

# *Loch Haven Times*

July 2015



A publication of

## **Loch Haven**

*Senior Living Community*

Macon, Missouri

# MEET: Dana Morey

Housekeeping and Laundry Supervisor



## Employee Spotlight



- ♦ **Describe yourself in one word:** Happy!
- ♦ **What kind of pets do you have?** Cats
- ♦ **What is your favorite movie?** Color Purple
- ♦ **What is the best place you ever went on vacation?**

Rocky Mountains

- ♦ **What was your favor-**

**ite subject in school?** Math

- ♦ **Everyone has a talent. What is yours?** Good dancer, and I can wiggle my nose
- ♦ **What would be your dream vacation?** A charter boat, salmon fishing up the coast of Alaska.
- ♦ **What is your favorite saying?** Don't stress the little stuff.
- ♦ **Who was your favorite celebrity as a child?**

John Wayne

- ♦ **How long have you worked at Loch Haven?**  
3 years this August.
- ♦ **What are your duties?** Supervisor for Housekeeping and just recently took over supervisor for the Laundry Department.
- ♦ **Family:** Husband, Scott.
- ♦ **I live in the country!**

*"I have never been more myself at a job than I am at Loch Haven. I feel at home here and this is where I belong." ~ Dana ~*

Dana was lovingly nominated by her Housekeeping staff who said, "We don't know if there are any words to describe Dana, but we will try our best. Dana is a special person, and we are glad she came to work here. She is easy to work under, a fantastice supervisor, funny, bright, dedicated, always in a good mood, always singing and dancing and making us smile and laugh. She's our queen bee! We Love You Boss...Your Housekeepers...Your Bees

## Welcome to Team Loch Haven

Allie Davis  
Paula Haun, CNA  
Audrey Wisdom, CNA  
Sierra Kyle  
Brittney Robinson, CNA  
Kara Cornine, CNA  
Kaitlyn Russell  
Ashley Moret, CNA  
Linda Brozovich, LPN  
Dalishia Kelly, CNA  
Dillon Twyman, CNA/CMT  
Hillary Stuart, CNA  
Foster Shannon, CNA  
Sarah Minor, CNA

Housekeeping  
Mountain View  
Special Brook  
Dietary  
OakView Cottage  
West Brook  
Dietary  
Sunset Village  
Special Brook  
Sunset Village  
West Brook  
Mountain View  
Mountain View  
South

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)

**Perfect Attendance**

*Terry Vaught*

## Team PLAYER Debbie Carpenter



**Loch Haven recognizes our  
Laundry Department in July!  
Thanks for all you do for our residents.**





# MEET RESIDENT: Naomi Curtright

Sunset Village

On December 4, 1908 I was born to Jim and Maude Johnston in Madison, Missouri. I was born out on the farm because back then mothers-to-be didn't go to the hospital to give birth. I had three older brothers (Edgar, Rollie, and Emmett) and one younger sister (Opal). When I was a young girl, I spent more time with my dad than with my mom because she did the housework and cooking. I was always "on the go". When I would ask my mom what I could do, she would tell me to go hoe the garden. I was good at that. Sometimes I would also go out across the field to the little creek and follow it for a while. Mom knew that I would be ok because I didn't like water, and so I would never cross it.

I went to a little country school called Pleasant Green School. It was the kind of school that had one teacher who taught all eight grades. I went there until high school, then I moved in with my second oldest brother. I went to high school in Holiday and helped him take care of his boy. It was a good school, and I had a lot of great friends there. I never had an enemy. I was an "outside" kid. I loved being out in public. I played basketball and baseball.

At one of the basketball games I was playing at the referee couldn't come, so a young man who was on leave from college volunteered to ref the game. That young man's name was Eugene "Gene" Curtright. After the game a boy came up and said to me, "You are going to be asked out on a date." I didn't know what or who he was talking about at the time! But, he was right, that referee came up and asked me on a date. We were hard to separate after that.

Gene wanted to get married while I was still in school, but I was determined to get my education before marriage. My parents didn't want me to get married at first either. When I had graduated we had a small ceremony, nothing big like they do now-a-days.

After we were married we moved to Kansas City for Gene's work. He worked for an oil company called Sinclair Refining Company. He enjoyed his work. Sometimes we were transferred to different areas so that Gene could fix troubles within the company. My Gene was a problem solver.

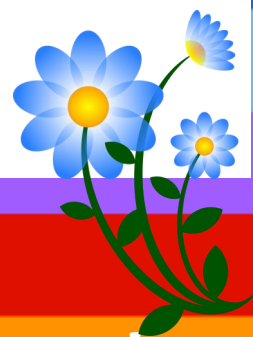
I worked for Jones Clothing Store for several years. Gene didn't want me to work, really, and there really wasn't a need for

me to do so. I could work whenever I wanted to, and I was one that couldn't stay still for long. However I spent most of my time as a housewife.

After I got married I taught myself how to cook and bake. I would get a recipe and follow it. If I liked how it turned out I would save it in a cookbook that I made. Soon I was cooking without a recipe but by how it tasted. I really enjoyed baking pies and cakes.

Gene worked for Sinclair Refining Company until retirement, almost 55 years! Then we moved back to this area to be closer to my family. Gene and I never fussed with one another. I did what he wanted to do, and he did what I wanted to do. He was such a good man. We were married for 55 years.

I have been at Loch Haven about a year. I am never sick. I never have pains. Only once in a while do I have some trouble sleeping, but not too often. I enjoy watching the birds come up to my feeders outside my window. I like all birds, but the red birds are my favorite. I also spend a lot of my time walking from one place to another. I continue to have a hard time staying still for long. I will be 107 this December and life has been great...so far!



## A Warm Welcome to

Leota Krawl	Phillip Smith
Donald Zappa	Marie Clardy
Freda Kisor	Vivian Helm
Regina Jones	Donald Swanson
George Anderson	Earl Burton

Good luck to **Linda Christensen, Junior Zuccarini, Raymond Novinger, Cindy Stivers, Janice Troeger, Lloyd Bigham** (respite care), **Leon Nute and Don Lenon** who have returned home after a therapeutic stay. Also to **Ruth Robuck** who has moved closer to her family.

## We will always

## Remember

Mildred Wilson	Edward Ausmus
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Those we love can never be more than a  
thought apart,  
Far as long as there is memory,  
They'll live on in the heart.



join us on  
**facebook**

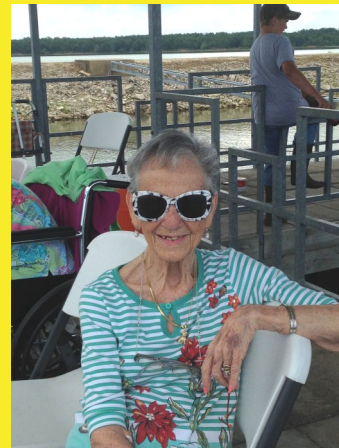


## Meet Franchot Pratt Administrator in Training

Hi! My name is Franchot Pratt. I go by Franco. I am from Nassau, Bahamas where I resided until I was 18. I received a basketball scholarship and used the opportunity to continue my education. I received my BS in Business Administration in May 2000. I obtained my MBA in Business Administration as well with a GPA of 3.85. I was employed as a Juvenile Officer for the past 13 years. I have two wonderful kids who mean the world to me. My goal is to obtain my Nursing Home Administrators License and eventually open up my personal facility. I have learned a lot from my time here at Loch Haven. Byron has a great system and team in place. Love you guys!

## What is the Administrator in Training (AIT) Program?

The AIT program provides training so that candidates gain the knowledge and skills necessary to become a licensed nursing home administrator. It prepares candidates to manage a long-term care facility; they learn the ins and outs of each department within a long-term care setting and receive mentorship from experienced leaders in the industry. A preceptor (health care center administrator, and in Loch Haven's case, Byron Freeman) is assigned to the AIT to ensure training goals are met. Under the guidance of the preceptor, the AIT spends time with each department within a health care center learning how successful departments work.



**LONG BRANCH HERE WE COME!** There hasn't been a whole lot of sunny, sunny days so far this summer, but the residents lucked out on one particular day and had a fun-filled fishing trip to Long Branch Lake. They loaded the Loch Haven bus and residents and staff headed out to the fishing dock at Long Branch where they "wet their lines", caught a few fish, and some just sat and looked pretty and enjoyed the day. They were even joined and helped by a few young men who were out fishing themselves. Thanks to Long Branch Lake for providing this handicap accessible fishing dock! It means so much to our residents.





# Oak View & Cedar View COTTAGES



## Susie's Musings

Rain, rain go away before the Cottages wash away! While we're still afloat lots of Skip-O games, trivia, one on ones, bible study with Clark Dobbs and the reading of the *History with a Mystery* with Marilyn Amidei has been a daily thing with the neighbors. Also, our regular volunteers keep coming and bring their music for all. You are so appreciated. Music group with Bill Lear, Todd Samm, Arnold Compton, David Overstreet, and Chet Niemier was so enjoyed. Our thanks to all who always come and entertain everyone. Celebrating Lillian Davis' birthday was a hoot watching everyone trying to see who could get a snapping clothespin up the highest on their rump by bending over and reaching up toward the b-hind.....you name the winner when you look at the picture! Twas so funny!!! Lillian can play that piano, too. Ask her sometime! Neighbor Vernon Barrows and PAL Charlotte Weaver showed how our American flag is properly folded. Way to go u all!. Cedar View Cottage celebrated their two year anniversary with a Bar B Que. Thanks to Alvie and Denny for doing the cooking. Great cooks! Many thanks U ALL. Music that evening was the group from Moberly called Joshua 24:15. Oh how great thou art! What a wonderful evening of Christian music **that** was. Our many thanks to them and also for them bringing Grandpa along. He never misses a performance. All fathers were honored on Father's Day. So proud of you all. There was a big, Big, BIG lady (me in one of my get-ups!) with the ugly, but sorta' pretty face, going around and wishing all the dads a Happy Fathers Day. She said it was so wonderful to see everyone's smiles. Thanks to all who donated flowers and vegetable plants. Cottages are busy with families and friends coming for visits and sitting out on the big patios with the pretty flowers in bloom. Have a safe and Happy 4th. God Bless!!

**Susan Lennon, Activity PAL**

**P.S. We are looking forward to our next concert in July featuring Steve Wilhoit. Can that young man ever croon out a Dean Martin or Frank Sinatra song!!**



Loch Haven's

## A SENIOR Moment

July Episode

### TRIBUTE TO VETERANS

Featuring Loch Haven & Local Veterans

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.



- ⇒ Mrs. Wells' Reading Class (6—8 Summer School) for making cards for our residents.
- ⇒ Grace Pulis Family for donating a television to our Special Brook Neighborhood. The residents are SO enjoying it!
- ⇒ Mary and Roy Ahlborn for donating miscellaneous items.
- ⇒ Louise Gaughan for donating miscellaneous items to the Activity Department.

## FABULOUS FIREFLY FACTS



- ♦ Fireflies in the western United States lack the ability to produce light.
- ♦ Males that do glow use their flash to attract females.
- ♦ In some places at some times, fireflies synchronize their flashing.
- ♦ Firefly light can be yellow, green or orange.
- ♦ Fireflies are among the many species that

are bioluminescent, meaning that they can produce their own light.

- ♦ Their light is the most efficient light in the world. Nearly 100 percent of the energy in the chemical reaction is emitted as light.
- ♦ Fireflies are disappearing. If a field where fireflies live is paved over, the fireflies don't migrate to another field, they just disappear forever.
- ♦ Observing fireflies in your backyard can help scientists learn more about these insects and why they're disappearing.

## JULY Birthdays

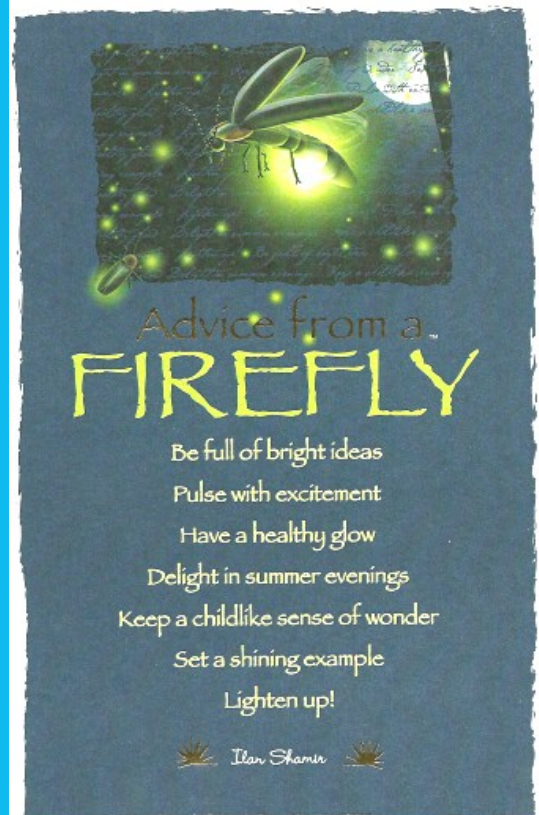
to celebrate

29	Brenda Finney
5	Dixie Clifton
24	Gretchen Collins
25	Charles Hall
25	Harold Spencer
25	Leatha Britt
24	Mary Lou Giovanini
23	Ruth Murphy
8	Vivian Helm
17	Ethel Clarke
19	Helen Decker
20	June Pearl Mitchell
20	Ruth Glatz
19	Viola Kraettli

### Loch Haven's Alzheimer's Support Group

Second Monday of each month

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







## RCF news

June has been a busy month for all involved with "The Apartments". We first started off folding and labeling the monthly "Loch Haven Tymes". This is a big job – but as they say, "Many hands make light work." Several of us enjoyed a Dog Show that came to Loch Haven. Those dogs were very cute and knew so many tricks! What an entertaining time! We loved meeting and petting the cute pups. Many residents also enjoy helping the staff with the daily activities. They keep busy by cleaning off the tables after meals or folding the clean towels. We also have several gardeners who help with the upkeep of the flowerbed and flower pots on our side of the building. Their volunteerism with these activities is much appreciated. The residents have gotten

pampered with "Nail Day", played several games of BINGO, enjoyed yummy root beer floats, and have had many other exciting activities this month. Every day is an adventure! We welcomed two new residents to "The Apartments" who were originally staying in the Legacy Neighborhoods of Loch Haven. A warm greeting to Louise Ronchetto and Charles Hall! Welcome to the family! There have been a few changes with staff here, too. One of our hairdressers, Katie West, has moved to a part time position so that she can seek other opportunities elsewhere. Two of our activity directors have swapped places within the establishment. So we say, "Hello" to Katie Nelson, our new activity director, and wish Sandy Ralston the best on west. **by Janis Fraley**

## Special Brook News




**Boy have we been extra busy this month!** Mr. Dave Irvin brought us a bunch of strawberries that we cleaned and put in the freezer so we can enjoy them later. We have been exercising, playing games, and watching our garden grow. Can't wait until we get some green beans so we can cook them up and enjoy them. We also had a wonderful Father's Day BBQ. We had hamburgers, hot dogs, potato salad, chips, and a couple of cakes decorated like a man's shirt and tie on them. Then we

had a girl's day out! We went to Moberly and ate at Funny Pages Café, and also went to Walmart to shop. We would like to say thank you to Katie Nelson for driving us. Also thanks to Sandy Ralston and Lindsey Ogle for going along to help us out. Hope you have a wonderful July! A special Salute goes out to our Veterans during this month as we celebrate our independence!

**Blanche Neeson, Special Brook Activity Director**



# July 2015 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activities are subject to change						
<b>5</b> 10am Sunday School 2pm United Methodist 6:30pm Callao Bible Study	<b>6</b> 10am Flex & Stretch 2pm Bingo 3:30pm Small Groups	<b>7</b> 10am Spa Day 2pm Craft Project 3:30pm Small Groups 3:30pm Wii	<b>8</b> 10am Flex & Stretch 2pm Pop on the Porch 3:30pm Men's Social 7pm County Kickers	<b>9</b> 10am Bevier Baptist Bible Study 1:30pm Mass 1:30pm Bowling Trip	<b>10</b> 9:30am Flex & Stretch (DR) 10am Coffee Club 2pm Carmen Hour of Bible Stories	<b>11</b> Independent Games <b>HAPPY 4th of JULY</b>
<b>12</b> 10am Sunday School 2pm Faith Baptist 6:30pm Callao Bible Study	<b>13</b> 10am Flex & Stretch 2p Bingo 3:30pm Ladies Tea	<b>14</b> 10am Concentration 2pm Birthday Party 3:30pm Small Groups 3:30pm Wii <b>6pm Ethel Amish</b>	<b>15</b> 10am Flex & Stretch 2pm Dairy Queen 7pm County Kickers	<b>16</b> 10am Bevier Baptist Bible Study 2pm Summer Outing	<b>17</b> 9:30am Flex & Stretch 10a Coffee Club 2pm Carmen Hour of Bible Stories	<b>18</b> Independent Games
<b>19</b> 10am Sunday School 2pm Ethel Christian 6:30pm Callao Bible Study	<b>20</b> 10am Flex & Stretch 2pm Bingo 3:30pm Resident Council	<b>21</b> 10am Spa Day (DR) 2pm Laughter w/ Susan (DR) 3:30pm Small Groups <b>6:30p Open Arms Baptist Church Choir</b>	<b>22</b> 9:30am Flex & Stretch 10:30am Lunch Outing 3:30pm Small Groups 7pm County Kickers	<b>23</b> 10a Bevier Baptist Bible Study 1:30pm Mass 2pm Fly Wheel Bingo <b>6pm Steve &amp; Linda</b>	<b>24</b> 9:30am Flex & Stretch 10a Coffee Club 2pm Carmen's Bible Study	<b>25</b> Independent Games
<b>26</b> 10am Sunday School 6:30pm Callao Bible Study	<b>27</b> 10am Flex & Stretch 2pm Bingo 3:30pm Small Groups	<b>28</b> 10am Concentration 2pm Cooking 3:30pm Small Groups 330pm Wii	<b>29</b> 10am Atlanta Methodist Bible Study 2pm Roy Francher 3:30pm Small Groups 7pm County Kickers	<b>30</b> 10am Bevier Baptist Bible Study 1pm Wal-Mart	<b>31</b> 9:30am Flex & Stretch 10a Coffee Club 2pm Carmen Hour of Bible Stories	<b>One on One activities offered daily to those unable to attend regularly scheduled</b>



# celebrating Every DAY!



**CELEBRATING FAMILY:** Recently, Helen McDuffee of the Loch Haven Apartments spent quality time visiting with her family. This 5 Generation Photo was taken during the visit. Pictured are Helen McDuffee (right floral top), her daughter Mary Ann Sears (far right), her daughter Marla (far left), her daughter Sara (holding baby), and her daughter Stella (baby). "We are so blessed that Mother is so happy and well, and loving each day of living at her Loch Haven apartment and given excellent care and consideration. Thank you!" said Mary Ann Sears.



**CELEBRATING Good Friends**



**CELEBRATING MAN'S BEST FRIEND** with our Annual Dog Show provided by Ann Gafke's Teachers Pet in Columbia and local dog trainers Sally Adams and Joyce Hicks. Thanks to all for making this possible!



## CELEBRATING DEDICATED SERVICE:


Congratulations to Jean Naughton who was recently recognized by the American Legion Auxiliary for her 70 years of participation within their group. What an accomplishment!



## Celebrating Wheels!



# JULY 2015 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		*all meals served buffet style with bread and beverage. Several choices available.				
5 Orange Rosemary Pork Baked Potato Vegetable Blend Angel Peach Dessert	6 Broccoli Chicken Divan Buttered Pasta Side Salad Frosted Red Gelatin	7 Ham & Beans Fried Potatoes Mixed Greens Fresh Fruit Cup Corn Bread	8 Chicken & Dumplings Carrots Apple Cream Cakelet	9 Meatloaf Gravy Buttered Potatoes Fried Cabbage Fruit Crumble	10 Turkey Ala King Biscuit Green Beans Cucumbers & Onions	11 Cheeseburgers Relish Plate Steak Fries Carrot & Raisin Salad Cream Cheese Brownie
12 Fried Chicken Mashed Potatoes/Gravy Corn Apple Pie Dinner Roll	13 Swiss Steak Buttered Noodles Zucchini Brownie	14 BBQ Pork Sweet Potatoes Green Beans Cream Cheese Cookies	15 Creamy Turkey Bake Carrots Garlic Bread Yellow Cake/Choco	16 Glazed Ham Twice Baked Cauliflower Peas Corn Bread Peach Cobbler	17 Crunchy Baked Fish Mac & Cheese Mixed Vegetables Fruit Parfait	18 Chicken Parmesan Spaghetti Noodles Buttered Broccoli Lemon Cake
19 Roast Beef/Gravy Au Gratin Potatoes Green Bean Casserole Peach Swirl Cheesecake Bars	20 Country Style Ribs Baked Potato Casserole Brussels Sprouts Fruit Cobbler	21 Roasted Chicken Mashed Potatoes Sautéed Zucchini Mandarin Oranges & Pineapple	22 Pot Roast Carrots/Potatoes/Onions Cream Cheese Cake	23 Residents Choice	24 Pork Loin Apple Stuffing Peas/Carrots Pineapple Upside Down Cake	25 Western Egg Bake Creole Potatoes Cottage Cheese Melon Cubes Iced Cinnamon Rolls
26 BBQ Chicken Corn on the Cob Spinach Salad Fruit Cobbler	27 Baked Ham Sweet Potato Casserole Green Beans Bacon & Onion Brownies	28 Fried Pork Chops Gravy Pinto Beans Buttered Cabbage Creamy Lemon Pie	29 Roast Turkey Gravy Herb Stuffing Brussels Sprouts Peaches/Whipped Top	30 Beef Tips in Gravy Buttered Egg Noodles Mixed Vegetables Fruit Crisp	31 Fish of the Day Macaroni & Cheese Steamed Broccoli Mandarin Oranges	





# Cooking Corner



## Summer Easy

### Summer Salad with Vanilla Vinaigrette

**Vanilla Vinaigrette:** Whisk together until well blended.

1/3 cup olive oil

3 tablespoons white wine vinegar

1 teaspoon Pure Vanilla Extract

1/2 teaspoon salt

1/2 teaspoon sugar

1/4 teaspoon Black Pepper, Ground

**Salad:** Toss following together.

1 package (6 ounces) field greens or baby spinach leaves

2 seedless oranges, peeled and sectioned

2 cups strawberry halves or slices

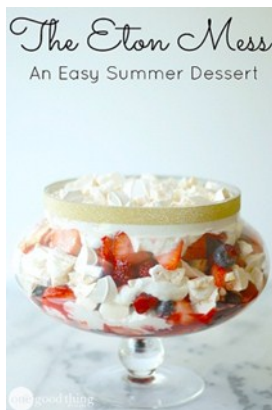
1/2 cup toasted pecan pieces

Serve with vinaigrette. Only 231 Calories per serving.

Serves 6

### The Eton Mess

A recipe invented in the 1930s when a Labrador Retriever sat on a picnic basket (at an Eton, England College Cricket Match) in the back of a car and squashed a strawberry and meringue dessert. The resulting "mess" turned out to be quite *delicious* and so the Eton Mess was born!



2 pounds strawberries, sliced  
18 oz raspberries  
1 pound blueberries  
5 tablespoons granulated sugar  
2 tablespoons lemon juice  
3 cups whipped cream (whipped) or cool whip  
3 cups vanilla meringue cookies, chopped (buy online or at Trader Joe's)

In bowl mix berries together with sugar and lemon juice. Layer in

this order starting at bottom: Berry Mixture, whipped cream, meringue cookies. Repeat two times.

### Meatball Sub On A Stick

36 frozen Meatballs – defrosted (Original, Turkey or Italian)

1 tube breadstick dough

2 tbsp. Italian seasoning

1 cup Mozzarella cheese

1 cup jarred marinara sauce

12 bamboo skewers

Unroll dough and separate into 12 breadsticks. Thread meatballs and bread dough as shown in picture. Place about one inch apart on parchment lined cookie sheets. Bake at 375° for 20 minutes. Meatballs should be cooked through and the breadsticks a nice light, golden brown. Remove from oven, sprinkle with mozzarella cheese and top that off with a sprinkle of Italian seasoning. Put the meatballs back into the oven for another 3-4 minutes or until cheese has melted. Serve with warmed marinara sauce.



## Don't You Just Love This



Watermelon + Mixed Fruit = a watermelon basket

## Waffle Iron Cinnamon Rolls (A NEAT TRICK)!!

Put 4 cinnamon rolls (from a can of Pillsbury Grand Cinnamon rolls) on the iron (one in each square) and close the lid. Cook 2 to 4 minutes until nice and brown on the outside, yet still tender on the inside. Now glaze with icing from packet or make your own glaze. You know all those little indentations made by the waffle iron? They are perfect for holding the frosting! No heat....easy clean-up.... and major yum factor!!



**Blog of the month**

[www.the-girl-who-ate-everything.com](http://www.the-girl-who-ate-everything.com)



The Rain and Thunder came, but it didn't dampen our spirits! Thanks to the Veterans who served our country to guarantee the independence that we take for granted every day. Thanks also to those who shared their time and talent at our Tribute to Veterans' Event.

## TRIBUTE TO VETERANS 2015

LAND of the FREE  
because of the  
Brave!

Happy 4th of July  
from all of us at  
Loch Haven  
Senior Living  
Community

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Loch Haven  
701 Sunset Hills DR  
Macon, MO 63552