

June 2017

# Lexington Estate

at Buchanan County Health Center

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

## Celebrating June

**Say Something Nice Day**

*June 1*

**Snoezelen Open House**

*June 9*

**World Blood Donor Day**

**Flag Day**

*June 14*

**Lunch with the Guys!**

*June 10*

**Father's Day**

*June 18*

## Out & About

6-1 Local Shop/Dollar Tree

6-5 Pie & Coffee @ Senior Center

6-12 10am Sacred Heart Garage Sale

1pm Local Shop / Wal-Mart

6-16 Trip to Shellsburg/Lunch

6-19 Summer Drive Ice Cream

6-20 Airport Cookout

6-26 Movie @ the Starlight



## It's a Guy Thing!

Saturday June 10, 2017

12:00 (Noon)

Please join us for a meal as we celebrate *all* the guys in our lives!

### Menu

Pulled Pork Sandwiches

Hearty Beans

Coleslaw

Beer & Root Beer Floats

\*\* Please use the emergency room entrance (North side of the hospital). Walk up the main hallway and take a left at the *crossroads* to Lexington Estate. If you need assistance stop at the registration desk and ask for help.

R. S. V.P. by Friday, June 2nd

Dianne @ 319-332-0914

Buchanan County Health Center Lexington Estate

1600 1st Street East, Independence, Iowa 50644

## Taste of Home

### Crock-Pot Rhubarb and Strawberry Crisp Recipe

**Course** Desserts  
**Cuisine** American  
**Crock-Pot Size** 5 Quart Crock-Pot

<b>Servings</b>	<b>Prep Time</b>	<b>Cook Time</b>
12 PEOPLE	10 MINUTES	2 HOURS ON LOW

#### Ingredients

- 6 cup rhubarb diced small
- 2 cup strawberries sliced
- 2/3 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1 cup all-purpose flour
- 2 teaspoon baking powder
- 1/4 teaspoon salt
- 8 tablespoon butter softened
- 1 1/3 cup brown sugar light or dark
- 1 1/3 cup quick cooking oats

#### Instructions

1. In a small bowl mix together the cinnamon and sugar and set aside.

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2. Combine rhubarb and strawberries in a 5 quart or larger crock-pot.

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3. Sprinkle fruit with cinnamon and sugar mixture.

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4. In a separate mixing bowl, combine remaining ingredients mixing butter in until you have smaller crumbs to make the crisp topping.

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5. Evenly sprinkle the crisp topping mixture over the fruit in the slow cooker.

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6. Cover and cook on LOW for 2 – 3 hours until the crisp begins harden.

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7. Serve with whipped cream or a scoop of vanilla ice cream if desired and enjoy!



## June Birthdays

Jerry Mathers (actor) – June 2, 1948  
 Frank Lloyd Wright (architect) – June 8, 1867  
 Judy Garland (actress) – June 10, 1922  
 Jim Nabors (actor) – June 12, 1930  
 Alois Alzheimer (doctor) – June 14, 1864  
 Moe Howard (comedian) – June 19, 1897  
 Meryl Streep (actress) – June 22, 1949  
 Pearl S. Buck (novelist) – June 26, 1892  
 Mel Brooks (actor) – June 28, 1926  
 Lena Horne (singer) – June 30, 1917

## Happy Birthday to Our Own Celebrities!

Carol Fisher June 26th  
 Donavan Axtell June 30th



## In Loving Memory



**Frank Tarp**  
 May 25, 1933– April 30, 2017  
**Lee Miller**  
 October 3, 1939 –May 25, 2017

## Welcome to the Neighborhood



**Don Finley**  
**Joyce Henderson**

## Lexington Employee Spotlight



Kenna Barth began her career as a certified nursing assistant in 2010. She was enrolled at Hawkeye for general education classes and just happened to do a short shadow experience at West Village in Independence.

Kenna was impressed with BCHC's Long Term Care (now Lexington) and was hired in July of 2010.

Kenna remarks that her first impression of Long Term Care was how clean the facility was and she liked that the hospital was attached for easy access to services. Kenna loves the fast paced work, and co-workers who are great to work with.

Kenna has continued her education and graduated last May with a degree in Radiologic Technology. She currently works fulltime at Covenant Medical Center in Waterloo. She keeps her PRN status here because she is loyal to BCHC and is hopeful that she will be able to use her skills here as openings arise in the Radiology Department.

Angel Decker, Director of senior Operations, had this to say about Kenna, "It's fairly common to hear people say they are a "team player", however actions speak louder than words and Kenna's actions show exactly what being a "team player" means. This past winter a co-worker needed immediate personal time off, after reaching out to Kenna she immediately picked up one day. Her willingness to pick up a day was sincerely appreciated, but once she was aware of the situation she stated "If it will help" [insert name] "get her 2 weeks off..." and then picked up several more days. The level of compassion she showed her co-worker was extraordinary and was the perfect example of what it truly means to be a "team player".

In her spare time Kenna enjoys bicycling and camping. Thank you Kenna for your care for our residents here at Lexington Estate and your dedication to BCHC.

# Join Us!

Lexington Estate is hosting an  
Snoezelen® Open House

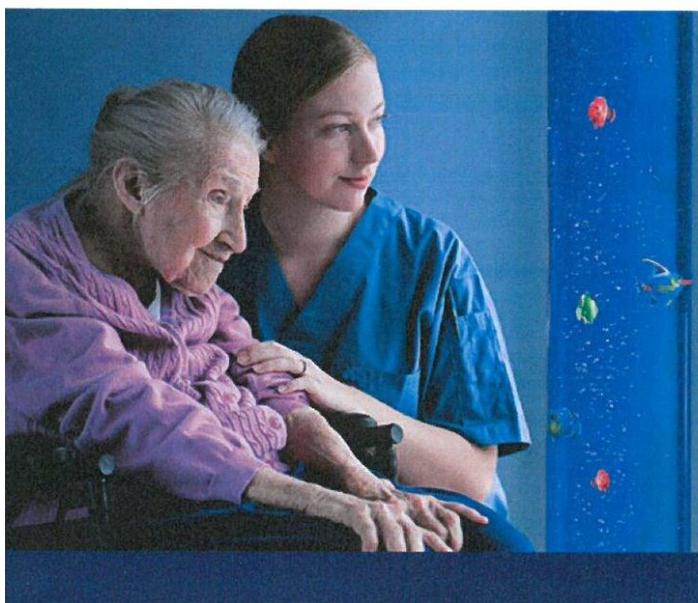
Stop by and visit our new  
Snoezelen® Room. The newest  
addition to Lexington Estate.

*When:*

Friday, June 9th  
1:00 pm - 3:00 pm

*Where:*

Lexington Estate  
Independence, Iowa



## Busy Fingers: Tools for Dementia-Related Fidgeting

Adapted from an article : By Ava M. Stinnett

During the mid to late stages of Alzheimer's and other dementia-related diseases, specific behaviors typically occur. These might include aggression in the form of shouting or hitting; repetition of words, phrases, or actions; suspicion that causes misperception of particular events; or paranoia surrounding the actions of caregivers and family members. Another symptom—agitation—might be displayed as being restless or fidgeting. For example, you might notice seniors with dementia repeatedly picking at blankets or clothing, wringing their hands, twirling a wristwatch or ring, or folding and unfolding pieces of paper. This could be due to anxiety caused by increased confusion, disorientation, or the frustration that accompanies cognitive decline.

There are numerous activities that caregivers can try to help reduce loved ones' anxiety while making them feel engaged, productive, and satisfied. Granted, it can be challenging to find ways of encouraging someone with dementia to participate in an activity. But being entertained, staying busy, and feeling a sense of accomplishment often translates to a better mood and reduced agitation.

One item that can help reduce agitation is a "fidget blanket or pillow." These lap-sized blankets, pillows or quilts are made of a mixture of fabrics with different textures like flannel, denim, satin, leather, or burlap. To keep restless fingers busy, tightly anchored items are attached. A loved one might enjoy gadgets such as snaps, zippered or buttoned pockets, Velcro closures, cross-stitched or decorated patches, a clock face, or shoe eyelets with shoelaces attached. A huge thank you to Sue Frye and Maxine March & friends for making fidget items for our new Snoezelen room!



Fidgeting tools can be homemade or purchased on Amazon, Pinterest, or Etsy. And they aren't limited to blankets or quilts! We recently purchased Twiddle cats as an example, they are hand muffs (cylinders that keeps hands warm) they are soft, chunky, and provide visual, tactile, and sensory stimulation. If you do a Google search, you'll also find aprons, activity mats, tool belts, bibs, purses, and even a fisherman's vest.

Before making or purchasing a fidgeting blanket, you'll want to consider whether the attachments should be removable for laundering purposes, if you want to include a name tag, and how to choose safe, accessible items (i.e., not too sharp or easily lost, clearly visible). Regardless of the type of "fidget" or "twiddle" piece you choose, know that it might be just the thing that helps a senior with dementia feel calm, more focused, and able to cope.

### **Resources:**

<https://www.sjhc.london.on.ca/our-stories/hand-muffs-dementia>

<https://www.pinterest.com/pin/189291990563743991/>

<https://frommycarolinahome.wordpress.com/2016/02/18/more-fidget-quilts-for-alzheimer-and-dementia-patients/>

<https://www.mentalhelp.net/articles/tips-for-dealing-with-specific-dementia-problematic-behaviors/>

[https://www.amazon.com/s/ref=nb\\_sb\\_noss\\_2?url=search-alias%3Daps&field-keywords=fidget+blanket](https://www.amazon.com/s/ref=nb_sb_noss_2?url=search-alias%3Daps&field-keywords=fidget+blanket)

**For the Birds...**

Our residents love to watch the world go by...



If you are looking for a gift to give your loved one please consider a bird feeder/bird seed. We would enjoy more feeders outside the windows in common areas as well. Now is the time for Flowers as well. If you need assistance in placing a Flower hook or hanging basket let know and we will pass it along to our maintenance workers and gardener to water them for you. Bird feeders and flowers are a nice addition to the view especially for those who don't come out as much.

**Fun in the Sun...**



As the weather gets warmer we will be spending more time outside, and enjoying more outings. Please provide sunscreen for your loved one, sun-

glasses, and maybe a hat or visor so that we can protect them from too much sun exposure.

**Don't Bug ME!...**



With the warm weather unfortunately we also welcome back the bugs! If you can provide packets of wipe on insect

repellent or the newer "Bug Soother" products , we will

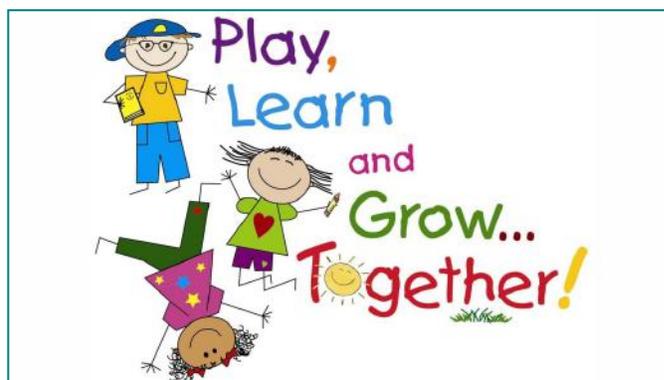
do our best to fend off these pests while we enjoy our time outdoors.

**O Say Can You See**



June 14 is Flag Day in the United States, a day commemorating the adoption of the American flag by the Second Continental Congress in 1777. Known as "Old Glory," "Stars and Stripes," and the "Star-Spangled Banner," the flag has 13 equal horizontal stripes, alternating red and white, symbolizing the original thirteen colonies. The *canton*, the rectangle in the upper left-hand corner, is blue with 50 white stars, representing the 50 states. Throughout America's history, there have been 39 different flag designs, with the stars of the canton changing each time a state was added to the Union. Canton designs, before the 48-star flag, had no official arrangement of the stars. Sometimes they were in a circular pattern and other times in the pattern of a star. Since 1777, one thing hasn't changed: the American flag has always stood for freedom.

**In collaboration with the Independence Public Library we are inviting area children to join us for a Flag Day Program with a craft and red, white & Blue ice cream sundaes at 1:30pm on Tuesday June 13th. Sign up at the Independence Public Library!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 Church with Gary Wilson 11:00 Church on local radio 95.3 with Pastor Scott Meador	9:30 Sing & Swing 2:00 Community Chat Pie & Coffee at Senior Center 9:30 Sing & Swing 10:00 Sacred Heart Garage Sale Oelwein 1:00 Local Shop Wal-Mart	9:30 Sing / Swing 10:00 Cards & Coffee 1:30 Music With Jim Kinney 9:30 Sing / Swing 10:00 Cards & Coffee 11:30 Take Out 1:30 Flag Day Craft with community kids Ice Cream Sundaes	9:30 Sing & Swing Kickball 9:30 Catholic Service Ft. Dave <small>11:30 What's in the News</small> 1:30 Bingo St. John's 3:00 Happy Hour 9:30 Sing & Swing Ball Toss <small>11:30 What's in the News</small> 1:30 Bingo V.F.W. 3:00 Happy Hour 3:45 Sing -A-Long <small>Flag Day (US)</small>	8:30 Manicures 10:00 Local Shop / Dollar Tree 10:30 Protestant John Molacek 1:30 Movie & Popcorn Pet Visits 8:30 Manicures 10:30 Protestant Church Bob Solon 1:30 Stories with Karen 8:30 Manicures 10:30 Protestant Church Richard Wearmouth 1:30 Tie One on Card Game 6:30 Andersen's Music	9:30 Sing & Swing 10:00 Cards & Coffee 12:30 Dinner Show Linda Jacobsen 1:30 Garden Club Crafting Casual for a Cause 9:30 Sing & Swing 10:00 Cards & Coffee 1:00-3:00 Snoezelen Open House 1:30 Music with Country Steppers 9:30 Sing- Swing Horseshoes 10:00 Cards & Coffee 10:30 Catholic Service Mary Ann 10:30 Outing to Shellsburg Inga Schminke 9:30 Sing / Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon 1:30 Music with Dave Poggenklass Pet visits 5:00pm Relay for Life Casual for a Cause 9:30 Sing / Swing 10:00 Cards & Coffee 1:30 Front Porch Tales on the Lawn *Donavan Axtell	3 10 17 24
4:00 Church with Gary Wilson 6:30 Independence Community Band	9:30 Sing & Swing 10:00 Resident Council 12:30 Dinner Show Linda Jacobsen 1:30 Trivia Time 5:00 Music with David Gray 9:30 Sing & Swing 1:00 Movie At the Starlight *Carol Fisher	9:30 Sing / Swing 10:00 Resident Council 12:30 Dinner Show Linda Jacobsen 1:30 Trivia Time 5:00 Music with David Gray 9:30 Sing / Swing Bag Toss <small>11:30 What's in the News</small> 1:30 Bingo St. Par's 3:00 Happy Hour 3:45 Sing -A-Long Summer Begins	9:30 Sing / Swing Bag Toss <small>11:30 What's in the News</small> 1:30 Bingo 3:00 Happy Hour 8:30 Manicures 10:30 Protestant Church Scott Meador 1:30 Homemade Ice Cream	8:30 Manicures 10:30 Protestant John Sheda 2:00 Taste of Home 8:30 Manicures 10:30 Protestant Church Scott Meador 1:30 Homemade Ice Cream	9:30 Sing / Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon 1:30 Music with Dave Poggenklass Pet visits 5:00pm Relay for Life Casual for a Cause 9:30 Sing / Swing 10:00 Cards & Coffee 1:30 Front Porch Tales on the Lawn *Donavan Axtell	25 30 30

June 2017  
**Lexington Estate**  
 Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org

Activities subject to change.

