

March 2018

Lexington Estate

at Buchanan County Health Center

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

Celebrating March

Family Fish Fry

March 9

Daylight Saving Time Begins

March 11

St. Patrick's Day

March 17

Out and About

March 5 Community Chat Polka Dancers

March 12th Wal-Mart Shopping

Shakes at Mc' Donald's

March 19th Waterloo Casino

March 26th Movie At the Starlight

Living Last Supper

March 23

Hy- Vee Food Cooking Demonstration

Chef William @ Oak View

March 29

Join us for a Family Fish Fry Friday, March 9th

5:00 p.m.

Menu

Deep Fried Fish

Potato Salad

Coleslaw

Roll with Butter

Lemon Pie Bars



Did you "catch" your invitation in the mail?

RSVP- by March 6th Dianne Hepke

@

319-332-0914

Taste of Home

St. Patrick's Day Mini Pies

Ingredients:

- ◆ 2 pkg. Keebler mini graham cracker pie crusts
- ◆ 5.1 oz. box vanilla instant Pudding
- ◆ 1 pkg Andes crème De Menthe baking chips
- ◆ 3 cups milk
- ◆ 1 container cool whip
- ◆ 1 can whipped cream
- ◆ Green food coloring
- ◆ Peppermint extract



Instructions:

1. Open pkg. of mini crusts-set aside
2. Prepare pudding according to box
3. Add 4-5 drops of green food coloring
4. Add a teaspoon of peppermint extract
5. Fold in 1/2 container of cool whip
6. Spoon into pie crusts and chill 2 hours
7. Sprinkle on Andes chopped mints add whipped cream garnish when ready to serve.

* May also make with pistachio pudding– omit peppermint extract and Andes baking chips.

March Birthdays

- Theodore Geisel (Dr. Seuss) – March 2, 1904
 Knute Rockne (coach) – March 4, 1888
 Sam Donaldson (journalist) – March 11, 1934
 Billy Crystal (comedian) – March 14, 1948
 Vanessa Williams (actress) – March 18, 1963
 Spike Lee (director) – March 20, 1957
 Joan Crawford (actress) – March 23, 1905
 Aretha Franklin (singer) – March 25, 1942

Happy Birthday to Our Own Celebrities!

Dorothy Cielieski March 14th



In Loving Memory



Mildred “ Midge” Potts

August 5, 1924 to February 21, 2018

Welcome to the Neighborhood



Frank Hare
Gloria Mohlis

Living Last Supper



All are welcome to attend a performance of the "Living Last Supper." The production brings to life Leonardo da Vinci's famous painting, "The Last Supper." The evening will include drama, music, and communion. Members of First United Methodist Church will perform.

Preparations for "Living Last Supper" began months ago with the recruitment of men to play Jesus and his disciples. The men have spent months reading, studying and learning about each disciple and have grown beards to play their parts.

This year the cast is on the road, performing the production at BCHC Lexington Estate in Independence as well as a performance @ the Jr. /Sr. High auditorium.

March 23, Lexington Estate, Independence, 6:30 pm

March 29, Women at the Well UMC, Mitchellville, (not public)

March 30, Jr./Sr. High School Auditorium, Independence 7:00 pm

New Insurance Cards!

If you receive a new insurance card in the mail please bring a copy to the nurses desk.



If you are billed for services and you think this is in error please contact the provider who billed you and make sure they have the most current insurance card information as well.

Satisfaction Survey

From time to time you may receive a Satisfaction Survey from Lexington Estate. We use this information to improve the quality of care for residents and families. PLEASE take a few moments to complete the survey and send it back.

ST. PATRICK'S DAY

SATURDAY, MARCH 17TH WEAR GREEN

St. Patrick's Day was first celebrated in America in 1737, organized by the charitable Irish Society of Boston, including a feast and religious service.

This holiday is celebrated every year on March 17th, honoring the Irish patron saint, St. Patrick. People all over the world celebrate St. Patrick's Day, especially those in large Irish communities. Cities that hold large parades are: Boston, New York, Philadelphia, New Orleans, Savannah, and other cities worldwide.

There are many legends associated with St. Patrick. The symbol of the shamrock used for St. Patrick's Day comes from the story of St. Patrick using the shamrock to illustrate the Holy Trinity.

Early celebrations continued after the charitable Irish Society of Boston. In New York, the first celebration took place as a small gathering at the house of an Irish protestant. St. Patrick's Day parades started in New York in 1762 by a small group of Irish soldiers in the Boston military.

Parades and wearing green have always been a traditional part of St. Patrick's Day Celebrations. Chicago dyes its river green for the festivities.

The White House fountain is also dyed green.



Have a HAPPY St. Patrick's Day!

Palliative Care & Memory Clinic

Care and treatment for those managing chronic illness and memory loss while providing support and guidance for best quality of life.

- Symptom management and pain control for chronic illnesses
- Coordination of care and treatment
- Ongoing evaluation of disease progression
- Diagnosis and treatment of Alzheimer's and related dementias
- Evaluation of memory loss and safety concerns
- Support and education for patients and their families

*Referral based outpatient service beginning in March
Call 319-332-0950 for more information*

BCHC Buchanan County Health Center

Welcome Joni Henderson

Buchanan County is pleased to announce the addition of palliative and memory care to its growing list of services. The Palliative Care & Memory Clinic will be based out of the Specialty Clinic as an outpatient service beginning in March.

A unique service to the Buchanan County area, the Palliative Care & Memory Clinic provides care and treatment for those managing chronic illness and memory loss while providing support and guidance for the best quality of life. This service may be especially helpful for patients with life-limiting illnesses including cancer, COPD, cardiac disease, Parkinson's disease, neuromuscular diseases, Alzheimer's disease, and related dementias.

The Palliative Care & Memory Clinic provides patients with coordination of care and treatment, increased understanding of the illness along with treatment options, ongoing evaluation of disease progression, diagnosis and treatment of Alzheimer's and related dementias, evaluation of memory loss and safety concerns, and support and education for patients and their families while respecting each patient's values, goals, and personal choices.

The Palliative Care & Memory Clinic will be facilitated by Joni Henderson, ARNP. Henderson comes to BCHC with an extensive background in palliative and memory care with clinical interests in palliative care, memory disorders, Parkinson's disease, and geriatrics. "I am looking forward to working with people and their families on issues that occur to the aging population including memory concerns, chronic illnesses, and obstacles that can affect quality of life," commented Henderson. Henderson is Board Certified by the American Academy of Nurse Practitioners.

Joni will also make rounds weekly at Lexington Estate.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Hospital skilled patients are always welcome to come for Lexington for Meals or Activities!</p> <h1>March 2018</h1> <p>Activities subject to change. *Denotes Birthday</p> <p>Blairé Hepka 319.332.0914 563.920.2635 or dhepke@bchealth.org</p>						
<p>11:00 Church local radio 95.3 Pastor Scott Meador</p>	<p>4:00 Church with Gary Wilson</p>	<p>9:30 Sing & Swing Bag Toss</p> <p>10:00 Cards & Coffee</p> <p>1:30 Community Chat- Polka Dancers</p>	<p>9:30 Mass Father Dave</p> <p>9:45 Sing & Swing</p> <p>11:30 What's in the News</p> <p>1:30 Bingo- St. John's</p> <p>3:00 Happy Hour</p>	<p>8:30 Manicures</p> <p>10:30 Protestant Church Kristen Rod</p> <p>1:30 Music with Jim Kinney</p>	<p>9:30 Sing & Swing</p> <p>10:00 Cards & Coffee</p> <p>10:30 Little Friends</p> <p>1:30 Crafting with Independence Garden Club</p>	<p>2:00 Snack cart</p>
<p>11:00 Church with Gary Wilson</p>	<p>9:30 Sing & Swing</p> <p>1:00 Wal-Mart Shopping Shamrock Shakes from Mc Donald's</p>	<p>9:30 Sing & Swing</p> <p>10:00 Cards & Coffee</p> <p>11:30 Take Out Tuesday</p> <p>1:30 Music with Nancy Hooten</p>	<p>9:30 Sing & Swing</p> <p>11:30 What's in the News</p> <p>1:30 Lucky Bingo VFW</p> <p>3:00 Happy Hour</p> <p>3:45 Sing-a-Long</p> <p>*Dorothy Ciesielski</p>	<p>8:30 Manicures</p> <p>10:30 Protestant Church John Sheda with Mary Kay</p> <p>1:30 Trains "Steam in the Summer"</p>	<p>9:30 Sing & Swing</p> <p>10:00 Cards & Coffee</p> <p>10:30 Catholic room visits</p> <p>11:30 Staff & Resident Potluck</p> <p>12:30 Music with Linda Jacobsen</p> <p>1:30 Pet Visits</p> <p>St. Patrick's Games</p>	<p>2:00 Snack cart</p> <p>St. Patrick's Day</p>
<p>11:00 Church on local radio 95.3 Pastor Scott Meador</p> <p>3:00 Music with David Gray</p>	<p>9:30 Sing & Swing Bag Toss</p> <p>10:30 Casino</p>	<p>9:30 Sing & Swing</p> <p>10:00 Cards & Coffee</p> <p>1:30 Birthday Party Catholic Daughters</p>	<p>9:30 Sing & Swing</p> <p>11:30 What's in the News</p> <p>1:30 Bingo</p> <p>3:00 Happy Hour</p>	<p>8:30 Manicures</p> <p>10:30 Protestant Church-John Sheda</p> <p>2:00 Taste of Home</p>	<p>9:30 Sing & Swing</p> <p>10:00 Cards & Coffee</p> <p>10:30 Catholic Service-Sharon</p> <p>1:30 Music with Dave Poggenklass</p> <p>6:30 Living Last Supper 1st Methodist</p>	<p>2:00 Snack cart</p>
<p>4:00 Church with Gary Wilson</p>	<p>9:30 Sing & Swing Bag Toss</p> <p>1:00 Movie @ The Starlight</p>	<p>9:30 Sing & Swing</p> <p>10:00 Resident Council</p> <p>1:30 Resident's Rights Bingo</p>	<p>9:30 Sing & Swing</p> <p>11:30 What's in the News</p> <p>1:30 Bingo St. Pats</p> <p>3:00 Happy Hour</p> <p>3:45 Sing a Long</p>	<p>8:30 Manicures</p> <p>10:30 Protestant Church Sue Ann</p> <p>11:00 Chef William Hy-Vee... cooking at Oakview</p> <p>1:30 Pet Visits</p>	<p>9:30 Sing & Swing</p> <p>10:00 Cards & Coffee</p> <p>10:30 Catholic Room Visits</p> <p>1:30 Card Bingo</p> <p>Celebrate Doctor Day</p> <p>First Day of Passover Good Friday</p>	<p>31</p>