

Lexington Estate

1600 1st Street East * 319-332-0914* FAX 319-332-0963 * E-Mail dhepke@bchealth.org



**Celebrating August
Root Beer Float Day**
August 6

Summer Olympics
August 5-21st

Lexington Olympics
August 8-12

Purple Heart Day
August 7

National Aviation Week
August 15-21

Senior Citizens' Day
August 21

Out & About

August 1st -Mystery Drive

August 8th - Wal-Mart

August 15th - Wacha's Pie & Coffee

August 22nd - Movie @ Starlight

August 29th - Breakfast @ Buttermilk

South America's First Olympics

The Olympic torch arrives in Rio de Janeiro on August 5 to begin the summer Olympic games. For 17 days, over 10,000 athletes from over 200 countries will compete for Olympic gold, including in two sports that have not been part of Olympic competition for a century: golf and rugby. Even more momentous, this is the first time the Olympic games have ever been held in South America. In many ways, tensions are running high for the games to be a success.

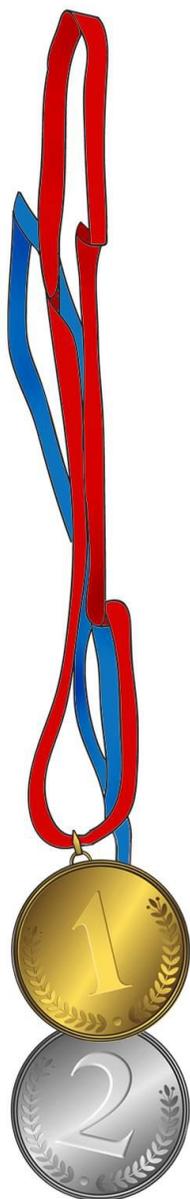
Rio won the bid to host the 2016 Olympics back in 2009, when it appeared that Brazil was a stable and energetic country. Since 2009, Brazil has suffered some setbacks. Its economy began to stall in 2011, eventually leading to the impeachment of Brazil's president, Dilma Rousseff, in April 2015. To complicate matters, mosquito-borne diseases are on the rise in Brazil. Dengue fever and the newly discovered Zika virus are spreading toward Rio, which may likely deter people from buying tickets to the games. And while Rio is famous for its beaches, its two main bodies of water, in which athletes will compete in events like the triathlon, rowing, and sailing, are terribly polluted.

Despite this gloomy outlook, the Olympic spirit is shining bright in Rio. American swimmer Michael Phelps has come out of retirement in an effort to add more gold to his 22 Olympic medals. South African swimmer Chad le Clos will do his best to challenge Phelps. Newcomer Simone Biles is already being called America's greatest gymnast ever, but Russian powerhouse Aliya Mustafina could defeat her if she has fully recovered from a 2011 injury. Can Jamaica's Usain Bolt, the "World's Fastest Man," win gold in the 100-meter dash? Host Brazil is favored to win gold in beach volleyball, but can they take gold in their national sport of soccer? Will Northern Irishman Rory McIlroy win gold in golf's modern Olympic debut? These questions can be answered only after the Olympic torch is lit in Rio.

Lexington Olympic Games



Daily Olympic Events - Aug. 8th-12th



Residents and staff (or family members) will be pairing up to compete in daily Olympic Events. If you would like to be part of a team with a resident sign up at the nurse's desk daily. You may assist more than one resident Each day's events will be set up from 10:00-11:00 or 3:00- 4:00 p.m. you may participate during these times any day. The events are as follows:

- Aug 8th- Wheelchair Relay
- Aug 9th- Distance Throw
- Aug 10th- Ring Toss
- Aug 11th- Flag Jigsaw Puzzle
- Aug 12th-DoublesTennis

Awards and closing ceremony at 3:00 Friday the 12th.



Art Therapy!



We enjoy creative activity! Recently we tried canvas painting. Another group has taken up adult coloring. You are never too young or old to try something new!

Welcome to the Neighborhood!



Eunice Meyer



Furry Visitors!

Taste of Home

Churro Waffles

Ingredients

1 teaspoon salt
 4 teaspoons baking powder
 2 tablespoons white sugar
 2 eggs
 2 cups of all-purpose flour
 1 1/2 cups warm milk

1/3 cup butter, melted
 1 teaspoon vanilla extract
 3 shakes of cinnamon

For the churro topping

1 cup of white sugar
 1/4 cup to 1/2 cup of cinnamon (depending upon how much you love cinnamon!)
 1/2 cup of melted butter

Directions

1. In a large bowl, mix together flour, salt, baking powder and sugar; set aside. Also at this time you can combine your churro topping and set it aside. Preheat waffle iron
2. In a separate bowl, beat the eggs. Stir in the milk, butter and vanilla. Pour the milk mixture into the flour mixture; next fold in three shakes of cinnamon beat until blended
3. Melt 1/2 cup of butter to pour over waffles. Generously spray your waffle iron with no stick cooking spray. Then ladle the batter onto a preheated waffle iron. Cook the waffles until golden and crisp. Once fully cooked immediately pour melted butter on each side of the waffle and then dip each buttered side into your cinnamon/sugar churro mixture.



In honor of National Aviation Week, we will build sweet little candy aircraft that resembles the Wright brothers' contributions to aviation.

familyfun.go.com/crafts/candy-airplane-662757/ on the Web.



[Thursday Aug. 18th @ 2pm.](#)

National Aviation Week (Aug. 15-21) is a national observation that celebrates aviation. National Aviation Day was established in 1939 by President Franklin Delano Roosevelt to fall each year on the anniversary of Orville Wright's birthday, Aug. 19.

Orville and Wilbur Wright could hardly have imagined the heights aviation would soar after they built the first successful airplane more than 100 years ago.

The brothers built and tested their heavier-than-air machine on Dec. 17, 1903, near Kitty Hawk, N.C. The plane flew 120 feet and was in the air 12 seconds. It took only 54 more years for the Soviet Union to launch the first man-made satellite, Sputnik, into space. A year later, the United States followed with Explorer I. The first human space flight was accomplished on April 12, 1961, by Soviet cosmonaut Yuri Gagarin to be followed by several space flights carrying humans further into space than the Wright brothers could have dreamed was possible.

But in 1990, one of the most important space missions ever to be undertaken was the launching of the Hubble Space Telescope. Over the past two decades, Hubble has sent back more than 30,000 images of never before seen objects.

Join us Friday, August 19th @ 1:30 for a program "Flying with Gretchen" from Walter Aviation, Independence Airport.

Gretchen serves as one of Walter Aviation's primary flight instructors, and specializes in Primary and Commercial certifications. Gretchen has logged over 1,200 flight hours and enjoys teaching new students the fundamentals of being an aviator.

Supplies you will need Candy Airplanes:

- Thin rubber band.
- Peppermint Life Savers.
- Roll of Smarties candy.
- Stick of cinnamon gum.
- Small stickers.

Thread the rubber band through the holes of two Life Savers, then balance the roll of Smarties between them, across the rubber band.

For wings, balance the stick of gum on top, perpendicular to the Smarties, and pull the rubber band up and over each side of the gum to hold it all in place. Decorate the wings with tiny stickers.

Tips: If smaller fingers are having trouble with all that balancing and stretching, have one person hold the candy in place while another works the rubber band up and over the gum.

Ten Absolutes for Dementia Care Giving

1. Never argue, **agree**
2. Never shame, **detract**
3. Never say remember, **reminisce**
4. Never force, **reinforce**
5. Never lecture, **reassure**
6. Never say I told you, **repeat**
7. Never condescend, **encourage**
8. Never reason, **divert**
9. Never say “you can’t” say **“do what you can do”**
10. Never demand, **ask**



August Birthdays

Herman Melville (novelist) – August 1, 1819
Tony Bennett (singer) – August 3, 1926
Lucille Ball (comedienne) – August 6, 1911
Dustin Hoffman (actor) – August 8, 1937
Danielle Steele (novelist) – August 14, 1947
Roberto Clemente (athlete) – August 18, 1934
Gene Kelly (actor) – August 23, 1912
Mother Teresa (saint) – August 26, 1910
Ingrid Bergman (actress) – August 29, 1915
Buddy Hackett (comedian) – August 31, 1924

Happy Birthday to Our Own Celebrities!

Midge Potts August 5th
Randy Kaufman August 6th
Marilyn Beebe August 15th



2016 Cedar Valley Walk To End Alzheimer's

9/24/2016 Registration Opens at 8:30am |
Opening Ceremony at 9:30am | Walk Begins at
10am Route Length: 2 miles

River Loop Amphitheatre

Commercial Street, Waterloo, IA 50701

Alzheimer's Walk

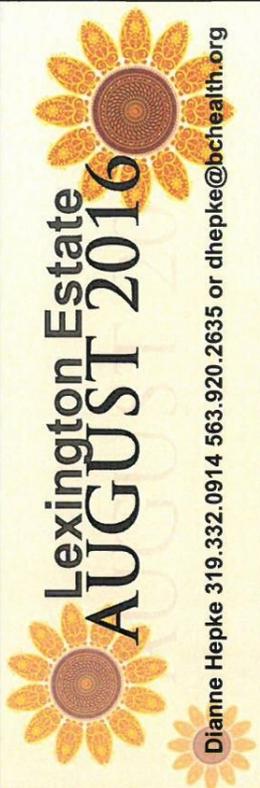
BCHC Staff will be sponsoring several fundraisers and other initiatives to benefit the Alzheimer's Association. Watch for details of upcoming fundraisers. If you would like to be part of a BCHC team to walk please contact:

Dianne 319-332-0914.

\$1700.00 Raised so far!
Go Team BCHC!



Beach Babies and Staff Crepe Paper Bikini Contest! It was a beautiful day to enjoy the kids out on the lawn! Thank You Cindy Mc Cardle for the scrumptious sugar cookies!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Activities for Patients in the Hospital Visits Monday-Friday Beauty Shop: Mondays by appt. Wednesdays & Thursdays *Denotes Birthdays	9:30 Sing & Swing 10:00 Dianne & Dodie Meet & Greet @ Oakview 1:30 Mystery Drive	9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Card Bingo	9:30 Catholic Service Father Dave 11:30 What's in the News 1:30 Bingo St. John's 3:00 Happy Hour 3:45 Sing-a-Long	8:30 Manicures 10:30 Prot Church Kevin Jennings 1:30 Music Jim Kinney	9:00 Sing & Swing Horseshoes 10:00 Cards & Coffee 12:30 Music Linda J 1:30 Garden Club Craft * Midge Potts	6 1:30 Cards 2:00 Snack Cart * Randy Kaufman	
11:00 Church on local radio 95.3 with Pastor Scott Meador Olympics Week 2:00 Snack Cart	9:30 Sing & Swing 10:00 Olympic Event 1:00 Wal-Mart Shopping 3:00 Olympic Event	9:30 Sing & Swing 10:00 Cards & Coffee 10:00 Olympic Event 12:00 Take Out Tuesday 1:30 Music with Dave Poggenklass 3:00 Olympic Event 4:15 Airport Cookout	9:30 Sing & Swing 10:00 Olympic Event 11:30 What's in the News 1:30 Bingo VFW 3:00 Happy Hour 3:00 Olympic Event	8:30 Manicures 10:00 Olympic Event 10:30 Prot Church Sheri Andersen 1:30 Stories with Karen 3:00 Olympic Event	Casual for a Cause 9:30 Sing & Swing Horseshoes 10:00 Olympic Event 10:00 Cards & Coffee 11:30 Q Chord 3:00 Olympics Closing Ceremonies	13 1:30 Cards 2:00 Snack Cart	
2:00 Snack Cart 4:00 Church with Gary Wilson 6:30pm Pet Visits Nat'l Aviation Week	9:30 Sing & Swing 2:00 Wacha's Pie & Coffee * Marilyn Beebe	9:30 Sing & Swing 10:00 Cards & Coffee 2:00 Birthday Party Calvary Evangelist Center	9:30 Sing & Swing 10:30 Parkinson's Support Group Meeting Rm A 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour 3:45 Sing-a-Long	8:30 Manicures 10:30 Prot Church Sue Ann Raymond 2:00 Making Candy Airplanes 6:30 Andersen's	9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Mary Ann 1:30 "Flying with Gretchen" from Walter Aviation	20 1:30 Cards 2:00 Snack Cart	
11:00 Church on local radio 95.3 with Pastor Scott Meador 2:00 Snack Cart	9:30 Sing & Swing Kickball 1:15 Movie at the Starlight	9:30 Sing & Swing 10:00 Cards & Coffee 11:30 Garden Club Meeting & luncheon 12:30 Music Linda J. 1:30 Garden Club Flower Arranging	9:30 Sing & Swing Ball Toss 11:30 What's in the News 1:30 Bingo St. Pat's 3:00 Happy Hour	8:30 Manicures & Chit Chat 10:30 Protestant Mike Nemmers 2:00 Mini Ice Cream Cones	9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon 2:00 Taste Of Home	27 1:30 Cards 2:00 Snack Cart	
2:00 Snack Cart 4:00 Church with Gary Wilson	8:00 Breakfast at The Buttermilk 10:00 Sing & Swing Kickball 1:30 Dominos and Dice Games	9:30 Sing & Swing 10:00 Resident Council 1:30 Pet Visits	9:30 Sing & Swing Ball Toss 11:30 What's in the News 1:30 Bingo Zion Lutheran 3:00 Happy Hour	 <p>Lexington Estate AUGUST 2016</p> <p>Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org</p>			