Celebrating May

May Day
May 1st

Kentucky Derby Week
May 1st– 6th

Muffins & Mimosas
With Mom Brunch
May 7th

Mother’s Day
May 14th

Celebration of Life
May 25th

Memorial Day
May 29th

“Nursing: The Balance of Mind, Body, Spirit”

National Nursing Week
May 6th-12th

National Nursing Home Week
May 14th -20th

In celebration of National Nursing Week, and National Nursing Home Week, Lexington Estate staff would like to invite you to visit a loved one, family member, or friend.

We believe in person directed care, because close bonds are made between staff, residents and families. Being able to make choices along with time spent in various activities is vital to living life with a purpose.

Join us this month as we celebrate with these mind, body, and Spirit activities.

♦ YOGA— Simple yoga stretches anyone can do with fitness instructor Susie Toale

♦ EAT RIGHT - Fiber, why it is important and yummy snack ideas with Shelbie Penner

♦ Massage – Hand Massage with massage therapist Diana O’Hara

♦ SPIRITUAL- Meditation Moments with pastor Sue Ann Raymond. Meditation can be surprisingly calming and clarifying for your thoughts.
May Birthdays
Audrey Hepburn (actress) – May 4, 1929
Tammy Wynette (singer) – May 5, 1942
Don Rickles (comedian) – May 8, 1926
Irving Berlin (songwriter) – May 11, 1888
Queen Victoria (monarch) – May 24, 1819
Vincent Price (actor) – May 27, 1911
Bob Hope (comedian) – May 29, 1903
Clint Eastwood (actor) – May 31, 1930

Happy Birthday to
Our Own Celebrities!
Anna Crawford May 9th
Noni Caldwell May 18th
Wes Burnell May 18th
Marilyn Harbets May 19th
Nadine Stevens May 30th

In Loving Memory
Dorothy Grawe
December 27, 1923 - April 3, 2017

Welcome to the Neighborhood
Janet Main

Taste of Home

Kentucky Derby Pie

Ingredients

- 1 cup sugar
- 1/2 cup flour
- 2 eggs, slightly beaten
- 1 stick butter, melted
- 1 cup pecans, chopped small
- 1 cup chocolate chips
- 1 tsp vanilla
- 1 unbaked 9" pie shell or make your own crust

Instructions

1. Preheat oven to 325.
2. Mix sugar and flour well.
3. Add eggs, butter and vanilla. Mix well.
4. Add pecans and chocolate chips. Mix well.
   Pour into pie shell and bake 40-45 minutes or until golden brown.

May 2017
Join us for a Celebration Of Life Service on Thursday May 25th @ 2:00

Please join us for a celebration of life service honoring the lives of residents who have passed away. We have fond memories of each one and want to acknowledge the blessing they were to us.

Cola Cure-All

People have been drinking Coca-Cola since May 8, 1888, when the soft drink was first served by Dr. John S. Pemberton at Jacob’s Pharmacy in Atlanta, Georgia. Yes, Coca-Cola was first marketed as a medicinal cure-all beverage for ailments such as headaches, nerve disorders, addictions, and indigestion. By 1900, sales of Coca-Cola had reached 100 million annually. Perhaps this surge in popularity had to do with Coca-Cola’s brilliant marketing strategy of issuing tickets that could be redeemed at any location for a free glass—these tickets are considered the first coupons ever invented. Today Coca-Cola is as popular as ever. And it is still marketed as a medicinal cure for stomach blockages. Apparently, Coca-Cola’s chemical ingredients can cure a condition called gastric phytobezoar with

Lexington Employee Spotlight

Amy Ricchio began her career as a certified nursing assistant at the Grandview Care Center in Oelwein in 1995. She worked there for several years and then took a break from healthcare to work at the Grand Theater.

Amy started at BCHC Long Term Care (now Lexington) in December of 2008. She quickly decided that she wanted more responsibility and became a certified medication aide a year later. Amy likes her role as an experienced certified nursing assistant commenting, “I like the relationship I have with residents and helping them to have the best day—even on the hard days.”

Thank you Amy for your dedication to residents here. Angel Decker Director of Lexington Estate commented, “I think Amy’s biggest gift is her ability to calm and comfort residents with dementia; she looks beyond the anxiety to figure out what is really going on so she can respond to the cause rather than just the signs and symptoms.”

Amy and her husband Anthony have three children, Ashley, Courtney, and Collin. Amy’s husband is a travelling salesman for Heil. When she has time off Amy just enjoys the comfort and solitude of being at home.
Missing Clothes?

- Please help! We have a rack of unclaimed (unmarked) clothing.
- Please ask staff to bring this rack to you and take a look for any lost items.
- Remember when you bring new clothing items in---please give them to a nurse to be marked BEFORE wearing the new item.
- Now is the perfect time to clean out closets and drawers for any items that no longer fit, and any seasonal items (Christmas sweaters). Remember we will be heading into air conditioning season so it is a good idea to keep a few long sleeve items that can be used for layering.
- If you find ANY items that do not belong to you PLEASE give them to a staff member.
- If you are missing items please report it as soon as possible to Kristin Bascom, our Grievance Officer. Her email address is kbascom@bchealth.org. She will assist you in filling out appropriate paperwork.
Therapeutic Riding Program

Cody will visit us on May 1st @ 1:15. in the “pasture” on the west side of the hospital.

During Kentucky Derby week we will be supporting the Horse Penny Race at Aspire therapeutic riding program in Waterloo. We will collect spare change all week in designated canisters for each horse. The horse that raises the most will obtain the title of 2017 Horse Penny Race Winner.

Kentucky Derby 2017

The 2017 Kentucky Derby is set to begin at 2:30 p.m. eastern standard time on Saturday, May 6, at Churchill Downs in Louisville, Kentucky.

The Derby is the first leg of horse racing's Triple Crown, which includes the Preakness Stakes on May 20 and the Belmont Stakes on June 10.

As usual, bettors will have a lot at stake at Churchill Downs. Classic Empire and Always Dreaming are early co-favorites to win the 2017 Kentucky Derby, but there are some contenders close behind in the odds.

Here are early odds to win the Kentucky Derby, according to online sportsbook Bovada.

Classic Empire 5/1
Always Dreaming 5/1
Irish War Cry 13/2
McCracken 9/1
Gunnevera 12/1
Gormley 14/1
Practical Joke 14/1

For a real long shot you could bet on Fast and Accurate with odds of 66/1.

Watch the derby live at Lexington Estate on NBC Sports at 1:30pm.
Muffins & Mimosas with Mom!

Sunday May 7th

11:30-1:00

Menu

Three Cheese Bacon Egg Strata
Cut Fruit
Banana Bread Muffins
Petite Fours
Mimosas or Orange Juice
Coffee or Tea
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kentucky Derby Week</strong></td>
<td>9:30 Sing &amp; Swing Horseshoes 10:00 Crafting Derby Hats 1:15 Aspire Horse 3:45 FCCLA Club Visits &amp; May Day Baskets</td>
<td>9:30 Sing &amp; Swing Kickball 10:00 Cards &amp; Coffee 1:30 Library Games &amp; Goodies 1:30 Horse Games</td>
<td>9:30 Sing &amp; Swing Mass with Father Dave 11:30 What's in the News 1:30 Bingo St. Johns 3:00 Happy Hour Bourbon Meatballs Mint Juleps</td>
<td>8:30 Manicures 10:30 Protestant Mike Nimmers 1:30 Music with Jim Kinney</td>
<td>9:30 Sing &amp; Swing 10:00 Cards &amp; Coffee 10:30 Little Friends Horse Bingo 12:30 Music with Linda 1:30 Staff Derby Races 2:00 Movie &amp; Popcorn</td>
<td>1:30 on NBC Sports Kentucky Derby</td>
</tr>
<tr>
<td>National Nursing Week</td>
<td>9:30 Sing &amp; Swing 11:30-1:00 Muffins &amp; Mimosas with Mom Brunch 4:00 Church with Gary Wilson</td>
<td>9:30 Sing &amp; Swing 11:00 Lamont Singers 1:00 Wal-Mart Shopping</td>
<td>9:30 Sing &amp; Swing 10:00 Cards &amp; Coffee 1:30 Music with Nancy Hooten *Anna Crawford</td>
<td>9:30 Sing &amp; Swing Beanbag Toss 10:30 Hand Massage It Does a Body Good! With Diana O'Hara 11:30 What's in the News 1:30 Bingo VFW 3:00 Happy Hour 3:45 Sing A Long</td>
<td>8:30 Manicures 10:30 Protestant James Ganze 1:30 Walking It Does a Body Good! Walk &amp; Roll Lexington Staff &amp; Residents</td>
<td>Casual Day</td>
</tr>
<tr>
<td>National Nursing Home Week</td>
<td>11:00 Church on local radio 95.3 with Pastor Scott Meador</td>
<td>9:30 Sing &amp; Swing 10:00 Meditation It Does a Body Good! With Sue Ann 1:00 Casino and Ice Cream at Culver's</td>
<td>9:30 Sing Swing 10:00 Cards &amp; Coffee 2:00 Pet Visits</td>
<td>9:30 Sing Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour</td>
<td>9:30 Sing Swing 10:30 Prot. Church 11:30 Resident &amp; Staff Pizza Party 1:30 Birthday Party Jesup Methodist Church 6:30 Anderson's *Noni C. &amp; Wes B.</td>
<td>Armed Forces Day</td>
</tr>
<tr>
<td>4:00 Church with Gary Wilson</td>
<td>9:00 Sing &amp; Swing 1:00 Movie at the Starlight</td>
<td>9:30 Sing &amp; Swing 10:00 Cards &amp; Coffee 11:30 Take Out 12:30 Music with Linda 1:30 Giant Crossword Puzzle</td>
<td>9:30 Sing &amp; Swing Bag Toss 11:30 What's in the News 1:30 Bingo St. Pat's 3:00 Happy Hour 3:45 Sing a Long</td>
<td>9:30 Manicures 10:30 Protestant Scott Meador 2:00 Celebration of Life Service</td>
<td>9:30 Sing &amp; Swing 10:00 Fiber it Does a Body Good! With Shelbie Penner 10:30 Catholic Service Mary Ann Fangman 2:00 Taste of Home *Marilyn Harberts</td>
<td>9:30 Sing &amp; Swing 10:00 Cards &amp; Coffee 10:30 Catholic Service Mary Ann Fangman 2:00 Taste of Home *Marilyn Harberts</td>
</tr>
<tr>
<td>11:00 Church on local radio 95.3 with Pastor Scott Meador</td>
<td>9:30 Sing &amp; Swing Memorial Day Puzzles</td>
<td>9:30 Sing &amp; Swing 10:00 Resident Council 1:30 Trivia Time *Nadine Stevens</td>
<td>9:30 Sing &amp; Swing Bag Toss 11:30 What's in the News 1:30 Bingo Zion Lutheran 3:00 Happy Hour Pet Visits</td>
<td>Activities for Patients in the Hospital Visits Monday-Friday</td>
<td>9:30 Sing &amp; Swing 10:00 Cards &amp; Coffee 10:30 Catholic Service Sharon B. 1:30 Music with Dave Poggenklass</td>
<td>First Day of Ramadan</td>
</tr>
<tr>
<td><strong>May 2017</strong></td>
<td><strong>Lexington Estate</strong></td>
<td><strong>Beauty Shop Mondays &amp; Thursdays</strong></td>
<td><strong>Dianne Hepke 319.332.0914 563.920.2635 or <a href="mailto:dhepke@bchealth.org">dhepke@bchealth.org</a></strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>