

July 2018

# Lexington Estate

at Buchanan County Health Center

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

## Celebrating July

### Parks and Recreation Month

#### Independence Day (U.S.)

July 4

#### Out and About

July 2nd

Community Chat Ice Cream Social and

Music with Mary Kay Miller

July 9th

Wal-Mart Shopping

July 16<sup>th</sup>

Lunch Outing Rockin 5K BBQ

July 23rd

Breakfast @ Buttermilk

July 30th

Movie @ the Starlight

## Independence Day Celebrations Poker Walk

Sponsored by BCHC Lexington Estate

**Independence Day Celebrations Poker Walk**  
Sponsored by BCHC Lexington Estate



**Join us for a 2 mile Poker Walk around Independence!**  
**Tuesday, July 3rd @ 5:00PM**  
**Riverwalk Parks**  
**Rotary Shelter**

Participants will receive a card at each of the five check points. Best five card poker hand wins! One participant will win the grand prize of a year membership to the Wellness Center at BCHC!

**Register by completing form online at [celebrateindee.com](http://celebrateindee.com)**  
**or register day of at Riverwalk Parks, Rotary Shelter**

A donation of \$5 is requested to participate.  
All profits will be donated to the Walk to End Alzheimer's

Lexington Estate  Buchanan County Health Center

## July 3<sup>rd</sup> @ 5:00

Strap on your walking shoes for a 2 mile Poker Walk!

A donation of \$5.00 is requested to participate-all proceeds will be donated to the Walk to End Alzheimer's

The top three winning hands will win prizes!

1. Membership to the BCHC Wellness Center
2. Starlight Cinema Movie Gift Cards
3. Subway Gift Card

## Taste of Home

### Rhubarb Pudding Cake

#### Ingredients:

- 2 Cups chopped rhubarb
- 1 3/4 cups sugar, divided
- 3 tablespoons of butter, softened
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup milk
- 1/2 teaspoon vanilla
- 1/2 teaspoon almond extract
- 1 cup sifted flour
- 1 Tablespoon cornstarch
- 2/3 cup boiling water

#### Directions:

Cover the bottom of a 9' square pan with fruit.  
Mix 3/4 cup sugar, butter, baking powder, salt, extracts, milk and flour. ( Add a little more milk if too thick to pour)  
Pour over fruit. Mix remaining sugar and cornstarch, sprinkle over top. (This will make the pudding around the rhubarb).  
Bake at 375 degrees for 45 minutes.

Yield 9 servings  
Serve warm in bowl with ice cream.

## July Birthdays

- Carl Lewis (Olympian) – July 1, 1961
- Ann Landers (advice columnist) – July 4, 1918
- E. B. White (author) – July 11, 1899
- Woody Guthrie (folk singer) – July 14, 1912
- Ginger Rogers (actress) – July 16, 1911
- John Glenn (astronaut) – July 18, 1921
- Ernest Hemingway (writer) – July 21, 1899
- Don Drysdale (ballplayer) – July 23, 1936
- Mick Jagger (singer) – July 26, 1943
- Beatrix Potter (author) – July 28, 1866
- J. K. Rowling (author) – July 31, 1965

#### Happy Birthday!

- Don Crawford July 5
- Maxine Stepp July 6
- Florence Wald July 12
- Bud Hawker July 16
- Carroll Mc Taggart July 25
- Marvel Dennie July 28



## Welcome to the Neighborhood



- Lorraine Stedman
- Florence Wald
- Ronald Lentzkow

Thank You to all who attended our celebration of life service!

The flowers are beautiful!

Thank You Arla and Nancy for potting flowers with us!



Thank you to all the talented ladies who helped us make shirt pillows for our guys!

## Residents Rights— *You have a right to know...*

**Each Resident** has the right to considerate and respectful care and be treated with honesty, dignity, respect, and the reasonable accommodation of individual needs except where the health, safety or rights of the individual or other residents would be endangered. It is recognized that every resident is an individual who has feelings, preferences, personal needs and requirements.

## What it Looks Like

- ◆ Individualizing your room with personal belongings for a safe, clean, and comfortable homelike environment.
- ◆ Your possessions will be treated with respect.
- ◆ Staff here will speak respectfully to you.
- ◆ You will be encouraged and assisted to attend activities of your choice, including activities outside of Lexington Estate.

## Warmer Weather!

### Be Safe!



As the weather gets warmer, we want to remind residents and families to stay safe while enjoying outside activities. Too much heat can be very risky for older adults especially with certain health conditions. Being hot for too long can result in heat stroke, heat exhaustion, and dehydration. To prevent these conditions it is important to drink plenty of fluids, wear loose fitting clothing and wear sunscreen.

Patio times earlier in the day or for shorter time frames may be best.

We will be checking the weather before venturing out with the bus. If the temperatures or humidity are too high we may have to cancel or reschedule outings. Please understand that safety is our first priority!



**Buchanan County Health Center's Relay for Life Employees collected \$1300.90 this year through various fundraising initiatives, for the American Cancer Society.**

**Great Job, Team BCHC!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00 Snack Cart 4:00 Church with Gary Wilson <i>Canada Day</i>	9:30 Sing & Swing 10:00 Cards & Coffee 1:00 Ice Cream Social @ The Senior Center Music with Mary Kay Miller	9:30 Sing/Swing 1:30 Bingo 3:00 Happy Hour 5:00 Poker Walk	Happy 4th of July <i>Independence Day</i>	4:00 Manicures 10:30 Protestant Church- Bob Solon 1:30 Music with Jim Kinney <i>*Donald Crawford</i>	9:30 Sing & Swing 10:00 Cards & Coffee 12:30 Catholic Room Visits Linda Jacobsen 1:30 Movie & Popcorn <i>*Maxine Stepp</i>	7 2:00 Snack Cart
8:00 Church local radio 95.3 with 1 <sup>st</sup> United Methodist 2:00 Snack Cart	9:30 Sing & Swing Horseshoes 1:00 Wal-Mart 6:30 Women's Connection @ Oak View	9:30 Sing/Swing 10:00 Cards & Coffee 1:30 Giant Crossword	9:30 Sing & Swing 11:30 Bag Toss <i>What's in the News</i> 1:30 Bingo VFW 3:00 Happy Hour	8:30 Manicures 10:30 Protestant Church - Alex Bruening 11:00 Communion with Mary Kay Johnson 1:30 Pet Visits 3:45 Sing A Long <i>*Florence Wald</i>	12:00 Sing & Swing 13:00 Cards & Coffee 10:30 Catholic Room Visits 1:30 Reminisce & Lemonade on the Patio Music with Paul Leonard	14 2:00 Snack Cart
2:00 Snack Cart 3:00 Music with David Gray 4:00 Church with Gary Wilson	9:30 Sing & Swing 16:00 Ladder Golf 11:00 Lunch Outing Rockin 5K BBQ <i>* Bud Hawker</i>	9:30 Sing & Swing 17:00 Cards & Coffee 1:30 Birthday Party United Methodist	9:30 Sing/Swing <i>What's in the News</i> 1:30 Bingo 3:00 Happy Hour	8:30 Manicures 10:30 Protestant Church- Kristen Rod 1:30 State Plate Game 6:30 Andersen's	19:00 Sing & Swing 20:00 Cards & Coffee 10:30 Catholic Room Visits 1:30 Card Bingo	21 2:00 Snack Cart
11:00 Church local radio 95.3 with 1 <sup>st</sup> United Methodist 1:30 Family Bingo with Dodie	8:00 Breakfast at Buttermilk 1:30 Cody Aspire Horse Visit	9:30 Sing & Swing 24:00 Resident Council 12:00 Take Out Tuesday 1:30 Never Have I Ever Game	9:30 Sing/Swing <i>What's in the News</i> 1:30 Bingo-St. Pat's 3:00 Happy Hour 3:45 Sing A Long <i>*Carroll McTaggart</i>	8:30 Manicures 10:30 Protestant Church- John Sheda 1:30 Taste of Home 1:30 Pet Visits	26:00 Sing & Swing 27:00 Cards & Coffee 10:30 Catholic Service Sharon Bainbridge 1:30 Music with Dave Poggenklass 5:00 Picnic@OakView Smores & Fire pit <i>*Marvel Dennie</i>	28 2:00 Snack Cart
2:00 Snack Cart 4:00 Church with Gary Wilson	9:30 Sing & Swing 30:00 Movie @ Starlight	9:30 Sing & Swing 31:00 Cards & Coffee 1:30 Jesup Card Game				

Dianne Hepke 319.332.0914 563.920.2635  
or [dhepke@bchealth.org](mailto:dhepke@bchealth.org)  
*\*Denotes Birthday*

# July 2018

## Lexington Estate



# Making a Difference

## May 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*

<i>Sue Streeter, cna</i>	<i>Maggie Monaghan,</i>
<i>Dawn Cain, cna(3)</i>	<i>Nutrition Services</i>
<i>Wes Cooper,</i>	<i>Vanessa Lee, EVS</i>
<i>Maintenance (4)</i>	<i>Kristin Bascom,</i>
<i>Dianne Hepke,</i>	<i>LPN</i>
<i>Activities (2)</i>	<i>Ashley Elledge, LPN</i>
<i>Pam Crosser, Oak</i>	<i>(2)</i>
<i>View (2)</i>	<i>Mike Kies,</i>
<i>Madison Young, cna</i>	<i>Transportation</i>
<i>(2)</i>	<i>Marty Ciesielski,</i>
<i>Kevin Roberts,</i>	<i>EVS</i>
<i>Maintenance (2)</i>	<i>Dolly Rasmussen,</i>
<i>Vicki Cranston, RN</i>	<i>LPN</i>
<i>2)</i>	<i>Kelly Palmer,</i>
<i>Kayla Smith,</i>	<i>Social Services</i>
<i>Nutrition Services</i>	<i>Amy Ricchio, cna</i>
<i>Katherine Bresson,</i>	<i>Casey Callahan, cna</i>
<i>Nutrition Services</i>	<i>(2)</i>
<i>Becky Hurst ,cna</i>	<i>Linda Dodge,cna</i>
<i>Dodie Henningsen,</i>	
<i>Activities</i>	

**May's Recipient of \$50.00  
was  
Ashley Elledge**

### Resident Procedure to make a nomination

To nominate someone for going above and beyond, please fill out a "Making A Difference" form

You can get them from Diana Morris. Return it to Diana or Activities

Must provide a specific example of outstanding behavior

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





June Fun!





**You and Your Friends are Cordially Invited to  
Independence Area Women's Connection**



**Monday, July 9th, 6:30 PM**  
Oakview

**Ice Cream Sundaes \$7.00**

**“Guest Nite”**



**Feature: Raising Big Cats, our speaker tells about  
her African Safari**

**Music: Noel Beyer, Winthrop, IA**

**Speaker: Joyce Worrell, Albany, MO**

*Her talk is humorous and fun. Never give in to the world's lie of what they call  
happiness and success*

**Reservations & CANCELLATIONS: call Sue Doan 319-361-9445**

**By Thursday, 10 AM, July 5<sup>th</sup>**

# VOLUNTEERS NEEDED!

**Your Small Commitment = Big Impact!**  
Give back to your community   Establish new friendships   Make a difference!

Lexington Estate at BCHC is seeking  
volunteers to pass ice & water once a  
day in the morning from 9-10am.

Contact Dianne for more information  
at 319.332.0914



Buchanan County  
Health Center

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