

October 2017

Lexington Estate

at Buchanan County Health Center

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

Celebrating October Resident Rights Month

Out & About

Oct. 2nd— Senior Center Community Chat

Oct. 5th— Local Shop Dollar Tree

Oct. 9th— Wal-Mart Shopping

Oct. 16th— Bloomsbury Farms and
Harvest Drive

Oct. 23rd— Breakfast at the
Buttermilk

Oct. 30th Movie at the Starlight

National Taco Day

October 4th

Garden Club

October 24

Meeting-Lunch— Crafting

Family Bingo

October 22

Pastoral Care Week

October 22-28

Halloween

October 31

4:30-6:30

Welcome Trick or Treaters

At Oak View Retirement Community



Residents' Rights: An Overview

Residents' Rights are guaranteed by the federal 1987 Nursing Home Reform Law. The law requires nursing homes to "promote and protect the rights of each resident" and places a strong emphasis on individual dignity and self-determination. A person living in a long-term care facility maintains the same rights as an individual in the larger community.

The Right to Be Fully Informed of:

- ☑ Available services and the charges for each service
- ☑ Facility rules and regulations, including a written copy of resident rights
- ☑ Address and telephone number of the State Ombudsman and state survey agency
- ☑ State survey reports and the nursing home's plan of correction
- ☑ Advance plans of a change in rooms or roommates
- ☑ Assistance if a sensory impairment exists
- ☑ Residents have a right to receive information in a language they understand (Spanish, Braille, etc.)

Right to Complain... Voice Concerns

Right to Participate in One's Own Care

Right to Privacy and Confidentiality

Rights During Transfers and Discharges

Right to Dignity, Respect, and Freedom

Right to Having Visitors

Right to Make Independent Choices

Lexington Employee Spotlight



Staci Koob, RN

Lexington Estate Welcomes Staci Koob as Nurse Manager

Lexington Estate is excited to announce the addition of Staci Koob as Nurse Manager. Staci has worked at BCHC for the past 4 years as a Clinical Informatics Nurse, playing a vital role in the successful implementation of Epic, and was instrumental in the conversion of Lexington's paper documentation to Electronic Health Rec-ord. Prior to BCHC, Staci was the Director of Nursing at ABCM- East Towne for 3 years. It was evident that Staci's drive for clinical excellence and safe resident care, nursing skill set, leadership experience, and knowledge of our EMR make this position a great fit for her.

Stop by to introduce yourself to Staci! If you have any concerns with medications, Dr. orders, lab work, or misplaced items Staci will be the point person to follow up in these areas.

Angel Decker had this to say about Staci "I had the pleasure of completing the L.P.N program with Staci; although we lost touch after school we somehow ended up at the same long term care facility for a short period of time, only to lose touch again for 4 years until fate brought us back together at BCHC. She still has the same bright smile, positive attitude, and fun personality she had when we first met. She is just one of those people that you can't help like. Lexington is lucky to have Staci, not only because of her personality but because she has a sincere passion for providing dignified, compassionate, person directed care."

Staci, I am proud to work with you again and thankful that fate brought us here; clearly we are meant to work together!

Welcome Staci! We are so happy you have joined our team!

October Birthdays

- Julie Andrews (actress) – October 1, 1935
- Ray Kroc (entrepreneur) – October 5, 1902
- Jesse Jackson (activist) – October 8, 1941
- Luciano Pavarotti (singer) – October 12, 1935
- e. e. cummings (poet) – October 14, 1894
- Evel Knievel (daredevil) – October 17, 1938
- Johnny Carson (TV host) – October 23, 1925
- Pablo Picasso (artist) – October 25, 1881
- Bill Gates (billionaire) – October 28, 1955

Happy Birthday to Our Own Celebrities!

Donna Green October 27th



"Family" Bingo!

Sunday

October 22, 2017

1:30pm



Join us for some old fashioned fun with an afternoon of bingo.

Family members of all ages are welcome! It might be helpful if you can follow your own card, and assist your loved one with theirs.

Guaranteed winning cards!

Good Luck! See you soon.

Taste of Home

Pumpkin cake



Ingredients:

- 1 yellow cake mix
- 1 pkg. instant pumpkin spice pudding mix
- 4 eggs
- 1/4 cup water
- 1/4 cup oil
- 1 cup canned pumpkin
- 2 teas pumpkin pie spice
- Whipped Cream

Directions:

- In a large bowl combine the first seven ingredients.
- Beat on low speed for 30 seconds; beat on medium for 2 minutes
- Pour into greased and floured 10 inch bundt pan.
- Bake at 350 for 50-55 minutes
- Cool 10 minutes; remove from pan cool completely
- Serve with whipped cream

Outing to Bloomsbury Farms Atkins, Iowa



MONDAY OCTOBER 16TH!
LOAD THE BUS @ 10:30

ABOUT BLOOMSBURY FARMS

Bloomsbury Farm began as a greenhouse and landscaping business in 1995. Owner Karen Petersen had a degree in Floriculture, and after working in the floral industry for a while, decided she wanted to run her own business, doing something she enjoyed. In 1995, Karen opened Bloomsbury Farm and Greenhouse, a greenhouse and landscaping business, located in one of the barns on the farm. Karen chose the name "Bloomsbury" because it was the name of a town in a Peter Pan book she used to read to her children. She eventually diversified the business some and ventured into the floral market as well. Bloomsbury Farm and Greenhouse was well-known for making beautiful flower arrangements for weddings, funerals, and anything else you can imagine!

1997 was the first time the concept of agritourism was introduced to the Farm. The first-grade teacher of one of Karen's daughters asked to bring the class out to the Farm for a hayrack ride. Karen agreed, and eventually the concept of Bloomsbury Farm as an agritourism destination blossomed! The business began slowly, with free activities including hayrack rides, a few animals to pet, a rustic barn - and has bloomed into something bigger and better than Karen had ever imagined!

In 2004, a tornado wiped out the greenhouse and landscaping business, and since then, Bloomsbury Farm has been one of the biggest and best agritourism destinations in Iowa! Today, Bloomsbury Farm is host to thousands of visitors each year, many even coming from other states and countries! With dozens of family-friendly activities, including a [10-acre corn maze](#) and the area's largest [pumpkin patch](#), Bloomsbury Farm is the perfect destination for family fun!

We will enjoy lunch-petting zoo-pumpkins- and the gift shop.





\$ 3335.53
Raised
Go Team BCHC!

Oak View Retirement Community
&
Lexington Estate

Welcome Children for Trick or Treat!
@ Oak View 1616 1st Street East

Tuesday, October 31st 4:30-6:30pm.



The BCHC Walk to End Alzheimer's Team sponsored a Raffle to award this beautiful quilt made by Independence artist Deb Hinde.



Kenda Bagby was the lucky Quilt Winner!

Families are encouraged to bring out your little ghouls and goblins for trick or treating at **Oak View Retirement Community** 1616 1st Street East on Halloween Tuesday, October 31st, 2017 from 4:30 p.m.-6:30p.m.

Residents and homeowners will be making treat bags as part of a craft project. **If families would like to donate a bag of snack size candy to fill our treat bags you may leave it with Dodie, or Dianne in the Activity Department.**



Residents are invited to join Oak View homeowners for a simple soup supper at Oak view during the trick or treat time. Wear your crazy hats!

Thank you to vendors and patrons who supported our Vendor Fair!





Enriching The Lives Of Elders...

Take a Book

Read a Book

Return it!

This book service is being provided by the Buchanan County Community Foundation, Independence Public Library, The Friends of the Independence Public Library, Greenley Family Charitable Fund.

Thank you, Laura Blaker and Amy Mc Graw for implementing this book service for us.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 11:30 Church on Local Radio 95.3 Pastor Scott Meador 2:00 Snack Cart	2 9:30 Sing & Swing Basketball Shoot 1:30 Community Chat Senior Center 2:00 Ice Cream Cart	3 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Mexican Train Dominos	4 National Taco Day! 9:30 Mass with Father Dave 9:45 Sing & Swing 11:30 What's in the News 1:30 Bingo-St. John's 3:00 Happy Hour Fried Ice Cream	5 8:30 Manicures 10:30 Protestant Church Mike Nemmers 10:30 Local Shopping 1:30 Music with Jim Kinney <small>Sukkot</small>	6 9:30 Sing & Swing 10:30 Little Friends 12:30 Music with Linda 1:30 Garden Club Crafting	7 1:30 Cards 2:00 Snack Cart
8 4:00 Church Gary Wilson 2:00 Snack Cart Fire Prevention Week	9 9:30 Sing & Swing Basketball Shoot 1:00 Wal-Mart <small>Columbus Day (US) Thanksgiving Day, (Canada)</small>	10 9:30 Sing & Swing 10:00 Cards & Coffee 11:30 Take Out 1:30 Card Bingo	11 9:30 Sing & Swing Table Tennis 11:30 What's in the News 1:30 Bingo-V.F.W. #2440 Auxiliary 3:00 Happy Hour Pretzels & Beer 3:45 Sing-a-long	12 8:30 Manicures 10:30 Protestant Church James Ganze 11:00 Communion with Mary Kay 1:30 Pet Visits 1:30 Reader's Digest Road Trip—Popcorn!	13 Casual Day 9:30 Sing & Swing Kick Ball 10:00 Cards & Coffee 10:30 Catholic Visits 2:00 Taste Of Home	14 1:30 Cards 2:00 Snack Cart
15 11:30 Church on Local Radio 95.3 Pastor Scott Meador 2:00 Snack Cart 5:00 Music with David Gray	16 9:30 Sing & Swing Basketball Shoot 10:30 Harvest Drive Bloomsbury Farms "Leaf Looking"	17 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Birthday Party Rotary Club	18 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Pizza 3:45 Sing-a-long	19 8:30 Manicures 10:30 Protestant Church Kevin Jennings 11:30 Staff and Resident Potluck 6:30 Andersen's	20 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon Bainbridge 1:30 Uno Cards	21 1:30 Cards 2:00 Snack Cart
22 4:00 Church Gary Wilson 1:30 Family Bingo 2:00 Snack Cart Pastoral Care Week	23 8:00 Breakfast at Buttermilk 10:00 Sing & Swing 1:30 Giant Crossword	24 9:30 Sing & Swing 10:00 Resident Council 11:00 Garden Club Meeting & Lunch 12:30 Music with Linda 1:30 Garden Club Fall Craft	25 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo-St. Pat's Winthrop 3:00 Happy Hour Pumpkin Bars	26 8:30 Manicures 10:30 Protestant Church Scott Meador 1:30 Pet Visits 2:00 Vote City Elections 2:00 Filling Treat Bags for Trick or Treaters	27 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon Bainbridge 1:30 Music with Dave *Donna Green	28 1:30 Cards 2:00 Snack Cart
29 11:30 Church on Local Radio 95.3 Pastor Scott Meador 2:00 Snack Cart	30 9:30 Sing & Swing 1:15 Movie @ The Starlight	31 Crazy Hat Day 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Halloween Game 5:00 Simple Soup Supper with Oak View 4:30-6:30 Trick or Treat @ Oak View <small>Halloween</small>	*Denotes Birthday Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org			

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