

# Loch Haven Tymes

March 2019



A publication of  
**Loch Haven**  
**Senior Living Community**  
Macon, Missouri



## Katie Nelson, RCF Activity Director

## Employee Spotlight

- ♦ Describe yourself in one word. FUNNY
- ♦ What is your nickname? Kate
- ♦ If you were an animal, what would you be? A dog
- ♦ What is your favorite movie? I love Christmas movies
- ♦ Where is the best place you ever went on vacation? Hawaii or Europe
- ♦ What was your favorite subject in school? Spanish  
Who is or was your hero and why? My grandma. She was a single parent during a time when it was unheard of and she worked hard

- ♦ Everyone has a talent. What is yours? I can talk to anyone
- ♦ What is one thing on your bucket list? To visit Demark
- ♦ Who was your favorite celebrity as a child? Mark-Paul Gosselaar
- ♦ How long have you worked at Loch Haven? 12 1/2 years
- ♦ What are your duties? Plan and implement activities for our residents and I also assist with passing meds whenever needed
- ♦ Live In: Macon
- ♦ Family: My dog Sammie
- ♦ Positive quote about working at Loch Haven.

**I love coming to work everyday to see my family. The residents and staff in the apartments make each day a GOOD day!**

The Committee to Support  
Macon County Nursing Home District - Loch Haven  
will be hosting 2 informational meetings in regards  
to our request for the tax levy increase.

Meetings will be held on the following dates:

THURSDAY, MARCH 7TH - 2 PM  
THURSDAY, MARCH 14TH - 7 PM

**BOTH MEETINGS ARE OPEN TO THE PUBLIC AND  
WILL BE HELD AT LOCH HAVEN SENIOR LIVING  
COMMUNITY**

**LOCATED AT:  
701 SUNSET HILLS DRIVE  
MACON, MO 63552**



*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  
Stacy Wood, LPN at 385-3113**

### **Four-Leaf Clovers**

Grade 3, 620L

Many people believe four-leaf clovers are lucky. Most clovers have only three leaves. Plant experts believe that there are about 10,000 three-leaf clovers for every one four-leaf clover. This means four-leaf clovers are quite rare. Nevertheless, it might be worth trying to find one. You never know when you might need some extra luck!





# Betty Lucas – Resident Spotlight

Betty Lucas' late husband Gene, called her the "go, go girl". Betty, 95 agrees with the description, "I don't want to sit around, I want to get out and go," she laughs. I'm not young, but I lit to think I am!"

Betty was born and raised a Macon girl. The 1941, MHS graduate loved to play basketball and was pretty feisty on the court. "My coach told me he knew I was gong to foul out every game, but asked if I could please wait until the part of the game to do it!"

Betty remembers going to Louie's Sweet Shop and enjoying their Pig Hip sandwiches. She also remembers working at the Claus sister's Macon Tea and Coffee Store. "You could get a great cup of coffee for 5 cents," she reminisces.

After graduation Betty went to Chicago and worked for the Spiegel May, Stern Catalog Company for three years in the filing department. While in Chicago, she played 2nd base for the company baseball team and got to play on Wrigley Field. Over the years she's worked several places including the Gas-light Room and the laundry room for the Sanatorium. She taught Sunday School at the First Baptist Church for over 30 years.

Betty bowls twice a week. Her love of bowling was a strong factor in her recovery from a automobile accident several years ago. In the wreck, Betty suffered a serious head injury, numerous broken ribs and a broken pelvis. She asked the doctor when she was going to be ab le to bowl again. He said, "Mrs. Lucas, the only way you could bowl right now is with a Styrofoam ball." After six weeks in the hospital and another three weeks at Rusk Rehabilitation Center she came home and soon was back bowling.

Betty and Gene were married for 59 years. He passed away in 2005. Betty has two daughters, six grandchildren, 13 great-grandchildren and 1 great, great grandson.

Betty said that someone once asked a granddaughter, "how old is your grandma?" The granddaughter told him she didn't know, "she's been telling us for years that she is 39 and holding!"

A few years ago Betty went to Hawaii for three weeks with her daughter and son-in-law to visit a granddaughter who is in the United States Navy. "I had a good time, I enjoyed every minute of it," says Betty. "but, I don't want anymore long plane rides, I didn't like flying over the ocean."

Betty has always been a proud Macon Tiger fan and you could always find her cheering on the front row at the games.

Everyone always called her "grandma Betty" because she was everyone's grandma! She's also a big St. Louis Cardinals fan and enjoys cheering them on every season! After her husband Gene passed she spent a lot of time with her sister, Eileen. They loved going to McDonald's together for coffee and to visit with friends.

Betty's advice is simple, **"no matter how old you are, keep going, the more you go the better you feel."**



## A Warm Welcome to

Ronnie Mason  
Betty Strobietto

Thomas Burton  
Betty Macrander

Thanks to those who  
joined us for a therapeutic  
stay:

Robert Werner  
Lisa Norden  
Lyvola Hogsett

## We will always remember

Robert Smith  
Ruth Murphy

Charles Hall

*Those we love can never be more than a thought apart,  
For as long as there is memory, they'll live on in the heart.*





## Tipping our hat to our *Social Services & Transportation Departments*



**Social Service Department Directors:**  
(L to R) Julie Mason and Sharon Thrasher



**It** takes many people to make everything run smoothly here at Loch Haven. We want to recognize those in our Social Service Department and our Transportation Department. These team members are hands on with our residents and their family members each and every day. Our Transportation Department runs under the supervision of the Social Service Department. Tom, our transporter is always making sure our residents make it to and from their appointments safely and on time. These two departments are always at work with the entire Loch Haven Family to ensure the **BEST** service is being provided to our residents.



**Transportation  
Department:**  
Tom Hasselbring



## Birthdays



- |    |                 |
|----|-----------------|
| 6  | Thomas Lewis    |
| 12 | Norman Burk     |
| 15 | June Spencer    |
| 18 | Ronnie Mason    |
| 20 | Betty Rayfield  |
| 23 | Imogene Beckley |
| 27 | Patty Coleman   |
| 29 | William Burk    |



Nancy Tague- Platz—handmade cards for our Veterans for Valentines Day  
Virginia Pinkerman— donated greeting cards



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**facebook**

**www.lochhaven.com**



# Oak View & Cedar View COTTAGES

## Susie's Musings

HELLO, HELLO, HELLO from the Cottages! I think the groundhog made a BIG mistake in telling us we had 6 more weeks until we have nice weather!! I believe the persimmon seed had the right forecast for us, don't you? It couldn't be any colder if we lived in an igloo in Alaska! So now we're saying come on summer time! We celebrated 2 birthdays this month for the birthday girls, Wanda Vass and Genevieve Shearon. We had cake and ice cream together. G. Shearon's family brought her a lot of beautiful flowers and she could've opened her own flower shop with all the flowers she got! Everyone sure loved celebrating with these ladies! You will always find Zelta Gall & Jane Boulton busy sewing. Zelta is pictured here working on her cross stitch project and Jane is always working on a quilt. They make such beautiful things! Way to go girls!

On Valentines Day we played charades and the category was things you did growing up. It was quite interesting. Had lots of reminiscing with each topic. How wonderful it is to listen to them. What memories you receive by just listening to each other. They all received a Valentines Day gift bag for being our favorite Valentines! Our many thanks to Clark Dobbs for coming and sharing Gods word through bible study.

Thank you to David Snarr, Bill Lear & David Foster for teaming up and bringing some great country music with some picking and singing! We always look forward to them coming every month. You will always find Mimi Phipps sitting at the dinning room table playing solitary. She also loves her other favorite card game, Skip-O. For exercising we're doing a parachute balloon bounce. They have a lot of fun trying to keep all the balloons on while raising the sheet up and down. This month we'll be decorating for St. Pattie's Day! A big thank you to Crystal Smith who is doing our L.H. newsletter now. So very well done and enjoyable. It takes a lot of work planning it, she's doing a great job! Thanks, Crystal.

Winter's not over yet, so be careful out there! Until next month, God bless, stay warm and all our love and blessings to all.

Thanks to the country store for the neat items to use for bingo prices, we enjoyed the selection that was available!

Susan Lenon — Activities Director

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



# 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: B J Roberts, Kelsey Hinshaw, and Richard Waller.

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**

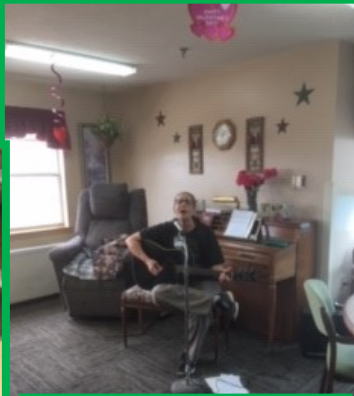
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State Zip \_\_\_\_\_  
Phone # \_\_\_\_\_  
Email \_\_\_\_\_

We/I pledge our/my one time gift of: \_\_\_\_\_\$25 \_\_\_\_\_\$50 \_\_\_\_\_\$100  
\_\_\_\_\_ \$150 Amount of \_\_\_\_\_



# SPECIAL Brook NEWS

GREETINGS from Special Brook! We've just been busy passing our time this past month by playing games, working on crafts and listening to our volunteers who came sing and play instruments for us. We've done a lot of bird watching from the windows this winter. It's sure been a cold winter and we're all looking forward to spring!  
~Blanche Neeson



Dianna Resa, our RNA performed for Special Brook



## RCF NEWS

Hello Everyone. It's still really cold outside but we are staying nice and warm in the apartments. We started off the month learning about China. The Chinese New Year began on February 5<sup>th</sup>. We also learned about dragons. Dragons are important to the Asian Culture.

We learned about famous African Americans. February is Black History Month. We talked about several African Americans including Harriet Tubman, Malcolm X and Martin Luther King Jr. Bill Lear and Clark Dobbs led our residents in two bible studies during the month. We always enjoy singing and learning about the bible.

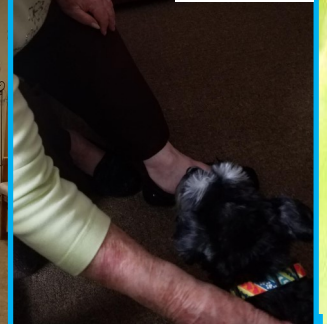
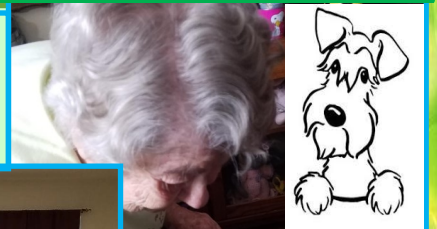
We celebrated Valentine's Day with a special couples Luncheon. We then had a Party at 2 pm. We served cherry punch, pretzel bites and strawberry fruit dip. We played a game too. Everyone guess how many candy hearts were in the jar. Jean won. She guessed 195 and there were 201 in the jar.

We also had 2 dogs come to visit our residents. My mom, Marianne, brought in 2 miniature schnauzers. The residents enjoyed the visits. We then had our country store. Residents were able to purchase items using their points.

We ended the month by listening to the kids from the Catholic School sing for us. Its always such a treat to listen to them. See you all next month.

Enjoying Valentines Day treats during their party!

We CELEBRATED National PET Day on February 20th!





# March 2019 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All activities are subject to change without advanced notice		One on One activities offered daily			1 9:30a Coffee Club 10a Exercise 1p Jim Bolin Bible Study 2:30p Numbers	2 Bingo @ 9:30
3 10a Sunday School 2p United Methodist 6p Callao Bible Study	4 9:30a Table Talk 10a Exercise 2p Bingo 3:30p Resident Council	5 9a Nails 2p Mardi Gras Party 7p Ethel Amish	6 9:30a Chit Chat 10a Exercise 2p Alvie & Dick Gospel Music 3:30p Dominoes 7p County Kickers	7 10a Mass 10a Bevier Baptist Bible Study 2p St. Patrick Craft 3:30p Breathing Exercise	8 9:30a Coffee Club 10a Exercise 1p Jim Bolin Bible Study 2:30p LRC	9 Bingo @ 9:30
10 Daylight Savings Time 10a Sunday School 2p Faith Baptist 6p Callao Bible Study	11 9:30a Reminisce 10a Exercise 2p Bingo 3:30p Ski-Bo	12 10a Concentration 2p Birthday Party 3p Pitch	13 9:30a Coffee Time 10a Exercise 2p-4p Country Store 7p County Kickers	14 10a Bevier Baptist Bible Study 2p Men's Activity	15 9:30a Coffee/Tea 10a Exercise 1p Jim Bolin Bible Study 2:30a St. Patrick Day	16 Bingo @ 9:30
17 St. Patrick's Day 10a Sunday School 2p Ethel Christian 6p Callao Bible Study	18 9:30a Chit Chat 10a Exercise 2p Bingo 3:30p Numbers	19 9a Nails 2p Concentration 3p Pitch 6:30p Open Arms	20 First Day of Spring 9:30a Coffee/Tea 10a Exercise 2p Music/David Snarr 3p Toss N Talk 7p County Kickers	21 10a Bevier Baptist Bible Study 2p Music David & Arlene Foster 3p Dominoes	22 9:30a Coffee Club 10a Exercise 1p Jim Bolin Bible Study 2:30p Sing A Long	23 Bingo @ 9:30
24 10a Sunday School 6p Callao Bible Study _31 10a Sunday School	25 9:30a Chit Chat 10a Exercise 2p Bingo 3:30p Dominoes	26 10a Balloon Volleyball 2p Ladies Tea 3p Pitch	27 9:30a Coffee/Tea 10a Exercise 2p Music /Barb & Roy	28 10a Bevier Baptist Bible Study 2p Music /Diane 3p Pitch	29 9:30a Coffee Club 10a Exercise 1p Jim Bolin Bible Study	30 Bingo @ 9:30



# WE LOVE OUR VOLUNTEERS

We're recognizing our  
**FABULOUS  
VOLUNTEERS**  
by hosting our annual  
**Volunteer Banquet**  
Thursday, April 25th at 6 PM

Event will be held at:  
**Loch Haven Senior Living Community**  
701 Sunset Hills Drive - Macon, MO 63552



Dust off your boots  
Cowboys & Cowgirls and join  
us for a WESTERN themed  
party! We're sure you'll have a  
boot scooting good time!

Join us for dinner and entertainment!!  
Call Jeanie Nail at 660.385.3113  
to **RSVP** by April 13th





# MARCH 2019 Dining Calendar

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					<b>1</b> Breaded Pork Chop with Onions Zucchini Cornbread Dressing Bake Spinach, Bacon & Onion (A) Peaches & Pineapple Bread/Margarine	<b>2</b> Spaghetti w/Meat Sauce Italian Tossed Salad Garlic Bread Frosted Chocolate Cake Beverage
<b>3</b> Fried Chicken Mashed Potatoes & Gravy Broccoli w/Cheese Sauce (A) Pie of the day Dinner roll/Margarine	<b>4</b> Unstuffed Peppers Over Steamed Rice Buttered Carrots (A) Blushing Pears Bread/Margarine	<b>5</b> Autumn Pork Roast - w/ Apple Glaze Mashed Potatoes & Gravy Mixed Greens (A) Fruit Shortcake Bread/Margarine	<b>6</b> Swiss Steak Creamy Noodles Broccoli Cauliflower Blend Whipped Gelatin Bread/ Margarine Beverage	<b>7</b> Roast Turkey & Gravy Baked Sweet Potato (A) Green Bean Casserole Fruit Cobbler (FR) Dinner Roll/Margarine Beverage	<b>8</b> Seasoned Baked Crusted Fish Macaroni & Cheese Cole Slaw Frosted Banana Cake Bread/Margarine Beverage	<b>9</b> Bacon Wrapped Beef Roasted Redskin Potatoes Fried Cabbage Fruit Salad Bread/Margarine Beverage
<b>10</b> Brown Sugar Pork Chops w/Garlic & Herbs Sour Cream Chive Mashed Potatoes Brussel Sprouts w/ Bacon Dinner Roll/Margarine Beverage	<b>11</b> Baked Chicken with Onion Gravy Baby Bakers Broccoli (A) Apple Crisp (FR) Dinner Roll/Margarine Beverage	<b>12</b> Lasagna Buttered Peas Caesar Salad Fruited Gelatin (FR) Garlic Bread Beverage	<b>13</b> Sweet & Sour Pork Fried Rice Oriental Vegetables Mandarin Orange Cake Bread/Margarine Beverage	<b>14</b> Meatloaf w/Ketchup Glaze Mashed Potatoes & Gravy Spinach Back (A) Bread Pudding w/Vanilla Sauce Dinner Roll/Margarine Beverage	<b>15</b> Creamy Mushroom Chicken Baked Potato w/Sour Cream Italian Vegetable Blend (A) Fruit Crumble (FR) Bread/Margarine Beverage	<b>16</b> Country Fried Steak W/Cream Gravy Mashed Potatoes Vegetable Medley Pumpkin Crumble (A) Bread/Margarine Beverage
<b>17</b> Herb Roasted Chicken Parsiled Buttered Potatoes Broccoli (A) Carrot Cake w/Cream Cheese Frosting Dinner Roll/Margarine	<b>18</b> Marinated Pork Loin Herb Stuffing Yams (A) Autumn Fruit Crumble (FR) Bread/Margarine Beverage	<b>19</b> Salisbury Steak Parmesan Noodles Green Beans Frosted Chocolate Cake Bread/Margarine Beverage	<b>20</b> Roast Turkey & Gravy Loaded Baked Potato Vegetable Blend Fruit Cobbler (FR) Dinner Roll/Margarine Beverage	<b>21</b> Beef Stroganoff Over Noodles Roasted Brussel Sprouts Peaches & Cream Dinner Roll/Margarine Beverage	<b>22</b> Fried Fish Tartar Sauce Macaroni & Cheese Stewed Tomatoes Peanut Butter Pie Beverage	<b>23</b> Oven Fried Chicken Mashed Potatoes & Gravy Corn Mixed Fruit Cup w/ Whipped Topping Bread/Margarine
<b>24</b> Baked Ham Sweet Potato Casserole Buttered Cabbage <b>31</b> Fried Chicken Mashed Potatoes & Gravy	<b>25</b> Turkey Ala King over Biscuit Tossed Salad/ Dressing Cranberry Swirl Cake Beverage	<b>26</b> Penne Polish Sausage Bake Mixed Vegetables Fruit Cobbler (FR) Bread/Margarine Beverage	<b>27</b> Baked Chicken Au Gratin Potatoes Buttered Carrots (A) Bread Pudding w/ vanilla sauce Bread/Margarine	<b>28</b>  <b>Resident's Choice</b>	<b>29</b> Breaded Pork Chop w/onions Zucchini Cornbread Dressing Bake Spinach, Bacon & Onion (A) Peaches & Pineapple	<b>30</b> Spaghetti /Meat Sauce Italian Tossed Salad Frosted Chocolate Cake Garlic Bread Beverage





# Cooking thru the Ages!



## Chili-Stuffed Poblano Peppers

1 lb. lean ground turkey  
1 can (15 oz) chili without beans  
1/4 t. salt  
1 1/2 cups shredded Mexican cheese blend, divided  
1 medium tomato, finely chopped  
4 green onions, chopped  
4 large poblano peppers  
1 T olive oil

Preheat broiler. In a large skillet, cook turkey over medium heat 5-7 minutes or until no longer pink, breaking into crumbles; drain. Add chili and salt; heat through. Stir in 1/2 cup cheese, tomato and green onions.

Meanwhile, cut peppers lengthwise in half; remove seeds. Place on a foil-lined 15x10x1-in. baking pan, cut side down; brush with oil. Broil 4 inches from heat until skins blister, about 5 minutes. With tongs, turn peppers. Fill with turkey mixture; sprinkle with remaining cheese. Broil 1-2 minutes longer or until cheese is melted.

*\*\*wear disposable gloves when cutting hot peppers, the oils can burn the skin.*



## Party Meatballs

2 large eggs, lightly beaten  
1 can (12 oz) evaporated mild  
2 cups quick-cooking oats  
1 cup finely chopped onion  
2 t. salt  
2 t. chili powder  
1/2 t. garlic powder  
1/2 t. pepper  
3 lb. ground beef

Sauce:  
2 cups ketchup  
1 1/2 cups packed brown sugar  
1/2 cup chopped onion

In a large bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Shape into 1 inch balls. Place in three greased 13x9 inch baking dishes. Combine the sauce ingredients; pour over meatballs. Bake, uncovered, at 325 degrees for 1 hour or until meat is no longer pink.

Yields approx. 7 dozen

Recipes courtesy of: [tasteofhome.com/recipes](http://tasteofhome.com/recipes)



## Employee work Anniversary's for the Month of MARCH

1st	Patty Hasselbring	2yrs
1st	Brenda Wilson	23yrs
2nd	Elysia Vaughan	1yr
6th	Cindy Riley	31yrs
7th	Shyla Terry	7yrs
8th	Cheyenne Maloney	6yrs
8th	Christina Wilham	7yrs
16th	Pat Tooely-Rogers	8yrs
22nd	Jarome Jackson	3yrs
23rd	Sarah Mathis	2yrs
24th	Megan Lowe	10yrs
25th	Blanche Neeson	15yrs
26th	Donna Ewing	1yr
26th	Cindy Ray	1yr
27th	Crystal Smith	1yr
28th	Linda Sloan	22yrs
29th	Tamara Rhodes	30yrs

*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!*

## STAR AWARD Jarome Jackson



## PERFECT ATTENDANCE Blanche Neeson



## YOUR'RE INVITED TO:

## Loch Haven's

Community Dinner  
(FREE to the public)



We'll be serving Spaghetti, Salad, Garlic Bread, and Dessert  
**THURSDAY, MARCH 14th - 5:30 P.M. until 7:00 PM**  
Dinner will be served in our **Memories Café/Dining Room**

*We hope you can come enjoy a great meal with great friends!*

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)**



# The Real Story

- St. Patrick is the patron saint of Ireland.
- We think he was born in 385 AD in Britain.
- At age 16, he was captured and sold into slavery in Ireland.
- During his captivity, he became a very devout Christian.
- When he escaped six years later, he went on to spend 12 years in a monastery.
- He then returned to Ireland as a missionary.
- St. Patrick is credited with bringing Christianity to Ireland.
- We think he died on March 17, 461.

The Loch Haven Tymes is the monthly newsletter of Loch Haven Nursing Home in Macon, Missouri. **If you would like to subscribe to this publication you will need to email us at [friendsoflh@gmail.com](mailto:friendsoflh@gmail.com)** 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. For more information please contact Crystal Smith, Marketing Director at [csmith@lochhaven.com](mailto:csmith@lochhaven.com) or visit us on our [www.lochhaven.com](http://www.lochhaven.com).



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