

December 2017



# *Lexington Estate*

at Buchanan County Health Center

1600 1st St. East • Independence, Iowa • (319) 332-0915 • [bchealth.org](http://bchealth.org)

## **Celebrating December**

**Pearl Harbor  
Remembrance Day**

*December 7*

**Resident & Family  
Christmas Open House**

**Mr. & Mrs. Santa**

*December 9th*

**Caroling & Games**

*Boy Scouts and Girl Scouts Dec. 12<sup>th</sup>*

*Union High School Carolers Dec. 14th*

*East Buchanan High School Carolers Dec. 21st*

**Christmas Day  
Gifts around the Tree**

*December 25*

### **Out and About**

**Dec. 4<sup>th</sup> –Community Chat**

**Dec. 8th– Casino & Mall Shopping**

**Dec. 11th— Wal–Mart Shop**

**Dec. 18<sup>th</sup> Senior Movie @ Starlight**

**Lexington Estate  
Cordially invites Families to  
“Christmas Open House”**

**Sweets & Treats**

**Saturday, December 09, 2017**

**2-4 pm**

**Dining Room**

**Music with Harold Gray**

**&**

**Mr. & Mrs. Santa will be here!!**

**Please provide a wrapped present  
for your family member by**

**December 4th so Santa has a gift  
to give them. We will collect gifts in  
the activity office.**

***Remember to have the residents’  
full name attached to the gift.***

***Label :***

***“For December 9th party.”***

**Reservations are appreciated**

**Call: 332-0914**

## Taste of Home

### Swirly Santa Cookies

#### Ingredients:

- 1 (16-ounce) package prepared sugar cookie dough
- Red and green sugar
- Red, white, and green nonpareil sprinkles



#### Directions

1. Roll dough into an 8 X 8-inch square.
2. Sprinkle sugar sprinkles on top of the dough in a patchwork pattern.
3. Roll up dough in a jelly-roll style and roll in the nonpareils.
4. Wrap dough roll in plastic wrap and chill for 2 hours or until firm.
5. Preheat oven to 375°F. Line a baking sheet with parchment paper.
6. Remove dough roll from the plastic wrap. Slice dough into 1/2-inch-thick slices and place on the prepared baking sheet.
7. Bake 6–8 minutes until edges are just golden. Transfer to a cooling rack and allow to cool completely before serving.

*Makes about 16 cookies*

## December Birthdays

Bette Midler (singer) – December 1, 1945  
 George Custer (general) – December 5, 1839  
 Eli Wallach (actor) – December 7, 1915  
 Rita Moreno (actress) – December 11, 1931  
 J. Paul Getty (industrialist) – December 15, 1892  
 Ty Cobb (ballplayer) – December 18, 1886  
 Ray Romano (comic) – December 21, 1957  
 Howard Hughes (aviator) – December 24, 1905  
 Maggie Smith (actress) – December 28, 1934  
 Bo Diddley (musician) – December 30, 1928

### Our Own Celebrities!

Norma Daubenberger Dec. 29

Babs Jessen December 31



## Dress smart for cold weather

Please take an inventory of your closets for upcoming winter weather gear. Even if you don't plan to go out there may be times when a Dr. appointment or other outing is necessary.

A warm winter coat is a must!

It's a good idea for seniors to get out for some fresh air when possible, layered loose-fitting clothing and water-proof gloves or mittens are best. Wearing a hat & scarf protects against heat loss, as close to half of body heat is lost through the head.

We plan to go out in the winter months but will limit how far we travel as well as cancel if temperatures are below zero or weather forecasts indicate winter storms.

## Making a Brighter Christmas!

BCHC Staff: Adopt-a-Family &

### Operation Santa Claus

The Buchanan County Health Center will once again partner with the First Presbyterian Church to adopt a family with 7 children for Christmas. If you wish to participate in this project, please take a gift tag from the tree located in the cafeteria. Sign your name & phone number next to the appropriate numbered tag. Lexington Estate residents will be wrapping the gifts on Monday morning December 11<sup>th</sup> @ 10:00. Please deliver your **UNWRAPPED GIFTS** with tag attached to the activity department by December 11<sup>th</sup>. If you would like to donate wrapping paper or bows you may bring them to the Activities department before the 11<sup>th</sup>. Operation Santa Claus: This year along with our Adopt –a– Family we also have the opportunity to support the local Operation Threshold's annual drive for children's toys. If you would like to give to this endeavor please take an envelope from the tree and make a monetary donation of your choice. Turn your envelopes in to Dianne or Michelle by Dec. 8th

### The Gift of Giving: Resident Angel Tree

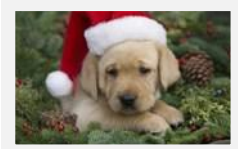
Every year Lexington Estate sets up a gift giving tree that has name tags for all Lexington residents in the facility. The names on the tree are chosen by staff. There will be a tree to choose from located at the Lexington nurses' desk beginning the day after Thanksgiving.

There will also be a clipboard by the tree for you to sign your name, the resident's name(s) that you have chosen and a phone number that you can be reached at. It is VERY important that you fill this information out so we can be certain that every resident has been picked. The gifts need to be turned into Activities by **December 21st**.

The gifts will then be given to the residents on Christmas morning. Residents and staff will celebrate around the Christmas tree after breakfast.

## Operation Santa Paws

### Got Bingo Dimes?



The December holiday season may be one of good cheer for humans, but a group of animal lovers has made sure that the warmth of the season extends to pets as well.

Join us for a **Pet Supply Drive**. Residents & staff will shop at Wal-Mart Dec. 11th. Come along or give us your list we will shop for you!

The Cedar Bend Humane Society in Waterloo, IA are in NEED of the following items:

Leashes, blankets, cat and dogs beds, cat and dog food, kitty litter, rawhide bones, printer paper, Clorox wipes, Dawn dish soap, Snuggle Laundry Detergent, hand soap, tape, dog, and cat treats, Sharpies, Kleenex.

Drop off your donation at Pipestone Veterinary Services, 405 20th Avenue SW, Independence, IA 50644.

If you have any questions please call 319-334-6021.

## THE FLU AND COLD SEASON

The Flu and Cold Season is fast approaching. Buchanan County Health Center would like to stress that if you're not feeling well or have been exposed to the flu, etc., please **DO NOT** come to visit your family member until you are healthy.

When visiting, please use the hand sanitizer (all resident rooms are equipped with sanitizers at the door) upon arrival and before you leave.

This protects you and our residents.

***Proper hand washing is the best defense against infections.***

Flu shots have been given to our residents and staff.



## *Stockings for Santa's Elves*

If you would like to help decorate Christmas stockings for Lexington residents come by on **Tuesday December 12th at 1:30pm. We will provide the snacks!**

**We have 39 residents stockings to embellish.**

**We will have all of the supplies. It won't take long if we have willing hands...no prior experience necessary!**

**Santa's elves will deliver on Christmas Eve.**

# Open House

# OAKVIEW

at BUCHANAN COUNTY HEALTH CENTER

Join us for an Open House at Oak View  
Sunday, December 10th from 1-3pm

**Tour our facility and model apartments and learn  
how you can call Oak View Independent Living home!**  
Oak View Independent Living for Active Seniors is located on the campus of Buchanan County Health Center

*Relaxed Retirement Living*



1616 First Street East • Independence, IA 50644 • (319) 332-0940





Honoring Veteran's

Dancing at the  
Coliseum in  
Oelwein



Christmas Door Décor  
Thanks Nikki!  
Pink Polka Dot Studios



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2017



3 4:00 Church Gary Wilson	9:30 Sing & Swing 1:00 Community Chat Senior Center	4 9:30 Sing & Swing 10:00 Cards & Cookies 1:30 Music Jim Kinney	5 9:30 Mass Father Dave 9:45 Sing & Swing 11:30 What's in the News 1:30 Bingo-St. John's 3:00 Happy Hour 3:45 Sing a Long	6 8:30 Manicures 10:30 Protestant Kevin Jennings 11:00 Dental Visits 1:30 Country Steppers	7 8:30 Sing & Swing 9:30 Casino-Shopping trip 10:00 Cards & Cookies 2:00 Christmas Movie & popcorn	8 9:30 Sing & Swing 10:00 Cards & Cookies 10:30 Little Friends 10:30 Catholic Room Visits Sharon 1:30 Taste of Home	9 2:00-4:00 Resident Family Christmas Open House Mr. & Mrs. Santa
10 11:30 Church on Local Radio 95.3 Pastor Meador Oak View Open House 1-3 pm	9:30 Sing & Swing 1:00 Wal-Mart Shopping	11 9:30 Sing & Swing 12:00 Take Out 1:30 Decorate Christmas Stockings 6:30 Girl Scout-Boy Scout Bingo & Caroling First Day of Hanukkah	12 9:30 Sing & Swing 10:00 Cards & Cookies 12:00 Christmas 1:30 Girl Scout-Boy Scout Bingo & Caroling First Day of Hanukkah	13 9:30 Sing & Swing- & Kickball 11:30 What's in the News 1:30 Bingo-V.F.W. #2440 Auxiliary 3:00 Happy Hour	14 8:30 Manicures Protestant Bob Solon 11:00 Communion Mary Kay 1:30 Wrapping Party for Adopt-a- Family Pet Visits 4:30 Union Carolers	15 9:30 Sing & Swing 10:00 Cards & Cookies 10:30 Little Friends 10:30 Catholic Room Visits Sharon 1:30 Taste of Home	16 1:00 Caroling around the Piano with John Sheda 2:00 Snack Cart
17 4:00 Church Gary Wilson 5:30 Hope Wesleyan Carolers	9:30 Sing & Swing 12:00 Music with Linda 1:00 Movie @ The Starlight	18 9:30 Sing & Swing 10:00 Cards & Cookies 1:30 Birthday Party BCHC Hospital Auxiliary	19 9:30 Sing & Swing 10:00 Cards & Cookies 1:30 Birthday Party BCHC Hospital Auxiliary	20 9:30 Sing & Swing 10:30 Catholic Service Sharon B. 11:30 What's in the News 1:30 Christmas Bingo 3:00 Happy Hour 3:45 Sing a Long	21 8:30 Manicures 10:30 Protestant Richard Wearmouth 12:15 EB Carolers 2:00 Staff Party 6:30 Andersen's Winter Begins	22 9:30 Sing & Swing 10:00 Cards & Cookies 1:30 Music with Dave Poggenklass	23 2:00 Snack Cart
24 11:30 Church on Local Radio 95.3 Pastor Meador	9:30 Sing & Swing 10:00 Resident Council Meeting 1:30 December Trivia Kwanzaa Begins	25 Merry Christmas Open Gifts Around the Tree After Breakfast Christmas Day	26 9:30 Sing & Swing 10:00 Resident Council Meeting 1:30 December Trivia Kwanzaa Begins	27 9:30 Sing & Swing 11:30 What's in the News 1:30 New Year's Bingo 3:00 Happy Hour	28 8:30 Manicures 10:30 Protestant John Sheda 1:30 Craft with IPL Kids	29 9:30 Sing & Swing 10:00 Cards & Cookies 10:30 Catholic Service Sharon 1:30 Pet Visits 1:30 Mystery Activity *Norma Daubenberger	30 2:00 Snack Cart

\*Babs Jessen 31  
1:30 New Year's  
Scavenger Hunt

\*Denotes Birthday

Activities subject to change.

## Lexington Estate

Dianne Hepke Activity Coordinator 319-332-0914 or 563-920-2635  
Hospital skilled patients are always welcome to come for Lexington Meals or Activities!