

OCTOBER 2016



Lexington Estate

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Celebrating October

Popcorn Poppin' Month

Go-On-A-Field-Trip Month
Join us for a Road Trip!

Herbert Hoover Library
Oct 3rd

**Games & Goodies
at the Library**
Oct 4th

Wal- Mart and Leaf Looking
October 10th

Amish Harvest Drive
Oct. 17th

Movie @ the Starlight
Oct. 24th

Pastoral Care Week
October 16-22

Halloween
October 31
4:30-6:30

*Welcome Trick or Treaters
At Oak View Retirement
Community*

Relax & Remember



Janet Lieb: Vocals and 12 String Guitar

Performing a wide variety of memorable music from the 40's to the 70's, Janet delights audiences while inviting sing-a-longs. Janet Lieb is from Dubuque, Iowa, and has been successfully performing music most of her life, from lead roles in local musicals and singing folk music in the 70's. Travelling nationwide with her husband in a show band in the 80's and 90's to writing and sharing music as a choir director for churches in the Dubuque area in recent years. She began expanding to a variety of retirement, nursing homes, memory units, and assisted living facilities last year, entertaining and reviving memories wherever she goes. This is a source of joy for both Janet and the residents of these homes. She loves to share her program year round.

Join us for a Sunday afternoon performance
On October 23rd at 1:30pm

A Little Piece of Heaven

By: Donovan Axtell & Dianne Hepke

New resident Donovan Axtell came to me wanting to express his gratitude for the staff and share some of his experiences at Lexington Estate.

Donovan has several quotes about Lexington that he has observed as a newer resident here.

- ❖ “First of all it is a place to recover from illness –both mind and body.”
- ❖ “Staff are kind and helpful and want you to be well and happy.”
- ❖ “There are many activities to keep your mind busy as well as your body.”
- ❖ “It is a nice large place with the hospital next to it. Help is near all the time.”
- ❖ “God has touched their (staff’s) hearts and I am feeling the results of what he has done.”

Donovan has a colorful personality and is already looking for ways to engage with staff and residents alike. Donovan enjoys helping dietary by folding clothing protectors. He is an advocate for exercise and can often be found on the Nu-Step bike or encouraging other residents to participate. He enjoys music and finds joy in singing, and dancing or just sitting at the piano as another resident plays. Donovan is an artist who likes to share his drawings with staff. His door is always open to visitors so stop by and introduce yourself anytime you are in the neighborhood.



Lexington Estate &

**Oak View Retirement Community
Welcome Children for Trick or Treat!
@ Oak View 1616 1st Street East**

Monday, October 31st 4:30-6:30pm.



Families are encouraged to bring out your little ghouls and goblins for trick or treating at **Oak View Retirement Community** 1616 1st Street East on Halloween Monday, October 31st, 2016 from 4:30 p.m.-6:30p.m.

Residents and homeowners will be making treat bags as part of a craft project. If families would like to donate a bag of snack size candy to fill our treat bags you may leave it with Dodie, or Dianne in the Activity Department.

We will enjoy a resident/staff potluck @ 11:30 on Halloween. As we are “under construction” here at BCHC we will have a themed construction zone party. Staff will be dressing up and wearing jeans that day.

Residents are invited to join Oak View homeowners for a simple soup supper at Oak view during the trick or treat time.



Transitions at Lexington

Kristin Bascom LPN will be transitioning to a new role of care coordinator for Lexington Estate. In her new role, she will be the MDS Coordinator (reviewing care plans and nursing/social services assessments). She will also assume responsibilities previously delegated to Kelly Palmer, LBSW including coordinating admissions and discharges, and quarterly and annual psychosocial assessments. Kristin has been a nurse since 1994 and an LPN at Lexington Estate for 3 and ½ years. Kelly's time will be focused on assuming additional responsibilities as case manager in addition to social worker for our medical/surgical unit in the hospital. Kelly will remain a part of the Lexington Estate team serving as a consultant to Kristin as she develops her new role.

“Family” Bingo!

Sunday

October 2, 2016

@

1:30



Join us for some old fashioned fun with an afternoon of bingo.

Family members of all ages are welcome! It might be helpful if you can follow your own card, and assist your loved one with theirs.

Guaranteed winning cards! Good Luck! See you soon.



Kristin Bascom, LPN
Lexington Estate Care Coordinator

Kelly Palmer, LBSW
Case Manager, Social Worker
Medical/Surgical Unit BCHC

In Loving Memory



Richard McGlaughlin

Dec. 31, 1931- September 12, 2016



Taste of Home Frosted Banana Bars



Ingredients

- 1/2 cup butter, softened
- 2 cups sugar
- 3 large eggs
- 1-1/2 cups mashed ripe bananas (about 3 medium)
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- Dash salt
- **FROSTING:**
- 1 package (8 ounces) cream cheese, softened
- 1/2 cup butter, softened
- 4 cups confectioners' sugar
- 2 teaspoons vanilla extract

Directions

1. In a large bowl, cream butter and sugar until light and fluffy. Beat in the eggs, bananas and vanilla. Combine the flour, baking soda and salt; stir into creamed mixture just until blended.
2. Transfer to a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 350° for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool in pan on a wire rack.
3. For frosting, in a small bowl, beat cream cheese and butter until fluffy. Add confectioners' sugar and vanilla; beat until smooth. Frost bars. Yield: 3 dozen.

October Birthdays

Buster Keaton (comedian) – Oct. 4, 1895
Thor Heyerdahl (explorer) – October 6, 1914
Jesse Jackson (politician) – Oct. 8, 1941
Henry John Heinz (magnate) – Oct. 11, 1844
Ralph Lauren (designer) – Oct. 14, 1939
Emeril Lagasse (chef) – October 15, 1959
Annette Funicello (actress) – October 22, 1942
Michael Crichton (writer) – October 23, 1942
Dylan Thomas (poet) – October 27, 1914
Richard Dreyfuss (actor) – October 29, 1947

Happy Birthday to Our own Celebrities!

Lee Miller Oct. 3rd
Velma Richardson Oct. 7th
Margaret Fischels Oct. 28th



**Team BCHC raised
\$3423.80
for the Walk to End
Alzheimer's**



Walk Team: Dianne Hepke, Paula Kies, Dodie Henningsen, Peggy Hoffman, Marty Cielieski, Mary Reed, BJ Wienhold, Janine Lorenz, Not Present: Beth Weaver, KJ Breeden, Joni Hershey, Jennifer Gonzales

Quilt Raffle Winner- Nancy Coventry
Thank you Deb Hinde for donating this beautiful quilt for our cause!



BCHC "Best Pie Baker" Maggie Monaghan
1st Place- Peach Pie
2nd Place-Dianne's Apple Pie
3rd Place- Kelly Palmer's Banana Crème Pie

Thank you to everyone who donated pies! Shelbie Penner-Sour Crème Raisin, Bernice Vargason- French Silk, Dodie Henningson- Pumpkin & Cherry, Maggie Monaghan- Peach and Cherry Cheesecake, Dianne -Apple

Thank you to our pie judging panel,
Residents: Bud Hawker, and Eunice Meyer and Family Member: Marlys Miller

October 2016

Buchanan County Health Center

<p>11:30 Church on Local Radio 95.3 Pastor Scott Meador 1:30 Family Bingo 2:00 Snack Cart</p>	<p>2 9:30 Herbert Hoover Museum and Lunch 2:00 Ice Cream Cart *Lee Miller Rosh Hashanah</p>	<p>3 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Games & Goodies @ Library</p>	<p>4 9:30 Sing & Swing 10:00 Cards & Coffee 11:30 Take Out Chinese Music with Dave</p>	<p>5 9:30 Sing & Swing 9:30 Mass with Father Dave 11:30 What's in the News 1:30 Bingo-St. John's 3:00 Happy Hour Pretzels & Beer 3:45 Sing-a-long</p>	<p>6 8:30 Manicures 10:30 Protestant Church Bob Solon 1:30 Music with Jim Kinney</p>	<p>7 <i>Casual Day</i> 9:30 Sing & Swing 10:30 Little Friends 12:30 Music with Linda 1:30 Garden Club Crafting *Velma Richardson</p>	<p>1:30 Cards 2:00 Snack Cart</p>
<p>4:00 Church Gary Wilson</p>	<p>9 9:30 Sing & Swing Basketball Shoot 11:00 Lamont Singers 1:00 Wal-Mart "Leaf Looking" Columbus Day (US) Thanksgiving Day (Canada)</p>	<p>10 9:30 Sing & Swing 10:00 Cards & Coffee 11:30 Take Out Chinese Music with Dave</p>	<p>11 9:30 Sing & Swing 10:00 Cards & Coffee 11:30 Take Out Chinese Music with Dave</p>	<p>12 9:30 Sing & Swing Table Tennis 11:30 What's in the News 1:30 Bingo-V.F.W. #2440 Auxiliary 3:00 Happy Hour Fried Ice Cream Yom Kippur</p>	<p>13 8:30 Manicures 10:30 Protestant Church Richard Wearmouth 1:30 Pet Visits 1:30 Stories with Karen</p>	<p>14 9:30 Sing & Swing Kick Ball 10:00 Cards & Coffee 2:00 Taste Of Home</p>	<p>15 Walk to End Alzheimer's in Waterloo 1:30 Cards 2:00 Snack Cart</p>
<p>11:30 Church on Local Radio 95.3 Pastor Scott Meador 2:00 Snack Cart <i>Pastoral Care Week</i></p>	<p>16 9:30 Moser Daycare Scarecrow Fun! 1:30 Amish Harvest Drive Sukkot</p>	<p>17 9:30 Sing & Swing 10:00 Resident Council Meeting 12:30 Music with Linda 1:30 Finish the Lines Trivia</p>	<p>18 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Birthday Party Rotary Club</p>	<p>19 9:30 Sing & Swing 10:30 Parkinson's Support 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Pizza 3:45 Sing-a-long</p>	<p>20 8:30 Manicures 10:30 Protestant Church John Sheda 1:30 Movie & Popcorn 6:30 Andersen's</p>	<p>21 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service- Mary Ann Fangman 2:00 Giant Crossword</p>	<p>1:30 Cards 2:00 Snack Cart</p>
<p>4:00 Church Gary Wilson</p>	<p>23 9:30 Sing & Swing 1:15 Movie @ The Starlight</p>	<p>24 9:30 Sing & Swing 1:15 Movie @ The Starlight</p>	<p>25 9:30 Sing & Swing 10:00 Resident Council Meeting 12:30 Music with Linda 1:30 Finish the Lines Trivia</p>	<p>26 9:00 Voting 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo-St. Pat's Winthrop 3:00 Happy Hour Pumpkin Bars</p>	<p>27 8:30 Manicures 10:30 Protestant Church Kevin Jennings 1:30 Pet Visits 2:00 Filling Treat Bags for Trick or Treaters</p>	<p>28 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon Bainbridge 1:30 Mystery Activity *Margaret Fischels</p>	<p>1:30 Cards 2:00 Snack Cart</p>
<p>11:30 Church on Local Radio 95.3 Pastor Scott Meador 2:00 Snack Cart</p>	<p>30 9:30 Sing & Swing 11:30 Staff and Resident Potluck 5:00 Simple Soup Supper with Oak View 4:30-6:30 Trick or Treat @ Oak View Halloween</p>	<p>*Denotes Birthday</p>	<p>*Denotes Birthday</p>	<p>*Denotes Birthday</p>	<p>*Denotes Birthday</p>	<p>*Denotes Birthday</p>	<p>1:30 Cards 2:00 Snack Cart</p>

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