

July 2017

Lexington Estate

at Buchanan County Health Center

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

BCHC Celebrating 100 years!

Celebrating July

Independence Day Celebrations Poker Walk

Sponsored by BCHC Lexington Estate

July 3rd @ 5:00

July 4

Independence Day (U.S.)

Out and About

July 6th

Local Shopping/Dollar Tree

July 7th

Drive in the Country

July 10th

Wal-Mart Shopping

July 17th

Ice Cream Social @ Senior Center

July 24th

Cedar Valley Arboretum

Picnic at Oak view

July 30th

Movie at the Starlight



2017 Parade Float "Takes the Cake!"

BCHC is celebrating 100 years in style by entering our float in the Winthrop, Independence, and Jesup parades this summer. Staff members and family showed off the float for it's maiden voyage at the Winthrop Funnel Cake Days on June 16th. Watch for us in the Independence parade on Tuesday July 4th and the Jesup Farmer's Day parade on Saturday, July 8th.

Special thanks to Leonard Schmidt who spent a weekend 'baking' the cake and to Crystal Etringer, Dianne Hepke, Katie Elliot, and Michelle McBride for 'frosting' it!

Join BCHC staff as we assist with the annual breakfast at the Buchanan County fairgrounds Saturday July 8th under the pavilion .

Taste of Home



Lemonade Sweeties

Ingredients:

- Cooking spray
- 1 cup butter, room temperature
- 1 cup sugar plus more for sprinkling on top
- 1 teaspoon baking soda
- 2 eggs
- 3/4 cup frozen lemonade concentrate, thawed, divided
- 3 cups flour

Directions

1. Preheat oven to 350°F. Spray a baking sheet with cooking spray.
2. Combine butter and sugar in a large bowl. Beat in baking soda, eggs, and 1/2 cup lemonade concentrate. Stir in flour until well combined.
3. Drop dough by tablespoonful onto prepared baking sheet.
4. Bake 6–7 minutes. Transfer cookies to a cooling rack.
5. Brush equal amounts of remaining concentrate on top of each cookie. Sprinkle each with a pinch of sugar.

Makes about 48 servings

July Birthdays

- Dan Aykroyd (actor) – July 1, 1952
 Neil Simon (playwright) – July 4, 1927
 Jerry Vale (singer) – July 8, 1930
 Giorgio Armani (designer) – July 11, 1934
 James Cagney (actor) – July 17, 1899
 Sir Edmund Hillary (explorer) – July 20, 1919
 Amelia Earhart (aviator) – July 24, 1897

Happy Birthday to Our Own Celebrities!

- Maxine Stepp—July 6th
 Verna Johnson— July 11th
 Bud Hawker— July 16th
 Elva Prenosil— July 20th
 Carroll Mc Taggart— July 25th
 Marvel Dennie— July 28th



In Loving Memory



Bertha Gahring

April 7, 1929-June 1, 2017

Merilyn Beebe

August 15, 1939– June 21, 2017

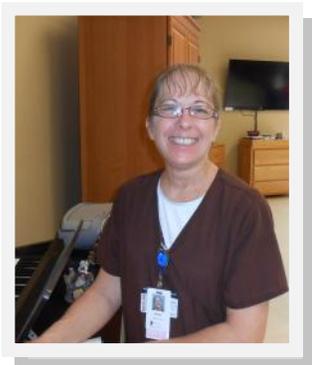
Welcome to the Neighborhood



Iva Jean King

Donna Green

Lexington Employee Spotlight



Becky Hurst, Certified Nursing Assistant

Becky Hurst began her career as a certified nursing assistant in 2009. She enrolled at Hawkeye for classes after a 16 1/2 year career with Triangle Plastics in Winthrop.

Becky decided to pursue caregiving formally after caring for her Parents and grandparents who lived next door to her. She also was the caregiver for her husband throughout his terminal illness.

Becky enjoys being a part of our resident's lives and especially getting them ready for their day. She takes pride in helping them with grooming and dressing to look their best. Getting to know families is also an added blessing.

Angel Decker, Director of senior Operations, had this to say about Becky, "When I think of Becky I automatically picture her on the move, determined to do whatever she can to ensure her residents are well taken care of. Becky puts her heart and soul into everything she does, never giving less than 100%. The sincere kindness and compassion she has for others is inspiring. Thank you Becky, for making each day shine a little brighter for your residents, your coworkers and for me."

In her spare time Becky enjoys cooking, baking, yardwork, gardening and camping. Becky has 2 children Brent (wife Sabrina) from Kentucky and Karrie (husband Brad) who live in Marengo. She also has 9 grandchildren. Becky and her best friend (love of her life) Mike Cabalka recently built a new home. They enjoy watching Mike's daughter Leah drive in hobby stock and Nascar races. Mike also has two sons

Michael and Mitchell. Becky is always on the go and it is hard to catch up with her. Thank you Becky for all you do for us at Lexington Estate. We appreciate you!

Hot Diggity Dog



Estimates suggest that over seven billion hot dogs are eaten between Memorial Day and Labor Day, with prime hot dog eating taking place smack dab in the middle of summer. No wonder July has been declared Hot Dog Month.

The hot dog may be more American than apple pie, but its origins are distinctly German and Austrian, hence the names *frankfurter*, after the German city of Frankfurt, and *weiner*, for the Austrian city of Vienna. Immigrant butchers from these two countries made their own sausages, and vendors hawked the meats from carts along busy city sidewalks. When exactly did the term *hot dog* replace *frankfurter* and *weiner*? No one knows for sure. According to some reports, it was common slang for college students to use the term *dog* to describe sausage meat of uncertain origin. It was less than complimentary to call a hot sausage a *hot dog*, but the name stuck.

When exactly did the hot dog become America's iconic food, synonymous with summer, baseball games, and the every-man? Historians look to Coney Island, the so-called "working man's Riviera," for the answer. At the turn of the 20th century, Coney Island had it all: a racetrack, the beach, amusement parks, music, glittering lights... and Nathan Handwerker. A Polish immigrant, Handwerker saved up enough money to open his own hot dog stand. When a newly constructed subway increased traffic to Coney Island, Handwerker was ready to cater to the thousands of visitors with his low-cost hot dogs. His stand, *Nathan's*, sold 50,000 dogs each day and grew into a massive hot dog empire.

The hot dog is such an icon of American culinary history that different parts of the country lay claim to unique dogs, but the Chicago dog reigns supreme: an all-beef dog topped with minced raw onion, relish, pickled peppers, a spear of pickle, sliced tomatoes, celery salt, and yellow mustard on a poppy seed bun. This July, no matter how you eat it, take a bite of an American tradition.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2 style="margin: 0;">July 2017</h2> <p style="font-size: small; margin: 0;">Activities for Patients in the Hospital Visits Monday-Friday Beauty Shop Mondays & Thursdays *Denotes Birthday</p>						
2:00 Snack Cart	9:30 Sing & Swing 10:00 Cards & Coffee	Happy 4 th of July Independence Day	9:30 Sing/Swing 9:30 Mass with Father Dave 11:30 What's in the News 1:30 Bingo St. John's 3:00 Happy Hour 3:45 Sing A Long	8:30 Manicures 10:00 Local Shop 10:30 Protestant Church-Kristen Rod 1:30 Music with Jim Kinney *Maxine Stepp	9:30 Sing Swing 10:00 Cards & Coffee 12:30 Music with Linda Jacobsen 1:30 Drive in the Country	2:00 Snack Cart Canada Day
4:00 Church with Gary Wilson	1:30 Crafting Stars Door hanger 5:00 Poker Walk	9:30 Sing/Swing 10:00 Cards & Coffee 12:00 Take Out Tuesday 1:30 Music with Nancy Hooten *Verna Johnson	9:30 Sing & Swing Bag Toss 11:30 What's in the News 1:30 Bingo VFW 3:00 Happy Hour	8:30 Manicures 10:30 Protestant Church - Sue Ann Raymond 1:30 Stories with Karen	9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Room Visits 1:30 Pet Visits	2:00 Snack Cart
11:00 Church local radio 95.3 with Pastor Scott Meador 2:00 Snack Cart	9:30 Sing & Swing Horseshoes 1:00 Wal-Mart	9:30 Sing & Swing 10:00 Cards & Coffee 10:00 Resident Council 12:30 Music with Linda Jacobsen 1:30 Pet Visits *Carroll Mc Taggart	9:30 Sing/Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour 3:45 Sing A Long	8:30 Manicures 10:30 Protestant Church-Mike Nemmers 1:30 Dominos 6:30 Andersen's *Elva Prenosil	9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Mary Ann Fangman 2:00 Root Beer and Strawberry Floats	2:00 Snack Cart
2:00 Snack Cart 4:00 Church with Gary Wilson 5:00 Music with David Gray * Bud Hawker	9:30 Sing & Swing Ladder Golf 2:00 Ice Cream Social @ The Senior Center	9:30 Sing & Swing 10:00 Resident Council 12:30 Music with Linda Jacobsen 1:30 Pet Visits *Carroll Mc Taggart	9:30 Sing/Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour 3:45 Sing A Long	8:30 Manicures 10:30 Protestant Church-Mike Nemmers 1:30 Dominos 6:30 Andersen's *Elva Prenosil	9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Mary Ann Fangman 2:00 Root Beer and Strawberry Floats	2:00 Snack Cart
11:00 Church local radio 95.3 with Pastor Scott Meador 2:00 Snack Cart	9:30 Cedar Valley Arboretum Warerloo 12:00 Picnic Sack Lunch @ Oak View 2:00 Card Bingo	9:30 Sing & Swing 10:00 Resident Council 12:30 Music with Linda Jacobsen 1:30 Pet Visits *Carroll Mc Taggart	9:30 Sing/Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour 3:45 Sing A Long	8:30 Manicures 10:30 Protestant Church-James Ganze 1:30 Taste of Home	9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon Bainbridge 1:30 Music with Dave Poggenklass *Marvel Dennie	2:00 Snack Cart
2:00 Snack Cart 4:00 Church with Gary Wilson	9:30 Sing & Swing 1:00 Movie @ Starlight	9:30 Sing & Swing 10:00 Resident Council 12:30 Music with Linda Jacobsen 1:30 Pet Visits *Carroll Mc Taggart	9:30 Sing/Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour 3:45 Sing A Long	8:30 Manicures 10:30 Protestant Church-James Ganze 1:30 Taste of Home	9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon Bainbridge 1:30 Music with Dave Poggenklass *Marvel Dennie	2:00 Snack Cart

Lexington Estate

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Independence Day Celebrations Poker Walk

Sponsored by BCHC Lexington Estate



Join us for a 2 mile Poker Walk around Independence!

Monday, July 3rd @ 5:00PM

Riverwalk Parks

Rotary Shelter

Participants will receive a card at each of the five check points. Best five card poker hand wins! One participant will win the grand prize of a year membership to the Wellness Center at BCHC!

Register by completing form online at celebrateindee.com or register day of at Riverwalk Parks, Rotary Shelter

A donation of \$5 is requested to participate. All profits will be donated to the Walk to End Alzheimer's



A donation of \$5.00 is requested to participate-all proceeds will be donated to the Walk to End Alzheimer's



The top three winning hands will win prizes!

1. Membership to the BCHC Wellness Center
2. Starlight Cinema Movie Gift Cards
3. BCHC Stainless Steel Tumbler with Subway Gift Card

Come out and support BCHC Lexington Estate and the Walk to End Alzheimer's

Buchanan County Health Center's Relay for Life Employees collected **\$1550.00** this year through various fundraising initiatives, for the American Cancer Society.

Great Job, Team BCHC!

BCHC Celebrating 100 Years - A great past. A bright future.



On January 1st, BCHC embarked on its 100th year of providing health care services to the communities of Buchanan County and surrounding areas. Rich in history, BCHC opened its doors in the Lee Mansion on the east side of Independence. (Current location of the Independence Public Library) At that time, the capacity of six to twelve patients seemed to be adequate for the space. The first head nurse, Minnie Chapman, was paid \$60 a month, while patients paid around \$8 a day or general nursing. The first addition was built in 1923 and again in 1930, despite the financial downfall of the first world war and Great Depression. Busting at the seams, the hospital was running at full capacity with beds in the waiting rooms and sun parlor by 1943. It was equipped to take care of all medical, surgical, fracture, and obstetrical cases, along with isolation cases - where patients would be moved to the “Pest House,” an isolated building behind the hospital. As additions continued to be built and departments continued to be added, by the mid-20th century it was decided to build a new hospital on new grounds and turn the “old hospital” into a long-term care facility. People’s Memorial Hospital, now a county-owned facility, opened in 1968 at our current location of 1600 1st. St. East. A new long-term care facility was added to the hospital and opened in 1988 and Oak View was completed in 1996. In 2004, the Therapy & Wellness Center opened, followed by the addition and renovation the Emergency & Surgery Departments, completed in 2010 which brings us up to our current expansion and remodel. Celebrating 100 years is much more than reflecting on the physical changes and additions that have taken place to Buchanan County’s first and only hospital since its humble beginnings in 1917. It is also about reflecting on the many medical advancements that have taken place in 100 short years, the support and confidence that our community has shown to us, and the Continued commitment to provide the utmost care and respect to all of our patients - past, present, and future.

Happy birthday BCHC.

Here’s to 100 more great years.

-Michelle McBride, PR Manager

Flag Day Fun Partnering with Independence Public Library



Independence Community Band

