

Loch Haven Tymes

October 2017



A publication of

Loch Haven
Senior Living Community



- ♦ Describe yourself in one word. Organized
- ♦ If you were an animal, what would you be? A bird
- ♦ What is your favorite movie? Harvey (with James Stewart "Jimmie")
- ♦ How long have you worked at Loch Haven? It will be 1 year on December 7th
- ♦ What are your duties? Charge Nurse along with Special Care Unit Director
- ♦ Family: I have two daughters (Stephanie & Hannah), one son (Austin), one grandson (Kershaw), one step-daughter (Keely) and my partner, Shuri
- ♦ Live In: Kirksville

- ♦ What is the best place you ever went on vacation? Royal Gorge, Colorado
- ♦ What was your favorite subject in school? English
- ♦ Who is or was your hero and why? My grandma Buna. She was kind to everyone she ever met.
- ♦ Everyone has a talent. What is yours? I don't panic (LOL)
- ♦ What is one thing on your bucket list? To visit the Corcovado Mountains in Rio

"Kindness is a language the blind can see and the deaf can hear." —Mark Twain"

Welcome to Team Loch Haven

Fun, Food and Years of Service Recognition at our Employee Picnic 2017

Matthew Fry, CNA	West/South
Mariah Nickerson, CNA	West Brook
Amber Whittle, NA	Sunset/SCU
MacKenzie McAlster, NA	Sunset Village
Nora Tournear, CMT	West Brook
Ashley Stacy, CAN	Sunset Village
Christie Buckman, CMT	Special Care
Theresa Licht, NA	West Brook
Patricia O'Hara, NA	West Brook
Jermaine Dean, CNA	West Brook
Jessica Shepardson, RN	West Brook
Barbara Ward	Housekeeping

Star Award

Stephen Lozuaway
Katie Nelson
Rose Mary Neeson

Perfect Attendance
Sherry Hollis



Gwendolyn Smith

RCF

Resident Spotlight

J was born in the Mt. Gilead community, two miles west of Kearney; Clay County, MO. I was the 2nd child with two brothers. Our family moved to Brown-

ing, MO in 1937. Life centered around the farm, country school, mom's "Stitch & Chatter" quilting club and the community 4-H clubs. My father and brother helped clear the right-of-way for the REA. The four years of WWII were my high-school years.

Upon graduation (1945), I accepted my grandparents invitation to spend the summer with them in Wichita, KS and go to work with my grandfather at Boeing Aircraft and save money for college. My work was the 11 hour night shift, carrying rivets to "Rosie and the other Riveters" to build part of the wing of a B-29 bomber. A wonderful summer and a great work experience. In late August, I cashed my paychecks and could afford a year at Mizzou.

The summer of 1946, I went with a group of student friends to sell magazines for Cappers Publishing Co. There was a manager that mapped the territories, made "Tourist court" or "Rooming house" reservations and furnished a 1946, nine-passenger Chrysler limousine for our travels in parts of Illinois, Indiana and Ohio. Our cost was \$.05 on the dollar of our sales. Our work: We used a memorized speech to give away a nice Searchlight cookbook with a five year subscription to Household magazine (cost \$5.00). The first time we earned it we were paid with a \$100 dollar bill. WOW!

By September we each had enough money (and some had more than enough) to pay college expenses for the 1946-1947 year of school. It was a great summer. I went to school that year but stayed at home that summer to help my mother after her surgery...No money means no school, so I passed the teacher examination and taught Hackler Country School in Linn County for two years and took extension education courses from KSTC and I went to summer school at MU in 1948.

While at MU, there was a chance for a blind date to go ice skating, if you had your own skates. I just happened to have the white shoe-skates that I had purchased with prize money for my 4-H calf when I was in the 8th grade. That blind date happened to be Bob Smith from Clarence, MO. It was a beautiful January day in 1946. The ice skating was very poor. Neither of us ever ice skated again but we kept our skates. Our children used them for decorations for our 50th wedding anniversary in 1999.

Bob made the baseball team at MU as a walk-on and lettered three years as a left-handed pitcher. In the spring of 1949, he went to play semi-pro baseball in the Iowa State League in northwest Iowa. We were married at Storm Lake, Iowa in June 1949. His team was

the Schaller Red Capes. He played there two summers then signed to play for the Boston Red Sox's organization the fall of 1950.

In 1951, he played at Scranton, PA. Except for one season with a damaged left arm, he never played below AAA (triple A) ball and had a 1st half season with the Red Sox and a 2nd half season with the Indians. The years of 1951 thru 1963 we lived in nine states, 15 major cities and two winter ball seasons in Venezuela (Caracas and Maracaibo). Except for these two winters, we were always at home on the farm south of Clarence so our three sons could stay in the same school.

Our oldest son started school in 1958. After that the boys were at home for the entire school year. I drove us to Bob's home base town when school was out and we left before baseball season ended to be in Clarence for the first day of school. During the winter months I did substitute teaching.

After the 1963 baseball season, it was back to full-time farming until about 1980. Bob started a feed lot equipment business in Clarence and I was his bookkeeper. We closed the business in December of 1999 and enjoyed our 5th wheel trailer until June of 2003 when a tractor over turned to take Bob's life.

I lived at the farm and enjoyed the garden, flowers and mowing our huge lawn until the pains of age made me realize I couldn't do all that very much longer. Loch Haven had an RCF apartment available. I accepted the opportunity and moved here August 1, 2015. There can be happiness at every stage of life and the wonderful ladies who work here provide us the support we need to be comfortable and as independent as possible while we enjoy doing our favorite things. The food is delicious! We enjoy educational programs, fun games, Sunday School, Thursday church and special outings to shop.

Bob was a wonderful father to our three sons. He taught them to work by working with them and he always took time to play and enjoy teaching the skills of hunting, fishing, boating and of course the skills of baseball.

All of our family came to Macon in April to celebrate my 90th birthday, including seven grandchildren and six great grandchildren.

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Day Shift

Front Row: (l-r) Heather Eakins, Radonna Shimek, Mindy Young, Debbie Ditommaso & Penny Kromeich

Back Row: (l-r) Raymond Reynolds, Takira Douglas, Sherry Hollis & Diana Hicks (Dietary Manager)



Night Shift

Left to right: Craig Voyles, Takira Douglas, Kesia Gunnels, Stella Armstrong & Sadie Adkins

Not Pictured: Jennifer Stivers (Dietary Manager), Geri Lake, Vicky Pinkerman, Penny Minter, Kim Smith, Gracie Sandner, Chris Nichols, Amber Sherman, Lance Harrington, Kaitlyn Edwards, Christian Coale, Dawn Gaunt, Angel Schweiter, Emilee Britt, Evan Gresham, and Isaiah Rector

A Warm Welcome to

Doris Henley	James McFarland, Sr
Lisa Norden	George Case
Doris Gladhill	Thomas Faylor
Lloyd Gladhill	Shirley Herndon
Sondra Lake	Barbara Smith
Larry Biehl	Edna Hughes
Vada Terrell	Dale Kuhlman

Thanks to those who joined us for a therapeutic stay at Loch Haven: **Randall Huston, Sylvester Gaul, Virgil Muncy Jr, Freda Sparkman, Shirley Shears, Norman Burk, Catherine Wiseman, Shirley Levett, Betty Teague and Floyd Seidel.**

We will Always Remember

Mary Giovanini	Margaret Turpin
Ruth Baugh	Viola Slightom
Sharon Crews	

May the comfort of God help you during this difficult time. May the God of all comfort bring you peace and healing.



Loch Haven and the Memory Walk Committee would like to thank the following sponsors for their support of the Memory Walk Event. Thanks for "walking" along side us to find a cure that will end Alzheimer's! Thanks to everyone who participated!!

Edward Jones
 Brookdale Senior Living Solutions
 Senior Star
 Sigma Kappa
 KRES
 Americare Senior Living
 Macon Health Care Center

Moberly Regional Medical Center
 KMIZ
 Highland Crest
 Macon-Atlanta State Bank
 Ravenwood Terrace
 The Arbors at Highland Crest
 The Arbors at Ravenwood Terrace



Oak View & Cedar View COTTAGES

Susie's Musings



Hello from the cottages! Fall is here & winter is near. Whee, it rhymes!! Our residents are eager to see the upcoming pretty trees with their beautiful leaves. I asked the residents what they liked about fall when they were growing up and got some neat answers. Berneal Hardwick said her family would take all their furniture out of the house and set it in the yard and then they did their fall house cleaning. Mary Britt was always anxious for school to start. She became a teacher and taught for 41 years. Wanda Vass said the family would start stripping cane to make sorghum. Jane Boulton said her mom would raise turkeys and then sell them in the fall. Residents keep busy with picture puzzles, Skip Bo, bingo and other table games plus some of the ladies like to work on their quilts and embroidering. Beautiful work they do and what a talent they have. They sure like to keep up with History is a Mystery. We sure was surprised to learn about the town of Ardmore being so rough and tough. It surprises us that it is still on the map! Our thanks to our regular volunteers coming each month. We appreciate you so much. How neat it is to see Jane Boulton and Dale Belshe helping with the dish washing. Its TEAM work and they getter done. Both cottages have really enjoyed their pretty flowers and raising their vegetables this summer. Its all because of having a green thumb and maybe using Miracle Gro. Way to go you all! The ladies love to get their nails done and afterwards they have a bit of a discussion saying my nails are the prettiest and some others say no, mine are the prettiest. Whenever I do their nails, I always ask if they want the deluxe job or the sloppy job. WELL, they let me know real quick that they sure don't want the sloppy job. Funny it is!! Two residents from Oak View were in the homecoming parade and they really did enjoy themselves. Dale had one of his cars in the parade and Jane Boulton rode in a beautifully decorated golf cart. Did you see them? Tobie, my squirrel, has been a big hit with the residents and he is so funny with his antics. He loves to ride on my shoulders. His favorite food is watermelon and fruit loops. One day at the dinner table, I told Mary Britt that I was so hungry I could eat a horse. She instantly said to me, WELL, don't look at me. It made everyone laugh. Oh, dat was funny! Thanks to all the staff for all they do for the residents. Bye for now and we'll see you next month. Love to all with Blessings! **Susan Lenon, Activity PAL**

OCTOBER Birthdays!!

1 Jane Boulton
 5 Doris Bond
 7 Jack Crooker
 7 Bill Miller
 7 Laura Burch
 8 Marie Miller
 8 Vada Terrell
 11 Phyllis Tuttle
 12 Larry Biehl

15 Tom Linhardt
 19 Ireta Lee
 19 John Schuldt
 22 Velma Hinds
 29 Glenda Teeter
 30 Delpha Walters
 30 Wanda Henry
 30 Barbara Smith
 31 Janet Wadlow



- ♦ Judy Rushton for donating material and cross stitching supplies.
- ♦ Dan Gaughan for donating bird seed.
- ♦ Mary Lou Britt for donating a domino set.
- ♦ All our residents, staff and visitors for donating money for bird seed.
- ♦ Brenda Short for donating greeting cards.

The Macon Senior Center will be having a Turkey Dinner Fundraiser on October 15th from 11-1 p.m. They will be raffling off a hope chest and quilt. You can buy raffle tickets in advance at the Senior Center. The cost for the dinner is \$7 for adults and \$4 for 10 and under. Support the Senior Center by attending this event!

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

YMCA Blood Pressure Clinics

Loch Haven will be holding Blood Pressure Clinics at the Long Branch YMCA in Macon the second Wednesday of the months of October and November beginning at 8:00 am.



A Mission To Serve Loch Haven Foundation Formed

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 will support special projects, programs, and capital improvements that cannot be funded by the regular operating budget. All gifts are tax deductible.

Loch Haven is grateful for all past donations, but the need continues to grow. Improving the quality of life for 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. Contact Foundation Director, Kelsey Hinshaw at 660-385-3113, if you would like to receive more information on ways to give.

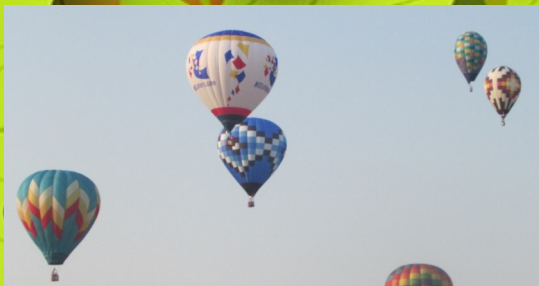
SPECIAL Brook NEWS

This month, we have really enjoyed sitting outside, taking in the nice weather and snacking on the strawberries, tomatoes and peppers that we grew in our garden. We have also enjoyed some art, visits from out of town family members, fresh baked goodies and watching movies on those sleepy afternoons. We are excited for the weather to change to fall.

by Amy Howlett



News from RCF



Hello everyone. This year is flying by. We started this month with a trip to see the hot air balloons at the Pershing Balloon Derby. The residents enjoyed watching the balloons taking off and landing. The highlight was watching the balloons glow when it started to get dark. What a pretty sight!

The week of September 11th through September 15th was National Assisted Living Week. We had several special activities during the whole week. Monday started off with a Balloon Launch. Several residents came outside to launch balloons in the air. We received two phone calls this year from people finding the balloons. Both balloons were found over by the Arrow Rock area. What a flight they took! On Tuesday we went on our special outing to the Warm Springs Ranch in Booneville. It was fun being able to see the Clydesdale horses up close. We then stopped at a rest stop

and ate our lunch. What a fun day! We played Family Feud on Wednesday. Thursday we played a special "Who am I". The residents and staff were giving descriptions and had to figure out whether it was a staff member or a resident. We learned a lot about each other. We ended the week with a special carnival. We played games and ate fair food. The foods were homemade corn dogs, popcorn chicken, curly fries, corn on the cob and cotton candy. We also had a reception. We served cake and punch. We also learned who was voted "Employee of the Year" by the residents. This year it was Janis Fraley. Congrats!!

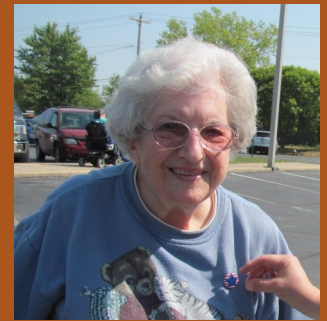
We had a busy time this month. See you soon.

by Katie Nelson

October 2017 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10a Sunday School 2p United Methodist 6p Callao Bible Study	2 Door to Door 9:30a Reminisce 10a Exercise 2p-3:30p Bingo	3 Door to Door 9:30a Nails 2p Nails 3p Pitch	4 Door to Door 9:30a Coffee Time 10a Exercise 2p Alvie & Dick	5 Door to Door 10a Bevier Baptist Bible Study 2p Funnel Cake	6 Door to Door 9:30a Exercise 10a Community Meeting	7 Saturday with Sherry Bingo @ 9:30
8 10a Sunday School 2p Faith Baptist 6p Callao Bible Study	9 Door to Door 9:30 Reminisce 10a Exercise 2p-3:30p Bingo	10 Door to Door 10a Concentration 2p Birthday Party 3p Pitch	11 Door to Door 9:30a Coffee Time 10a Exercise 2p Craft 3p 7p County Kickers	12 Door to Door 10a Bevier Baptist Bible Study 2p Ice Cream Sundays 3p Small Groups	13 Door to Door 9:30a Exercise 10a Community Meeting 2p Bible Study	14 Saturday with Sherry Bingo @ 9:30
15 10a Sunday School 2p Ethel Christian 6p Callao Christian	16 Door to Door 9:30 Reminisce 10a Exercise 2p-3:30p Bingo	17 Door to Door 9:30a Nails 2p Nails 3p Pitch	18 Door to Door 9:30 Coffee Time 10a Exercise 2p Donny Roberts 3p Noodle Ball	19 Door to Door 10a Bevier Baptist Bible Study 2p David Foster Soup Supper	20 Door to Door 9:30a Exercise 10a Community Meeting 2p Bible Study	21 Saturday with Sherry Bingo @ 9:30
22 10a Sunday School 6p Callao Bible Study	23 Door to Door 9:30 Reminisce 10a Exercise 2p-3:30p Bingo	24 Door to Door 10a Concentration 2p Pass The Hat 3p Pitch	25 Door to Door 9:30a Coffee Time 10a Exercise 2p Roy & Barbara 3p Small Groups 7p County Kickers	26 Door to Door 10a Bevier Baptist Bible Study Wal-Mart	27 Door to Door 9:30a Exercise 10a Community Meeting 2p Bible Study	28 Saturday with Sherry Bingo @ 9:30
29 10a Sunday School 2p Atlanta Methodist	30 Door to Door 9:30 Reminisce 10a Exercise 2p-3:30p Bingo	31 Door to Door 9:30 Nails 2p Halloween Fun & Games		One on One activities offered daily to those unable to attend regularly scheduled activities	All Activities Are Subject to Chance	Saturday with Sherry Bingo @ 9:30

More from National Assisted Living Week



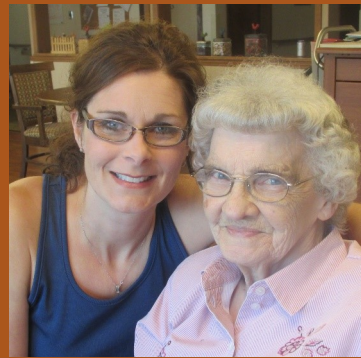
The Soups on!

Loch Haven's
Community Soup Supper

Thursday, October 19, 5:00-7:00 p.m.

Please join us!


Loch Haven Nursing Home Macon, MO
660-385-3113



Several residents enjoyed a day trip to Warm Springs Ranch in Boonville....home of the Budweiser Clydesdales! It was a wonderful day!!



October 2017 Dining Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Cheddar Baked Chicken Sweet Potato Wedges Brussel Sprouts Dinner Roll	2 Swedish Meatball Steamed Rice Broccoli Dinner Roll Sherbet	3 Breaded Pork Steak with Onions Roasted Potatoes Braised Red Cabbage Cornbread	4 Chicken Fried Chicken Cheesy Hash Browns Glazed Carrots Dinner Roll	5 Soft Beef Taco Pinto Beans Fiesta Corn Salad Creamy Orange Cake	6 Glazed Ham Scalloped Potatoes Country Green Beans with Bacon/ Onion & Frosted Angel Food Cake	7 Baked Turkey Crunch Baked Sweet Potato Creamed Peas Dinner Roll & Strawberry
8 Roast Beef Mashed Pot/Gravy Candied Carrots Dinner Roll Creamy Custard Pie	9 Herb Roasted Chicken Baby Bakers Mixed Vegetables Frosted Cake	10 Bow Ties with Italian Sausage, Tomatoes & Cream Italian Tossed Salad Garlic Bread Sticks Fruited Gelatin	11 Turkey/Gravy Cornbread Dressing Vegetable Medley Dinner Roll Blueberry Cobbler	12 Salisbury Steak Baked Potato Spinach Bake Dinner Roll Daffodil Cake	13 Fish of the Day Macaroni & Cheese Cole Slaw Dinner Roll Mandarin Oranges	14 Beef Parmesan Buttered Pasta Peas & Carrots Garlic Bread Mixed Fruit Cup
15 Fried Chicken Mashed Potatoes/Gravy Green Beans Dinner Roll Chess Pie	16 Meatloaf Oven Browned Potatoes Creamed Peas Dinner Roll Fruit Shortcake	17 Roast Turkey Stuffing/Gravy California Vegetables Dinner Roll Seasonal Fresh Fruit	18 Beef Tips in Gravy Buttered Noodles Candied Carrots Caesar Salad Garlic bread	19 Herb Roasted Pork Loin w/gravy Baked Sweet Potato Vegetable Medley Roll & Frosted Choco-	20 BBQ Chicken Baked Beans Cucumbers & Onions Dinner Roll Peach Cobbler	21 Baked Ham Scalloped Potatoes Mixed Greens Cornbread Pudding Parfait
24 Pot Roast/Gravy Carrots, Potatoes & onions Dinner Roll Pie of the Day	25 Honey glazed pork Chops Buttered Orzo Vegetable Blend Roll & Cheese Cake	26 Fiesta Steak Squash Corn Casserole Tossed Salad Dinner Roll Fresh Fruit Cup	27 Ham & Beans Fried Potatoes Mixed Greens Cornbread Goopy Butter Cookies	28 Residents Choice	29 Crusted Tilapia Stewed Potatoes Peas & Carrots Cheese Herb Biscuit Daffodil Cake	30 Spaghetti Sautéed Zucchini Garlic Bread Pineapple Upside Down Cake
1 Cheddar Baked Chicken Sweet Potato Wedges Brussel Sprouts Dinner Roll	<p>*All meals served buffet style with bread and beverage. Several choices available.</p>					



Cooking thru the Ages!



Slow Cooker Taco Soup

- 1 lb. ground beef
- 1 onion, chopped
- 1 (16 oz.) can chili beans, with liquid
- 1 (15 oz.) can kidney beans, with liquid
- 1 (15 oz.) can corn, with liquid
- 1 (8 oz.) can tomato sauce
- 2 C water
- 2 (14.5 oz.) cans peeled & diced tomatoes
- 1 (4oz) can diced green chile peppers
- 1 (1.25 oz.) package taco seasoning mix

1. In a medium skillet, cook the ground beef until browned, over medium heat. Drain and set aside.

2. Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chile peppers and taco seasoning mix in a slow cooker. Mix to blend and cook on low setting for 8 hours.

3. Top with cheese and sour cream or any of your favorite toppings.



2. In small batches, fry the corn tortilla wedges until crisp. Remove from heat and drain on paper towels. Salt to taste while warm.

Delicious with your Taco Soup!!

Churros

- 1 C water
- 2 1/2 T white sugar
- 1/2 t salt
- 2 T vegetable oil
- 1 C all-purpose flour
- 2 quarts oil for frying
- 1/2 C white sugar, or to taste
- 1 t ground cinnamon

1. In a small saucepan over medium heat, combine water, 2 1/2 tablespoons sugar, salt and 2 tablespoons vegetable oil. Bring to a boil and remove from heat. Stir in flour until mixture forms a ball.

2. Heat oil for frying in deep-fryer or deep skillet to 375 degrees F. Pipe strips of dough into hot oil using a pastry bag. Fry until golden; drain on paper towels.

3. Combine 1/2 cup sugar and cinnamon. Roll drained churros in cinnamon and sugar mixture.



Corn Tortilla Chips

- 1 quart oil for frying
 - 1 (12 oz.) package corn tortillas, cut into 6 wedges each
 - Salt to taste
1. Heat oil in a large, heavy saucepan, to 375 degrees F.

Five Little Pumpkins

By: Dan Yaccarino

Five little pumpkins sitting on a gate.

First one said, "Oh my, it's getting late!"

The second one said, "There are witches in the air."

Third one said, "But we don't care."

The fourth one said, "Let's run and run and run!"

The fifth one said, "Isn't Halloween fun?"

Then Wooooooo went the wind

And OUT went the lights,

And five little pumpkins rolled out of sight.



Loch HaVEN CRaFT Fair



Friday, November 3, 2017

10 a.m.- 3 p.m.

Meals & Memories Cafe &
North Brook Activity Room

Over 30 Craft Booths PLUS

- * Jean's Famous Cinnamon Rolls
- * The Activities Dept. will be serving lunch.



**Vendor
Space
Available**

**Contact
Jeanie
Nail**

@

**660-
385-
3113**

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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