

April 2018

Lexington Estate

at Buchanan County Health Center

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

Celebrating April

April Fools' Day

April 1

Abraham Lincoln Program

April 10

Blue & Green Day Donate Life

April 13th

Volunteer Week

April 15-21

Out & About

Country Cottage April 2nd

Wal-Mart April 9th

Community Chat April 16th

Country Drive April 23rd

Movie @ The Starlight April 30th

Manicures & Chit Chat

Looking for an excuse to treat yourself to a little TLC? Look no further than April 25, Mani-Pedi Day. Manicures and pedicures involve an entire host of hand and foot treatments, including filing and clipping nails, massages, and softening and moisturizing the hands and feet in hot paraffin wax, lotions, or oils. Some even choose to decorate their nails with tiny jewels, dried flowers, or glitter.

The "nail salon" is open here on Thursday mornings at 8:30 am. Sue Palmer and Justine Wenger volunteer here taking off polish and sharing in a bit of chit chat.

Celebrating National Volunteer Week

April 15th-21st



Residents and staff of Lexington Estate would like to recognize Sue Palmer as we celebrate National Volunteer Week. Sue volunteers on Thursdays for manicures and Chit Chat, sharing a few laughs and bringing a bright spot in our day.

Sue grew up in Cedar Rapids and graduated from Regis. She met her husband Russ, who was from Independence, and as they say the rest is history. Sue started volunteering after she retired from her position as a para educator in a special needs capacity with the Independence Community Schools.

Sue recently lost her husband Russ and was looking to give back when she volunteered her services to us. Sue is a busy Mom and Grandma. She has three children (Bryan, Ashley, and Kari) and seven grandchildren (2 in Independence and 5 in Des Moines). Family keeps her active going to ball games, dance recitals, and providing child care as needed.

Thank you Sue for joining our Lexington family! We look forward to Thursdays because you are here!

Taste of Home Fudgy Brownie Cookies



Ingredients:

- 1 pkg Fudge Brownie Mix
- 1 1/4 Cup flour
- 1/4 cup Brown Sugar
- 2 Eggs
- 1/2 Cup melted butter, cooled
- 2-3 Tbs Water
- 1 Cup Dark Chocolate Chunks

Instructions:

- Wisk flour, brownie mix, and brown sugar together.
- Using a heavy spoon, stir in eggs one at a time
- Add melted butter and water. The batter will be very thick. If the batter seems too dry add 1 more Tbsp. water.
- Fold in Chocolate Chunks
- Cover and refrigerate 2 hours (Do not skip this step)
- Preheat oven to 350. Drop by spoonful's onto greased cookie sheet
- Bake 8-10 minutes
- Allow to cool. Store in airtight container

April Birthdays

Marlon Brando (actor) – April 3, 1924

Bette Davis (actress) – April 5, 1908

Billie Holiday (singer) – April 7, 1915

Beverly Cleary (author) – April 12, 1916

Tom Clancy (author) – April 12, 1947

Wilbur Wright (aviator) – April 16, 1867

Harry Reasoner (journalist) – April 17, 1923

Roy Orbison (musician) – April 23, 1936

Al Pacino (actor) – April 25, 1940

Duke Ellington (bandleader) – April 29, 1899

Happy Birthday to Our Own Celebrities!

Shirley Brace April 12th

Betty Gaffney April 15th

Eunice Meyer April 16th

Mabel Bantz April 27th



In Loving Memory



Gloria Mohlis

January 13, 1925-February 28, 2018

Verna Mae Johnson

July 11, 1927-March 13, 2018

Welcome to the Neighborhood



Beth Brown

Bernadette Ohrt

Yvonne Hutckins

Edna Henderson

Lexington Employee Spotlight

Welcome Jean Youngblut !



Registered Nurse

Residents and staff are pleased to welcome Jean Youngblut to the Lexington Estate Family. Jean grew up in Jesup, Iowa and graduated from Don Bosco. She completed her nurse's training at Hawkeye in Waterloo. Jean has worked most of her career in the Neurology departments with Cedar Valley Medical Associates, Covenant Medical Center, and Allen. Recently, Jean worked a weekend package with Cedar Valley Hospice. Jean tells me that she is most impressed with the "home" atmosphere at Lexington. She enjoys relating to the residents and remarks "resident care should always come before paperwork."

Jean and her husband Tom have three grown children and are expecting their first grandchild in May. Jean enjoys reading, watching movies on Netflix, and spending time with friends and family on her days off. She has a dog named Dottie who waits for her at home.

"We are excited to have Jean join our team. She has a very calm and caring approach, that our resident and families will appreciate. She always has a warm smile, and makes a great addition to the Lexington team." Staci Koob, Nurse Manager.

"She is going to make a fine nurse." a resident quoted at our recent resident council meeting.

BCHC Volunteer Honor Roll 2016-2017

BCHC Auxiliary- (Gift Shop, Lab & Radiology, Blood Drives, and Lexington Chaperones)

BCHC Board Members- Rob Robinson, Denny Donlea, Donny Bloes, Carmen Mescher, Anne McMillan

Bingo Hosts (monthly) - St. John's, VFW Auxiliary,
St. Pat's, Zion Lutheran

Bingo Helpers- (weekly) Randy & Sonia Kaufman, Ellen Gaffney, Justine Wenger

Birthday Party Hosts (monthly) - BCHC Auxiliary Board, Presbyterian Women, Catholic Daughters, Immanuel Lutheran Women., Jesup Methodist Women, Hope Wesleyan Women, First United Methodist Women, Calvary Evangelist, Church of Christ Winthrop, Independence Rotary Club, Living Water Church

Buchanan County Ministerial Association- ABCM HOMES (coordination) and participating pastors for Protestant Church

Bland's Flower Shop- Corsages for birthdays

Gary Wilson- Bi-Weekly Sunday Worship Services

St. John's, (Independence) -Father Dave Beckman,
Sharon Bainbridge

Independence Garden Club- Crafting, monthly flower arrangements

Independence Public library- Program partnerships

Moser Preschool

Little Friends from St. John's

Local Girl Scout and Boy Scout Troops

FCCLA- May Baskets

Manicures- (weekly) Justine Wenger, Sue Palmer

Pet Visits- Lili Bele

BCHC Welcome Desk-

* All High School Student Interns and Silvercord Volunteers

Staying active and connected to the community socially, educationally, and physically is so important to our residents and patients at BCHC!

We appreciate all the volunteers who give countless hours to our organization. People are at the heart of what we do! We could not do what we do without **YOU!**

We sincerely apologize if we have omitted any individuals or groups from the above list.

Scrabble Day April 13th

Board Games at 1:30pm

Bring your favorite or let us know we will try to provide it!

It might be fitting that Scrabble Day falls on unlucky April 13. Scrabble's inventor, Alfred Mosher Butts, ran into a bit of bad luck himself when, during the Great Depression, he became an out-of-work architect. But he put his time to good use and invented the word game that is enjoyed all around the world.

Break out the Scrabble board and play a round on April 13. There are many playable words that don't appear to be words at all. Consider these the next time you get stuck with a rack full of consonants. You could score big:

CRWTH – ancient stringed instrument also known as a crowd

PFFT – an expression indicating an abrupt ending

CWM – a deep valley with high walls

If you have a letter Y, then you could try these words: GHYLL, WYCH, THYMY, and GLYCYL. Just remember, while these words are allowed in Scrabble, they might annoy your playmates.



Kevin J. Wood April 2018

Portrayals of President Abraham Lincoln
“A New Birth of Freedom”



April 10th @1:30pm

The United States of America was founded in 1776 as a bold experiment in democracy, upon the ideals of liberty and equality, but by 1854 appeared destined to failure. Events of that year, however, compelled a retired – some would say ‘washed-up’ – politician from Illinois to re-enter the political fray and begin a long fight for the renewal and eventually an expansion of those great ideals upon which our nation had been founded.

Adults and children alike will enjoy hearing a first-hand account from Abraham Lincoln himself of the history of the USA from our establishment in 1776 through the end of the Civil War in 1865. This was a remarkable time of new ideas, tremendous change, and exciting growth in our young country. Yet at the same time, this period was also marked by great conflict and an uncertainty about our future as a people and a nation. All of this change, growth, conflict, and uncertainty would come to a head during the twelve turbulent years from 1854-1865 which nearly destroyed our young nation but instead eventually resulted in a “new birth of freedom”. Abraham Lincoln was one of that latter period’s greatest protagonists, and today is one of our nation’s most beloved and esteemed historical figures. Mr. Lincoln quotes from his best-known speeches and writings, while also providing some surprising and interesting perspectives. As you contemplate Mr. Lincoln’s story, you will likely gain a greater appreciation for the need to be vigilant still today to maintain the ideals of liberty and equality in both policy and practice.

Mr. Lincoln is portrayed by Kevin Wood, a professional Lincoln presenter who bears a remarkable resemblance to “the Great Emancipator” and who is extremely knowledgeable about his life and times. Mr. Wood also writes a blog – “*Loath to Close... Still!*” – which encourages others to reflect upon and learn from President Lincoln’s life and legacy.

Join us at Lexington Estate for this inspiring program sponsored by the Independence Public Library on Tuesday, April 10th at 1:30 pm Mr. Lincoln’s basic historical program for general audiences)

Chris Luloff- A Local Donor recipient

Chris' uncle is Kevin Roberts, works in maintenance at BCHC. Jess is a certified nursing assistant at Lexington Estate

Chris Luloff is a 34 year old from Independence, Iowa. He is an only child of Janet and Jerry Luloff, who loves racing, hunting, snowmobiling, basketball and archery. Chris and his girlfriend, Jess Ender, have been together since 2009 with two fur babies. Chris races at Independence Motor Speedway and is involved with the Iowa Donor Network, as well as coaching Independence Mustang Archers (NASP program).

Chris was diagnosed with Alport Syndrome when he was 1 year old, a hereditary disease that effects the ears, eyes and kidneys. His grandpa passed away from it when he was 28 years old, however with medical advances and an increase in organ donors throughout the years there are more options for patients with this disease.

In May of 2006, at the age of 22, Chris' kidneys shut down, putting him on dialysis until July 2007 when he received a lifesaving living kidney transplant from his cousin, Marcus Wayne. The transplant allowed him to live a normal life for six years. October 2013, Chris became very ill as he began to reject the transplanted kidney, forcing him to return to dialysis treatments - three times per week for 3-4 hours each time.

Over the past four and a half years, Chris continued dialysis with multiple health concerns including the removal of his transplant kidney, pneumonia, and much more. His weeks were filled with dialysis, hospital stays, procedures and surgeries. Two calls for possible transplants had been received, but neither were a match. Chris was able to work part time and continue to race, but the thought of a "normal" life seemed to be only a dream.

The dream came true on January 24, 2018 at 2:00 AM when THE call came through, saying that there was a possible match. The day was filled with appointments, dialysis, blood and medical tests, and great anticipation at the University of Iowa Hospital and Clinics. That afternoon, over 12 hours from the initial phone call, it was verified that the donor was indeed a MATCH! Surgery took place at 8:30 PM, finishing in the early morning hours. 24 hours after the call, Chris had a "NEW" kidney!

Chris spent 10 days in the hospital, the first two in ICU receiving two dialysis treatments as they waited for his kidney to wake up. After 5 days, the kidney began to work - producing urine (he had not produced any urine since May 2014!). His labs began to steadily go in the right directions and have been taken twice a week at BCHC to monitor. He then experienced a roller coaster fighting a rejection of the new kidney.

After determining the type of rejection and receiving the first treatment, he was able to do them on an outpatient basis. Trips to Iowa City occurred every other day for almost 3 weeks, and the treatment WORKED! As of March 23, his doctors noted that he had made substantial improvement and needed no further treatment unless an issue was to arise. A routine biopsy will occur again mid-April to monitor the chance for any further rejection, but as of now he is no longer rejecting the kidney.

Saying thank you to the donor/family doesn't seem to be enough; because of this selfless act, Chris is able to live a normal life again. His life is no longer on hold, wondering if/when the call would come. He's made comments on how he can actually travel to watch his archers at state/national tournaments without having to worry about how far he will be from Iowa City, if there will be a dialysis center nearby, or if his insurance will cover the treatment from a different unit. He doesn't have to base his daily activities around his dialysis schedule... and he can finally live without the use of a machine!



It's still early, but the transplant has changed his life. The opportunities it will allow are above and beyond any he would be able to do while on dialysis.

Not only are transplants life SAVING, they're life changing as well.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 11:00 Church on local radio 95.3 with Pastor Scott All Fools' Day Easter Sunday	2 10:00 Sing & Swing Ladder Golf 1:30 Country Cottage for Pie & Coffee	3 9:30 Sing Swing Ring Toss 10:00 Cards & Coffee 1:30 Giant Crossword	4 9:30 <u>Catholic Service</u> Father Dave 9:45 Sing Swing 11:30 <u>What's in the News</u> 1:30 Bingo-St. John's 3:00 Happy Hour 3:45 Sing a Long	5 8:30 Manicures 10:30 Prot Church Mike Nemmers 11:00 Communion with Mary Kay 1:30 Music Jim Kinney	6 9:30 Sing Swing 10:00 Cards & Coffee 10:30 Little Friends 12:30 Dinner Show Linda Jacobsen 1:30 Crafting Spring Picture Frames	7 1:30 Cards	
8 1:30 Cards 4:00 Church with Gary Wilson	9 9:30 Sing & Swing Ring Toss 1:00 Wal-Mart Shop	10 9:30 Sing Swing 10:00 Cards & Coffee 1:30 Abraham Lincoln Program with the Independence Public Library	11 9:30 Sing Swing Kickball 11:30 <u>What's in the News</u> 1:30 Bingo-VFW 3:00 Happy Hour	12 8:30 Manicures 10:30 Protestant Church James Ganze 1:30 Movie & Popcorn *Shirley Brace	13 Casual Day 9:30 Sing Swing 10:00 Cards & Coffee 10:30 Catholic Room Visits Sharon 1:30 Board Games Yahtzee -Scrabble- Bring a Favorite	14 1:30 Cards	
15 Volunteer Appreciation Week 11:00 Church on local radio 95.3 with Pastor Scott 3:00 Music with David Gray *Betty Gaffney	16 9:30 Sing & Swing Bag Toss 1:00 Community Chat Polka Dancers *Eunice Meyer	17 9:30 Sing & Swing 10:00 Cards & Coffee 11:30 Take Out Tuesday 1:30 Birthday Party Immanuel Lutheran	18 9:30 Sing & Swing 11:30 <u>What's in the News</u> 1:30 Bingo- 3:00 Happy Hour 3:45 Sing-a-Long	19 8:30 Manicures 10:30 Protestant Church-Scott Meador 1:30 Pet Visits 6:30 Andersen's	20 9:30 Sing Swing- 10:00 Cards & Coffee 10:30 Catholic Service -Sharon 2:00 Taste of Home	21 1:30 Cards	
22 4:00 Church with Gary Wilson Earth Day	23 9:30 Sing Swing Kick Ball 10:00 Cards & Coffee 1:30 Drive in the Country	24 9:30 Sing Swing 10:00 Resident Council 12:30 Linda Jacobsen 1:30 Jeopardy Style Trivia	25 9:30 Sing Swing Table Tennis 11:30 <u>What's in the News</u> 1:30 Bingo-St. Pat's 3:00 Happy Hour	26 8:30 Manicures 10:30 Protestant Church Bob Solon 1:30 Crafting for May Day	27 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon 1:30 Music with Dave Poggenklass *Mabel Bantz	28 1:30 Cards	
29 11:00 Church on local radio 95.3 with Pastor Scott	30 9:30 Sing & Swing Bag Toss 1:00 Movie at the Starlight	31 Activities for Patients in the Hospital *Denotes Birthday Visits Monday-Friday Beauty Shop Wednesdays & Thursdays					

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April 2018

Lexington Estate



Severe Thunderstorm Watch: is issued when a severe thunderstorm is possible.

Severe Thunderstorm: a thunderstorm that has large hail at least $\frac{3}{4}$ inch in diameter and/or damaging winds of at least 58 mph.

Severe Thunderstorm Warning: is issued when a severe thunderstorm is occurring or expected to occur within a matter of minutes.

Tornado Watch: is issued when conditions are favorable for severe thunderstorms, a few of which could produce tornadoes.

Tornado: a violent rotation column of air in contact with the ground and extending to the thunderstorm base.

Tornado Warning: is issued when a tornado is sighted or is imminent based on radar indications.

BCHC Severe Weather Procedure (this includes Lexington Estate):

A weather alert is provided to BCHC staff by an approved source, The National Weather Service.

Emergency Sirens will always take precedence over any other alerts.

Registration Staff will announce weather alerts with periodic updates, as indicated, as well as the “all clear”.

Severe Thunderstorm Watch/Warning or Tornado Watch General Safety Instructions

Inform residents, family members and visitors of the Severe Weather Alert

Remain calm, avoid panic, and offer reassurance.

Turn hallway lights on

Have functioning flashlights readily available

Close all drapes, curtains, or blinds, place an extra bath blanket on beds

Remove objects from window sills that could become missiles

Close all corridor doors

Put shoes on or near residents

Monitor and be alert for weather updates

May move residents to the back of the dining room as necessary.

Tornado Warning General Safety Instructions:

Move all residents, family members, visitors, and staff into the back of the dining room. The charge nurse will take a count to ensure all are accounted for.

Stay clear of all areas with large amounts of glass including skylights, exterior walls, or large free-standing expanses.

Staff will remain with patients and residents

Urge all visitors to stay in the building and take shelter until the severe weather has passed.

Those who are unable to leave their bed may remain in their bed for safe transport .

A designated staff member is responsible for the final check of the resident rooms to make sure everyone has been relocated to a safer area

Making a Difference

February Recipients

The following Lexington Estate Team Members were nominated for "Making a Difference" by fellow co-workers for exhibiting the following BCHC Standards of Character:

Integrity Compassion Professionalism Trust Teamwork Quality Pride

Lexington Estate C.N.A. Staff

Kathy Jo Breeden, Lex. Estate

Michelle Robb, Lex. Estate (2)

Casey Fox, EVS

Katherine Bresson, Nutrition Svs

Brenda Peyman, Nutrition Svs

Dave McLaren, Maintenance

Pam Crosser, OakView

Zach Becker, Nutrition Svs

Vicki Cranston, Lex. Estate

Sharon Bainbridge, Nutrition Svs

Angel Decker, Lex. Estate

Carol Cassaday, EVS

Dianne Hepke, Activities

Congratulations! Thanks for being part of our team!

To nominate a fellow co-worker for going above and beyond, please fill out a "Making a Difference" form and return it to your manager or to the mailbox of Michelle McBride. Must provide specific example of outstanding behavior

