</b> 9:30am Flex & Stretch 10a Coffee Club 2pm Spint Day 3:30pm Small Groups	<b>13</b> Independent Games
<b>14</b> 10am Sunday School 2pm Faith Baptist 6:30pm Callao Bible Study	<b>15</b> 9:30am Flex & Stretch 2p Bingo 3:30pm Women's Social <b>6pm Cottages Christmas Lights</b>	<b>16</b> 10am Concentration 2pm Laughter with Susan 3:30pm Small Groups 3:30pm Wii <b>6:30pm Open Arms</b>	<b>17</b> 9:30am Flex & Stretch 10am Atlanta Methodist Bible Study 2pm Donnie Roberts 3:30pm Small Groups <b>6pm RCF Christmas Lights</b> 7pm County Kickers	<b>18</b> 10am Beaver Baptist Bible Study <b>2pm Country Store</b> <b>6pm Steve &amp; Linda</b>	<b>19</b> 9:30am Flex & Stretch 10a Coffee Club <b>2pm Third Friday Chef Series</b>	<b>20</b> Independent Games						
<b>21</b> 10am Sunday School 2pm Ethel Christian 6:30pm Callao Bible Study	<b>22</b> 9:30am Flex & Stretch 10am Resident Council 2pm Bingo 3:30pm Concentration	<b>23</b> 9:30am Santa is Coming to Loch Haven! 2pm Becky Wombwell 3:30pm Small Groups	<b>24</b> 9:30am Flex & Stretch 10am Small Groups 1:30pm Christmas Movie	<b>25</b> <b>MERRY CHRISTMAS</b>	<b>26</b> Independent Games	<b>27</b> Independent Games						
<b>28</b> 10am Sunday School 6:30pm Callao Bible Study	<b>29</b> 9:30am Flex & Stretch 2pm Bingo 3:30pm Small Groups	<b>30</b> 10am Concentration 2pm Who Has IT 3:30pm Small Groups 3:30pm Wii	<b>31</b> 9:30am Flex & Stretch 2pm New Years Eve Party <b>HAPPY NEW YEAR'S</b>				<b>27</b> Independent Games					



# ON Dasher



**More than you ever wanted to know about Santa's reindeer.**

**Dasher** is the fastest reindeer in Santa's herd. He's always ready to dash out the door. For that reason, he excels at track and field during the off-season.

**Dancer** is a reindeer with a unique personality. He's completely extroverted. When he's not helping Santa, he's having dance parties.

**Prancer** loves the other reindeer and would do *anything* for them. But, he also loves to carry a mirror to regard himself on the sleigh every now and then.

**Vixen** is the comedic reindeer known for lots of magic tricks. He's great at tricking the other reindeer out of their candy canes.

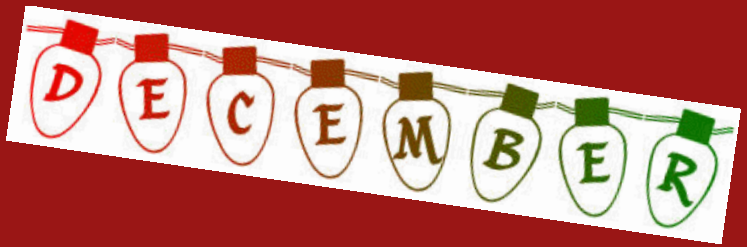
**Comet** is out of this world – as his name implies. Comet is quite adorable and so laid-back.

**Cupid** is an affectionate reindeer. She has Christmas reins decorated with red and green little heart-shaped bells. Her motto is "Spread the Love".

**Donner's** name comes from "thunder" in German. This is for good reason. He's always noticed when entering a room because he's got a deep booming baritone voice.

**Blitzen's** name comes from the German word for "lightning". He's fast, playful, and like a bolt when it comes to helping Santa deliver his Christmas goodies.

**Rudolph** is Santa's famous ninth reindeer. Because his nose glows, he is able to lead Santa safely around the world, no matter the weather. One of the most famous Christmas Songs was written about Rudolph!



**Poinsettia Day** is always on December 12th. These beautiful flowers are a well-recognized symbol of Christmas. Poinsettia Day honors Joel Roberts Poinsett, who died on December 12, 1851. Poinsett was the first Ambassador to Mexico. Poinsett brought this colorful plant back to his plantation in the U.S. He grew the plants in his Greenville, S.C plantation and gave them out as gifts to friends.

According to Mexican folklore, there is a story of a little poor girl who had nothing to bring to church for Christmas. On her way to church, she picked some plants by the side of the road. As she entered the church, the leaves at the tips of the branches turned into bright, brilliant red flowers. You guessed it... Poinsettias.



I made myself a snowball,  
As perfect as could be,  
I thought I'd keep it as a pet,  
And let it sleep with me.  
I made it some pajamas,  
And a pillow for its head,  
Then last night it ran away,  
But first-- it wet the bed.



*Peace on earth, Good will to men.*

*Nollick ghenna!*

**Frohe Weihnachten**

**Buon Natale**


**MERRY CHRISTMAS**

**Baas Festas!**

**Feliz Navidad!**

**Joyeux Noel!**

# December 2014 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 7 Baked Ham Sweet Potato Casserole Mixed Vegetables Dinner Roll Mock Pecan Pie	1 Ham & Beans Fried Potatoes Mixed Greens Corn Bread Chocolate Cake	2 Pepper Beef Patty Baked Potato Carrots Fruited Gelatin	3 Marinated Pork Loin Yams Green Bean Casserole Fruit Crips	4 Baked Chicken Onion Gravy Garden Blend Rice Spinach Bake Lime Sprinkle Pears	5 Fish of the Day Macaroni & cheese Stewed Tomatoes Mandarin Orange Cake	6 Spaghetti w/ Meat Sauce Italian Vegetables Garlic Bread Peach Cobbler	
7 Baked Ham Sweet Potato Casserole Mixed Vegetables Dinner Roll Mock Pecan Pie	8 Cornflake Chicken Au Gratin Potatoes Broccoli Sour Cream Pound Cake	9 Meatloaf Mashed Potatoes/Gravy Green Beans Iced Oatmeal Cake	10 Taco Salad Spanish Rice Corn Salad Peaches with Whipped Topping	11 Roast Turkey Turkey Gravy Combread Dressing Candied Carrots Pumpkin Pie	12 Polish Sausage Peppers & onions Fried Potatoes Sauerkraut	13 Vegetable Lasagna Italian Tossed Salad Banana Pudding cake Garlic Bread	
14 Baked Chicken Mashed Potatoes Steamed Broccoli Dinner Roll Creamy Custard Pie	15 Salisbury Steak Brown Gravy Baked Potato Green Bean Frosted Marble Cake	16 Sweet & Sour Pork Steamed Rice Carrots Oriental Salad	17 Breaded Chicken Livers Mashed Potatoes/Gravy Lima Beans Éclair Cake	18 Resident's Choice	19 Baked Fish Party Potatoes Brussels Sprouts Cheese Herb Biscuit Cream Cheese	20 BBQ Chicken Baked Beans Potato Salad Mixed Fruit Cup	
21 Pork Chop Mushroom Gravy Garlic Mashed Potatoes Dutch Cabbage Banana Cream Pie	22 Beef Stroganoff Noodles Mixed Vegetables Cheesecake Pie	23 Glazed Ham Yams Country Green Beans Fruit Cobbler Corn Bread	24 Roast Beef Roasted Redskin Potatoes Vegetable Medley Cranberry Swirl Cake	25 Turkey Tetrazzini Spinach, Bacon & Onion Garlic Bread Frosted Cake	26 Chicken Scampi Southern Diner Rice Okra & tomatoes Fruited Gelatin	27 Pork Tips in Gravy Buttered Noodles Braised Cabbage Corn Bread Fruit & Whip Topping	
28 Fried Chicken Mashed Potatoes/Gravy Broccoli Dinner Roll Apple Pie	29 Ham & Beans Fried Potatoes Mixed Greens Corn Bread Chocolate Cake	30 Pepper Beef Patty Baked Potato Carrots Fruited Gelatin	31 Marinated Pork Loin Yams Green Bean Casserole Fruit Crips	*all meals served buffet style with bread and beverage. Several choices available.			

# Merry Cooking to You

## Merry Christmas Egg Nog Pie

4 oz cream cheese, softened  
1 tablespoon butter, softened  
1/2 cup powdered sugar  
1/4 cup eggnog  
2 tablespoons sour cream  
1 teaspoon pumpkin pie spice  
1-1/2 cups whipped topping  
1 9" graham cracker crust  
1/8 teaspoon ground nutmeg



In a small bowl, beat the cream cheese, butter and powdered sugar until smooth. Beat in the eggnog, sour cream and pie spice. Fold in whipped topping; spread into crust. Sprinkle with nutmeg. Cover and freeze for 4 hours or until firm. Remove from the freezer

**Note:** December 24th is not only Christmas Eve, but it's also National Egg Nog Day!

## White Chocolate Cranberry Blondies

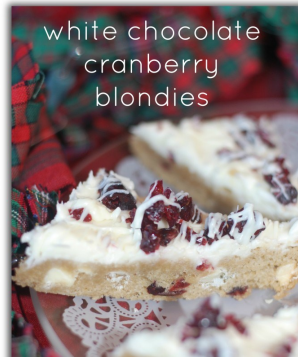
From Taste of Home

3/4 cup butter, cubed  
1-1/2 cups packed brown sugar  
2 eggs  
3/4 teaspoon vanilla extract  
2-1/4 cups all-purpose flour  
1-1/2 teaspoons baking powder  
1/4 teaspoon salt  
1/8 teaspoon ground cinnamon  
1/2 cup dried cranberries  
6 oz. white baking chocolate, coarsely chopped

### FROSTING

1 package (8 oz) cream cheese, softened  
1 cup powdered sugar  
1 tablespoon grated orange peel, optional  
6 oz white baking chocolate, melted  
1/2 cup dried cranberries, chopped

In a microwave, melt butter; stir in brown sugar. Transfer to a large bowl; cool to room temperature. Beat in eggs and vanilla. Combine the flour, baking powder,



der, salt and cinnamon; gradually add to butter mixture. Stir in cranberries and chopped chocolate (batter will be thick). Spread into a greased 13 x 9 baking dish. Bake at 350° for 18-21 minutes or until a toothpick inserted near the center comes out clean (do not over bake). Cool on a wire rack. For frosting, in a large bowl, beat the cream cheese, powdered sugar and orange peel (if using) until blended. Gradually add half of the melted white chocolate; beat until blended. Frost brownies. Sprinkle with cranberries. Drizzle with remaining melted white chocolate. Cut into bars. Store in the refrigerator. Yield: 2-1/2 dozen.

## Christmas Morning French Toast

Recipegirl.com

1 cup brown sugar, packed  
1/2 cup unsalted butter  
2 Tbl corn syrup  
1 loaf French or Challah bread, sliced into 3/4-inch slices  
1 1/2 cups half & half  
5 large eggs  
1 teaspoon vanilla  
1 teaspoon Grand Marnier (or orange juice)  
1/4 teaspoon salt



Heat brown sugar, butter and corn syrup in a saucepan over medium heat until well blended, stirring frequently. Pour the syrup into a 9x13" baking dish, tilting the dish to cover. Arrange the bread slices in a single layer over the syrup. Just squish the bread pieces in so that they all fit in there. Whisk half and half, eggs, vanilla, liqueur and salt in bowl until well blended. Pour over the bread layer. Cover with plastic wrap and chill for 8 to 24 hours. Preheat oven to 350°. Remove dish from refrigerator and let stand until room temperature (about 30 minutes). Bake on middle rack for 35-40 minutes or until edges are golden brown and puffed. Serve with a sprinkle of powdered sugar, and/or syrup, if desired.

Don't  
You  
Just  
Love  
This



For the KIDS table at Christmas!

## 1. 2. 3. Holiday Cooking Tips

1. **TURKEY:** Remove from the oven, cover tightly with foil and leave for about 30 minutes before you carve. Just cut as much as you need – the meat will not only keep warm and be juicier on the bone, but it will be easier to carve when cold.
2. **GRAVY:** Using veggies and chicken wings, you can make your gravy days in advance and freeze portions and reheat on the day, saving loads of time.
3. **COOKIES:** Make ahead any drop cookie batter and freeze. Pop out of freezer, bake as directed....fresh baked cookies in a jiffy!

Website of the month [www.northpole.com](http://www.northpole.com)

If this site doesn't get you in the Christmas spirit, then nothing will. Crafts, Mrs. Claus recipes, fun for the grandkids, just a wonderful site for Christmas Time.



*For unto us a child is born.*

As 2014 comes to an end, we wish to thank each and every one of you for your care and concern for those who call Loch Haven home. It is Christmas every day of the week for us as we receive blessing after blessing from those who volunteer, donate, or stop by for a visit. Wishing you and yours a joyous, peaceful, and blessed Christmas.

*The Loch Haven  
Family*

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



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