

JULY 2016



# Lexington Estate

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## Celebrating July

### Parks and Recreation Month

**Independence Day (U.S.)**  
*July 4*

**Out and About**  
*July 1st*

**Cookout with Oakview**  
*July 5th*

**Games & Goodies at the Library**  
*July 11th*

**Wal-Mart Shopping**  
*July 14<sup>th</sup>*

**Movie at the Starlight**  
*July 18th*

**Lunch Out**  
*July 25th*

**Drive in the Country**

## Independence Day Celebrations Poker Walk

Sponsored by BCHC Lexington Estate

*July 3<sup>rd</sup> @ 5:00*

### Independence Day Celebrations Poker Walk

*Sponsored by BCHC Lexington Estate*



**Join us for a 2 mile Poker Walk around Independence!**

**Sunday, July 3rd @ 5:00PM**

**Riverwalk Parks  
Rotary Shelter**

Participants will receive a card at each of the five check points. Best five card poker hand wins! One participant will win the grand prize of a year membership to the Wellness Center at BCHC!

**Register by completing form online at [celebrateindee.com](http://celebrateindee.com) or register day of at Riverwalk Parks, Rotary Shelter**

A donation of \$5 is requested to participate. All profits will be donated to the Walk to End Alzheimer's



Strap on your walking shoes for a 2 mile Poker Walk!

A donation of \$5.00 is requested to participate-all proceeds will be donated to the Walk to End Alzheimer's

The top three winning hands will win prizes!

1. Membership to the BCHC Wellness Center
2. Starlight Cinema Movie Gift Cards
3. BCHC Waterbottle with Twizzlers

Come out and support BCHC Long Term Care and the Walk to End Alzheimer's

## In Touch with Massage

Tired? Stressed? Sore? Perhaps you need a massage. Massage is no longer limited to fancy spas or luxury health clubs. Massages are now offered in the workplace, at the mall, and even in airports. If you've never tried a massage, perhaps you should between July 10–16, Everybody Deserves a Massage Week.



Not all massages are the same. The most well-known type is Swedish massage. This is the gentle kneading of muscles, tendons, ligaments, and skin that brings deep relaxation. Deep-tissue massage uses slower, more forceful strokes in order to reach deeper muscles and relieve pain or injury. Shiatsu is a Japanese style that uses light finger pressure on pressure points in order to stimulate energy and regain balance. Sometimes massage therapists incorporate pleasing aromas, hot stones, or warm pads into the treatment to increase comfort and relaxation.

Relaxation, though, is not the only benefit of massage. While studies show that massage can reduce pain, stress, and muscle tension, it has also been shown to decrease anxiety, relieve headaches, combat insomnia, boost the immune system, and even relieve some digestive disorders. While massage is certainly not a substitute for regular medical care, many believe that it is an effective form of alternative medicine.

If you've been putting off a massage because you're wary of a stranger's touch, it may be important to remember that massage therapists are trained experts in anatomy, physiology, kinesiology, pathology, and ethics. There is no reason to be squeamish or self-conscious in the presence of these medical service providers. Communication is also key. A massage is for your benefit. You have to tell the massage therapist where you need work and whether you like more or less pressure. After all, a massage should be an enjoyable indulgence!

## Warmer Weather! Be Safe!



As the weather gets warmer, we want to remind residents and families to stay safe while enjoying outside activities. Too much heat can be very risky for older adults especially with certain health conditions. Being hot for too long can result in heat stroke, heat exhaustion, and dehydration. To prevent these conditions it is important to drink plenty of fluids, wear loose fitting clothing and wear sunscreen.

Patio times earlier in the day or for shorter time frames may be best.

We will be checking the weather before venturing out with the bus. If the temperatures or humidity are too high we may have to cancel or reschedule outings. Please understand that safety is our first priority!



**Buchanan County Health Center's Relay for Life Employees collected \$2,000.00 this year through various fundraising initiatives, for the American Cancer Society.**

**Great Job, Team BCHC!**



## Taste of Home Chocolate Pie Ala Bishops Cafeteria

- Crust
- 1¾ cup graham cracker crumbs
- ¼ cup sugar
- ½ cup melted butter
- Pie filling
- 3 ounce package instant French Vanilla pudding mix
- 3 ounce package instant Chocolate Fudge pudding mix
- 1½ cups whole milk or half-and-half
- 1 pint vanilla ice cream, softened (NOTE: if you prefer a darker chocolate pie, use chocolate ice cream)
- Topping
- 8 ounce container cool whip, thawed
- Garnish
- 1 thick chocolate bar (such as Hershey's 5 ounce bar), shaved, for garnish (NOTE: chocolate is easier to shave if it has been frozen for about 30 minutes before you begin)
- For crust, combine graham cracker crumbs with sugar, and then add melted butter until well moistened.
- Press into bottom of 10 inch deep dish pie plate.
- Bake crust at 350 degrees for 8 minutes.
- Remove crust from oven and cool completely before filling.
- For filling, combine both pudding mixes with milk, using an electric mixer.
- Add softened ice cream and beat into pudding mixture.
- Pour filling into cooled graham cracker crust.
- Spread cool whip over filling.
- With a potato peeler, run blade down the side of chocolate bar to create chocolate shavings/curly for top of pie - you will not need to shave the whole candy bar, just enough "curly" to use as a nice garnish for the top.
- Cover pie and chill several hours before serving.



Fish Stories! You should have seen the one that got away! We enjoyed a morning of fishing at a secret spot in Buchanan County!

We caught bass and even a catfish!

Top left photo: Bud Hawker

Top right photo: Marvel Dennie

Bottom left photo: Carroll McTaggart

Bottom right photo: Leo Michael



## Meet us @ the Movies!

When: Thursday July 14<sup>th</sup> 4pm

Where: at the Starlight Cinema

Cost: \$5.00 (more if you'd like a snack).

The trailer for this movie looks hilarious for any age group!

## The Secret Life of Pets

Taking place in a Manhattan apartment building, Max's life as a favorite pet is turned upside down, when his owner brings home a sloppy mongrel named Duke. They have to put their quarrels behind when they find out that an adorable white bunny named Snowball is building an army of abandoned pets determined to take revenge on all happily-owned pets and their owners.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities for Patients in the Hospital Visits Monday-Friday Beauty Shop Mondays & Thursdays *Denotes Birthday	<b>4</b> Happy Fourth of July!	<b>5</b> 9:30 Sing/Swing 10:00 Cards & Coffee <b>1:30 Games &amp; Goodies at the Library</b>	<b>6</b> 9:30 Sing/Swing 10:30 Mass with Father Don 11:30 What's in the News <b>1:30 Bingo St. John's</b> 3:00 Happy Hour 3:45 Sing A Long	<b>7</b> 8:30 Manicures 10:30 Protestant Church-John Molacek <b>1:30 Music with Jim Kinney</b>	<b>8</b> Canada Day <b>Casual Day</b> 9:30 Sing/Swing 10:00 Cards & Coffee 11:30 Q Chord 1:30 Beach Babies and Bikini Contest 2:00 Snack Cart	<b>9</b> 9:30 Sing/Swing 10:00 Cards & Coffee <b>12:00 Grill Out with Oakview</b> <b>12:30 Music with Linda Jacobsen</b> 2:00 Snack Cart
<b>10</b> 11:00 Church local radio 95.3 with Pastor Scott Meador	<b>11</b> Independence Day 9:30 Sing/Swing Horseshoes <b>1:00 Wal-Mart Shopping</b> *Verna Johnson	<b>12</b> 9:30 Sing/Swing 10:00 Cards & Coffee <b>1:30 Music with Nancy Hooten</b>	<b>13</b> 9:30 Sing & Swing Bag Toss 11:30 What's in the News <b>1:30 Bingo VFW</b> 3:00 Happy Hour	<b>14</b> 8:30 Manicures 10:30 Protestant church Bob Solon <b>1:30 Stories with Karen</b> <b>3:45 Movie @ Starlight</b>	<b>15</b> 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Mary Ann Fangman 1:30 Pet Visits 2:00 Snack Cart * Bud Hawker	<b>16</b> 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon Bainbridge 2:00 Root Beer and Strawberry Floats *Margaret Kilian
<b>17</b> 4:00 Church with Gary Wilson	<b>18</b> 9:30 Sing & Swing Ladder Golf <b>10:30 Lunch Out</b> 3:00 Canvas Painting	<b>19</b> 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Birthday Party United Methodist	<b>20</b> 9:30 Sing/Swing 10:30 Parkinson's Support 11:30 What's in the News <b>1:30 Bingo</b> 3:00 Happy Hour 3:45 Sing A Long *Elva Prenosi	<b>21</b> 8:30 Manicures 10:30 Protestant Richard Wearmouth <b>Employee Meal</b> 1:30 Dominos <b>6:30 Andersen's</b>	<b>22</b> 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon Bainbridge 2:00 Root Beer and Strawberry Floats *Margaret Kilian	<b>23</b> 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon Bainbridge 2:00 Root Beer and Strawberry Floats *Margaret Kilian
<b>24</b> 11:00 Church local radio 95.3 with Pastor Scott Meador	<b>25</b> 9:30 Sing & Swing <b>1:30 Drive in the Country</b> *Carroll Mc Taggart	<b>26</b> 9:30 Sing & Swing 10:00 Resident Council <b>12:30 Music with Linda Jacobsen</b> 1:30 Pet Visits	<b>27</b> 9:30 Sing & Swing Ring Toss 11:30 What's in the News <b>1:30 Bingo</b> Zion Lutheran 3:00 Happy Hour	<b>28</b> 8:30 Manicures 10:30 Protestant Church-John Sheda 2:00 Taste of Home *Marvel Dennie	<b>29</b> Casual Day 9:30 Sing/Swing 10:00 Cards & Coffee <b>1:30 Music with Dave Poggenklass</b>	<b>30</b> 9:30 Sing/Swing 10:00 Cards & Coffee <b>1:30 Music with Dave Poggenklass</b> 2:00 Snack Cart
<b>31</b> 4:00 Church with Gary Wilson	<h1 style="text-align: center;">Lexington Estate</h1> <p style="text-align: center;">Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org</p>					

# July 2016

# Beach Babies Party & Staff "Bikini" Contest July 8<sup>th</sup> @ 1:30

**July marks the 70th Birthday of the Bikini** – On July 5<sup>th</sup> 1946, Micheline Bernardini, a professional model, wore the first bikini swimsuit during a fashion show in Paris. In honor of this anniversary we have invited Moser Daycare kids to come for a beach themed party on the lawn.

- 🎉 1:30 Moser daycare fashion show
- 🎉 2:00 Staff "Crepe Paper Bikini contest
- 🎉 2:30 Games on the Lawn
- 🎉 3:00 Refreshments

**Bring your camera!**  
The Bikini of 1946

Bikinis were seen in Crete thousands of years ago. After that pictorial evidence of 200 A.D., suggests that bikini clad women were cavorting in Sicily's Piazza Armerina.

The modern version was patented by Louis Reard in 1946. His design was more akin to the skimpy string 1970's bikinis. Bikinis made news then and as versions have become skimpier they have always attracted attention. When the Bikini was named its impact was likened to the test atomic explosion on Bikini atoll. But its impact was nothing as radical as the G-string or even more revealing - the thong also called the Brazilian tanga. Not to worry our staff models will be fully clothed beneath their crepe paper suits! Join us for a fun afternoon!!



## July Birthdays

- Richard Petty (race-car driver) – July 2, 1937
- Ringo Starr (Beatle) – July 7, 1940
- Tom Hanks (actor) – July 9, 1956
- Arlo Guthrie (folk singer) – July 10, 1947
- Woody Guthrie (folk singer) – July 14, 1912
- Ginger Rogers (dancer) – July 16, 1911
- Natalie Wood (actress) – July 20, 1938
- Lynda Carter (actress) – July 24, 1951
- Gracie Allen (comedian) – July 26, 1906
- J.K. Rowling (author) – July 31, 1965

## Happy Birthday to Our Own Celebrities!

- Verna Johnson July 11<sup>th</sup>
- Bud Hawker July 16<sup>th</sup>
- Elva Prenosil July 20<sup>th</sup>
- Margaret Kilian July 23<sup>rd</sup>
- Carroll Mc Taggart July 25<sup>th</sup>
- Marvel Dennie July 28<sup>th</sup>



**In Loving Memory**  
John Donnelly  
*November 17, 1920-May 31,  
2016*



Thank You to all who attended our celebration of life service! The flowers are beautiful!

## Welcome to the Neighborhood!!



Mabel Bantz  
Betty Gaffney  
Carroll Mc Taggart

