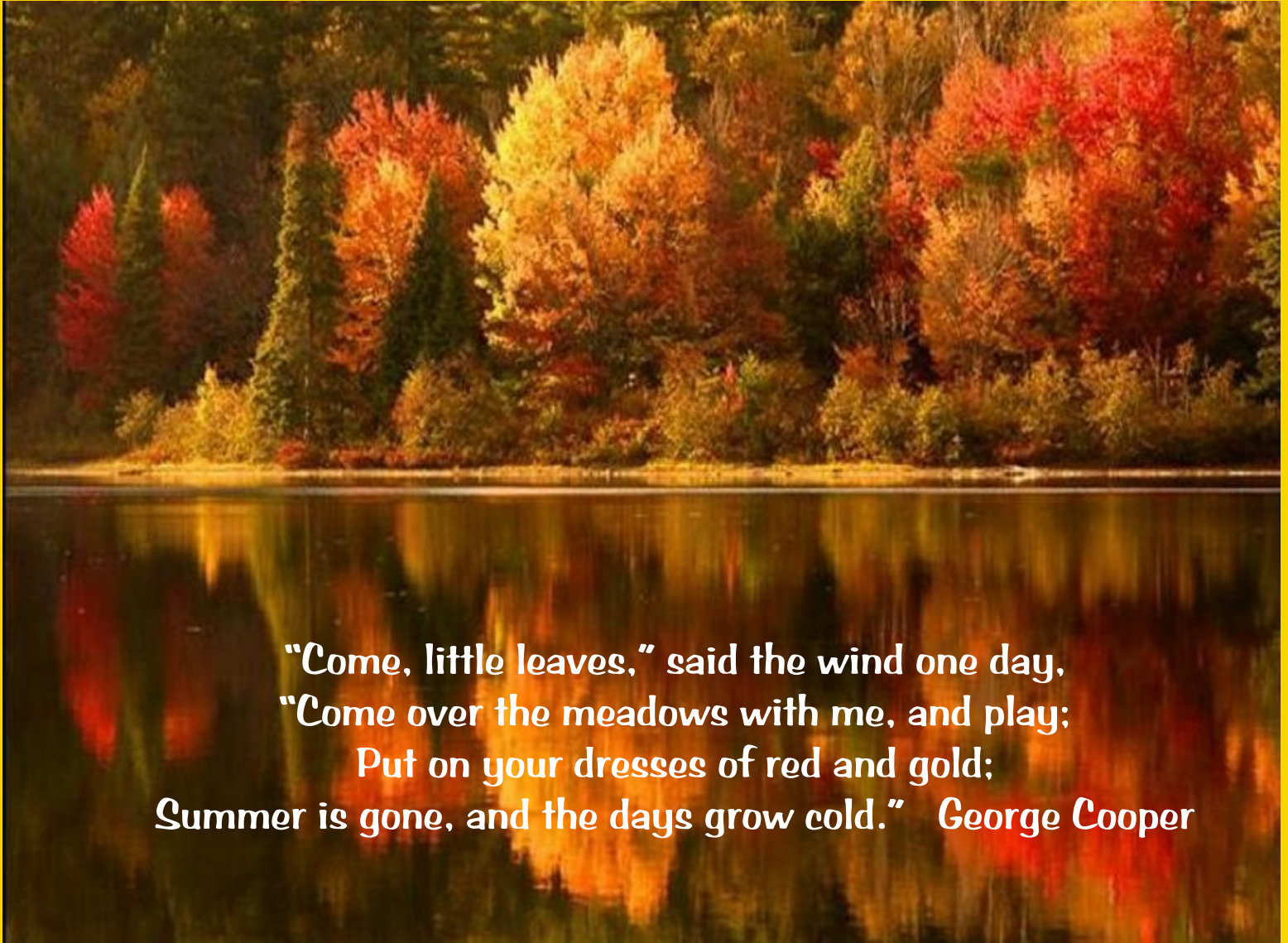


Loch Haven Times

September 2016



"Come, little leaves," said the wind one day,
"Come over the meadows with me, and play;
Put on your dresses of red and gold;
Summer is gone, and the days grow cold." George Cooper

A publication of

Loch Haven

Senior Living Community

Macon, Missouri



SUSAN GRAYBILL

CNA/CMA Mountain View/RCF

Employee SPOTLIGHT

- ♦ **Describe yourself in one word.** Caring
- ♦ **If you were an animal, what would you be?** A cheetah.
- ♦ **What is your favorite movie?** The Notebook
- ♦ **What is the best place you ever went on vaca-**

tion? Disney World

- ♦ **What was your favorite subject in school?** Reading
- ♦ **Who is or was your hero and why?** The disabled and/or elderly people in America who some people could care less about them, help them very little, and think of them as just a job and not an individual. I did not want to become a CNA since I have too big of a heart for that position. But, I am here to become a CMT which is something I have wanted for a long time.
- ♦ **Everyone has a talent. What is yours?** Caring for people to the best of my ability.
- ♦ **What is one thing in your bucket list?**

I do not have a bucket list. All of my being is to care for my family and others. I do not have time for a bucket list.

- ♦ **How long have you worked at Loch Haven?** Since April of 2016.
- ♦ **What are your duties?** Helping people throughout the day with things that they need and want done.
- ♦ **Family:** My husband Bill and five children: Steven, Skylor, Autumn, Cierra, and John.
- ♦ **Live In:** Kirksville

"For the residents, I can only hope that at the end of my day, I can help make their lives a little brighter by helping them out as much as possible." ~~~

Susan

Welcome to Team Loch Haven

Ashley Bullock, NA
 Karrie Campbell, CNA
 Letisha Sager, NA
 Shelly Vaughn
 Valerie Lewis, RN
 Amanda Abovelkhir
 Darcy Flowerree
 Autumn Gessman, NA
 Michealle Lipe, NA
 Dawn Gaunt
 Deana Pearson, LPN
 Angel Wolfe, CNA
 Kayla Bork, NA
 Ashley Bush, LPN
 Jessica Busker, NA
 Wendy Crabtree, CNAT
 Alyssa Curtis, NA
 Evan Gresham
 Sierra Quinton, NA

Sunset Village
 Cottage PAL
 Float
 Laundry
 Special Brook
 Float
 Float
 Mt. View
 West Brook
 Dietary
 Sunset Village
 Float
 West Brook
 West Brook
 Mt. View
 Mt. View
 Mt. View
 Dietary
 Special Brook

STAR AWARD WINNERS

Wendy Bouman

Vickie Wood

Cathy Combs



Brenda Hulett

Lynette Berti

Anita Bichsel



Perfect Attendance

Terry Vaught

Sending out a "break a leg" to **Ryan Anderson** who worked in the Activities Department at Loch Haven this summer while he was here performing with Maples Rep Theatre. Ryan is from Seattle, Washington.



BILLY BURK

West Brook

RESIDENT Spotlight

I was born to Oscar and Vonnice Burk on March 29, 1923 in Rippey, Iowa at their home. They named me William, but people call me Bill or Billy. I was the oldest child, and have two sisters, Camilla and Jeanette.

I graduated from high school in 1940 as valedictorian. I went to college for a year at Iowa State. Then I was drafted into the Army. In the Army I was a clerk typist and marksman. I was also pre-med where the Army sent me to South Dakota and Stanford University to receive training. I was unable to finish my pre-med training due to a blood clot that was in my leg. I missed several classes due to it. I liked being in the Army and have kept my dog tags and medals that I received while enlisted. I am proud to have served my country.

After the Army, I went back to college and earned several degrees. I went to college at Iowa State. It was a teacher's college and a very nice place. I graduated in 1947 with a Bachelor of Arts degree. I then went to America Industry of Business and in 1951 received another bachelor's degree. In 1964, I earned my Master's degree in Education from the University of Missouri of Kansas City, MO.

I was employed as a teacher in Iowa. I have also worked for Atomic Energy and for the Internal Revenue Service in Kansas City. I was also a teacher at Center High in Kansas City. As a teacher, I taught high school mathematics, such as algebra, trigonometry and calculus. Students enjoyed learning in my classes and respected me.



I have been a bachelor my whole life and have no children. I do enjoy cats and dogs. I had a brown cat named Freddy for quite a while. He would crawl up and rest on my shoulder. There is nothing quite like having a cat that likes you.

After I retired I enjoyed traveling. I have

been to Germany, Russia, India, France, Italy and Spain. I also was in a bicycle riding club called "the Turtles" in Kansas City. I was in "the Turtles" until a bike accident caused me to quit about three years ago.

At one time, I used to be quite a musician. I currently have a Clavinova player piano in my room. I still like playing a few tunes now and then on it... but I don't remember the songs like I used to.

I have been at Loch Haven for about a year now. Some of my hobbies are watching the birds out my window, reading, and playing at my piano. When there are music programs here at Loch Haven, I attend and love listening to them.



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



A Warm Welcome to

Donna Albrothross	Ernest Lafferty
Wanda Baker	Mildred Phipps
Margaret Block	Carmela Schrader
Jennie Cope	Donald Swanson
Margaret Epperly	Joseph Wright

Thanks to those who joined us for a therapeutic stay at Loch Haven: **Albert Greene, Doris Alexander, Genevieve Shearon, Louise Deline, and Charlotte Nelson**

We will always remember

Gilbert Asher	Brenda Finney
Lloyd Bigham	Laural Noble
Marjorie Creed	Della Vaughan
Bonnie Dennis	Linda Watts
Peggy Douglas	Marjorie Wright

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

HOUSEKEEPING DEPARTMENT



Thanks to the
girls who
Believe in
Clean!



Front Row: (l-r) Penny Baskett, Tammy Nute, Cheryl Taylor
Back Row: (l-r) Amy Garcia, Tammi Peyton, Dana Morey, Brenda Hulett



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

Loch Haven Apartment's **3rd** Annual **National Assisted Living Week**

September 11-17, 2016

During the week of September 11th-17th, Loch Haven Apartments will be celebrating their 3rd Annual National Assisted Living Week with many fun filled activities and events. The theme of the week is "Keep Connected." A very special event will be Grandparents' Day which will kick-off the week's activities. Last year's Grandparents event was so successful and enjoyed by all!

Following is the complete list of events for the week. Residents, staff, families, and friends are encouraged to dress up on these days! We would love to have anyone stop by and see us this week!



September 11, (Sunday)
Grandparents Day
2 pm – Special Activities

September 12, (Monday) "Crazy Socks Day"
10 am – Balloon Launch

September 13, (Tuesday)
"Favorite Hat Day"
9:30 am – Riverboat Cruise Outing

September 14, (Wednesday) "Pajama Day"

September 15, (Thursday) "Wear
Sunglasses Day"

September 16, (Friday) "NALW T-Shirt Day"
10:30 am – Loch Haven Band Performs
12 Noon – NALW Luncheon
3 pm – Farewell to NALW Week

www.lochhaven.com

Oak View & Cedar View COTTAGES

Susie's Musngs

Howdy from The Cottages!

G_O_L_L_Y! Can't believe it's almost FALL. Where did summer go YA ALL? So appreciate Clark Dobbs bringing bible study each and every week. We look forward to his visits. Country singer Charlie Jennings came and sang some great country songs one day and the residents loved it. It had some of them up a dancing. Thanks Charlie. Phyllis Belt entertained all with her great piano playing, and they said "she played the ones we really like!" Then when she played the patriotic songs, she shared some of the history of each song. Also, therapist Josh Dodsworth, PTA, told about some of the history pertaining to the Star Spangled Banner. Thanks 'U' All. Thanks to some of the staffs' young ones that volunteered. Kay Johnson's daughter, Haley, at Oak View. Next Charlotte Weaver's daughter, Ashton, at Cedar View. Ginger Dayton's son, Michael, at Cedar View entertained all with his trumpet, playing gospel and patriotic songs. Wow what talent! A former staff member, Michaela, also came and volunteered at both Cottages. Thanks Michaela! We appreciate any one who wants to come and volunteer. Just give us a call at the Cottages. All the vegetables and fruit that one brings is sure a hit. We love it! Staff Charlotte Weaver brought in some of her peaches off her tree, and they were the biggest ones we have ever seen...and sooooo good. BUT she never would tell me where her tree is located. I'll surprise her. I'll use my GPS to find it...now don't tell her. Hee hee hee hee!!! Thanks Charlotte. Every one at Cedar View helped Mary Britt celebrate her 93rd birthday. Her son Randy and wife Karla brought in a beautiful birthday cake, ice cream, and all the trimmings. Lots of food and fellowship were enjoyed. Still playing lots of games, trivia, and dominoes, and we are enjoying a new game called Ker Plunk. Lots of laughs it is! Drop by anytime. We love visitors. Hats off to all the staff at the Cottages for all you do. I bet ole' Santa is busy getting his outfit ready because Christmas is only three months away. "Oh dear me!!" I'll never make it. Our love and blessings to all.

Susan Lenon, Activity PAL

Susie's Slogan: Be IN STYLE....Wear a SMILE!



SEPTEMBER

Birthdays!!

5
8
10
12

Jean Grossman
Louise Gaughan
Viola Slightom
Charlene Pontius

13
13
14
19
21
23
29
30

Robert Smith
Ruth Baugh
Colleen Patterson
Leora Bunton
Earl Riley
John Love
Ernest Lafferty
Arvella Johnson



- ♦ Randy and Karla Britt for donating sweet corn and magazines.
- ♦ Jepson Lumber for donating the wire to make the game Ker Plunk for the Cottages.
- ♦ Bonnie Dennis family for donating a television and chair.
- ♦ Erica Pappenfoht for donating yarn.
- ♦ Judy Rushton for donating games and craft supplies.
- ♦ Bob Carpenter for donating clothing and pictures.
- ♦ Wanda Leathers for donating magazines.
- ♦ Thanks to the actors and musicians of the Maples Rep for entertaining our residents. Your generosity in sharing your talents is truly appreciated.



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

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
Val Lewis, RN at 385-3113



join us on
facebook

YMCA Blood Pressure Clinics

Loch Haven will be holding Blood Pressure Clinics at the Long Branch YMCA in Macon the first Wednesday of the months of September, October, and November. Everyone is invited to stop-by between the hours of 8:30 -10 a.m.

The older you get, the tougher it is to lose weight, because by then your body and your fat are really good friends.



If you are having surgery in the near future, please contact Social Service Director Julie Mason to find out about the exceptional after-hospital-stay care and therapy at Loch Haven Senior Living Community.

SPECIAL Brook NEWS



This month has been very busy for our staff and a lot more relaxing for our residents. The weather has just been amazing and a lot cooler than normal, that's for sure. So we got to spend a lot of time outside and enjoyed the fresh air. Our tomato plants are finally giving us some very delicious tomatoes. Boy, we have really enjoyed that! Also, the flowers at full bloom, how we love to stop and smell them. We have made some bouquets and had them on the tables for all to enjoy. We found out a lot of our residents really have a passion for shucking corn. Oh my,

oh my....they were so happy! I was amazed at how fast they did it. We had Della Vaughn come in and unfortunately only stayed with us for a few weeks before she passed. It was a wonderful few weeks of getting to know her. We have also had Jennie Cope join our family. **We also want to welcome our new Neighborhood Coordinator, Val Lewis to the SCU team.** She is very ambitious and has really made some great changes. So if you see her give her a big welcome....and stop by and see us anytime! We'll be out enjoying autumn's colors. **Darla Jones**

News from RCF



We are very blessed and thankful that so many of our friends and relatives have had productive gardens this year. We have enjoyed fresh tomatoes, cucumbers, and zucchini that they have donated to us. Yummy!

Several of us have stayed up late watching the 2016 Olympics in Rio. Discussions about these fantastic athletes have occurred around the dinner tables and at several activities throughout the games. We are very proud of our USA athletes!

Our activities person, Katie Nelson, made some awesome homemade strawberry ice cream which we had at an ice cream social. We also had a super time at a Hawaiian Luau with a

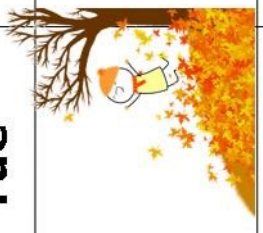
special cake and activities.

We are gearing up for a very busy month of September. That is when we celebrate our third annual National Assisted Living Week.



by Janis Fraley

2016 September Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activities are subject to change						
4 10am Sunday School 2pm United Methodist 6p Callao Bible Study	5 9a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups	6 9a Chit Chat 10am Spa Day 2pm Cheese Pizza Day 3p Small Groups 6p Ethel Amish	7 9a Chit Chat 10am Flex & Stretch 2pm Dick & Alvie 3p Small Groups (Employee Picnic)	8 10a Bevier Baptist Bible Study 1:30p Mass 2p Lets Spoon 3p Small Groups	9 9a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories	10 Weekends with Sherry Bingo @ 9:30
11 10am Sunday School 2pm Faith Baptist 6pm Callao Bible Study	12 9a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups	13 9a Chit Chat 10a Concentration 2pm Birthday Party 3p Small Group 6:30p Woodville	14 9a Chit Chat 10a Flex & Stretch 2p Wal-Mart 3p Small Groups 7p County Kickers	15 10a Bevier Baptist Bible Study 2p Make a Hat Day 3p Small Groups	16 9a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories	17 Weekends with Sherry Bingo @ 9:30
18 10am Sunday School 6pm Callao Bible Study	19 9a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups	20 9a Chit Chat 10a Spa Day 2pm Butter the Scotch 3p Small Groups 6:30p Open Arms	21 9a Chit Chat 10a Flex & Stretch 2p French Fries & Onion Rings 3p Small Groups 7p County Kickers	22 10a Bevier Baptist Bible Study 1:30p Mass 2p Resident Choice 3p Small Groups	23 9a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories	24 Weekends with Sherry Bingo @ 9:30
25 10am Sunday School 2p Ethel Christian 6pm Callao Bible Study	26 9a Chit Chat 10am Flex & Stretch 2pm Bingo 3p Small Groups	27 Independent Activities (A.D.A.M. Meeting)	28 9a Chit Chat 10a Flex & Stretch 2p Roy & Barbara 3p Small Groups 7p County Kickers	29 10a Bevier Baptist Bible Study 2p Carmel Apples 3p Small Groups	30 9a Chit Chat 10a Flex & Stretch 2p Carmen Hour of Bible Stories	



Congratulations to Loch Haven's own **Cameron Christoffer (l)** and **Jeanie Nail (r)**. Each year A.D.A.M. (Activities Directors Association of Missouri) receives nominations and chooses leaders in several areas pertaining to activity departments in Long Term Care communities. Cameron was chosen as Activity Director of the Year and Jeanie was chosen as Assistant Director of the Year. A reception was held in their honor at Loch Haven.

SMILES & MORE



Annual Fly Wheel Parade! We love it!



Sherry Lenzini demonstrates how to cut the perfect watermelon. But the best part was getting to eat it!!!




Busy Hands!! Residents enjoyed so much making wreaths.



Sophie the Wonder Dog. Recently Sophie, who belongs to Susan Lenon became very popular at Boone hospital. While Susan was with her husband, Don, who was a patient there, she was allowed to bring Sophie with her. Soon Sophie was visiting other patients and became known as the "therapy" dog. Susan works in Loch Haven's Cottage's and not a day goes by that Sophie isn't with her visiting with our residents. She's had a lot of experience as a "therapy" dog!!

September 2016 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
* All meals served buffet style with bread and beverage. Several choices available.						
4 Roasted Chicken Orzo Grains w/ Veggies Lima Beans Apple Pie	5 Pork Chop Pasta Primavera Wilted Spinach Salad Brownie Dinner Roll	6 Swiss Steak Baked Potato Mixed Vegetables Fruit Crumble	7 Beef Enchiladas Mexican Corn Chocolate Layer Dessert	8 Roast Turkey/Gravy Sweet Potatoes Brussels Sprouts Dinner Roll Fruit Cobbler	9 Fish of the Day French Fries Broccoli Cole Slaw Hush Puppies Bread Pudding	10 Ham & Potato Au Gratin Candied Carrots Combread Strawberries & Bananas
11 Roast Beef Mashed Potatoes/Gravy Green Bean Casserole Dinner Roll Angel Peach Dessert	12 BBQ Pork Macaroni & Cheese Side Salad/Dressing Jell-o Cake w/ Whipped Topping	13 Ham & Beans Fried Potatoes Mixed Greens Corn Bread Mandarin Oranges &	14 Creamy Chicken Curry Steamed Rice Broccoli Warm Flatbread Hummingbird Cake	15 Pepper Beef Patty Gravy Baked Potato Green Beans Rice Pudding	16 Turkey Pot Roast Garlic Mashed Potatoes Glazed Carrots Dinner Roll	17 Beef Tips/Gravy Buttered Egg Noodles Vegetable Blend Side Salad/Dressing Pudding Parfait
18 Fried Chicken Mashed Potatoes/Gravy Corn Fruit Cobbler	19 Mushroom Hamburger Steak Hash Brown Casserole Buttered Peas Fruited Gelatin	20 Roast Turkey/ Gravy Sweet Potatoes Green Beans w/Bacon & Onion Soft Rice Custard	21 Cheesy Sausage/ Spaghetti Bake Baby Carrots Cream Puff Cake Garlic Bread	22 Baked Ham Scalloped Potatoes Squash Medley Chocolate Cream Pie Combread	23 Oven Fried Fish Macaroni & Cheese Cole Slaw Tropical Fruit w/ Topping	24 Chicken Parmesan Buttered Pasta Broccoli Fruited Pudding Garlic Bread
25 Fried Chicken Mashed Potatoes/Gravy Green Beans Buttermilk Biscuits Apple Pie	26 Ham & Beans Fried Potatoes Mixed Greens Combread Chocolate Chip Cookie	27 Beef & Broccoli Stir Fry Steamed Rice Marinated Slaw Mandarin Oranges	28 Roasted Pork Loin Dressing and Gravy Vegetable Medley Sweet Potato Pie	29 Italian Chicken Buttered Pasta Spinach Salad Poached Pears	30 Lemon Fish Garden Blend Rice Asparagus Bread Stick Warm Fruit Compote	



Cooking thru the Ages!



Walnut and Pumpkin Cake with Syrup

1/2 lb. (2 sticks) butter, softened, plus extra for greasing
1/3 cup dark corn syrup, generous (plus 1/4 cup, warmed slightly, to serve)
3/4 cup sugar
3 eggs
1/3 cup sweet pumpkin puree, generous
1-3/4 cup self rising flour
1 tsp baking powder
1-2/3 cups finely chopped walnuts

Preheat oven to 350°. Grease a 9" square pan. Pour dark corn syrup into prepared pan. Beat together butter and sugar until pale and creamy. Add eggs one at a time, beating well between each addition. Fold in pumpkin puree with flour, baking powder and walnuts, and pour and smooth over syrup layer. Bake 30 minutes until firm and golden. Let cool for a few minutes before turning onto a serving plate, syrup side up. Serve warm or cold with a drizzle of warm syrup. When turned out onto a serving dish, the syrup forms a sticky topping that is delicious served warm. Makes 12 to 16 squares.



Southern Pecan Cobbler

6 tablespoon butter (no substitutions)
1 cup pecans
1-1/2 cup self-rising flour
1-1/2 cup granulated sugar
2/3 cup milk
1 teaspoon vanilla
1-1/2 cup packed light brown sugar
1-1/2 cup hot water



Let the Baking Begin!

Preheat oven to 350° Melt butter in 9x13 inch cake pan and then sprinkle pecans over butter. In a bowl, mix flour, sugar, milk and vanilla. Stir to combine, but don't over-mix. Pour batter over butter and pecans, do not mix. Sprinkle brown sugar evenly over batter, do not stir. Carefully pour the hot water over the mixture; do not stir. Bake 30 to 35 minutes or until golden brown. Best served warm with ice cream or whipped cream. (Cobbler will not be firm after 35 minutes. It will firm up as it cools. If overcooked, there will be less sauce.)

www.callmepmc.com

Pennsylvania Dutch Baked Oatmeal

1-1/2 cups quick-cooking oats
1/2 cup sugar
1/2 cup milk
1/4 cup butter, melted
1 egg
1 teaspoon baking powder
3/4 teaspoon salt
1 teaspoon vanilla extract
Warm milk



Preheat oven to 350°. Combine the first eight ingredients; mix well. Spread evenly in a greased 13x9-in. baking pan. Bake 25-30 minutes or until edges are golden brown. Immediately spoon into bowls; add milk, brown sugar, nuts, fruit or any other toppings that you love on oatmeal. A great way to start a brisk autumn day! Yield: 6 servings.



Lemon, Honey, and Ginger Soother for Colds and Sore Throats

Take a clean pint jar and cut up a couple of lemons and pack them into the jar. (Get rid of the seeds) About halfway through filling the jar with lemons, grate in about a 1-inch piece of fresh ginger. Finish filling with the lemons. Now, slowly pour in the honey, giving it a little time to settle between all the lemon pieces. Put the cap on and let it sit for about 24 hours before you start using it. If you can get some local honey all the better. Stir a spoonful of the mixture into a cup of boiling water, let it steep a few minutes, then strain it and sip it. Or use in hot tea. And, if you're really feeling under the weather, turning it into a "toddy" won't hurt a thing. :-)



So EASY....so AUTUMN

Always REMEMBER
For Those Who CANNOT



Memory Walk

Saturday, September 17, 2016
Long Branch Lake
(1st Shelter House across Dam)

9 a.m. Registration:
9:45 a.m. Ceremony
10 a.m. Walk across Dam

Free hot dogs, chips, water, and pop. Come out and join the fun and support families who have been touched by Alzheimer's Disease.

****Teams turn in money at 9 a.m. registration day of walk.**

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, gender, 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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