

NOVEMBER 2017

Lexington Estate

at Buchanan County Health Center

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

Celebrating November

Daylight Savings Time Ends

November 5th

GI Blues with Elvis!

November 6

Veteran Appreciation

Happy Hour

3:00 p.m. November 10th

Veterans Day

November 11

Homemade Bread Day

November 16

Darrell Drapper as Teddy Roosevelt

November 18th

Thanksgiving Day (U.S.)

November 23

Out and About!

Elvis GI Blues Program @ Senior Center -Nov. 6th

Wal-Mart Shopping- November 13th

Music at the Coliseum In Oelwein Nov. 14th

Movie @ the Starlight- Nov. 27th

We Honor... Our Veteran's at Buchanan County Health Center

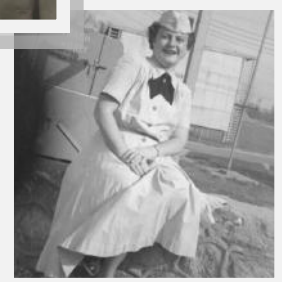
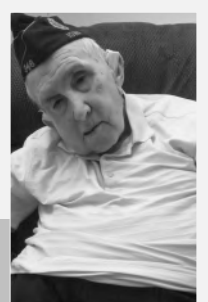
Vernon Gudenkauf- Corporal U.S. Army
1953-1955

Harvey Love- Corporal U. S. Army
1942- 1945

Carroll McTaggart- Private 1st Class U.S. Army
1956-1958

Muriel "Maxine" Stepp-SN Wave U.S. Navy
1951-1953

Leo "Dewey" Donnelly- Sargent U. S. Army
1946-1947



Taste of Home



- **Prep Time:** 15 mins

Ingredients

- 1/4 cup light brown sugar, packed
- 1/2 cup white sugar
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1 teaspoon nutmeg
- 1 tablespoon pure vanilla extract
- 2 large eggs
- 1 (15 ounce) cans Libby's canned pumpkin
- 1 (12 fluid ounce) cans Carnation Evaporated Milk
- 1 unbaked 9-inch deep dish pie pastry (4 cup volume)

Directions

1. Mix sugars, salt and spices in a large bowl.
2. Beat eggs in small bowl and pour into sugar/spice mixture.
3. Empty can of pumpkin into sugar/spice mixture.
4. Mix everything with a wooden spoon or a wire whip, use a rubber spatula to incorporate all ingredients . Add evaporated milk gradually and continue stirring.

Pour into pie shell.

Bake in preheated oven at 425 degrees F. for 15 minutes. Reduce temperature to 350 degrees F. and bake for an additional 40-45 minutes, or until toothpick inserted in center comes out clean.

About This Pumpkin Pie Recipe

"A traditional pumpkin pie recipe with kicked up flavor. It is similar to the recipe on the Libby's Pumpkin can, with the addition of extra spices, some brown sugar, and vanilla extract to make it extra flavorful."

November Birthdays

- Marie Antoinette (queen) – Nov. 2, 1755
- Art Carney (actor) – Nov. 4, 1918
- John Philip Sousa (conductor) – Nov. 6, 1854
- Petula Clark (singer) – Nov. 15, 1932
- Mickey Mouse (cartoon) – Nov. 18, 1928

Happy Birthday to Our Own Celebrities!

- Mary Tarpay Nov.3
- Nancy Tyler Nov. 3
- Vernon Gudenkauf Nov. 8
- Ron Kaiser Nov.23



Welcome to the Neighborhood

Larry Torgerson!

Thanksgiving Dinner

Thursday, November 23rd @ noon. If you would like to eat with your loved one would you please make a reservation with the dietary department by Monday, November 13th.

Also, if you will be taking your loved one out for Thanksgiving would you let us know that as well.

There will be a sign up sheet at the nurse's desk for either option!



Twice Yearly Chores



In the United States, Daylight Saving Time (DST) ends November 6, which means our clocks will fall back an hour from 2:00 A.M. to 1:00 A.M. (and we will gain an hour of sleep). Interestingly, Hawaii and Arizona don't participate in DST, so their residents won't get an extra hour of rest. In Europe, they do not call it DST, but Summer Time, and it ends on October 26 at 1:00 A.M.

Regardless of where you live, the twice-yearly adjustment to DST offers an opportunity to take care of some important twice-yearly chores. Many fire departments advise us to change our smoke alarm batteries on this day. And since scaling a ladder to check all the smoke alarms

isn't enough, here are some other chores to handle twice yearly.

For one, don't forget to rotate your mattress! Take

a good look at your bed. You may have made a lasting impression on it, or it may be starting to sag. Rotating and flipping your mattress will help it wear more evenly. Some new and improved mattresses may not require flipping, but even they should be rotated. If you have a vacuum handy, it's also a good idea to rid your mattress of dust.

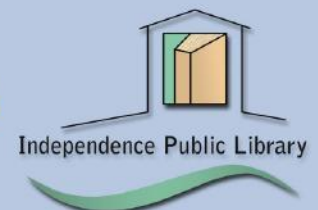
Another chore is changing the furnace filter. Because we spend most of the winter inside, our heating systems usually work all day to heat our homes. A new furnace filter will purify the air in the house. If you have a pet or allow smoking in your home, these filters also remove pet dander and smoke from the air. While it

may be a good idea to check your filter every three months, DST is the perfect reminder to change it.

Still looking for more chores? Check your pantry, refrigerator, and medicine cabinet for expired products. Or, if you're not a fan of DST, then this may be the perfect reminder to write a letter to Congress to abolish the practice.

Neurologist James H. Austin, author of *Zen and the Brain*, attempted to prove the inferiority of puns using MRI scans of the brain. When volunteers heard puns, they groaned—activating the left posterior *inferior* gyrus and left *inferior* frontal gyrus of their brains. Really funny jokes, on the other hand, involve the ventral part of the medial prefrontal cortex. That hard science is no laughing matter.

Teddy Roosevelt: The Rough Rider President



Historical re-enactor Darrell Draper
in a performance for all ages.

ABCM West -Friday, Nov 17th at 1:30 pm

Lexington Estate - Saturday, Nov 18th at 1:30 pm

Independence Public Library - Sunday, Nov 19th @ 2:00 pm

Prairie Hills - Monday, Nov 20th at 10:00 am

319-334-2470

www.independenceia.org/library

All performances are free and open to the public.

Buchanan County Health
Center Lexington Estate
cordially invites you to attend
Christmas Open House

*Appetizers
Treats and Sweets*

*Saturday, December 9,
2017*

2:00-4:00 pm

Lexington Dining Room
Santa will be here @ 2:00!



Reservations are appreciated
Please R.S.V.P. Dianne @ 319-
332-0914
No later than, December 1st.

It's Flu Season...

Do Them a Favor

Stay Home until you are better !

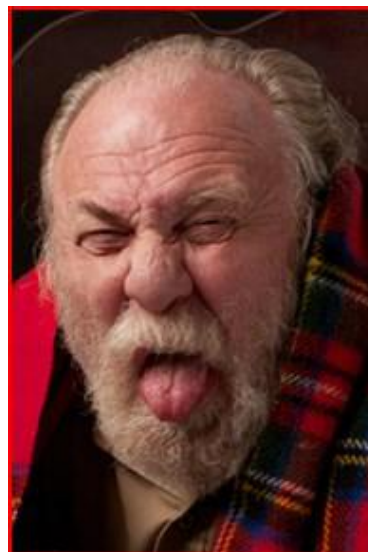
If you are feeling under the weather we would ask that you please stay home.

Likewise, if we are experiencing widespread illness we may restrict visitors and ask our residents not to go out.

We are encouraging that 100% of our employees will receive their flu vaccine. All residents who are able and consented have also received their vaccination.

If we all do our part we will stay happy and healthy this winter.

Remember handwashing is the best defense against infectious diseases!



Holiday Reminders Save the Date!!

***Please deliver a gift (with resident's name) for your family member to the activity dept. by December 4th so that we may have them ready for Santa to hand out.



INVITING ALL VETERANS TO JOIN US

MONDAY, NOVEMBER 6TH AT 2PM

BUCHANAN COUNTY SENIOR CENTER

400 5TH AVE NE • INDEPENDENCE • (319) 334-7011

NEARLY ELVIS: PRESENTING GI BLUES

RON SEMLER — ELVIS IMPERSONATOR

Sponsored by:

*ABCM Rehabilitation Centers of Independence
Buchanan County Senior Center • Lexington Estate at BCHC
Prairie Hills Assisted Living and Memory Care
Winding Creek Meadows Assisted Living*

Hawkeye District of

Activity Professionals Fall Meeting

Friday, November 3, 2017

8:00am - 2:30pm

Oak View Independent Living

1601 1st. St. E

Independence, IA 50644

Join us for a day of learning & collaborating with fellow Eastern Iowa activity professionals and industry experts!

\$10/person (members & non-members)

Lunch will be catered by Bill's Pizza & Smokehouse
Menu: Lasagna, Breadstick, Salad, Cheesecake & Beverage

RSVP BY MONDAY, OCT. 30

Janice Larson - Maple Crest Manor - 563-425-3336

Hosted by:

Janice Larson, Maple Crest Manor

Dawn McGinnis-Fox, Prairie View

Dianne Hepke, Buchanan County Health Center

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

November 2017

Lexington Estate

Hospital skilled patients are always welcome to come for Lexington Meals or Activities!

<p>4:00 Church Gary Wilson</p>	<p>5 9:30 Sing & Swing Ladder Golf</p> <p>1:00 Load Bus for Elvis! GI Blues Program @ Senior Center</p>	<p>6 9:30 Sing & Swing 10:00 Cards & Coffee 11:30 Take Out Tuesday 1:30 Giant Crossword</p>	<p>7 9:30 Sing & Swing 11:30 What's in the News</p> <p>1:30 Bingo-V.F.W. #2440 Auxiliary 3:00 Happy Hour *Vernon Gudenkauf</p>	<p>8 8:30 Manicures 10:30 Prot. Church- Bob Solon 11:00 Communion with Mary Kay 1:30 Pet visits 1:30 Reader's Digest Road Trip-Popcorn</p>	<p>9 8:30 Manicures 10:30 Prot. Church- Kevin Jenings 1:30 Music with Jim Kinney</p>	<p>10 9:30 Sing & Swing- Cards & Coffee 10:30 Little Friends 12:30 Music with Linda 1:30 Crafting with Indep. Garden Club *Mary Tarpy & Nancy Tyler</p>	<p>11 1:30 Cards 2:00 Snack Cart</p>
<p>11:30 Church on Local Radio 95.3 Pastor Scott Meador</p> <p>5:00pm Music with David Gray</p>	<p>12 9:30 Sing & Swing Bag Toss</p> <p>1:00 Wal-Mart Shop</p>	<p>13 9:30 Sing & Swing 10:00 Cards & Coffee 1:00 Music @ The Oelwein Coliseum</p>	<p>14 9:30 Sing & Swing 10:00 Cards & Coffee 1:00 Music @ The Oelwein Coliseum</p>	<p>15 9:30 Sing & Swing & Horseshoes 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour 3:45 Sing a Long</p>	<p>16 8:30 Manicures 10:30 Prot. Church Kristen Rod 1:30 Baking Bread in Bread Machine</p>	<p>17 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service w/ Sharon 2:00 Crafting with Pink Polka Dot Studio</p>	<p>18 1:30 Darrell Drapper as "Teddy Roosevelt" Sponsored by the IPL</p>
<p>2:00 Family "Turkey" Bingo Pet Visits</p> <p>4:00 Church Gary Wilson</p>	<p>19 9:30 Sing & Swing Balloon Volleyball 2:00 Taste of Home</p>	<p>20 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Birthday Party Living Water Church 6:30 Andersen's</p>	<p>21 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Birth Day Party Living Water Church 6:30 Andersen's</p>	<p>22 9:30 Sing & Swing 10:30 Catholic Service Sharon Bainbridge 11:30 What's in the News 1:30 Bingo-St. Pat's Winthrop 3:00 Happy Hour</p>	<p>23 Macy's Thanksgiving Day Parade *Ron Kaiser</p>	<p>24 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Music with Dave Poggenkass</p>	<p>25 1:30 Cards 2:00 Snack Cart</p>
<p>11:30 Church on Local Radio 95.3 Pastor Scott Meador</p>	<p>26 9:30 Sing & Swing Ring Toss 1:15 Movie @ The Starlight</p>	<p>27 9:30 Sing & Swing 10:00 Resident Council Meeting 12:30 Music with Linda 1:30 Uno Cards</p>	<p>28 9:30 Sing & Swing 10:00 Resident Council Meeting 12:30 Music with Linda 1:30 Uno Cards</p>	<p>29 9:30 Sing & Swing- 11:30 What's in the News 1:30 Bingo-Zion Lutheran 3:00 Happy Hour</p>	<p>30 8:30 Manicures 10:30 Prot. Church Sue Ann Raymond 1:30 Decorate for Christmas</p>	<p>30 *Denotes Birthday Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org</p>	<p>Thanksgiving Day (US)</p>

Veterans Day (US)
Remembrance Day (Canada)

Thanksgiving Day (US)