

SEPTEMBER 2016



Lexington Estate

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



Celebrating September

Courtesy Month

Labor Day (U.S.)
September 5

Iowa vs. Iowa State football
September 10

Chocolate Milkshake Day
September 12

International Coffee Day
September 29

Pie Baking Contest
September 27

Pizza Party
September 30

Out & About

Sept. 6th - Games & Goodies @ Library

Sept. 12th - Wal- Mart

Sept. 19th - Lunch & Casino

Sept. 26th Movie @ the Starlight

Sept. 30th Mystery Drive

Elvis! Live! @ Lexington for Grandparent's Day



Sunday, September 11th @ 1:30pm
Join us for an afternoon of Gospel Music with
Ron Semler as "Nearly Elvis".

Growing up around music was easy for Ron Semler. His mother, Gertrude Michl was a German-born opera singer. Ron's early years were spent listening to his mother and all the classic crooners on the radio.

Raised on a farm near Kalona, Iowa, Ron had always been active in his church choir and he performed in many school plays and musicals. After moving to South Dakota, Church parishioners kept telling him that he sounded like Elvis when he sang. One of his first professional engagements was performing as Elvis for the 1998 Miss South Dakota-USA Beauty Pageant. That same year **RPM Productions and Entertainment** hired Ron as a lounge & casino entertainer. Ron was then cast as lead vocalist for the show, "**Elvis Alive**" for over two years.

Performing in Chicago, Las Vegas, Branson, Atlanta, Minneapolis, South Dakota, and in Iowa and all throughout the Midwest has been an extreme pleasure for Ron. His career highlights include a performance at Mt. Rushmore and, more recently, has performed live with the legendary recording group, **The Drifters**.

Giving his audiences what they want is Ron's goal. Ron gives a quality musical experience through his expressive voice. Projecting the emotion of the music in his delivery of each song is what Ron does best to please his audience. It is a guarantee that audiences will hear Ron's exciting vocals echoing in their heads and touching their hearts long after Ron's performance is over!

Let the Rivalry Begin



Iowa Hawkeyes vs. Iowa State Cyclones

Friday September 9th @ 2:00pm
Lexington Estate Residents
will have a pre-game tailgate party!
Wear your favorite team jersey!
Families are welcome to join us!

Cyclones and Hawkeyes Game
Saturday, September 10th in Iowa City
Kick off at 6:30pm
On Big Ten Network Channel 25

Football Humor

Dan McCarney, after living a full life, died. When he got to heaven, God was showing him around. They came to a modest little house with a faded Cyclones flag in the window.

"This house is yours for eternity, Dan," said God. "This is very special; not everyone gets a house up here."

Dan felt special, indeed, and walked up to his house.

On his way up the porch, he noticed another house just around the corner. It was a 3-story mansion with a Black and Gold sidewalk, a 50 foot tall flagpole with an enormous Hawkeye flag, and in every window, a Hawkeye symbol.

Dan looked at God and said "God, I'm not trying to be ungrateful, but I have a question. I was a good coach, I went to three consecutive bowl games, and I turned around Iowa State's entire program."

God said "So what do you want to know, Dan?"

"Well, why does Kirk Ferentz get a better house than me?"

God chuckled, and said "Dan, that's not Kirk's house, it's mine."

Staying Connected ...



Attention All Family Members Regarding... Newsletter mailings, invitations, and announcements.

In order to stay connected in the most up to date way and possibly reduce the number of mailings each month we are interested in hearing from you about the way you receive information.

We are encouraging families who are able to receive our monthly newsletter and special announcements by E-mail to contact us at the E-mail address below.

This way you will also be able to forward information to your family members rather than making numerous phone calls.

Contact Dianne dhepke@bchealth.org

Please send me an e-mail message and I will add you to the monthly e-mailing list!



BCHC Walk to End Alzheimer's Quilt Drawing September 22nd.

Tickets \$1.00 Each 6 for \$5.00 purchase tickets at BCHC registration office or Lexington Estate

New Total
\$2,125.13



Taste of Home

Easy Apple Carmel Crumble



Ingredients:

- 1 2/3 Cups brown sugar, divided
- 1/2 cup sugar
- 5 Large apples chopped
- 1/4 teaspoon salt
- 2 teaspoons cinnamon
- 2/3 cups oats
- 1/4 cup flour
- 4 Tablespoons butter-room temp
- 1 teaspoon vanilla

Directions:

1. Place 1 cup brown sugar, apples, salt, and 1 teaspoon cinnamon in the bottom of slow cooker. Stir to combine.
2. Combine oats, 2/3 cup of brown sugar, flour, 1 teaspoon cinnamon, butter, and vanilla in a small bowl. Sprinkle mixture evenly over apple mixture.
3. Cook on low for 4 hours or high for 2 hours.
4. Turn off slow cooker and allow to sit for 1 hour before serving to allow caramel to thicken.

Serve with ice cream or whipped topping.



Buchanan County Health Center Lexington Estate welcomed State Surveyors from the Department of Inspections and Appeals for our annual survey August 8-11th.

Survey teams from the Division conduct unannounced on-site inspection at health care facilities to assess the quality of care and services provided to residents of long term care facilities.

Great Job Residents and Staff!

Survey results can be found in the Activity Room magazine rack in an orange binder!

Contact Information:

State Survey Agency
Iowa Dept. of Inspections & Appeals
Lucas State Office building
Des Moines, Iowa 50319-0083

Long Term Care Ombudsman & Dept. Of Elder Affairs
Office of State LTC ombudsman
Department of Elder Affairs
200 10th Street
Clemons Building
Des Moines, Iowa 50309-3609
Main office: 515-581-5426 Hotline: 800-532-3213

Welcome to the Neighborhood



*Robert Robison
Margaret Fischels
Carol Fisher
Donovan Axtell
Nancy Tyler*

In Loving Memory



Angeline Becker
Nov. 21, 1924- August 4, 2016

Margaret Kilian
July 23, 1947- August 25, 2016

Pie Making Tips

- Read the recipe in its entirety before beginning. Make sure you have all of the ingredients and utensils and that you understand all of the directions. Many mistakes have been made skipping steps.
- Cold ingredients are essential to making a great pie crust. It even helps to have cold bowls and utensils. In addition, be sure to chill the dough for at least an hour before rolling it out. Keeping the shortening cold ensures a nice flaky crust!
- Don't overwork or over handle the dough. Your shortening/butter should be coated with flour mixture, not blended with it. Over-processing causes gluten to form, a substance that toughens the dough. It's even a good idea to have cold hands before handling.
- Carefully transfer the dough into your pie dish. Fit the dough into the dish (avoid stretching). Trim the dough to 1" inch over hang and tuck it under itself to create a thick rim.
- With the index finger on one hand, press the dough against the thumb and forefinger of the opposite hand; continue around the perimeter of the crust and dish following the natural flute of the pie dish.
- To ensure that your bottom crust is finished, bake pie in the lower third of the oven. You may have to cover the edges with foil or a crust protector to avoid overbrowning the edges.
- Make sure that all of your ingredients are really fresh. Try making fruit pies when the fruits are in season to ensure a wonderful pie.

September Birthdays

Boxcar Willie (singer) – September 1, 1931
Bob Newhart (actor) – September 5, 1929
Jane Curtin (actress) – September 6, 1947
Otis Redding (singer) – September 9, 1941
Agatha Christie (writer) – September 15, 1890
Sophia Loren (actress) – September 20, 1934
Jim Henson (puppeteer) – September 24, 1936
Jack LaLanne (health guru) – September 26, 1914
Gene Autry (singer) – September 29, 1907
Buddy Rich (drummer) – September 30, 1917

Happy Birthday to Our Own "Centenarian" Celebrities!

Eleanora Happel
102 Years Old
Sept. 26th

Ruth Love
100 Years Old
Sept. 28th



Pie Baking Contest



Date: 09/27-2016
Time: 1:30 pm

Contact Dianne: 319-332-0914 Ext. 1450
Lexington Estate Activity Coordinator

Who's the best pie baker at BCHC?

Bring your BEST pie and put others to shame!

All employees are invited to enter! Please bring your pies to Lexington Estate by 12:00 on Tuesday, September 27th. Pies will be judged by our resident panel at 1:30pm. Join us following the judging for pie and coffee at 2:00pm

Lexington Estate
1600 1st Street East
Independence, Iowa 50644



Sunday

Monday

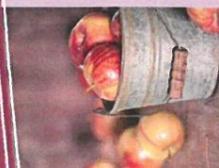
Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Buchanan County Health Center September 2016 Lexington Estate Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org</p>						
<p>4 11:00 Church on local radio 95.3 with Pastor Scott Meador 2:00 Snack Cart</p>	<p>5 Labor Day Puzzles and Trivia Labor Day</p>	<p>6 9:30 Sing & Swing Basketball Shoot 10:00 Cards & Coffee 1:30 Games & Goodies @ Library</p>	<p>7 9:30 Sing & Swing Bag Toss 9:30 Catholic Mass Father Dave 11:30 <u>What's in the News</u> 1:30 Bingo St. John's 3:00 Happy Hour 3:45 Sing along</p>	<p>8 8:30 Manicures 10:30 Protestant Church James Ganze 11:30 Take Out 1:30 Stories with Karen</p>	<p>9 Casual for Cause 9:30 Sing & Swing 10:00 Cards & Coffee 2:00 Resident Pre-Game Tail Gate Party Ia.- Ia. State football game tomorrow!</p>	<p>10 Iowa vs Iowa State Football! 6:30 pm on Big Ten Network Channel 25</p>
<p>11 Resident & Staff Potluck 11:30 "Elvis" Gospel Show @ 1:30 4:00 Church with Gary Wilson <small>Grandparents Day</small></p>	<p>12 9:30 Sing & Swing Ball Toss 11:00 Lamont Singers 4:00 Wal-Mart Shopping</p>	<p>13 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Music with Nancy Hooten</p>	<p>14 9:30 Sing & Swing Ladder Golf 10:30 Parkinson's Support Grp. Mtg. Rm.A 11:30 <u>What's in the News</u> 1:30 Bingo VFW 3:00 Happy Hour</p>	<p>15 8:30 Manicures & Chit Chat 10:30 Protestant Church Marty Schminckey 2:00 Crafting 6:30 Andersen's</p>	<p>16 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Mary Ann 1:30 Pet Visits</p>	<p>17 1:30 Cards 2:00 Snack Cart</p>
<p>18 11:00 Church local radio 95.3 with Pastor Scott Meador 1:30 Cards 2:00 Snack Cart</p>	<p>19 9:30 Sing & Swing 10:30 Lunch & Casino Outing</p>	<p>20 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Birthday Party with Church Of Christ</p>	<p>21 9:30 Sing Swing 11:30 <u>What's in the News</u> 1:30 Bingo 3:00 Happy Hour 3:45 Sing a long</p>	<p>22 8:30 Manicures & Chit Chat 10:30 Protestant Church Scott Meador 1:00 Taste of Home <small>Autumn Begins</small></p>	<p>23 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon Bainbridge 1:30 Giant Crossword</p>	<p>24 9:30 Walk to End Alzheimer's Waterloo, Iowa 2:00 Snack Cart</p>
<p>25 2:00 Snack Cart 4:00 Church with Gary Wilson</p>	<p>26 9:30 Sing & Swing 1:15 Movie @ the Starlight *Eleanora Happel 102yrs</p>	<p>27 9:30 Sing & Swing Ball Toss 10:00 Resident Council 1:30 Pie Judging 2:00 Pie & Coffee</p>	<p>28 9:30 Sing Swing 11:30 <u>What's in the News</u> 1:30 Bingo St. Pat's 3:00 Happy Hour *Ruth Love 100yrs</p>	<p>29 8:30 Manicures & Chit Chat 10:30 Protestant Church John Molacek 1:00 Make Crock Pot Applesauce</p>	<p>30 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Mystery Drive 5:00 Pizza Party Supper</p>	<p>Activities for Patients in the Hospital Visits Monday-Friday Beauty Shop: Mondays by appt. Wednesdays & Thursdays *Denotes Birthdays</p>