

September 2017

# Lexington Estate

at Buchanan County Health Center

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

## Celebrating September Ice Cream Shake Month

**Labor Day**  
September 4

**Grandparent's Day**  
**Family Bingo**  
September 9

**Vendor Fair**  
September 20

**Laura Ingalls Wilder Program**  
September 24

**Good Neighbor Day**  
September 28

**Game Show Fridays!**  
Sept. 1st—*Family Feud*  
Sept. 8th—*Name That Tune*  
Sept. 15th—*Jeopardy*  
Sept. 29th—*The Price Is Right*

**Out & About**  
Sept. 5th—*Senior Center Community Chat*  
Sept. 7th—*Local Shop Dollar Tree*  
Sept. 11th—*Wal-Mart Shopping*  
Sept. 18th—*Allen's Apple Orchard*  
September 22nd—*Movie At the Starlight*



## Game Show Month

Television game shows descended from similar programs on radio. The very first television game show, *Spelling Bee*, was broadcast in 1938. Over the course of the 1950s, as television began to pervade the popular culture, game shows quickly became a fixture. Daytime game shows would be played for lower stakes to target stay-at-home housewives. Higher-stakes programs would air in primetime.

Game shows remained a fixture of US daytime television through the 1960s after the quiz show scandals. Lower-stakes games made a slight comeback in daytime in the early 1960s; examples include *Jeopardy!* which began in 1964. *Let's Make a Deal* began in 1963 and the 1960s also marked the debut of *Hollywood Squares*, *Password*, *The Dating Game* and *The Newlywed Game*.

The 1970s saw a renaissance of the game show as new games and massive upgrades to existing games made debuts on the major networks. *The New Price Is Right*, an update of the 1950s-era game show *The Price Is Right*, debuted in 1972.

In the US, CBS is currently the only major network airing daily national game shows. It still airs *The Price Is Right* and, is also airing a revival of *Let's Make a Deal*. *Deal* airs on weekdays at a time chosen by each CBS affiliate, while *Price* airs weekdays at 10am or 11am in most markets. Although ABC does not air any daily national game shows, they revived four classic game shows for weekly prime time airing during the summer. These shows are *Celebrity Family Feud* as well as *To Tell The Truth*, *The \$100,000 Pyramid* and *Match Game*. Adapted from Wikipedia

## Lexington Employee Spotlight



### Ashley Elledge, Licensed Practical Nurse

Ashley grew up in Manchester and graduated in 2012 from West Delaware. Ashley has a passion for caring for people. She has fond memories of volunteering at Lincoln Wood Assisted Living in Edgewood when her grandma was an administrator there. Ashley took the Certified Nursing Assistant course as a 16 year old and worked off and on in that capacity until she went to college in 2014. Ashley graduated in December of last year with her Licensed Practical Nursing degree. She has just started back to school to achieve her registered nursing degree. She has goals to get her Master's degree and some day teach nursing .

Ashley appreciates working at Lexington Estate because of the sense of family and the relationships with residents and their families. Angel Decker had this to say about Ashley, "Ashley is dedicated to providing compassionate, dignified care. She goes beyond her day to day responsibilities, spending extra time with residents; holding their hands, giving compliments, laughing or just listening. She went above and beyond as a certified nursing assistant here for 2 ½ years before becoming an LPN this past February and next May she will achieve her goal of becoming an RN. It has been exciting to work with Ashley as she continues to grow as a nurse and I am so proud to be a part of her journey. Ashley thank you for your hard work, dedication and commitment to your team and the residents of Lexington Estate.

Ashley has a large extended family. She is the oldest and has five brothers all under the age of 17. Ashley's Mom is also a nurse. Ashley enjoys spending time with her Boxer dog Ryden, In between working ,and school she likes to take him hiking and to play in the river.

We are proud of Ashley and her desire to continue to grow in her role as a nurse and provide care to our residents!

## September Birthdays

Lily Tomlin (comedienne) – September 1, 1939  
 Buddy Holly (musician) – September 7, 1936  
 Sid Caesar (comedian) – September 8, 1922  
 Jesse Owens (Olympian) – September 12, 1913  
 Prince Harry of Wales – September 15, 1984  
 Greta Garbo (actress) – September 18, 1905  
 Stephen King (writer) – September 21, 1947  
 Phil Rizzuto (ballplayer) – September 25, 1917  
 Enrico Fermi (scientist) – September 29, 1901  
 Johnny Mathis (singer) – September 30, 1935

**Happy Birthday to  
 Our Own Celebrities!**  
 September 3rd-Leo Donnelly  
 September 26th–  
 Eleanora Happel 103 years young!



## Welcome to the Neighborhood



**Ron Kaiser**  
**Wes Burnell**  
**Leonard McClenathan**

## In Loving Memory



**Don Finley**  
 March 13, 1938-August 12, 2017  
**Don "Spud" Sherrets**  
 April 16, 1931– August 21, 2017

## Taste of Home

### Crock Pot Applesauce



#### **Ingredients:**

4 lbs tart apples cored and sliced thin  
1/2 cup sugar  
1/2 teaspoon cinnamon  
1 cup water  
1 tablespoon lemon juice

#### **Directions:**

1. Mix apples about 12 cups with cinnamon and sugar
2. Put in crock pot
3. Pour water and lemon juice over apples.
4. Cook on low 6 hours or high 3 hours



## Outing to Allen's Apple Orchard Marion, Iowa

*MONDAY SEPTEMBER 18TH!*

### **ABOUT ALLEN'S ORCHARD**

With a beautiful setting just north of Marion, Allen's is the perfect place to experience a little taste of nature. Allen's is a family run orchard that host's field trips, weddings, bonfires and much more. Allen's offers over 40 varieties of delicious apples that are available in various parts of the year. Take advantage of our "U-Pick" option on Saturday's and Sunday's during Open Season where you get to pick the apples you want right off the tree. Allen's also has fresh grown produce, unique gifts, and scrumptious treats like donuts, turnovers, cookies, pies and caramel apples!

### **APPLE STORE**

Allen's is more than just apples. Our stores features unique gifts and products that you won't find anywhere else in Linn County.

Visit our products section for more details about what products and gifts we sell.

# Buchanan County Health Center

# VENDOR FAIR

*A portion of proceeds will benefit BCHC  
Walk to End Alzheimer's Team*

Wednesday, September 20th from 3-5pm • Meeting Rooms A & B

*Join us for a Vendor Fair featuring the following:*



**...and more!**

Cash and carry items will be available.  
Raffle tickets for a beautiful queen-sized quilt by  
artist Deb Hinde will also be available. \$1 for  
1 ticket - \$5 for 6 tickets.



**\$ 2638.50**  
**Raised so far!**  
**Go Team BCHC!**



## Hitting the Century Mark

What is the secret to living a long life upward of 100 years? Perhaps the residents of Acciaroli, Italy, know the secret. This small coastal hamlet south of Naples has the highest concentration of centenarians—that's people living to 100 years of age—in the world. No doubt, the residents

of Acciaroli will be rocking on September 22, Centenarians Day.

What is Acciaroli's secret? Mayor Stefano Pisani thinks the longevity is due to his town's relaxed, low-stress lifestyle. Researchers credit the diet

of locally caught fish and locally grown fruits and vegetables. One cardiologist believes there may be a genetic component attributed to small, efficient blood vessels. Luigina Vigiconte, aged 101, believes that one must "always be optimistic, never bitter, and always be polite with people." Vincenzo Barrata, at 103, has a different theory: "A lot of women in my life."

Must we all move to Acciaroli to become a "super-ager," with less Alzheimer's, fewer cataracts, fewer bone fractures, and a stronger heart? Or are there real lifestyle changes we can make to live to 100? Doctors have been trying to decipher the secret to longevity for a long time. Weight control, they believe, is a big factor to living a long, healthy life. People should not only consume fewer calories but maximize the nutrition of each calorie. Also, eat a lot of fiber, which reduces heart disease and bad cholesterol and increases weight loss. Of course, activity such as walking and running is a plus, just as spending time with others keeps our brains happy and nimble. But what do the doctors really know?

After all, centenarians rarely give medical advice when they talk about the secret to their long lives. Centenarian Haruo Ito advises, "Sleep well." Justina Sotomayor says, "Be loveable." Frieda Falk believes that "learning new things makes you happy and keeps your mind active." The truth is most likely to be a mix of lifestyle and luck, and any added stress you suffer worrying about how to live longer is bound to be counterproductive.

**Our Own Eleanora Happel**  
**celebrates 103 years on Sept. 26th!**

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

### Time:

Registration at 8:30am  
 Ceremony at 9:30am  
 Walk Immediately Following Ceremony

*Route Length: 2 miles; 1 mile shortcut*

### Location:

Riverfront Stadium -  
 Home of Waterloo Bucks Baseball  
 Waterloo, IA



The BCHC Walk to End Alzheimer's Team is sponsoring a Raffle to award this beautiful quilt made by Independence artist Deb Hinde. Raffle tickets, on sale until September 20, are \$1 each or 6 for \$5. Tickets are available at the BCHC business office.



Fontana Fun!  
Picnicking in  
the Park!

The Independence Public Library presents:

## Laura Ingalls Wilder in Song

performed by Laura F. Keyes

Hear Laura's story through the songs she and her family loved to sing out on the prairie. Learn folk songs from long ago, and discover why Pa's fiddle meant so much to Laura.



Lexington Estate - Sunday, Sept 24th at 6:30 pm  
 ABCM East - Monday, Sept 25th at 10:00 am  
 Prairie Hills - Monday, Sept 25th at 2:00 pm

All performances are free and open to the public.

Keyes will be presenting a free public performance of *Laura Ingalls Wilder: The Real Story* at the Independence Public Library Sunday, September 24 at 2:00 pm.

319-334-2470

[iplprograms@gmail.com](mailto:iplprograms@gmail.com)

[www.independenceia.org/library](http://www.independenceia.org/library)

Keyes will be presenting *Laura Ingalls Wilder in Song* at Lexington Estate Sunday, September 24<sup>th</sup> at 6:30 pm; at ABCM East Monday, September 25<sup>th</sup> at 10:00 am; and at Prairie Hills Monday, September 25<sup>th</sup> at 2:00 pm. In this presentation, the audience will hear Laura's story through the songs she and her family loved to sing out on the prairie. Learn folk songs from long ago, and discover why Pa's fiddle meant so much to Laura. All of these presentations are free and open to the public.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities for Patients in the Hospital Visits Monday-Friday Beauty Shop: Mondays by appt. Wednesdays &amp; Thursdays</p> <p><b>September 2017</b></p> <p><b>Buchanan County Health Center Lexington Estate</b></p> <p>Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org</p>						
<p><b>3</b> 11:00 Church on local radio 95.3 with Pastor Scott Meador 2:00 Snack Cart * Leo Donnelly</p>	<p><b>4</b> <b>Labor Day</b> Puzzles and Trivia Labor Day</p>	<p><b>5</b> 9:30 Sing &amp; Swing Basketball Shoot 10:00 Cards &amp; Coffee <b>1:30 Beer Tasting Community Chat @ Senior Center</b></p>	<p><b>6</b> 8:30 Sing &amp; Swing Bag Toss 9:30 Catholic Mass Father Dave 11:30 What's in the News 1:30 Bingo St. John's 3:00 Happy Hour 3:45 Sing along</p>	<p><b>7</b> 8:30 Manicures <b>10:00 Local Shop Dollar Tree</b> 10:30 Protestant Church Kevin Jennings <b>1:30 Music with Jim</b></p>	<p><b>8</b> <b>Casual for Cause</b> 9:30 Sing &amp; Swing 10:00 Cards &amp; Coffee <b>1:30 Name That Tune With Mary Kay Miller</b></p>	<p><b>9</b> Iowa State vs Iowa Football! Popcorn! 11:00am on ESPN -ESPN2</p>
<p><b>10</b> <b>1:30 Grandparents Bingo</b> <b>1:30 Pet Visits</b> Grandparents Day</p>	<p><b>11</b> 9:30 Sing &amp; Swing Ball Toss 11:00 Lamont Singers <b>1:00 Wal-Mart Shopping</b></p>	<p><b>12</b> 9:30 Sing &amp; Swing 10:00 Cards &amp; Coffee 12:00 Take Out 1:30 Music with Nancy Hooten</p>	<p><b>13</b> 9:30 Sing &amp; Swing Ladder Golf 11:30 What's in the News 1:30 Bingo VFW 3:00 Happy Hour</p>	<p><b>14</b> 8:30 Manicures &amp; Chit Chat 10:30 Protestant Church Bob Solon 1:30 Stories with Karen <b>6:30 Andersen's</b></p>	<p><b>15</b> 9:30 Sing &amp; Swing 10:00 Cards &amp; Coffee 10:30 Catholic Service Mary Ann <b>1:30 Jeopardy Game Show</b></p>	<p><b>16</b> 1:30 Cards 2:00 Snack Cart</p>
<p><b>17</b> 11:00 Church local radio 95.3 with Pastor Scott Meador 1:30 Cards 2:00 Snack Cart <b>5:00pm Music with David Gray</b></p>	<p><b>18</b> 9:30 Sing &amp; Swing <b>1:00 Load Bus Apple Orchard Visit Allen's Orchard</b></p>	<p><b>19</b> 9:30 Sing &amp; Swing 10:00 Cards &amp; Coffee 1:30 Birthday Party with Church Of Christ</p>	<p><b>20</b> 9:30 Sing &amp; Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour 3:45 Sing a long <b>3-5pm Vendor Show Fundraiser for Alzheimer's</b></p>	<p><b>21</b> 8:30 Manicures &amp; Chit Chat 10:30 Protestant Church Kristen Rod 1:30 Crafting Rosh Hashanah</p>	<p><b>22</b> 9:30 Sing &amp; Swing 10:00 Cards &amp; Coffee 10:30 Catholic Service Sharon Bainbridge <b>1:30 Music with David Poggenklass</b> Alumni Begins</p>	<p><b>23</b> 1:30 Cards 2:00 Snack Cart</p>
<p><b>24</b> 2:00 Snack Cart <b>6:30 Laura Ingalls Wilder-Program Sponsored by Indep. Public Library</b></p>	<p><b>25</b> 9:30 Sing &amp; Swing <b>1:15 Movie @ the Starlight</b></p>	<p><b>26</b> 9:30 Sing &amp; Swing 10:00 Resident Council 12:30 Music with Linda 2:00 Waffle Cake Sundaes <b>*Eleanora Happel 103yrs</b></p>	<p><b>27</b> 9:30 Sing &amp; Swing 11:30 What's in the News 1:30 Bingo St. Pat's 3:00 Happy Hour</p>	<p><b>28</b> 8:30 Manicures &amp; Chit Chat 10:30 Protestant Church Sue Ann Raymond 1:00 Taste of Home Make Crock Pot Applesauce</p>	<p><b>29</b> <b>Casual for Cause</b> 9:30 Sing &amp; Swing 10:00 Cards &amp; Coffee <b>1:30 The Price is Right Game Show</b></p>	<p><b>30</b> 9:30 <b>Walk to End Alzheimer's Waterloo, Iowa</b> Yom Kippur</p>