


Loch Haven Tymes

March 2020



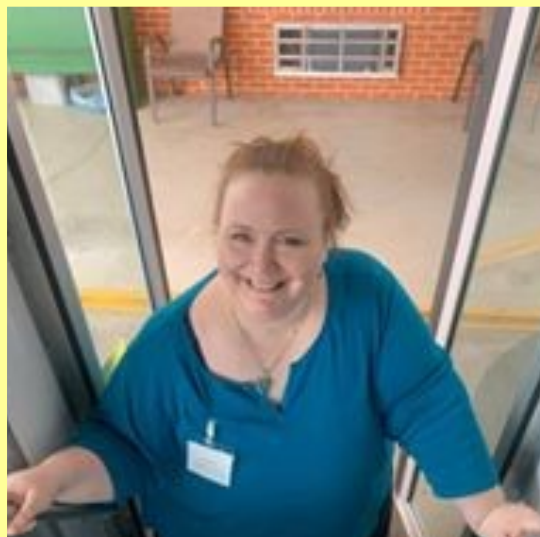
*“Springtime is the
land awakening.
The March winds are
the morning yawn.”*

— LEWIS GRIZZARD

A publication of
Loch Haven
Senior Living Community
Macon, Missouri

Janis Fraley, Activity Director

Employee Spotlight



- ♦ **Describe yourself in one word.** Caring
- ♦ **What is your nickname?** Jan
- ♦ **If you were an animal, what would you be?** Butterfly
- ♦ **What is your favorite movie?** Big Fish and Topper
- ♦ **Where is the best place you ever went on vacation?** New Mexico and Utah
- ♦ **What were your favorite subjects in school?** Science and English
- ♦ **Who is or was your hero and why?** There are several women in my family whom I idolize. My mother and both of

my grandmothers have/had noble qualities and outstanding qualities. Their achievement's encourage me to work harder and do better. I'm very lucky I can still speak with my mother anytime I need to

- ♦ **Everyone has a talent. What is yours?** Writing and being funny
- ♦ **What is one thing on your bucket list?** I'd like to travel to exotic places and see new and exciting things!
- ♦ **Who was your favorite celebrity as a child?** Penny Marshall on "Lavern and Shirley"
- ♦ **How long have you worked at Loch Haven?** 6 1/2 years
- ♦ **What are your duties?** My duties include: planning and implementing activities, to be creative and supportive of residents needs.
- ♦ **Live In:** Macon
- ♦ **Family:** Married to Vince Fraley and I have a stepson, Chris Fraley

What do you like about working at Loch Haven?

I enjoy working at Loch Haven. The people have become extended family to me. I love bringing smiles and joy to those that I see and work with. "Pleasure in the job puts perfection in the work." Aristotle



A few of our team members wore their #destinystrong shirts to raise awareness about childhood cancer and to support Destiny Riekeberg who's battling liver cancer. She is the granddaughter of Derald & Toni Riekeberg of Macon, she's the parents of Dustin & Loretia Riekeberg who reside in Alabama.

Don't Go It Alone!

Loch Haven's Alzheimer's Support Group

2nd Monday of each month

5:30 p.m. snacks and refreshments served
6 p.m. meeting

For more information call
Barbara Primm, at 385-3113



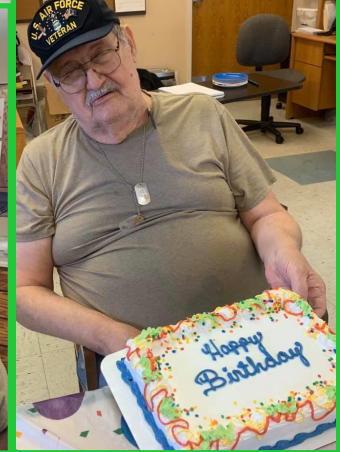
WE



PITCH

**We
CELEBRATE
life every
chance we get!
Happy
Birthday
February
babies!**



**Crafting is
sooo much
FUN here!**



OUR LIFE  **OUR STORY**  **OUR HOME**



Tipping our hats 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.

WE ARE NOT
A TEAM
BECAUSE WE
WORK TOGETHER.
WE ARE
a team because
WE RESPECT,
trust, and care
for each other.



**Transportation
Department:**
Tom Hasselbring



March

Birthdays

MAY YOUR TROUBLES
BE LESS
and your
Blessings
be **MORE**
AND NOTHING BUT
HAPPINESS
come through your
door



4	Jimmie Stevenson	27	Patty Coleman
5	Marha Klusman	29	William Burk
6	Thomas Lewis		
12	Norman Burk		
15	June Spencer		
20	Betty Rayfield		
23	Imogene Beckley		
23	Mary Harvey		



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Oak View & Cedar View COTTAGES

Susie's Musings

Howdy, howdy y'all! Can't believe February is gone. Did you know we've had all seasons of the weather this past month! It's no wonder there's been so much sickness. Both cottages were decorated so pretty for Valentines Day. Residents sure enjoyed all the Valentines stories of their Valentines from yester years. Such neat stories were shared. They also enjoyed the parties we had and we even baked and decorated our own sugar cookies. Martha Bragg's daughter, Kathy Foley surprised us by bringing a delicious sheet cake. It was sooo good, thanks so much Kathy! All the residents sure enjoyed all the company that came to visit.

Thank you to our volunteers that come each and every week. Bible study with Clark Dobbs has always been a special time for our residents. They also really enjoy the music performed by David Snarr, David Foster, Bill Lear and Tony Anthony and Roy and Barb, it's always a great time. We honored our Presidents on their special day of remembrance. The residents enjoyed reminiscing, trivia and games about our presidents. We also pass our time by discussing what's in the news!

Well next comes St. Patrick's Day so we will be decorating again! Seems like we just put up the Christmas tree, time goes way to fast! Residents can't wait until they can go out on the patio and soak up some sunrays and watch the birds. There's a new bird around that's been seen by Betty Rayfield at O.V. This bird is shaped like a red bird but it's orange in color with black trim, just like a red bird. Be watching for it if you're here visiting. Thanks to the cottages staff for all the work they do for your loved ones here. They truly are the BEST of the BEST! Stop by anytime for a visit. Until next time, God bless. ~Susan Lenon

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. Crystal Smith will serve as the Director/Secretary for the Foundation.



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

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



Hello everyone,
We've been busy exercising , making crafts, playing games and also took a trip to the Dollar Store . We celebrated Valentine's by eating little sandwich's, chips and our home made sugar cookies. Made a llama for the valentine box contest and special care won! We enjoyed listening to the music for our volunteers who come every week. We had a social Peppermint Patty Day, they were really good. Also, we made some heart magnets to hang in our room. Got to go to the Country Store as well this month. We made pancake for fat Tuesday and blew our horns. Hope everyone has stayed well . We are sure looking forward to better weather so we can get outside.
HAPPY St. Patrick's DAY from all of us at SCU- Alzheimer's neighborhood

God Bless, Blanche Neeson

RCF NEWS

Hello Everyone,
I can't believe this year is flying by so fast. We enjoyed a Valentine's party this last month. We served cherry drink and frosted cupcakes. We learned some trivia too. The residents participated in monthly activities such as: bingo, wheel of fortune, numbers game, L-R-C, and pass-word. Happy Hour is another monthly activity. We serve non-alcoholic strawberry daiquiri's and pina coladas. Two volunteers come in monthly to lead bible study for our residents. Bill Lear and Clark Dobbs. We thank the two of you for your dedication. We will talk to you again next month!

Katie Nelson, RCF Activity Director

no matter how long the winter, spring is sure to follow

AshleyNestPrints.com



You are my home and my adventure all at once ...

March 2020 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10a Sunday School 2p United Methodist	2 9:00a Coffee Club 10a Exercise 10:30a Book Club 2p BINGO 3:15p Concentration Game	3 9a Nails 1:30p Armchair Travels: Ireland 2:30p Pitch 2:45p Dominos	4 9a Coffee Club 10a Exercise 10:30a Book Club 2p Alvie & Dick 3:15p The Envelope Game 7p Country Kickers	5 10a Burns Family Singers! 1:30p Hit the Target Day 2:30p Pitch 2:45p Magazine Scavenger Hunt	6 National Oreo Cookie Day 9a Coffee Club 10a Exercise 10:30a Book Club 1p Jim Bolin Bible Study 2:30p Cooking Club	7 9:30a 2p Numbers and Dominos
8 10a Sunday School 2p Faith Baptist Daylight Savings Time Begins	9 9:00a Coffee Club 10a Exercise 10:30a Book Club 2p BINGO 3:15p Resident's Council	10 9:30a Women's Tea 10a Discussing Women's History Month 2p Monthly Birthday Celebration 3:15p Pitch 3:30p Numbers	11 9a Coffee Club 10a Exercise 10:30a Book Club 2p Music with Barb & Roy 3:15p Worm Moon Activity 7p County Kickers	12 9:30a Resident's Devotional 10:30a Lunch at the Senior Center 2p Men's Social 3:15p St. Patrick's Day Gnomes	13 9a Coffee Club 10a Exercise 10:30a Book Club 1p Jim Bolin Bible Study 2:30p Friday the 13th Celebration	14 9:30a 2p Pitch
15 10a Sunday School 2p Ethel Christian	16 9:00a Coffee Club 10a Exercise 10:30a Book Club 2p BINGO 3:15p Birdhouses (Day 1)	17 9a Nails 1:30p St. Patrick's Day Celebration 2:45p Pitch 3:00p St. Pat's Day Craft 6:30p Open Arms	18 9a Coffee Club 10a Exercise 10:30a Book Club 2p Dianna Resa sings 3:15p Birdhouses (Day 2) 7p County Kickers	19 10a David Foster 1:30p Show and Tell Social 3p Pitch 3:15p Color by Dice	20 First Day of Spring 9a Coffee Club 10a Exercise 10:30a Book Club 1p Jim Bolin Bible Study 2:30p Art Club	21 9:30a 2p Numbers and Dominos
22 10a Sunday School 2p La Plata Baptist	23 9:00a Coffee Club 10a Exercise 10:30a Book Club 2p BINGO 3:15p "Chicken" Races	24 9a Nails 1:30p Sing-a-Long 2:45p Pitch 3p Numbers	25 9a Coffee Club 10a Exercise 10:30a Book Club 2p Music with Barb & Roy 3:15p Agriculture Week 7p County Kickers	26 9:30a Devotional 10:15a Making Jewelry 1:30p Opening Day of Major League Baseball Season (Trivia/Activity) 2:30p Universal Yums	27 9a Coffee Club 10a Exercise 10:30a Book Club 1p Jim Bolin Bible Study 2:30p Joe Day	28 9:30a 2p Pitch
29 10a Sunday School 2p Crossroads Christian Church	30 9:00a Coffee Club 10a Exercise 10:30a Book Club 2p BINGO 3:15p Happy Hour and Facebook	31 10a Lunch at Don's in Huntsville 3:15p Pitch 3:30p Coffee Filter Butterflies	Flower of the Month: Daffodil 	Birthstone: Aquamarine 	Bird of the Month: Robin 	

Thank you, Volunteers!


We're recognizing our
**FABULOUS
VOLUNTEERS**
by hosting our annual
Volunteer Banquet
Thursday, April 23rd at 6 PM

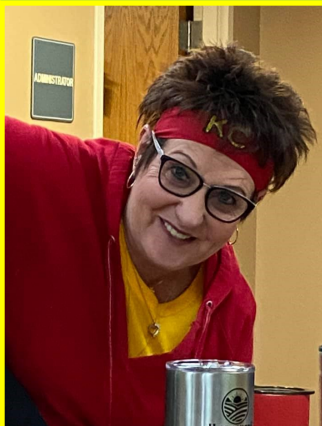
Event will be held at:
Loch Haven Senior Living Community
701 Sunset Hills Drive - Macon, MO 63552

Join us for an *Italian dinner* and
entertainment!!
Call Janis Fraley at 660.385.3113
to **RSVP** by April 17th.



MARCH 2020 Dining Calendar

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1 Baked Ham Sweet Potatoes (A) Country Green Beans w/ Bacon & Onion Apple Pie Ala Mode Dinner roll/Margarine Beverage	2 Meatloaf Roasted Potatoes Baby Carrots (A) Cheesecake Bread/Margarine Beverage	3 Bruschetta Chicken Roasted Cauliflower Buttered Peas Glazed Applesauce Cake Cheese Herb Biscuit Beverage	4 Baked Turkey Crunch Parslied Buttered Pasta Italian Green Beans Pumpkin Cake (A) w/ Whipped Topping Cornbread/Margarine Beverage	5 Herbed Baked Cod Rice Pilaf Carrots, Broccoli, Cauliflower (A) Apple Brown Betty (FR) Dinner Roll/Margarine Beverage	6 Orange-Rosemary Pork Roast Au Gratin Potatoes Fried Cabbage Carrot Cake w/Cream Cheese Frosting Cornbread/ margarine	7 Salisbury Steak Mashed Potatoes or Buttered Corn Winter Blend Veggies Mixed Berry Cobbler Bread/Margarine Beverage
8 Cornflake Chicken Baked Potato w/Sour Cream Carrots (A) Creamy Custard Pie Dinner Roll/Margarine Beverage	9 Apple Glazed Pork Loin Mashed Cauliflower Vegetable Medley Jell-O Cake w/ Whipped Topping Bread/Margarine Beverage	10 Roast Beef w/ Gravy Scalloped Potatoes Spinach & Mush- rooms (A) Mock Pecan Pie Dinner Roll/Margarine Beverage	11 Smokey Moun- tain Chicken Smashed Red Potatoes Buttered Peas & Car- rots (A) Autumn Fruit Crisp Texas Toast	12 Baked Sausage Ziti Italian Cut Green Beans Tossed Salad w/ Dressing Pumpkin Mousse (A) Garlic Bread Beverage	13 Battered Pollock Fish Filet w/tater sauce Broccoli Rice Casserole Creamy Cole Slaw Caramel Pear Pudding (FR) Hush Puppies Beverage	14 Baked Ham Au Gratin Potatoes Lima Beans Banana Cake Bread/Margarine Beverage
15 Fried Chicken Garlic Mashed Pota- toes w/Gravy Vegetable Blend Cherry Pie Dinner Roll/Margarine Beverage	16 Deviled Pork Mashed Sweet Potatoes (A) Roasted Brussel Sprouts Frosted Chocolate Cake Cornbread/Margarine Beverage	17 Beef Stroganoff Over Egg Noodles Buttered Carrots (A) Pear Cobbler (FR) Bread/Margarine Beverage	18 Asian Chicken Long Grain & Wild Rice Blend Oriental Vegetables Egg Roll Mandarin Orange Cake Beverage	19 Roast Turkey w/ Gravy Mashed Potatoes Steamed Broccoli (A) Mixed Fruit Cup Dinner Roll/Margarine Beverage	20 Fish of the Day w/Tarter Sauce Rice Pilaf Confetti Cole Slaw Chocolate Cream Pie Biscuit Beverage	21 Cranberry Glazed Pork Roast Garlic Red Roasted Potatoes Mixed Greens (A) Frosted Vanilla Cake Beverage
22 Pot Roast w/ Gravy Roasted Carrots, Potatoes & Onions (A) Chocolate Chess Pie Dinner Roll/Margarine Beverage	23 Cheddar Baked Chicken Mashed Cauliflower Succotash Peach Cobble (FR) Biscuit/Margarine Beverage	24 Braised Beef Parslied Buttered Noodles Buttered Peas Pineapple Upside Down Cake Bread/Margarine Beverage	25 Lemon Baked Fish Long Grain & Wild Rice Blend Broccoli w/ Cheese Sauce (A) Ambrosia (FR) Dinner Roll/	26 Residents Choice	27 Roast Pork Herb Stuffing Roasted Brussel Sprouts Fruits Crisp (FR) Dinner Roll/ Margarine Beverage	28 Chicken Alfredo Over Fettuccini Italian Blend Veg (A) Mixed Fruit cup w/ topping Garlic Toast Beverage
29 Baked Ham Sweet Potatoes (A) Country Green Beans w/ Bacon & Onion Apple Pie Ala Mode Dinner roll/Margarine Beverage	30 Meatloaf Roasted Potatoes Baby Carrots (A) Cheesecake Bread/Margarine Beverage	31 Bruschetta Chick- en Roasted Cauliflower Buttered Peas Glazed Applesauce Cake Cheese Herb Biscuit Beverage				




**TEAM
WORK
MAKES THE
DREAM
WORK**



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

1st	Patty Hasselbring	3yrs
1st	Brenda Wilson	24yrs
2nd	Elysia Vaughan	2yrs
6th	Cindy Riley	32yrs
8th	Cheyenne Maloney	7yrs
8th	Josse Sanders	1yrs
11th	Heather Eakins	1yrs
16th	Pat Tooely-Rogers	9yrs
22nd	Jarome Jackson	3yrs
23rd	Sarah Mathis	3yrs
25th	Blanche Neeson	16yrs
26th	Donna Ewing	2yrs
26th	Cindy Ray	2yrs
27th	Crystal Smith	2yrs
28th	Linda Sloan	23yrs
28th	Tammy Teter	1yr
29th	Tamara Rhodes	31yrs



**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!**

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



A PLACE TO CALL HOME



Our residents really enjoyed the "Frosty Friday" event! All departments brought in treats and everything was decorated in blue's.

Several residents went to the Dollar Tree to do a little shopping. They sure enjoyed browsing the isles and seeing what items they could get for JUST a dollar! Thank you to our activity departments for making these events a success!