

August 2017

Lexington Estate

at Buchanan County Health Center

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

Celebrating August



Best In Breed

America's Most Popular Pets

If your family dog is a Labrador Retriever, you're in good company. The breed has consistently ranked as the most popular breed in the U.S. over the past decade. Check out the following list of the American Kennel Club of most popular breeds.

1. Labrador Retriever

2. German Shepherd
3. Yorkshire Terrier
4. Beagle
5. Golden Retriever
6. Bulldog
7. Boxer
8. Dachshund
9. Poodle
10. Shih Tzu

Source: akc.org

Out & About

August 1st –Community Chat Senior Center

August 3rd– Dollar Tree Shopping

August 7th– Fontana Nature Center-Picnic

August 14th – Wal– Mart Shop

August 17th– Oak View to Amana Play

August 21st - Brews at Bill's

August 28th - Movie @ Starlight Theater

Dog Days of Summer

Join us for a "Dog Gone Good Time "as we have our first ever "Pets on Parade "

Friday August 18, 2017

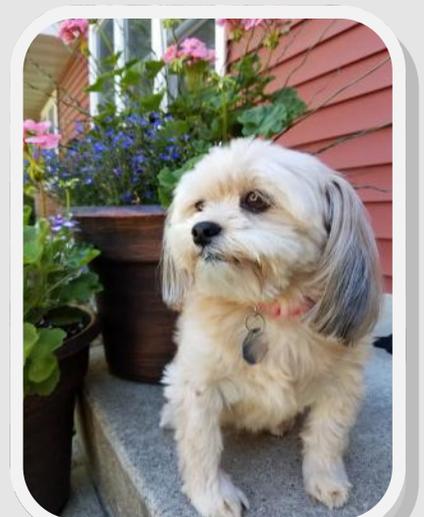
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1:30 pm

The Dog Days are the hottest days of the year in the northern hemisphere. They usually fall between early July and early September, but *The Old Farmer's Almanac* lists the traditional timing of the Dog Days as the 40 days beginning July 3 and ending August 11, coinciding with the ancient rising of the Dog Star, Sirius.

We are looking forward to a paws-atively fun afternoon. Local veterinarian Doctor Doug Peterschmidt will be here to help emcee the event! He will also be speaking to our group at the conclusion of the parade.

Each dog will have a brief bio. We will have yummy treats for our furry friends as well as those of us who walk on two legs. From Chihuahuas to a Burmese Mountain dog we will have a wide variety of pets for your viewing pleasure.



Lili Bele
Henningsen

Lexington Employee Spotlight



Diana Morris; Support Specialist

Diana worked as a Red Cross phlebotomist for four years before deciding to change careers and join our team at BCHC Lexington Estate.

Diana's title has changed several times as we recognized her abilities to keep the "command center" at Lexington Estate running smoothly. Diana does it all from receptionist duties, scheduling, payroll, resident 1:1's and administrative duties for the director of senior operations (just to name a few things).

Diana enjoys being a part of the team at Lexington. She likes the daily involvement in residents' lives. She says "I try to assist everyone to have the best day possible."

Angel Decker, Director of Senior Operations, had this to say about Diana, "Last fall I had to go an entire month without Diana here; it was horrible. "She is the only person that knows this area inside and out, and can read my mind. She is the only person that I can say "I need something, that looks like this thing, but different", and she makes it happen; even when I wasn't really sure what I wanted. She has a million different jobs, which doesn't include the 100 different things that get thrown at her during the day, and still manages to keep everything straight. Diana is truly my life line, she's Lexington's life line. Thank you for holding Lexington together and keeping it on track. Thank you for keeping me together, for not letting me forget things, and for making everything in color because, as you say "It's an Angel thing". You are amazing and one of a kind!

In her spare time Diana enjoys camping and kayaking with family. Weekend getaways and remodeling her home near Rowley fill up any spare time. Diana and her husband Brian live in Rowley...she has 2 children a daughter Shelby and a son Clint. She has two grandchildren, Cecelia and Landon.

Thank you Diana for all you do for us at Lexington Estate.

August Birthdays

Francis Scott Key (composer) – August 1, 1779

Louis Armstrong (musician) – August 4, 1901

Neil Armstrong (astronaut) – August 5, 1930

Mae West (actress) – August 17, 1893

Robert De Niro (actor) – August 17, 1943

Connie Chung (journalist) – August 20, 1946

Dorothy Parker (writer) – August 22, 1893

Happy Birthday to Our Own Celebrities!



Jim Grover August 1st

Midge Potts August 5th

Randy Kaufman August 6th

Robert Robison August 16th

Delores Doyle August 19th

Welcome to the Neighborhood



Norma Daubenberger

Taste of Home



Pillsbury Cherry Turnovers

Ingredients:

1 tube (8oz.) Pillsbury refrigerated crescent rolls

1 cup cherry, raspberry, (other) pie filling

Cinnamon & Sugar to dust

1/2 cup confectioners' sugar

1-2 tablespoons milk

Directions:

1. Preheat oven to 375*. Unroll crescent dough and separate into four rectangles; place on ungreased baking sheet. Press perforations to seal. Place 1/4 cup pie filling on one half of each rectangle, Fold dough over filling; pinch edges (use fork to seal). Dust with cinnamon & sugar if desired.

Bake 10-12 minutes or until golden.

2. Place confectioners' sugar in a small bowl; stir in enough milk to achieve a drizzling consistency. Drizzle over turnovers. Serve warm yield 4 servings

History of the Pillsbury Doughboy



The idea for the Pillsbury Doughboy was born on March 18, 1965. [Rudy Perz](#) a copywriter working on the Pillsbury account for Leo Burnett advertising agency in Chicago, came up with the idea for the brand mascot, who would pop out of a can of refrigerated dough. The character was named Poppin' Fresh—a nod to the product's quality and freshness. Perz came up with the idea while testing out Pillsbury dough in his own kitchen.

Milt Schaffer, who also worked for Disney, was the original designer of the Pillsbury Doughboy. Rudy Perz worried about the character looking too similar to Casper the friendly ghost, and Schaffer's design helped resolve that.

To bring the Doughboy to life, the agency decided to work with Cascade Studios in Los Angeles to use stop-action clay animation, similar to the opening credits of "The Dinah Shore Show." Before computerization, it took 24 shots for every one second of commercial time. The initial model cost \$16,000 to develop and had five bodies and 15 heads in order to create different looks and positioning in the ads. In 1992 CGI (computer-generated imagery) technology replaced the use of stop-action motion.

More than 50 actors auditioned to do the voice for the Pillsbury Doughboy, including Paul Winchell, who did the voice for Tigger from "Winnie the Pooh." Paul Frees (also known for voicing Boris Badenov in "The Adventures of Rocky and Bullwinkle") was the first voice actor for the character.

He's been a hit from the very start. In the first three years of his debut, the Doughboy had an 87 percent recognition factor among consumers. His popularity has continued through the years: At one point the Doughboy was receiving 200 fan letters a week and Pillsbury received 1,500 requests for autographed photos.

10 WARNING SIGNS OF ALZHEIMER'S DISEASE

1. Memory loss that disrupts daily life.

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; relying on memory aides (e.g. reminder notes or electronic devices) or family members for things they used to handle on their own.

A typical age-related change might be sometimes forgetting names or appointments, but remembering them later.



2. Challenges in planning or solving problems.

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

A typical age-related change might be making occasional errors when balancing a checkbook.



3. Difficulty completing familiar tasks at home, at work or at leisure.

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

A typical age-related change might be occasionally needing help to use the settings on a microwave or to record a television show.



4. Confusion with time or place.

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

A typical age-related change might be getting confused about the day of the week but figuring it out later.



5. Trouble understanding visual images or spatial relationships.

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

A typical age-related change might be vision changes related to cataracts.



6. New problems with words in speaking or writing.

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g. calling a "watch" a "hand-clock").

A typical age-related change might be sometimes having trouble finding the right word.



7. Misplacing things and losing the ability to retrace steps.

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

A typical age-related change might be misplacing things from time to time, and retracing steps to find them.



9. Withdrawal from work or social activities.

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

A typical age-related change might be sometimes feeling weary of work, family and social obligations.



10. Changes in mood and personality.

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

A typical age-related change might be developing very specific ways of doing things and becoming irritable when a routine is disrupted.



Please visit alz.org/10signs for more information.

alzheimer's association®
THE BRAINS BEHIND SAVING YOURS™



**2017 Cedar Valley
Walk To End Alzheimer's
Saturday, September 30th**

Time:

Registration at 8:30am

Ceremony at 9:30am

Walk Immediately Following Ceremo-
ny

Route Length: 2 miles; 1 mile shortcut

Location:

Riverfront Stadium -

Home of Waterloo Bucks Baseball

Waterloo, IA

[Map it](#)

Alzheimer's Walk

BCHC Staff will be sponsoring several fundraisers and
other initiatives to benefit the Alzheimer's Association.

Watch for details of upcoming fundraisers. If you would l

ike to be part of a BCHC team to walk please contact:

Dianne 319-332-0914.

\$ 1500.00 Raised so far!

Go Team BCHC!

Ten Absolutes for Dementia Care Giving

Never argue, ***agree***

Never shame, ***detract***

Never say remember, ***reminisce***

Never force, ***reinforce***

Never lecture, ***reassure***

Never say I told you, ***repeat***

Never condescend, ***encourage***

Never reason, ***divert***

Never say "you can't" say ***"do
what you can do"***

Never demand, ***ask***





Thank You Crawford Family!
#sweetcorn season!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org</p>	<p>9:30 Sing & Swing 1</p> <p>10:00 Cards & Coffee</p> <p>1:30 Community Chat at Senior Center *Jim Grover</p>	<p>9:30 Catholic Service Father Dave</p> <p>9:45 Sing & Swing</p> <p>11:30 What's in the News</p> <p>1:30 Bingo St. John's</p> <p>3:00 Happy Hour</p> <p>3:45 Sing-a-Long</p>	<p>8:30 Manicures</p> <p>10:00 Local Shop Dollar Tree</p> <p>10:30 Prot Church Richard Wearmouth</p> <p>1:30 Music Jim Kinney</p>	<p>9:30 Sing & Swing 4</p> <p>Horseshoes</p> <p>10:00 Cards & Coffee</p> <p>12:30 Music Linda J</p> <p>1:30 Garden Club</p> <p>Craft Stencil Art</p> <p>Flowers</p>	<p>1:30 Cards</p> <p>2:00 Snack Cart</p> <p>* Midge Potts</p>	5
<p>11:00 Church on local radio 95.3 with Pastor Scott Meador</p> <p>2:00 Snack Cart</p> <p>* Randy Kaufman</p>	<p>8:30 Sing & Swing</p> <p>9:30 Fontana Nature Center and Picnic in Shelter</p>	<p>9:30 Sing & Swing 8</p> <p>10:00 Cards & Coffee</p> <p>1:30 Twister</p> <p>Bag Toss</p>	<p>8:30 Manicures</p> <p>10:30 Prot Church Scott Meador</p> <p>1:30 Stories with Karen</p>	<p>Casual for a Cause</p> <p>9:30 Sing & Swing</p> <p>Horseshoes</p> <p>10:00 Cards & Coffee</p> <p>10:30 Catholic Visits Sharon</p> <p>5:00 Pizza Party with Oak View Friends</p> <p>Music with Paul</p>	<p>1:30 Cards</p> <p>2:00 Snack Cart</p>	12
<p>2:00 Snack Cart</p> <p>4:00 Church with Gary Wilson</p> <p>5:00 Music with David Gray</p>	<p>9:30 Sing & Swing</p> <p>1:00 Wal-Mart Shopping</p>	<p>9:30 Sing & Swing 16</p> <p>11:30 What's in the News</p> <p>1:30 Bingo</p> <p>3:00 Happy Hour</p> <p>3:45 Sing-a-Long</p> <p>*Robert Robison</p>	<p>8:30 Manicures</p> <p>10:30 Prot Church Kevin Jennings</p> <p>2:00 Old Creamery Theater Amana's</p> <p>6:30 Andersen's</p>	<p>9:30 Sing & Swing 18</p> <p>10:00 Cards & Coffee</p> <p>10:30 Catholic Service Mary Ann</p> <p>1:30 Dog Days</p> <p>Pet Parade</p>	<p>1:30 Cards</p> <p>2:00 Snack Cart</p> <p>*Delores Doyle</p>	19
<p>11:00 Church on local radio 95.3 with Pastor Scott Meador</p> <p>2:00 Snack Cart</p>	<p>9:30 Sing & Swing 21</p> <p>Kickball</p> <p>1:30 Casino Games</p> <p>3:00 Brews @ Bill's Pizza</p>	<p>9:30 Sing & Swing 23</p> <p>9:30 Sing & Swing Ball Toss</p> <p>11:30 What's in the News</p> <p>1:30 Bingo St. Pat's</p> <p>3:00 Happy Hour</p>	<p>8:30 Manicures</p> <p>10:30 Protestant Church Bob Solon</p> <p>2:00 Taste Of Home</p>	<p>9:30 Sing & Swing 25</p> <p>10:00 Cards & Coffee</p> <p>10:30 Catholic Service Sharon</p> <p>1:30 Music with Dave Poggenklass</p>	<p>1:30 Cards</p> <p>2:00 Snack Cart</p>	26
<p>2:00 Snack Cart</p> <p>3:00 Pet Visits</p> <p>4:00 Church with Gary Wilson</p>	<p>9:30 Sing & Swing 28</p> <p>Kickball</p> <p>1:30 Movie at the Starlight</p>	<p>9:30 Sing & Swing 30</p> <p>Ball Toss</p> <p>11:30 What's in the News</p> <p>1:30 Bingo Zion Lutheran</p> <p>3:00 Happy Hour</p>	<p>8:30 Manicures</p> <p>10:30 Protestant Scott Meador</p> <p>11:30 Resident & Staff Potluck</p> <p>1:00 Walk & Roll Outside</p>	<p>Activities for Patients in the Hospital</p> <p>Visits Monday-Friday</p> <p>Beauty Shop: Mondays by appt. Wednesdays & Thursdays</p> <p>*Denotes Birthdays</p>		