

February 2018

Lexington Estate

at Buchanan County Health Center

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

Celebrating February



Groundhog Day
February 2

Super Bowl Sunday

Souper Supper
February 4

Community Chat

Ventriloquist Denny Naughton
February 5

Random Acts of Kindness Week
February 10-16

Lunch @ Lucky Buffet
(Year of the dog)
February 12

Valentine's Day Lunch
February 14

Menu

Prime Rib or Garlic Parmesan Shrimp

Asparagus

Scalloped Potatoes

Cheese Cake

"Post" Valentine's Bake Sale Fundraiser

Thursday February 15, 2018
Cafeteria
11:00a.m-1:00p.m.

Take a stroll through our Sweets & Treats Bake Sale to raise funds for Relay for Life and The Walk to End Alzheimer's.

Watching your weight? Make a donation and we will eat the treats for you!



Taste of Home

Chinese New Year
Luscious Mandarin
Orange Cake



Ingredients

- 1 box Betty Crocker™ SuperMoist™ yellow cake mix
- ½ cup vegetable oil
- 1 can (11 oz) mandarin orange segments, drained (reserve 1/3 cup liquid)
- 4 eggs
- 1 can (20 oz) crushed pineapple, undrained
- 1 box (4-serving size) vanilla instant pudding and pie filling
- ½ to 1 teaspoon grated orange peel, if desired
- 1 cup Cool Whip™ frozen whipped topping, thawed

Heat oven to 350°F (325°F for dark or nonstick pan). Grease or lightly spray bottom only of 13x9-inch pan.

In large bowl, beat cake mix, oil, orange segments, reserved 1/3 cup orange liquid, and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes. Pour into pan.

Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.

To make pineapple frosting, stir together pineapple, dry pudding mix and orange peel. Gently stir in whipped topping. Spread on cake. Store tightly covered in refrigerator.

- Sherman Hemsley (actor) – February 1, 1938
- Red Buttons (comedian) – February 5, 1919
- Jules Verne (author) – February 8, 1828
- L.L. Bean (outdoorsman) – February 13, 1873
- Sonny Bono (singer) – February 16, 1935
- Michael Jordan (NBA star) – February 17, 1963
- Vanna White (hostess) – February 18, 1957
- Edna St. Vincent Millay (poet) – February 22, 1892
- Elizabeth Taylor (actress) – February 27, 1932

Happy February Birthday to
Our Own Celebrities!

- Joan Gudenkauf February 4th*
- Iva Jean King February 17th*
- Mary Larson- February 23rd*



Welcome to the Neighborhood



Vivian Kaster
Sally Hoppenworth

In Loving Memory



Jane Mc Gill
March 7, 1934-January 3, 2018
Leonard McClenathan
April 19, 1930-January 25, 2018

BCHC Auxiliary Now Accepting Scholarships Applications

The Auxiliary is now accepting scholarship applications from those continuing their education in a human healthcare related field as a current college student, or as a student of non-traditional means.

Three \$1,000 scholarships are available, interested individuals may request an application at the Emergency Department registration office, front desk of the Medical Office Building, or online at bchealth.org/scholarship. Applicants must live or work in Buchanan County to be considered.

The Auxiliary will also be awarding three \$1,000 scholarships to area high school students through the local Dollars for Scholars chapters. **Students Do Not need to fill out an application.**

Applications are due by April 1st.

It's "still" Flu Season...

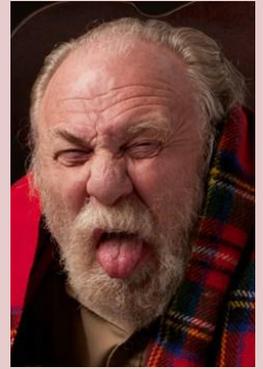
Do Them a Favor Stay Home until you are better!

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 happy to report that 100% of our employees have received 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.



Chinese New Year 2018 -Year of the Dog

The Chinese Zodiac runs on a cycle of 12 years, with each year denoting one of the 12 animals. The 12 animals are rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and pig. 2018 is the year of the dog. This comes from an old story where the Jade Emperor ordered that animals would become part of the calendar. He stated that the first animals to arrive to him would get this honor.

The cat and the rat were friends so decided to go together. The cat asked the rat to wake him up early the next day to go to the Emperor, but the next morning the rat was too excited and forgot his promise. The rat went straight there and saw all the other animals also on their way. Since the others could run faster, the rat asked the ox if he could ride on his back in return for singing to him. He agreed, and those two made it there first (with the rat jumping in front). The other animals arrived one by one which gave them their order in the Zodiac, but when the cat finally got there it was too late. The legend says that that's why cats and rats are enemies, and the cat chases the rat when he sees it.

Some other stories have different variations. For example, one states that the animals had to cross a river. Each one used a different trick which got them there slower or faster and gave them their places. In this story, the Emperor was surprised the dog got there in eleventh place. The dog, despite being a good swimmer, enjoyed the clean water in the river so much that he stopped to have a bath in it. Strengths of people born in the year of the dog are courage, loyalty, and responsibility. Weaknesses are said to be stubbornness and sensitivity. This year is also the year of the 'Earth Dog' specifically, the qualities of which include being persistence, meticulously attentive, attractive, and with good fortune in wealth.

February is National Heart Month

The American Heart Association has designated February as National Heart Month. The first Friday in February is "**Wear Red Day**" to signify the prevalence of heart disease in women. Great strides have been made in the diagnosis and treatment of women with heart disease.

Things you can do today to reduce your risk:

Quit smoking-We know smoking is bad for our health, [research shows quitting smoking reduces your heart risk](#).

Exercise- Doing aerobic exercise — using large muscles of the legs and arms — several days a week for 30 to 60 minutes helps your heart work more efficiently.

Manage stress- Understand stress triggers. Learn how to respond to stressful situations at home and at work.

Eat healthy- Eat more fruits, vegetables, whole grains, low-fat dairy, poultry, fish & nuts. Avoid red meat, and sugary and processed foods. Avoid [foods high in sodium](#).

All BCHC associates are encouraged to "**Go Red**" by wearing **RED** on February 2nd! Group Picture at noon!



Community Chat

with Denny Naughton - Ventriloquist - Comedian - Musician

Buchanan County

Senior Center

400 5th Ave NE - Independence

Monday, February 5th at 2pm

Open to the Public - Free Admission



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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

February 2018



*Activities subject to change. *Denotes Birthday

Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org

<p>11:00 Church on Local Radio 95.3 Pastor Scott Meador Philadelphia Eagles-vs New England Super bowl 5:30pm on NBC Channel 7 Souper Supper *Joan Gudenkauf</p>	<p>4 9:30 Sing & Swing Basketball Shoot</p>	<p>5 9:30 Sing & Swing Basketball Shoot</p>	<p>6 9:30 Sing & Swing 10:00 Coffee & Cards Donut Holes 1:30 Music Jim Kinney 5:30 Ladies Musical Love Songs</p>	<p>7 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</p>	<p>8 8:30 Manicures 10:30 Protestant Church Scott Meador 1:30 Travel America & Popcorn</p>	<p>1 8:30 Manicures & Chit Chat 10:30 Protestant James Ganze 1:30 Skip- bo cards</p>	<p>Go Red for Women's Heart Health 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Garden Club Crafting Valentine Bags Wear Red Women's Heart Health Groundhog Day</p>	<p>3 12:30 Music with The Scott Family for Gudenkauf's</p>	
<p>4:00 Church with Gary Wilson</p>	<p>11 9:30 Sing Swing 11:30 Lunch @ Lucky Buffet Wal-Mart Shopping</p>	<p>12 9:30 Sing Swing 1:00 Community Chat Dennis Naughton Ventriloquist</p>	<p>13 "Fat Tuesday" Pancakes 9:30 Sing & Swing 10:00 Coffee & Cards 1:30 Mardi Gras Party</p>	<p>14 9:30 Sing & Swing 11:30 What's in the News 12:00 Valentine Lunch 1:30 Bingo- V.F.W. 3:00 Happy hour</p>	<p>15 8:30 Manicures 10:30 Protestant Church Bob Solon 11:00-1:00 Valentine Bake Sale BCHC Cafeteria Fundraiser 1:30 Shut the Box Dice Game 6:30 Andersen's</p>	<p>9:30 Sing & Swing 10:00 Coffee & Cards 10:30 Catholic Room Visits -Sharon 2:00 Taste of Home Chinese New Year</p>	<p>16 9:30 Sing & Swing 10:00 Coffee & Cards 10:30 Catholic Room Visits -Sharon 2:00 Taste of Home * Iva Jean King</p>	<p>17</p>	
<p>11:00 Church on Local Radio 95.3 Pastor Meador 3:00 pm David Gray Music</p>	<p>18 8:00 Breakfast @ The Buttermilk Café 2:00 Pink Polka Dot Studio Crafting Presidents' Day (US)</p>	<p>19 8:30-1:00 Coffee Tasting in the Cafeteria 9:30 Sing Swing 10:00 Coffee & Cards 1:30 Birthday Party Presbyterian Women</p>	<p>20 8:30-1:00 Coffee Tasting in the Cafeteria 9:30 Sing Swing 10:00 Coffee & Cards 1:30 Birthday Party Presbyterian Women</p>	<p>21 9:30 Sing & Swing- Kickball 11:30 What's in the News 1:30 Bingo- 3:00 Happy Hour</p>	<p>22 8:30 Manicures 10:30 Prot. Church Kevin Jennings 2:00 Magazine Scavenger Hunt</p>	<p>9:30 Sing & Swing 10:00 Coffee & Cards 10:30 Catholic Service Sharon Bainbridge 1:30 Pet Visits 1:30 Music with Dave Poggenklass *Mary Larson</p>	<p>23 9:30 Sing & Swing 10:00 Coffee & Cards 10:30 Catholic Service Sharon Bainbridge 1:30 Pet Visits 1:30 Music with Dave Poggenklass *Mary Larson</p>	<p>24</p>	
<p>4:00 Church with Gary Wilson 1:30 Girl Scouts Bingo & Cookies</p>	<p>25 9:30 Sing & Swing 11:00 Q-Chord 1:00 Movie @ The Starlight</p>	<p>26 9:30 Sing & Swing 10:00 Resident Council 1:30 Name 10 Signs of Spring Game</p>	<p>27 9:30 Sing & Swing 10:00 Resident Council 1:30 Name 10 Signs of Spring Game</p>	<p>28 9:30 Sing & Swing- Kickball 11:30 What's in the News 1:30 Bingo- St. Pat's 3:00 Happy Hour</p>	<p>Valentine's Lunch Garlic Parmesan Shrimp or Prime Rib Scalloped Potatoes/Asparagus Cheese Cake</p>				<p>Lexington Estate</p>

Show & Tell Day!



heavenly music
 listen to the music
 of the new falling snow
 as it gently settles down
 on the earth below
 in the snow the wind
 a whisper of the most winter night
 could the snow ever offer more
 than the most beautiful
 of making out yet new
 fresh little snowflakes
 each as different as we and you
 the naked trees and bushes
 wait their robes of white
 as the excitement of the snowfall
 continues through the night
 when all join in together
 those special words of art
 a heavenly kind of music
 springs forth in every heart
 comes the dawn with its light
 to melt the eastern sky
 oh look and see this music
 as nature's gift from on high