

Loch Haven Times

June 2015



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A publication of

Loch Haven

Senior Living Community

Macon, Missouri

Employee Spotlight

MEET: Sam Hartung, Transportation



- ♦ Describe yourself in one word: Honest
- ♦ What kind of pets do you have? Dog
- ♦ What is your favorite movie? Beetlejuice
- ♦ What is the best place you ever went on vacation? Colorado
- ♦ What was your favorite subject in school? Math
- ♦ Everyone has a talent.
- ♦ What is your favorite saying? Paddle your own canoe.
- ♦ Who was your favorite celebrity as a child? Ron Howard
- ♦ How long have you worked at Loch Haven? 6 months
- ♦ What are your duties? Transporting residents
- ♦ Family: Wife, Debbie; Son, Jesse; Daughter, Hannah Boling, and new son-in-law, Drew Boling
- ♦ I live in Macon.

"It is great to work with helpful employees."

-- Sam --

What is yours? Woodworking

- ♦ What would be your dream vacation? Alaskan Cruise

Welcome to Team Loch Haven

Logan Gaines, NA	Cottage Assistant
Emily Allison, CNA/CMT	Mnt. View
Carrie Zapisek, CNA	Sunset Village
Courtney Bunch	Dietary
Alexis Schultz, NA	SCU
John Terzo	Custodian
Drayse Harris, LPN	West Brook
Tammy Beshears, LPN	Sunset Village
Martha Hiday	Laundry
Geri Lake	Dietary
Samantha Hartman	Housekeeping

Perfect Attendance

Terry Vaughnt

Team PLAYER

Tammy Rhodes

STAR AWARD WINNERS April

Rosemary Jones	Vanessa Teter
Lea Apel	Tammy Nute
BJ Roberts	Terri Cross
Dana Morey	Penny Morgan



Meet Leah Vincent, RN Mountain View Neighborhood Coordinator

Hi! My name is Leah Vincent. I live in Macon and am married to Joel Vincent. Together we have 4 children ages 9-18. I've been a Registered Nurse for twenty years. I feel fortunate to have had the opportunity to experience many different types of nursing from ICU to home health. Most recently I've worked at Samaritan Hospital. I'm excited to join the Loch Haven team as the Neighborhood Coordinator for Mountain View.



MEET: Virginia (Ginny) Williams Loch Haven Apartments

I was born on August 31, 1927 to Thomas and Jenny Clark. I was the youngest of three children. I had an older brother, who was a doctor but who passed away early in life. I also had an older sister who is currently 95 years old and lives in Clinton, Missouri. When we were growing up, we lived in Calhoun, Missouri. We lived on a farm, and I had several chores that went along with that lifestyle.

I attended a rural school, and graduated Valedictorian of my class from Windsor in 1944. I also had received two awards from the Daughters of the American Revolution – one in American History and the other in Citizenship. I then went to the University of Missouri and Northeast Missouri State (now Truman State). I studied in the College of Agriculture at that time. I went there for three years and one semester. While I was at MU I met a man named Ken Threlkeld who was attending college there, too. In 1947 we were married.

I became a teacher at Monroe County Rural School. There I taught all eight grades in one classroom. One year I would teach the 5th & 7th grade curriculum, the next year I would teach the 6th & 8th grade curriculum. I was a teacher there for about five years.

At that time Ken and I lived in Shelbina. We had two children, Mela (Gary, spouse) Linn and Peggy (Kelly, spouse) Smith. We worked in the feed business for many, many years. I worked in the office. Ken was a Purina dealer and won several trips around the world because of his success. My favorite places to go with him were Denmark and Holland because of all the pretty flowers. Bob and I were married for 30 years.

When my children were in high school, I went back to college. I tried to be an example to my children. I drove long distances to commute to school and earned all A's in my courses. At that time, the campus was a busy place because of all the services provided for the men and women who participated in World War

II.

Later, I married a great guy named Bob Williams. We had known each other for quite a while. and he was a widower, too. My children adored him. Bob worked for the railroad so we lived in Ottumwa, Iowa. When Bob retired, we had a home on Lake Street with about ten acres. We enjoyed having a large garden and flowers. I really like irises. I believe they are my favorite flower. Daylilies were the best to grow. I tried to grow roses, but they would freeze during the winter, so I didn't have too much success with them.

Besides gardening I have several other hobbies. I really enjoy watching sports – especially the Cardinals! I love music – I have sung at funerals, weddings and in the church choir. I am a member of the First Baptist Church of Macon. In the past, I have taught Sunday school for many years which I really enjoyed. Reading is also one of my pleasures. My favorite genre is historical novels.

I have a love of antiques. I have collected quilts and miniature irons. With this interest in antiques, I had a booth at Carousel Antiques here in Macon. The antique market has changed so much over the years!

I am very proud of my family. Besides my two daughters, I have four grandchildren – Meade, Megan, Schuyler and Luke. I also have four great grandchildren – Meade, Cooper, Payne and Ethan. They each have special talents and are successful. My husband, Bob, was a resident here until he passed away in March of 2014. I miss him terribly.

I first started coming to Loch Haven as a Day Break resident. But, after my stroke I became a full time resident. I have been here for about four months. I am still getting accustomed to the community. I enjoy the music and church services that are provided here. There is a very thoughtful and caring group of staff at Loch Haven. I really appreciate their care of me.



A Warm Welcome to

Charles Hall
Velma Baugh
Cynthia Stivers

Junior Zuccarini
Betty Faught
Edward Douglas



Good luck to **Hope Marino, Karen Ballew, Gwendolyn Small, & Cindy Thompson** who have returned home after a therapeutic stay.

We will always Remember

Grace Pulis
Forrest Hall
Robert Bechtold

Edythe Nute
Minnie Buster
Edwin Matticks

Unseen, unheard, but always near,
Still loved, still missed and very dear.

MEet OUR Central Supply & Medical REcords TEAM!!



Brenda Primrose
Central Supply Manager



Lauri Miller
Central Supply



Lorri Miller
Medical Records



Ellie Herington
Medical Records



QUEEN MILDRED PHIPPS

On April 30th Mrs. Mildred Phipps competed in the Missouri Health Care Association's District 6 Beauty Contest. It was held in Shelbina, Missouri. She was crowned the Queen of District 6, with several of her friends from Loch Haven in attendance. She was so surprised, she didn't know that she had won until they placed the crown on her head! Mildred will go to the State Pageant on August 24th of this year. The State Pageant will be held in Branson, Missouri. Way to go, Mildred!



QUEEN Mary Ellis

Each year Loch Haven participates in a queen contest sponsored by A.D.A.M. The pageant was held in Clarence. This years representative was Mary Ellis. Mary was one of the runners-up. Mary resides in the Loch Haven Apartments where she is very active in all activities. Congratulations Mary!



Residents and 'NEIGH'bers always enjoy when Bertha Deveno's family shows up with their horse & carriage.



Oak View & Cedar View COTTAGES



Susie's Musings

Hello Again From the Cottages! Several neighbors celebrated their birthdays this month and the regular volunteers kept the neighbors "full" of music and God's word. You are so appreciated.

Mother's Day was celebrated with the ladies decorating their hats to wear to the Mother's Day Tea. There was a good turnout at both cottages. How festive the tables were along with special teas and snacks. Many thanks to Jane Hays for adorning the tables at Cedar View. Also, thanks to Jane and Opal Lewis for all the homemade snacks (and her lovely china and tablecloth and other decorations). Oak View's tables were beautifully arranged with crafty cups and saucers and teapots made by Chris Waller, Amy Goosey, and Kathy Techau. Delicious snacks were prepared by the PALS for the Tea Party. Thanks girls!

There was also a photo booth for picture taking at Oak View. Dressed up like Mrs. Earl Grey, Amy told the story about how Mother's Day Tea began. Neat it was! Keeping with the celebration, the song "Mother" was sung by a lady with the most beautiful voice west of the Mississippi. HAHA You know who!! Thanks to everyone who helped make it a special day.

Things are looking purty, purty at the Cottages with all the flowers and rose bushes planted. Marjorie Wright keeps busy planting vegetables in the new planters at Cedar View along with keeping all the house plants watered. Go Girl and thanks!

Memorial Day was honored with all remembering their loved ones who have passed on. Our thanks to all for their lives and memories.

Thanks to David Mitchell for the Kettle Corn he gave all when National Nursing Home week was celebrated. It was soooooo good. Oh happy day! It'll soon be Father's Day. Get ready dads. Your day is next!

Until next month. I'll leave you with this fact. Did you know that the sun comes up on the east side of the Mississippi River and goes down on the west side of the Missouri River. God Bless!

Susan Lennon, Activity PAL

Loch Haven's

A SENIOR Moment

June Episode

Way of the American Genius

Featuring Kelly Petre

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.



- ◆ Kathy Bagby for making and donating clothing protectors for our residents.
- ◆ Thanks to Dorothy Richardson's daughter who brought in cookies for the staff

The family of Mark Neeson would like to thank Loch Haven for their efforts in helping Mark. Since his arrival, Mark has become much more active and has lost a significant amount of weight. Keep up the hard work, Mark!

June Birthdays

to celebrate

- 2 Martha Bragg
- 6 Johnny Walker
- 11 Lillian Davis
- 12 Mary Jane Apel
- 15 Catheryn Ronchetto
- 17 Geneva Eymann
- 19 Hubert Moehle
- 20 Rosie Thompson
- 21 Joseph Patton
- 22 Alma Techau
- 23 Bruno Amidei
- 28 Harriet Rush

Loch Haven's Alzheimer's Support Group

Second Monday of each month

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

Happy Birthday



SUSIE!!!



Just Clowning Around.

Our residents always look forward to being entertained by MACC students who are part of a clowning class. Craig Voyles, a Loch Haven employee, is part of the class.



Happy Father's Day

THE GREATEST GIFT I EVER HAD CAME FROM GOD
I CALL HIM DAD

Marvelous May! During the month of May we have been very busy with exciting activities and celebrations. Several residents took a trip to the casino in Boonville and enjoyed their time there. They are anxious to go again soon. Mother's Day Weekend started with a Women's Tea on Friday afternoon. The ladies enjoyed an atmosphere of beautifully decorated tables, flower shaped cookies, mixed nuts, dinner mints, and a drink of their choice. They were also presented with a long stemmed rose. Many friends and family came on Mother's Day itself. Flowers were delivered to several special moms that reside here. Every woman also received a corsage that they proudly wore all day. It was a nice tribute to such fantastic women. During National Nursing Home Week we took part in a variety of activities with a Mexican theme. One that is

very memorable is hitting the piñata. Everyone who participated had at least three times to hit a cupcake-shaped piñata. We thought that it would never break open – finally Heather (one of our beauticians) showed us her stuff and busted it! One of our workers, Latisha, got married on the 23rd of this month. We wish her lots of happiness and joy in married life. Now we will call her Mrs. Stapleton! The rest of the month found us enjoying the nice weather or watching it rain. We also played cards, games, dominoes and instruments to pass the time and enjoy the friends around us. Soon we will be jumping into June.

Doris White won the door prize at our Volunteer Appreciation Dinner. Doris spearheaded the development of the band that is made up of residents that reside at Loch Haven Apartments. Mrs. White is currently the bandleader. The band is called upon to play at several celebrations throughout the Loch Haven community and has been featured in several newspaper publications. Here she is posed with the prize - a beautiful wreath.



Special Brook News

I'll say April showers bring May flowers. Boy have we had the showers! We have enjoyed sitting on the pooch watching the kittens play with their mother. Also, our hanging flower baskets are beautiful and in full bloom. We had a wonderful Mother's Day Tea. We served cucumber sandwiches, fruit salad, and cupcakes. (We want to share our recipe for Cucumber Sandwiches. See the recipe page in this newsletter.) Want to say a big thank you to Barb Robetor for making the tea cups for the party. During Nursing Home Week, we had a piñata that was filled with lots of candy. The residents enjoyed hitting it until the candy fell out. Finally got the garden planted. We put in green beans, tomatoes, sweet potatoes, peas, and green peppers. We will enjoy watching our garden grow!

Blanche Neeson, Special Brook Activity Director



June 2015 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activities are subject to change 10am Sunday School 2pm Faith Baptist 6:30pm Callao Bible Study	1 10am Flex 7 Stretch 2pm Bingo 3:30pm Small Groups	2 10am Spa Day 2pm Movie 6:30pm Woodville Choir	3 10am Flex & Stretch 2pm Dick & Alvie 3:30pm Small Groups	4 10am Bevier Baptist Bible Study 2pm Who Has IT 3:30pm Small Groups	5 9:30am Flex & Stretch 10am Coffee Club 1pm Fishing Trip	6 Independent Games
7 10am Sunday School 2pm United Methodist 6:30pm Callao Bible Study	8 10am Flex & Stretch 2pm Bingo 3:30pm Men's Social	9 10am Ann Gafke's Dog Show 2pm Birthday Party 3:30pm Small Groups 3:30pm Wii	10 9:30am Flex & Stretch 10am Picnic at the Lake 2pm How's Your Thinker 3:30pm Small Groups	11 10am Bevier Baptist Bible Study 1:30pm Mass 2pm Group Craft	12 9:30am Flex & Stretch (DR) 10am Coffee Club 2pm Carmen Hour of Bible Stories	13 Independent Games
14 10am Sunday School 2pm Faith Baptist 6:30pm Callao Bible Study	15 10am Flex & Stretch 2p Bingo 3:30pm Small Groups	16 10am Spa Day 2pm Laughter with Susan 3:30pm Small Groups 6:30p Open Arms Baptist Church Choir	17 10am Flex & Stretch 2pm Donny Roberts 3pm Around Town 7pm County Kickers	18 10am Bevier Baptist Bible Study 2pm Concentration 3:30pm Small Groups 6pm Steve & Linda	19 9:30am Flex & Stretch 10a Coffee Club 2pm Carmen Hour of Bible Stories	20 Independent Games
21 10am Sunday School 2pm Ethel Christian 6:30pm Callao Bible Study	22 8am -10am Laundry Clean Out 10am Flex & Stretch 2pm Bingo 3:30pm Ladies Tea	23 10am Resident Council 2pm Wal-Mart	24 10am Lunch Outing 3:30pm Small Groups 7pm County Kickers	25 10a Bevier Baptist Bible Study 1:30pm Mass 6pm to 8pm Ice Cream Social	26 9:30am Flex & Stretch 10a Coffee Club 2pm Country Store	27 Independent Games
28 10am Sunday School 6:30pm Callao Bible Study	29 10am Flex & Stretch 2pm Bingo 3:30pm Small Groups	30 10am Spa Day 2pm Concentration 3:30pm Small Groups 330pm Wii	One on One activities offered daily to those unable to attend regularly scheduled			



Loch Haven's Tribute to Veterans & Annual Ice Cream Social

Thursday, June 25, 2015

6 p.m. Recognition Ceremony
6:30—8 p.m. Ice Cream Social

Entertainment by:
Bill Lear & Friends

Guest speaker Terry Cashett
Host of KRLI Radio Program "Focus on Veterans"

Patriot Guard Riders Flag Line

\$2 donation for Ice Cream Social Please bring lawn chairs!

Volunteer Banquet & National Nursing Home Week

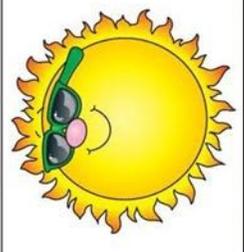


The **ULTIMATE** Volunteer
Helen McDuffee
45 Years of Volunteering at
Loch Haven.



June 2015 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 7 Orange Rosemary Pork Baked Potato Vegetable Blend Angel Peach Dessert	1 Baked Ham Sweet Potato Casserole Green Beans Bacon & Onion Brownies	2 Fried Pork Chops Gravy Pinto Beans Buttered Cabbage Creamy Lemon Pie	3 Roast Turkey Gravy Herb Stuffing Brussels Sprouts Peaches/Whipped Top	4 Beef Tips in Gravy Buttered Egg Noodles Mixed Vegetables Fruit Crisp	5 Fish of the Day Macaroni & Cheese Steamed Broccoli Mandarin Oranges	6 Hawaiian Meatballs Steamed Rice Carrots Frosted Cake
14 Fried Chicken Mashed Potatoes/Gravy Corn Apple Pie Dinner Roll	8 Broccoli Chicken Divan Buttered Pasta Side Salad Frosted Red Gelatin	9 Ham & Beans Fried Potatoes Mixed Greens Fresh Fruit Cup Corn Bread	10 Chicken & Dumplings Carrots Apple Cream Cakelet	11 Meatloaf Gravy Buttered Potatoes Fried Cabbage Fruit Crumble	12 Turkey Ala King Biscuit Green Beans Cucumbers & Onions	13 Cheeseburgers Relish Plate Steak Fries Carrot & Raisin Salad Cream Cheese Brownie
21 Roast Beef/Gravy Au Gratin Potatoes Green Bean Casserole Peach Swirl Cheesecake Bars	15 Swiss Steak Buttered Noodles Zucchini Brownie	16 BBQ Pork Sweet Potatoes Green Beans Cream Cheese Cookies	17 Creamy Turkey Bake Carrots Garlic Bread Yellow Cake/Choco	18 Glazed Ham Twice Baked Cauliflower Peas Corn Bread Peach Cobbler	19 Crunchy Baked Fish Mac & Cheese Mixed Vegetables Fruit Parfait	20 Chicken Parmesan Spaghetti Noodles Buttered Broccoli Lemon Cake
28 BBQ Chicken Corn on the Cob Spinach Salad Fruit Cobbler	22 Country Style Ribs Baked Potato Casserole Brussels Sprouts Fruit Cobbler	23 Roasted Chicken Mashed Potatoes Sautéed Zucchini Mandarin Oranges & Pineapple	24 Pot Roast Carrots/Potatoes/ Onions Cream Cheese Cake	25 Residents Choice	26 Pork Loin Apple Stuffing Peas/Carrots Pineapple Upside Down Cake	27 Western Egg Bake Creole Potatoes Cottage Cheese Melon Cubes Iced Cinnamon Rolls
<div style="background-color: #00A0C0; color: white; padding: 10px; text-align: center;"> <p>*all meals served buffet style with bread and beverage. Several choices available.</p> </div>						





Cooking Corner



Hot Time...Summer in the Kitchen

No Bake Strawberry Icebox Cake

- 19 oz box graham crackers
- 2 lb fresh strawberries
- 3½ cups heavy cream
- 1 banana, sliced thin
- ½ cup powdered sugar
- 2 tsp vanilla
- ¼ tsp salt

Cream powdered sugar, vanilla, and salt with the heavy cream with mixer until the cream mixture holds stiff peaks. Spread a thin layer of heavy cream mix in a 9x13 pan just to coat the bottom. Layer 5 graham crackers across the center of the pan, then 2 more, breaking them as needed to fit around edges. Spread a thick layer of heavy cream mix over grahams and top with a hearty layer of sliced strawberries. Place graham crackers on top of strawberries, then heavy cream mix, then layer of thinly sliced bananas. Repeat the graham-strawberries-cream layers 1 more time (3 times total) and you should reach the top of the pan. Refrigerate for at least 4 hours or overnight until the graham crackers have softened completely. Top with a few sliced strawberries or whole strawberries if you desired. Serve chilled



Mix all together and spread on bread (white and/or brown) of your choice. Put a slice of cucumber on top of spread. Great for an afternoon tea.

Ham and Cheese Sliders

- 24 white dinner rolls
- 24 pieces honey ham
- 24 small slices Swiss cheese
- ½ cup mayonnaise
- ½ cup miracle whip

Poppy seed sauce (whisk together)

- 1 Tablespoon poppyseeds
- 1½ Tablespoons yellow mustard
- ½ cup butter, melted
- 1 Tablespoon minced onion
- ½ teaspoon Worcestershire sauce

In bowl mix together mayonnaise and miracle whip. Spread onto both sides of the center of each roll. Place a slice of ham and Swiss inside of each roll to make a sandwich. Place them in a large baking dish or heavy cookie sheet. Place very close together. Pour poppy sauce evenly over all of the sandwiches. Use enough to cover the tops of the sandwiches. Let sit 10 minutes. Cover with foil and bake at 350° for 12-15 minutes. Uncover and cook for 2 additional minutes or until tops are slightly brown and crispy. Serve warm.



“SPECIAL” Cucumber Sandwiches

- 2 tsp Italian Seasoning
- 1 pinch garlic powder
- 1/2 tsp. Salad Dressing
- 1/4 tsp Dill
- 2 pkg Cream Cheese (8 oz)

Don't You Just Love This



Forks + Wine Corks = Cute Garden Markers



S'mores Campfire Dip

Preheat oven to 450° with cast iron skillet in oven. Remove hot skillet and coat with oil. Place 1-1/2 cups of chocolate chips on bottom then put 10 Reeses Cups on top of Chocolate. Cut up several large marshmallows to cover the top. Pop back into oven and bake for 5-7 minutes or until marshmallows are lightly brown. Use graham crackers to dip. Skillet will be hot!! Use caution.

Website of the month
<http://www.southyourmouth.com/>



Class of 2015

Congratulations From Your **Loch Haven Family**



Courtney Miller
Granddaughter of
Karon Leslie
Bevier High School



Skyler Johnson
Son of Kay & Junior Johnson
Macon R-1 High School



Danielle Wooten
Daughter of Heather Brien
Granddaughter of Millie Wooten
Macon R-1 High School



Eli Riekeberg
Son of Christy & Rocky
Riekeberg
Truman State University



Ashlei Lagle
Granddaughter of
B.J. Roberts
Macon R-1 High School



Madeline Armstrong
Daughter of Leah Vincent
Macon R-1 High School



Jayleene Smith
Granddaughter of
Wezzie Maloney
Macon R-1 High School



Jesse Lowe
Son of Megan & Terry Lowe
Bevier High School



Katie Youse
Daughter of Cheri Youse
Madison C-3 High School



Bradley Burkhardt
Son of Jennifer Stivers
Macon R-1 High School



Eric Blanton
Nephew of Vicky Pinkerman
Macon R-1 High School

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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