

January 2018

Lexington Estate

at Buchanan County Health Center

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

Celebrating January

Hot Tea Month

New Year's Day

January 1

Family Bingo

January 14th

Resident & Staff Potluck

January 18th

Health Hugs Day

January 21st

Show & Tell Activity

January 22



Activity Professionals Week

January 21st-27th

Join us at Lexington

for a Donut Party on

Thursday 25th 2-3pm

Show & Tell Activity

You probably remember show and tell from your kindergarten days. Perhaps you even miss the opportunity to show things off now that you're an adult. Well, if you do miss those days from when you were a kid, we've got good news for you! We are having a Show and Tell Day for residents to indulge themselves in.

How to Celebrate Show and Tell ...

I think that you can probably think of something that's important or interesting to you that you might just want to share with others. Now you have the perfect excuse to bring it and show it off to everyone and they might just be as interested in it as you. Even if they aren't, well, it was worth a try. This could be a fun way to get to know each other.

Residents may need a little help choosing something to bring...FAMILIES we need your help. Therefore, you need to scour the attic or dust off the photo album and talk about what interesting item the resident could bring. For instance I think I will bring something from Germany because we lived there for two years as newlyweds. Okay, I think you get the idea, so now go find something to bring.

Before I wrap things up, I'll give you a gentle reminder that you really ought to keep things appropriate. Use your own judgment, but we'd strongly suggest that you don't bring anything morbid or illegal we don't want any visits from the local authorities, FBI, or DHS!

Show & Tell

Monday, January 22, 2018

1:30pm

Family & Friends Welcome!

Taste of Home

Stuffed Pepperoni Pizza Pie Bites

Ingredients:

- Cooking spray
- 8 string cheeses, unwrapped
- 1 teaspoon oregano
- 1/2 teaspoon garlic powder
- 2 tablespoons grated Parmesan cheese
- 1 (13.8-ounce) roll refrigerated pizza crust dough
- 4 tablespoons butter, melted
- 24 slices regular-size pepperoni
- Pizza sauce for dipping



Directions

1. Preheat oven to 400°F. Line a baking sheet with foil and spray with cooking spray.
2. Cut each string cheese into equal thirds.
3. Combine oregano, garlic powder, and Parmesan cheese in a small bowl.
4. Roll pizza crust dough onto a cutting board. Cut into 24 equal rectangle pieces.
5. Set one piece of cheese in the center of each dough piece. Roll the dough up to encompass each cheese piece, pinching the seams tightly.
6. Place each piece on the prepared baking sheet. Brush each with butter and sprinkle with Parmesan cheese mixture.
7. Place a pepperoni slice on top of each dough piece.
8. Bake 10–12 minutes.
9. Serve warm with pizza sauce.

Makes 24 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.

January Birthdays

- Diane Keaton (actress) – January 5, 1946
 Elvis Presley (musician) – January 8, 1935
 George Foreman (boxer) – January 10, 1949
 Faye Dunaway (actress) – January 14, 1941
 Al Capone (gangster) – January 17, 1899
 Edgar Allan Poe (writer) – January 19, 1809
 Ernest Borgnine (actor) – January 24, 1917
 Oprah Winfrey (mogul) – January 29, 1954
 Jackie Robinson (ballplayer) – January 31, 1919

Our Own Celebrities!

- Helen Blad January 3rd
 Harvey Love turns 101 on
 January 8th!!



Welcome to the Neighborhood



Dale Buckman

In Loving Memory



Randy Kaufman

August 6, 1957–
 December 2, 2017

Babs Jessen

December 31, 1925–
 December 22, 2017

BCHC Gives Back---

Thanks to all who donated food for the food drive, provided gifts for Adopt a Family, Santa gifts for our Lexington residents this Christmas or Rang the bell for the Red Kettle Campaign!

Your generous donations of canned goods helped to support families locally! Over 100 associates contributed to the food drive.



With your generous support we were able to make Christmas brighter for a family of **four** children for adopt-a-family this year.



BCHC associates volunteered in one hour shifts to ring the bell for the Salvation Army at two locations this year.



With your generous support residents enjoyed their Secret Santa gifts around the tree on Christmas morning.



We Appreciate the Gifts You Gave!

*Independence Library-Table Decor
Union Carolers---Caroling
EB Jr. & Senior High---Caroling
Hope Wesleyan Church---Caroling
Living Water Church --- Caroling
ReFit Group --- Flash Mob*

There were so many yummy treats please forgive us if you slipped something in and we forgot to thank you!

Healthy Hugs

On January 21, Hugging Day, feel free to offer a hug to anyone and everyone you want. After all, the goal of the holiday is for people to show more emotion in public.



Studies have shown that physical contact has many health benefits. Such contact is indeed necessary for healthy social, psychological, and physical development. Hugs strengthen the immune system, decrease the risk of heart disease, decrease levels of the stress hormone cortisol, and increase levels of the "love hormone" oxytocin and the "feel good" brain chemicals, serotonin and dopamine.

Some people shy away from being touchy-feely in public, but humans have always been social creatures that thrive through human-to-human contact. Hugging may be the best tonic of all for what ails you.

January Hot Tea Month

January is a time for new beginnings, health and the home. Not coincidentally, it's also National Hot Tea Month. Whether you're drinking to new beginnings, your health or the domestic realm, these are ways you can celebrate Hot Tea Month this January.

Check out the [best detox teas](#) and try a few to see what you like. Revisit old favorites (such as "[herbal teas](#)" / [tisanes](#) like chamomile and peppermint).

Try some healthy teas that are new to you, like [white tea](#).

Try Wintry Flavors

Brew a [ginger black tea](#), [ginger green tea](#) or [ginger "tea"](#)

Try a [cardamom black tea](#)

Buy citrusy tea blends, or add a little orange or lemon

Remember that the healthiest teas are the teas you'll stick with.

As long as it's pure (no milk or sweeteners), if you want to drink it every day, it's good for you!

Hot Tea Cart will make the rounds on Monday January 15th @ 10am

Christmas Blessings...Family & Staff...Party...Santa!



Happy New Year!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 a.m. on ABC Rose Bowl Parade New Year's Puzzles College Football Bowl Games.	9:30 Sing & Swing 10:00 Cards & Cookies 1:30 Giant Crossword Game	9:30 Mass with Father Dave 9:45 Sing & Swing 11:30 <u>What's in the News</u> 1:30 Bingo-St. John's Happy Hour 3:00 Sing a Long *Helen Blad	8:30 Manicures 10:30 Protestant Church- Kevin Jennings 1:30 Music with Jim Kinney	9:30 Sing & Swing- 10:00 Cards & Cookies 10:30 Little Friends 12:30 Music with Linda 1:30 Pet Visits	2:00 Snack Cart
11:00 Church on Local Radio 95.3 Pastor Scott Meador	New Year's Day 9:00 Wai-Mart Shopping 4:30 Marshmallow Monday! Snow Games Hot Cocoa and Marshmallows *Harvey Love	9:30 Sing & Swing 10:00 Cards & Cookies 1:30 Music with Nancy Hooten	9:30 Sing & Swing- 10:00 Cards & Cookies 1:30 Bingo- V.F.W. 3:00 Happy Hour	8:30 Manicures & Chit Chat 10:30 Protestant Church John Sheda 1:30 Travel America & Popcorn	9:30 Sing & Swing- 10:00 Baking Bread in Bread Machine 10:00 Cards & Cookies 10:30 Catholic Visits Sharon Bainbridge 1:30 Card Bingo	2:00 Snack Cart
1:30 Family Bingo 1:30 Pet Visits 4:00 Church with Gary Wilson	9:30 Sing & Swing 10:00 Hot Tea Cart 1:30 Taste of Home Martin Luther King Day	9:30 Sing & Swing 10:00 Cards & Cookies 1:30 Birthday Party BCHC Hospital Auxiliary	9:30 Sing & Swing- 17 11:30 <u>What's in the News</u> 1:30 Bingo 3:00 Happy Hour 3:45 Sing a Long	8:30 Manicures 10:30 Protestant Sue Ann Raymond 11:30 Resident & Staff Potluck 1:30 Dominos 6:30 Andersen's	9:30 Sing & Swing 10:00 Cards & Cookies 1:30 For the Birds Scavenger Hunt	2:00 Snack Cart
11:00 Church on Local Radio 95.3 Pastor Scott Meador 3:00 Music with David Gray Activity Professionals Week	9:30 Sing & Swing Bag Toss 1:30 Show & Tell Activity	9:30 Sing & Swing 23 10:00 Resident Council 12:00 Take Out Tuesday 1:30 "Opposites" Hang Man Game	9:30 Sing & Swing- 24 11:30 <u>What's in the News</u> 1:30 Bingo- St. Pats 3:00 Happy Hour	8:30 Manicures Chit Chat 10:30 Protestant Mike Nemmers 2:00-3:00 Donut Party Activity Professional Week	9:30 Sing & Swing 26 10:00 Cards & Cookies 10:30 Catholic Services-Sharon 1:30 Music with Dave Poggenklass Australia Day	2:00 Snack Cart
1:30 Cards 4:00 Church with Gary Wilson	9:30 Sing & Swing Horseshoes 1:00 Movie at the Starlight	9:30 Sing & Swing 30 10:00 Cards & Cookies 1:30 Shut the Box Dice Game	9:30 Sing & Swing 31 11:30 <u>What's in the News</u> 1:30 Bingo Zion Lutheran 3:00 Happy Hour	Hospital skilled patients are always welcome to come for Lexington for Meals or Activities!		
 <h1 style="font-size: 2em; margin: 0;">January 2018</h1> <p style="font-size: 0.8em; margin: 0;">*Activities subject to change. *Denotes Birthday</p>						
<p style="font-size: 0.7em; margin: 0;">Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org</p>						