

February 2017

Lexington Estate

at Buchanan County Health Center

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

Celebrating February



Groundhog Day

February 2

Super Bowl Sunday

Atlanta Falcons vs. New England Patriots

Souper Supper

Kickoff 5:30pm on FOX

February 8

Random Acts of Kindness Week

February 10-16

Resident & Staff Potluck

February 10th

Lunch @ Lucky Buffet

(Year of the Rooster)

February 13th

Valentine's Day

Dinner

February 14



Fundraiser

Tuesday February 14, 2017

Cafeteria

11:00a.m-1:00p.m.

Take a stroll through our chocolate walk to raise funds for Relay for Life and The Walk to End Alzheimer's. Make a minimum \$5.00 donation and choose a dozen treats to take home.



Taste of Home



Cherry Crunch

Serves/Makes: 18 | Ready In: 30-60 minutes

Ingredients:

- 4 cups bisquick baking mix
- 1 1/3 cup sugar
- 1 1/2 teaspoon cinnamon
- 2 egg
- 2/3 cup shortening
- 2 cans (21 ounce size) cherry pie filling

Directions:

Heat oven to 400 degrees F.

Mix all ingredients except pie filling. Pat 2/3 of the dough in 2 greased square pans-9"x13". Spread the pie filling over dough in pan. Crumble the remaining dough over the pie filling.

Bake about 30 minutes.

Sherman Hemsley (actor) – February 1, 1938

Red Buttons (comedian) – February 5, 1919

Jules Verne (author) – February 8, 1828

L.L. Bean (outdoorsman) – February 13, 1873

Sonny Bono (singer) – February 16, 1935

Michael Jordan (NBA star) – February 17, 1963

Vanna White (hostess) – February 18, 1957

Edna St. Vincent Millay (poet) – February 22, 1892

Elizabeth Taylor (actress) – February 27, 1932

Happy February Birthday to

Our Own Celebrities!

Woody Becker – February 7th

Mary Larson- February 23rd



Welcome to the Neighborhood



Jake Crawford
Dorothy Grawe



In Loving Memory

Bill McGraw

June 4, 1930- January 5, 2017

Ruth Love

Sept. 28, 1916- January 7, 2017

Lexington Employee Spotlight

Sue Streeter



Sue Streeter began her career as a certified nursing assistant at the Virginia Gay hospital in Vinton in 1988. She will be celebrating her 15 year anniversary at BCHC Lexington Estate on February 4th.

When Sue started at Long Term Care (now Lexington) residents were segregated in different wings. One wing for heavy care, one for moderate assistance, and one with the most independent residents. Sue is happy there is a home like environment here. Sue is glad she can assist residents with their daily living needs, which allows them to maintain their independence. She states "Getting to know the residents and their families is very rewarding."

Thank you Sue for your dedication to residents here. Angel Decker Director of Lexington Estate commented, "I can't help but smile when I see Sue. She is hardworking and compassionate along with a personality that just makes you happy."

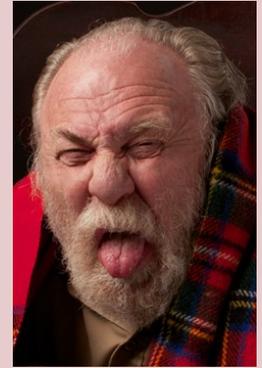
Sue has four children, Chad in Oelwein, Adam of Walker, Cody in Urbana, and Malissa lives in Cedar Rapids. She also has four grandchildren. When she has time off from work she enjoys boating on the Mississippi and anything outdoor related.

It's Flu Season...

Do Them a Favor

Stay Home until you are better!

If you are feeling under the weather we would ask that you please stay home.



Likewise, if we are experiencing widespread illness we may restrict visitors and ask our residents not to go out.

We are happy to report that 100% of our employees have received their flu vaccine. All residents who are able and consented have also received their vaccination.

If we all do our part we will stay happy and healthy this winter.

February is National Heart Month

The American Heart Association has designated February as National Heart Month. The first Friday in February is "**Wear Red Day**" to signify the prevalence of heart disease in women. Great strides have been made in the diagnosis and treatment of women with heart disease.

Things you can do today to reduce your risk:

Quit smoking- We know smoking is bad for our health, [research shows quitting smoking reduces your heart risk.](#)

Exercise- Doing aerobic exercise — using large muscles of the legs and arms — several days a week for 30 to 60 minutes helps your heart work more efficiently.

Manage stress- Understand stress triggers. Learn how to respond to stressful situations at home and at work.

Eat healthy- Eat more fruits, vegetables, whole grains, low-fat dairy, poultry, fish & nuts. Avoid red meat, and sugary and processed foods. Avoid foods high in sodium.

All BCHC associates are encouraged to "**Go Red**" by wearing **RED** on February 3rd! Group Picture at noon!

Life Lived to Its Fullest



Jeanne Louise Calment was born in Arles, in the south of France, on February 21, 1875. Her life was fairly unremarkable and unnoticed, except for her birth date, which was recorded in the Arles birth register. When Calment died in 1997 at 122 years old, she had officially lived longer than any other human.

Theories abound about Calment's extraordinary longevity. Did she live so long because she ate two pounds of chocolate a week, started fencing lessons when she was 85, rode a bicycle until she was 100, drank a daily glass of port wine, or had a great sense of humor? It certainly wasn't because she gave up smoking at age 120. Calment didn't even kick the habit for health reasons—it was because she could not see well enough to light her own cigarettes! Jean-Marie Rabine, public health researcher and author of a book about Calment, credits her long life to her "immunity to stress." Calment, after all, married into money and did not have to work. She spent much of her time playing tennis, roller-skating, cycling, swimming, and joining her husband's hunting parties. But will any of us be so lucky as to live such long, full lives?

While there is much press about ever-increasing human longevity, scientists believe that humans have largely reached the upper limits of our life span, and that limit is 115 years. Calment's 122 years, researchers say, is an anomaly. While the improvements of modern life increase our chances of living longer, no matter how many health advancements and breakthroughs humankind uncovers, we cannot live forever. And scientists are quick to remind us that we do not want to. After all, a full life is better than a long life. A social network, trading white bread for whole grains, moderate exercise, being conscientious, getting enough sleep, and having a sense of a higher purpose—these are the hallmarks of long, full lives. And don't forget a sense of humor. As Calment said, "I will die laughing."

Tips for a Long Life

The Blue Zones Solution –Dan Buettner

1. **Drink coffee.** "It's one of the biggest sources of antioxidants in the American diet."
2. **Skip the juicing.** "The glycemic index on that is as bad as Coke. For eight ounces, there's 14 grams of sugar. People get suckered into thinking, 'Oh, I'm drinking this juice.' Skip the juicing. Eat the fruit. Or eat the vegetable."
3. **You should also skip the protein shake.**
4. **Go for long walks.**
5. **It's O.K. to drink red wine.** "A glass of wine is better than a glass of water with a Mediterranean meal."
6. **High-impact exercise winds up doing as much harm as good.** "You can't be pounding your joints with marathons and pumping iron. You'll never see me doing CrossFit." Instead stick to activities like biking, yoga and, yes, walking.
7. **Cook mostly vegetarian meals** that are heavy on fruits, vegetables, beans, nuts, 100 percent whole-grain bread, oatmeal and avocados.
8. **Hold the butter.** "My view is that butter, lard and other animal fats are a bit like radiation: a dollop a couple of times a week probably isn't going to hurt you, but we don't know the safe level." Use olive oil instead.
9. **Eat meat and fish only sparingly.**
10. **Try to stay away from cow's milk.** Use soy milk instead.
11. **There's no need to avoid carbs if you add freshly baked loaves of bread to a meal.** "A true sourdough bread will actually lower the glycemic load of a meal. But it has to be a real sourdough bread."
12. **Eat in good company.** It's not just about what you eat, but how you eat, and how much you and your friends enjoy a meal together: "The secret sauce is the right mix of friends."

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Valentine's Lunch Garlic Parmesan Shrimp Grilled Flank Steak Au Gratin Potatoes Chocolate Lava Cake / Cherry Pie</p> | <p>9:30 Sing & Swing- Table Tennis 9:30 Mass with Father Don 11:30 What's in the News 1:30 Bingo-St. John's 3:00 Happy Hour 3:45 Sing-a-Long</p> | <p>8:30 Manicures & Chit Chat 10:30 Protestant Kristen Rod 1:30 Music Jim Kinney <i>Groundhog Day</i> 8:30 Manicures 10:30 Protestant Church Sue Ann Raymond 1:30 Stories with Karen-Popcorn</p> | <p>Go Red for Women's Heart Health 9:30 Sing & Swing 10:00 Coffee & Cards 12:30 Music with Linda Jacobsen 1:30 Garden Club Crafting</p> | <p>9:30 Sing & Swing 10:30 Valentine Party with Little Friends 10:30 Catholic Room Visits-Sharon 11:30 Resident & Staff Potluck 1:30 Pet Visits</p> | <p>9:30 Sing & Swing 10:00 Coffee & Cards 10:30 Catholic Service Mary Ann 11:00 Music with David Gray 2:00 Taste of Home</p> | <p>9:30 Sing & Swing 10:00 Coffee & Cards 10:30 Catholic Service Sharon Bainbridge 1:30 Music with Dave Poggenklass</p> |
| <p>11:00 Church on Local Radio 95.3 Pastor Scott Meador Atlanta Falcons-vs New England Superbowl 5:30pm on FOX Souper Supper</p> | <p>9:30 Sing & Swing Basketball Shoot 1:00 Casino Outing</p> | <p>9:30 Sing & Swing 10:00 Coffee & Cards Donut Holes 1:00 Games & Goodies at The Library 6:00 Ladies Musical Love Songs *Woody Becker</p> | <p>9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo-V.F.W. 3:00 Happy Hour</p> | <p>8:30 Manicures 10:30 Protestant Church Mike Nemmers 1:30 Shut the Box Dice Game 6:30 Andersen's</p> | <p>9:30 Sing & Swing 10:00 Coffee & Cards 10:30 Catholic Service Sharon Bainbridge 1:30 Music with Dave Poggenklass</p> | <p>9:30 Sing & Swing 10:00 Coffee & Cards 10:30 Catholic Service Sharon Bainbridge 1:30 Music with Dave Poggenklass</p> |
| <p>4:00 Church with Gary Wilson</p> | <p>9:30 Sing & Swing 11:00 Lamont Singers 11:30 Lunch @ Lucky Buffet Wal-Mart Shopping</p> | <p>9:30 Sing & Swing 10:00 Coffee & Cards 11:00-1:00 Chocolate Walk - Fundraiser 1:30 Valentine Party</p> | <p>9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour 3:45 Sing-a-Long</p> | <p>8:30 Manicures 10:30 Protestant Church Mike Nemmers 1:30 Shut the Box Dice Game 6:30 Andersen's</p> | <p>9:30 Sing & Swing 10:00 Coffee & Cards 10:30 Catholic Service Sharon Bainbridge 1:30 Music with Dave Poggenklass</p> | <p>9:30 Sing & Swing 10:00 Coffee & Cards 10:30 Catholic Service Sharon Bainbridge 1:30 Music with Dave Poggenklass</p> |
| <p>11:00 Church on Local Radio 95.3 Pastor Scott Meador 1:30 Girl Scouts Bingo & Cookies 1:30 Pet Visits</p> | <p>8:00 Breakfast @ The Buttermilk Café 1:30 Pink Polka Dot Studio Crafting <small>Presidents' Day (US)</small></p> | <p>9:30 Sing & Swing 10:00 Coffee & Cards 1:30 Birthday Party Presbyterian Women</p> | <p>9:30 Sing & Swing- Kickball 11:30 What's in the News 1:30 Bingo- St. Pat's 3:00 Happy Hour</p> | <p>8:30 Manicures 10:30 Prot. Church James Ganze 2:00 Magazine Scavenger Hunt *Mary Larson</p> | <p>9:30 Sing & Swing 10:00 Coffee & Cards 10:30 Catholic Service Sharon Bainbridge 1:30 Music with Dave Poggenklass</p> | <p>9:30 Sing & Swing 10:00 Coffee & Cards 10:30 Catholic Service Sharon Bainbridge 1:30 Music with Dave Poggenklass</p> |
| <p>4:00 Church with Gary Wilson</p> | <p>9:30 Sing & Swing 11:00 Q-Chord 1:00 Movie @ The Starlight</p> | <p>9:30 Sing & Swing 10:00 Resident Council 1:30 Coffee Den Manchester</p> | <p>Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org</p> | <p>Hospital skilled Patients are always Welcome to attend Meals or activities @ Lexington</p> | <p>9:30 Sing & Swing 10:00 Resident Council 1:30 Coffee Den Manchester</p> | <p>9:30 Sing & Swing 10:00 Resident Council 1:30 Coffee Den Manchester</p> |

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Mardi Gras