

NOVEMBER 2016

Lexington Estate

at Buchanan County Health Center

1600 1st St. East • Independence, Iowa • (319) 332-0915 • bchealth.org

Celebrating November

Daylight Savings Time Ends

November 6th

Veteran Appreciation

3:00 p.m. November 11th

Veterans Day

November 11

World Kindness Day

November 13

Homemade Bread Day

November 17

Thanksgiving Day (U.S.)

November 26

Out and About!

Games & Goodies at the Library -Nov. 1st

Lunch in Manchester- Nov. 7th

Wal- mart Shopping- November 14th

Breakfast @ The Buttermilk- Nov.21st

Mystery Outing- Nov. 28th

Christmas @ The Depot Nov. 29th

We Honor... Our Veteran's at Buchanan County Health Center

Vernon Gudenkauf- Corporal U.S. Army
1954-1957

Harvey Love- Corporal U. S. Army
1942- 1945

Bill McGraw- CS-1 U.S. Navy 1947-1967

Carroll McTaggart- Private 1st Class U.S. Army
1956-1958

Leo Michael-Staff Sergeant U.S. Army Air Corp
1942-1946

Muriel "Maxine" Stepp-SN Wave U.S. Navy
1951-1953

Harvey See- Spec. 4 U. S. Army 1970-1972
(volunteer)



Taste of Home



- **Prep Time:** 15 mins

Ingredients

- 1/4 cup light brown sugar, packed
- 1/2 cup white sugar
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1 teaspoon nutmeg
- 1 tablespoon pure vanilla extract
- 2 large eggs
- 1 (15 ounce) cans Libby's canned pumpkin
- 1 (12 fluid ounce) cans Carnation Evaporated Milk
- 1 unbaked 9-inch deep dish pie pastry (4 cup volume)

Directions

1. Mix sugars, salt and spices in a large bowl.
 2. Beat eggs in small bowl and pour into sugar/spice mixture.
 3. Empty can of pumpkin into sugar/spice mixture.
 4. Mix everything with a wooden spoon or a wire whip, use a rubber spatula to incorporate all ingredients . Add evaporated milk gradually and continue stirring.
- Pour into pie shell.
Bake in preheated oven at 425 degrees F. for 15 minutes. Reduce temperature to 350 degrees F. and bake for an additional 40-45 minutes, or until toothpick inserted in center comes out clean.

About This Pumpkin Pie Recipe

"A traditional pumpkin pie recipe with kicked up flavor. It is similar to the recipe on the Libby's Pumpkin can, with the addition

November Birthdays

- Marie Antoinette (queen) – Nov. 2, 1755
 Art Carney (actor) – Nov. 4, 1918
 John Philip Sousa (conductor) – Nov. 6, 1854
 Carl Sagan (astronomer) – Nov. 9, 1934
 Jonathan Winters (actor) – Nov. 11, 1925
 Petula Clark (singer) – Nov. 15, 1932
 Mickey Mouse (cartoon) – Nov. 18, 1928

Happy Birthday to

Our Own Celebrities!

- Mary Tarpy Nov.3
 Nancy Tyler Nov. 3
 Vernon Gudenkauf Nov. 8



Welcome to the Neighborhood



- Shirley Bagby
 Winona Caldwell
 Anna Crawford
 Neva Hardy
 Muriel Stepp

Thanksgiving Dinner



Thursday, November 24th @ noon. If you would like to eat with your loved one would you please make a reservation with the dietary department by Monday, November 14th.

Also, if you will be taking your loved one out for Thanksgiving would you let us know that as well.

Lexington Employee Spotlight



Linda Dodge, Certified Nursing Assistant

Linda Dodge is a lifelong Buchanan County resident. She began her career at BCHC as a “candy stripper” in high school. She became a Certified Nursing Assistant and worked from 1981-1983 at Long Term Care at the old site (what is now the Independence Library). She took a break to get married and stay home with her toddlers and came back to work here in 1994.

Linda’s Grandpa told her she would be a good nurse. However, Linda takes great pride in being a career certified nursing assistant. She states, “ I have always liked to help people. I enjoy the bond between residents and their families.”

Angel’s Quote: “Linda understand that no act of kindness, no matter how small, is ever wasted.”

Linda and her husband Merlin live on a farm with a menagerie of goats. In her spare time she enjoys doing the farm chores, church activities , and spending time with her grandchildren. Linda has two sons Carl (Tina) and Ben (Elissa) who live in the area.

Twice Yearly Chores



In the United States, Daylight Saving Time (DST) ends November 6, which means our clocks will fall back an hour from 2:00 A.M. to 1:00 A.M. (and we will gain an hour of sleep). Interestingly, Hawaii and Arizona don’t participate in DST, so their residents won’t get an extra hour of rest. In Europe, they do not call it DST, but Summer Time, and it ends on October 26 at 1:00 A.M. Regardless of where you live, the twice-yearly adjustment to DST offers an opportunity to take care of some important twice-yearly chores. Many fire departments advise us to change our smoke alarm batteries on this day. And since scaling a ladder to check all the smoke alarms isn’t enough, here are some other chores to handle twice yearly. For one, don’t forget to rotate your mattress! Take a good look at your bed. You may have made a lasting impression on it, or it may be starting to sag. Rotating and flipping your mattress will help it wear more evenly. Some new and improved mattresses may not require flipping, but even they should be rotated. If you have a vacuum handy, it’s also a good idea to rid your mattress of dust. Another chore is changing the furnace filter. Because we spend most of the winter inside, our heating systems usually work all day to heat our homes. A new furnace filter will purify the air in the house. If you have a pet or allow smoking in your home, these filters also remove pet dander and smoke from the air. While it may be a good idea to check your filter every three months, DST is the perfect reminder to change it. Still looking for more chores? Check your pantry, refrigerator, and medicine cabinet for expired products. Or, if you’re not a fan of DST, then this may be the perfect reminder to write a letter to Congress to abolish the practice. Neurologist James H. Austin, author of *Zen and the Brain*, attempted to prove the inferiority of puns using MRI scans of the brain. When volunteers heard puns, they groaned—activating the left posterior *inferior* gyrus and left *inferior* frontal gyrus of their brains. Really funny jokes, on the other hand, involve the ventral part of the medial prefrontal cortex. That hard science is no laughing matter.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
We Honor our Veterans at Lexington Estate!						
Carroll McTaggart Harvey Love Leo Michael Bill McGraw Maxine Stepp Vernon Gudenkauf	9:30 Sing & Swing Ladder Golf 11:00 Lunch Outing to Manchester	9:30 Sing Swing 10:00 Cards & Coffee 11:30 Take Out Tuesday 1:30 Music with Nancy Hooten *Vernon Gudenkauf	9:30 Sing & Swing 10:00 Cards & Coffee 11:30 What's in the News 1:30 Bingo-V.F.W. #2440 Auxiliary 3:00 Happy Hour	8:30 Manicures 10:30 Prot. Church- Sheri Andersen 1:30 Music with Jim Kinney *Mary Tarpy & Nancy Tyler	9:30 Sing & Swing- 10:00 Cards & Coffee 10:30 Little Friends 12:30 Music with Linda 1:30 Crafting with Independence Garden Club	1:30 Cards 2:00 Snack Cart
4:00 Church Gary Wilson	6 9:30 Sing & Swing Ladder Golf 11:00 Lunch Outing to Manchester	8 9:30 Sing & Swing 10:00 Cards & Coffee 11:30 Take Out Tuesday 1:30 Music with Nancy Hooten *Vernon Gudenkauf	9 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	10 8:30 Manicures 10:30 Prot. Church- Sue Ann Raymond 1:30 Pet visits 1:30 Stories with Karen	11 Casual Day 9:30 Sing & Swing- 10:00 Cards & Coffee 11:30 Q Chord 3:00 Veteran Recognition Happy Hour with VFW <small>Veterans Day (US) Remembrance Day (Canada)</small>	12 1:30 Cards 2:00 Snack Cart
11:30 Church on Local Radio 95.3 Pastor Scott Meador	13 9:30 Sing & Swing Bag Toss 11:00 Lamont Singers 1:00 Wal-Mart Shop	14 9:30 Sing & Swing Bag Toss 11:00 Lamont Singers 1:00 Wal-Mart Shop	15 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Birthday Party Living Water Church 3:00 Merry Mixers Square Dancers	16 8:30 Manicures 10:30 Prot. Church Mike Nemmers 1:30 Baking Bread in Bread Machine 6:30 Andersen's	17 8:30 Manicures 10:30 Prot. Church Mike Nemmers 1:30 Baking Bread in Bread Machine 6:30 Andersen's	19 9:30 Cards 2:00 Snack Cart
1:30 Family "Turkey" Bingo 4:00 Church Gary Wilson	20 8:00 Breakfast at the Buttermilk 2:00 Taste of Home	21 8:00 Breakfast at the Buttermilk 2:00 Taste of Home	22 9:30 Sing & Swing 10:00 Resident Council Meeting 12:30 Music with Linda 1:30 Giant Crossword	23 9:30 Sing & Swing 10:30 Catholic Service Sharon Bainbridge 11:30 What's in the News 1:30 Bingo-St. Pat's Winthrop 3:00 Happy Hour	24 Macy's Thanksgiving Day Parade <small>Thanksgiving Day (US)</small>	25 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Pet Visits
11:30 Church on Local Radio 95.3 Pastor Scott Meador	27 9:30 Sing & Swing Ring Toss 1:30 Mystery Outing!	28 9:30 Sing & Swing Ring Toss 1:30 Mystery Outing!	29 9:30 Sing Swing 10:00 Cards & Coffee 2:00 Christmas @ The Depot	30 9:30 Sing & Swing- 11:30 What's in the News 1:30 Bingo-Zion Lutheran 3:00 Happy Hour	30 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Pet Visits	26 1:30 Cards 2:00 Snack Cart

Lexington Estate

Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org