

March 2017

Lexington Estate

at Buchanan County Health Center

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

Celebrating March

Middle Name Day

March 10

Daylight Saving Time Begins

March 12

St. Patrick's Day

Resident & Staff Potluck

March 17

Family Fish Fry

March 31

Out and About

March 6th Dollartree Shopping
Shakes at Mc' Donald's

March 7th Games and Goodies@ Library

March 13th Wal-Mart Shopping

March 20th Drive in the Country

March 23rd March Madness Games and
Snacks @ Falcon Center

March 27th Movie @ the Starlight

Join us for

a

Family Fish Fry

Friday, March 31, 2017

5:00 p.m.

Menu

Oven Fried Fish

Potato Salad

Coleslaw

Roll with Butter

Lemon Cheesecake



RSVP- by March 17th Dianne Hepke

@

319-332-0914

Taste of Home



Helen Blad's Lemon Cheesecake

Prepare Jello:

3oz. box lemon jello

1 C. boiling water

Mix jello and hot water, put in fridge to soft set overnight.

Crust:

30 graham crackers (crushed)

3 tbs. sugar

¼ lb. margarine (1 stick melted)

Mix and press in 9 x 13 dish reserving ¼ cup for topping.

Cream Cheese Mixture:

8 oz. cream cheese

1 C. sugar

2 tsp. vanilla

1-8oz. cool whip

Cream sugar, vanilla, and cream cheese well, add cool whip.

Beat in jello and pour in crust. Top with reserved crumbs. Chill

March Birthdays

Theodore Geisel (Dr. Seuss) – March 2, 1904

Knute Rockne (coach) – March 4, 1888

Sam Donaldson (journalist) – March 11, 1934

Billy Crystal (comedian) – March 14, 1948

Vanessa Williams (actress) – March 18, 1963

Spike Lee (director) – March 20, 1957

Joan Crawford (actress) – March 23, 1905

Aretha Franklin (singer) – March 25, 1942

Happy Birthday to

Our Own Celebrities!

Jane Mc Gill March 7th

Dorothy Cielieski March 14th



In Loving Memory



Leo Michael

December 11, 1918– February 13, 2017

Lexington Employee Spotlight

Dawn Cain



Dawn Cain began her career as a certified nursing assistant at the Buchanan County Health Center, in 2002 . Previously ,Dawn was a daycare provider in her home until her daughter went to pre-school. Dawn and her husband Brian live in close proximity to the hospital, so as they talked about possible job opportunities Brian (an EMT at the time) encouraged her to think about working at the hospital. Dawn comes from a family of caregivers. Several of her aunts, cousins , and her mom all were nursing assistants.

Dawn enjoys the smiles and friendly conversation with residents. Dawn is our specialist in the spa! She states, "I like helping the residents with grooming. When they look good, I look good."

Dawn & Brian have one daughter Kelsey, who is a senior in high school. Dawn loves spending time with her family going on trips together. Dawn is a fabulous cook and residents often request her potato salad for pot-lucks.

Angel Decker, Lexington Estate Director had this to say, "I came across this quote and it reminded me of a recent conversation between Dawn and I." "A person's most useful asset is not a head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help others". I do not know what Dawn's IQ is, but if you measured it by the amount of kindness and compassion she shows everyone she encounters, then I would say she is a genius.

Middle Name Pride Day– March 10th

Middle names. Why bother? Are they a source of pride, embarrassment, or obligation? Bask in the glory of your middle name on March 10, Middle Name Pride Day. Middle names as we use them today first gained popularity among the elite classes during Renaissance Italy. Parents were torn between naming their children after a saint or a family member. The easy solution was a three-name structure: family name (like an aristocratic inheritance), baptismal middle name (for piety), and surname. It wasn't until immigrants arrived in America that the middle name shed its religious significance and evolved into a maternal maiden name or, by the Civil War, just about any name the parents pleased. Regardless of their intent, middle names almost always have meaning, so embrace your middle name by choosing to go by that name on March 10.

Stop by the activities office for a special nametag to celebrate!

Hello
my name is

Dianne **Marie** Hepke

Name Fun Facts

Donald Duck's middle name is Fauntleroy
The Lone Ranger's name, except when he put on his mask, etc., was "John Reid" (played on TV by Clayton Moore).
Who was the "Granny Smith" apple named after? Maria Ann Smith.
Nipper is the name of the dog on the RCA logo (the logo shows a dog [Nipper] listening to a gramophone).
Prior to being named the "White House" (President Theodore Roosevelt first used that name when he had "White House" engraved on his stationery in 1901), the residence was known as, the "President's Palace," the "President's House" or the "Executive Mansion."
Maine is the only state in the United States whose name is just one syllable.

"They certainly give very strange names to diseases. " -Plato
Adolph Blaine Charles David Earl Frederick Gerald Hubert Irvin John Kenneth Lloyd Martin Nero Oliver Paul Quincy Randolph Sherman Thomas Uncas Victor William Xerxes Yancy Zeus Wolfeschlegelsteinhausenberdorft Sr., had a name for every letter in the alphabet, shortened his name to Mr Wolfe Plus 585 Sr. (the world's longest name officially used by a person).

The full name of the city Los Angeles? *El Pueblo de la Reina de Los Angeles*

The name FIAT comes from Fabbrica Italiana Automobili Torino?
"Jake the Jailbird" is the name of the guy in jail on a Monopoly board.

The police officer in the opposite corner on the Monopoly board is "Officer Edgar Mallory."

"Scotty" is the name of the Monopoly dog (playing piece).



BCHC Gift Shop

Great Gifts for a Good Cause

The gift shop, which is operated by auxiliary volunteers, raises more than \$10,000 each year to help enhance the care you receive at Buchanan County Health Center.

Popular items in the gift shop include:

- Jewelry
- Scarves
- Cards
- Decorative items
- Seasonal gifts
- Candy
- Iowa, Iowa State and UNI merchandise
- Personal care items like slippers, mouthwash and razors

Hours

Monday-Friday

9 a.m. – 4 p.m.

Saturday-Sunday

1 p.m. – 3 p.m.

If you are looking for something to do when you visit, why not check out the gift shop! Many residents have an abundance of bingo dimes to spend. On the way you can stop by the cafeteria for a snack or a cup of coffee!

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

March 2017

Lexington Estate



<p>11:00 Church local radio 95.3 Pastor Scott Meador</p>	<p>5 9:30 Sing & Swing Bag Toss 1:30 Dollar Tree Shopping Minty Shakes @ Mc Donald's</p>	<p>6 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Games & Goodies @ The Library *Jane McGill</p>	<p>7 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Games & Goodies @ The Library *Jane McGill</p>	<p>8 9:30 Sing & Swing Table Tennis 11:30 What's in the News 1:30 Bingo-VFW 3:00 Happy Hour</p>	<p>9 8:30 Manicures 10:30 Protestant Church Scott Meador 1:30 Stories With Karen</p>	<p>10 Casual for a Cause 9:30 Sing & Swing 10:00 Cards & Coffee 10:00 Catholic Room Visits with Sharon 1:30 Fun with Names "Games"</p>	<p>11 9:30 Sing & Swing 10:00 Cards & Coffee 10:00 Catholic Room Visits with Sharon 1:30 Fun with Names "Games"</p>	<p>12 4:00 Church with Gary Wilson Purim Daylight Saving Time Begins 11:00 Church on local radio 95.3 Pastor Scott Meador 1:30 Spring Fling Family Bingo!</p>	<p>13 9:30 Sing & Swing 11:00 Lamont Singers 1:00 Wal-Mart Shopping</p>	<p>14 9:30 Sing & Swing 10:00 Cards & Coffee 11:30 Take Out Tuesday 1:30 Music with Nancy Hooten *Dorothy Ciesielski</p>	<p>15 9:30 Sing & Swing 11:30 What's in the News 1:00 Matinee The Little Mermaid @ High School 1:30 Lucky Bingo 3:00 Happy Hour 3:45 Sing-a-Long</p>	<p>16 8:30 Manicures 10:30 Protestant Church John Molecek 1:30 Travelogue to Ireland and Popcorn 6:30 Andersen's</p>	<p>17 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Cath Serv. Mary Ann 11:30 Staff & Resident Potluck 1:30 Pet Visits St. Patrick's Games St. Patrick's Day</p>	<p>18 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Cath Serv. Mary Ann 11:30 Staff & Resident Potluck 1:30 Pet Visits St. Patrick's Games St. Patrick's Day</p>	<p>19 11:00 Church on local radio 95.3 Pastor Scott Meador 1:30 Spring Fling Family Bingo!</p>	<p>20 9:30 Sing & Swing Bag Toss 1:30 Drive in the Country 3:30 Music with Linda Jacobsen</p>	<p>21 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Birthday Party Catholic Daughters</p>	<p>22 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo St. Pats 3:00 Happy Hour</p>	<p>23 8:30 Manicures 10:30 Protestant Church Bob Solon 1:30-3:30 March Madness @ Falcon Center</p>	<p>24 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service-Sharon 1:30 Music with Dave</p>	<p>25 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service-Sharon 1:30 Music with Dave</p>	<p>26 4:00 Church with Gary Wilson</p>	<p>27 9:30 Sing & Swing Bag Toss 1:00 Movie @ The Starlight</p>	<p>28 9:30 Sing & Swing 10:00 Resident Council 1:30 Resident's Rights Bingo</p>	<p>29 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo Zion Lutheran 3:00 Happy Hour</p>	<p>30 8:30 Manicures 10:30 Protestant Church Richard Wearmouth 1:30 Pet Visits Celebrate Doctor Day</p>	<p>31 9:30 Sing & Swing 10:00 Cards & Coffee 2:00 Taste of Home 5:00 Family Fish Fry</p>	<p>4 2:00 Snack cart</p>
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