

January 2017

Lexington Estate

at Buchanan County Health Center

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

Celebrating January

Hot Tea Month

Polka Music Month

New Year's Day

January 1

Tequila Shooter Foot Spa

January 13^h

Family Bingo

January 15th

Casino Outing

January 16th

Activity Professionals Week

January 22nd-28th

*Join us in the cafeteria
for Root Beer Floats on*

Thursday 26th 2-3pm

Tequila Shooter

Foot Spa –

Friday, January 13th @ 2:00



Tequila and lime take
on achy- breaky tootsies.

Here's what you will need:

2 sliced limes

Tom fresh mint leaves

5-7 drops lime essential oil

A shot of inexpensive tequila

Here's what to do:

Mix all ingredients in a large bowl of warm water. Find a comfortable spot and soak your tootsies for 10 minutes or more.

We will have an afternoon of pampering on Friday January 20th . After over eating all those holiday treats we will be enjoying "Skinny Girl" Cocktails.

Taste of Home



Oatmeal cookies, instant oatmeal, Oat grain breads, just to name a few. Oats have been part of the world's diet. It's been used for everything from deserts to grain for animals, and is still one of the most popular breakfast menu items in the world.

Oatmeal month is your opportunity to reacquaint yourself with this phenomenal grain, and learn to truly love this staple of delicious cooking.

Soft Chewy Oatmeal Cookies

- 1 1/4 c softened butter
- 3/4 c packed sugar (brown)
- 1/2 c white sugar
- 1 Large Egg
- 1 t vanilla extract
- 1 1/2 c all-purpose flour
- 1 t Baking Soda
- 1 t ground cinnamon
- 1/2 t kosher salt
- 1/4 t nutmeg
- 3 c Oats uncooked

Preheat oven to 375°F. Prepare a large bowl by beating margarine and sugars in it until it's thoroughly creamed. Mix in the egg and vanilla, and beat the mixture well. Then include flour, baking soda, salt, nutmeg, and cinnamon; mix well. Add in the oats and mix it up. Once it's thoroughly mixed take round tablespoons of dough and drop them onto ungreased cookie sheets. Then bake them for 8 to 9 minutes, and allow to cool on cookie sheets for 1 minute. Be sure to stow them covered!

January Birthdays

- Diane Keaton (actress) – January 5, 1946
 Elvis Presley (musician) – January 8, 1935
 George Foreman (boxer) – January 10, 1949
 Faye Dunaway (actress) – January 14, 1941
 Al Capone (gangster) – January 17, 1899
 Edgar Allan Poe (writer) – January 19, 1809
 Ernest Borgnine (actor) – January 24, 1917
 Oprah Winfrey (mogul) – January 29, 1954
 Jackie Robinson (ballplayer) – January 31, 1919

Our Own Celebrities!

- Helen Blad January 3rd
 Harvey Love turns 100 on
 January 8th!!



Welcome to the Neighborhood



Marilyn Harberts
Delores Doyle

In Loving Memory



Velma Richardson
Oct. 7, 1924-Dec. 26, 2016

Lexington Employee Spotlight

Dodie Dunlap Henningsen

Dodie graduated from Kirkwood Community College in 1986 with a degree in Handicapped Services and then from the University of Northern Iowa with a degree in Therapeutic Recreation in 1989. The next four years she worked in Traumatic Brain Injury Rehabilitation. Fast forwarding a few years, Dodie married and headed back to Independence. Dodie relays that she was fortunate to be a stay at home mom to their two oldest children for several years. She eventually felt the call to reenter the workforce. Dodie was able to join the family here at BCHC in 1999, as an Activity Assistant. Dodie says that "Working in town and with our older population has been great!" Dodie contributes the influences of her own loving Grandparents, and the lessons they taught through shared experiences with her being able to find a perfect career match as an activity assistant. Throughout the years she has shared some of the great dogs her family has loved with the folks here. Her dogs have become members of the Lexington family. Dodie and Craig have three children Corbin, Chloe and Claudia. She loves camping, gardening and crafting.

"From the day I started in 2011, Dodie has been a partner in bringing quality, compassion, insight, and caring to every activity. She is an advocate for residents, and fosters long lasting relationships with families and co-workers. Thanks Dodie for all you do!" Dianne Hepke



Immigration Station

Three large ships waited in New York harbor on January 1, 1892, for the official opening of the Ellis Island Immigration Station. On that first day, hundreds of immigrants entered America. The very first person to be processed was 17-year-old Annie Moore, from Cork, Ireland. It is estimated that between 1900 and 1914 (the peak years of the station's operation), up to 11,000 people passed through Ellis Island every day. It has been estimated that 40 percent of all Americans can trace their lineage back to Ellis Island. For this reason, Ellis Island was made a National Park in 1965 and designated an Immigration Museum in 1990. Today, visitors to the island are invited to search a database to discover whether their ancestors were part of the great surge of immigrants passing through the center's halls between 1892 and 1924. The list of famous names who passed through Ellis Island is astounding; it includes composer Irving Berlin, bodybuilder Charles Atlas, Hollywood starlet Claudette Colbert, psychologist Sigmund Freud, and silent movie star Charlie Chaplin.



As Easy as Pie

Eskimo Pie may not have been a pie at all, but it sure was delicious. It was the first chocolate-covered ice cream bar. Christian Kent Nelson got the idea while working in his candy store. He watched as a small boy began to buy an ice cream, then changed his mind and bought a chocolate bar instead. Nelson asked him why he didn't buy both. The boy said, "Sure, I know I want 'em both, but I only got a nickel." For weeks afterwards, Nelson worked around the clock trying to stick chocolate to ice cream.

Nelson's invention was a hit. He teamed up with chocolatier Russell Stover and called his new treat the Eskimo Pie. On January 24, 1922, Nelson patented his idea. Soon millions of the treats were being sold across the globe, and Nelson was raking in \$2,000 a day in royalties. **Join us January 24th @ 2pm for Eskimo pies and a North to Alaska Program.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 10:00 a.m. on ABC Rose Bowl Parade New Year's Puzzles College Football Bowl Games. 4:00 Church with Gary New Year's Day	2 9:30 Sing & Swing Horseshoes Un-Deck the Halls take down Christmas Decorations	3 9:30 Sing & Swing 10:00 Cards & Cookies 1:00 Games and Goodies at the Independence Library *Heleen Blad	4 9:30 Sing & Swing- Table Tennis 10:30 Mass with Father Plomondon 11:30 What's in the News 1:30 Bingo-St. John's 3:00 Happy Hour 3:45 Sing a Long	5 8:30 Manicures Church- Bob Solon 1:30 Music with Jim Kinney	6 9:30 Sing & Swing- 10:00 Cards & Cookies 10:30 Little Friends 12:30 Linda Jacobsen 1:30 Pet Visits	7 2:00 Snack Cart	
8 11:00 Church on Local Radio 95.3 Pastor Scott Meador 2:00 Harvey Love 100 th Birthday Party! *Harvey Love	9 9:30 Sing & Swing Marshmallow Monday! Toss Game 11:30 Lunch @ DQ and Wal-Mart Shopping	10 9:30 Sing & Swing 10:00 Cards & Cookies 1:30 Music with Nancy Hooten	11 9:30 Sing & Swing- & Kickball 11:30 What's in the News 1:30 Bingo- V.F.W. 3:00 Happy Hour	12 8:30 Manicures & Chit Chat 10:30 Protestant Church Richard Wearmouth 1:30 Stories with Karen Assorted Hot Teas	13 9:30 Sing & Swing- Ball Toss 10:00 Cards & Cookies 2:00 Tequila Shooter Foot Spa	14 2:00 Snack Cart	
15 1:30 Family Bingo 1:30 Pet Visits 4:00 Church with Gary Wilson	16 9:30 Sing & Swing 1:00 Casino Trip To Waterloo Martin Luther King Day	17 9:30 Sing & Swing 10:00 Cards & Cookies 1:30 Birthday Party BCHC Hospital Auxiliary	18 9:30 Sing & Swing- 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour 3:45 Sing a Long	19 8:30 Manicures 10:30 Protestant John Sheda 1:30 Dominos 6:30 Andersen's	20 9:30 Sing & Swing 10:00 Cards & Cookies 10:30 Catholic Service Mary Ann 1:30 Mystery Activity	21 2:00 Snack Cart	
22 11:00 Church on Local Radio 95.3 Pastor Scott Meador 1:30 Cards Activity Professionals Week	23 9:30 Sing & Swing Bag Toss 1:30 Taste of Home	24 9:30 Sing & Swing 10:00 Resident Council 12:30 Linda Jacobsen 1:30 "Alaska" Travelogue Eskimo Pies	25 9:30 Sing & Swing- 11:30 What's in the News 1:30 Bingo- St. Pats 3:00 Happy Hour	26 8:30 Manicures Chit Chat 10:30 Protestant Kevin Jennings 2:00-3:00 Rootbeer Floats in the Cafeteria Australia Day	27 9:30 Sing & Swing 10:00 Cards & Cookies 10:30 Catholic Services-Sharon 1:30 Music with Dave Poggenklass	28 2:00 Snack Cart Chinese New Year	
29 1:30 Cards 4:00 Church with Gary Wilson	30 9:30 Sing & Swing Horseshoes 1:00 Movie at the Starlight	31 9:30 Sing & Swing 10:00 Cards & Cookies 1:30 Shut the Box Dice Game	Hospital skilled patients are always welcome to come for Lexington for Meals or Activities!				
<h1>January 2017</h1> <p>*Activities subject to change.</p> <p>Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org *Denotes Birthday</p>							

