

June 2018

# Lexington Estate

at Buchanan County Health Center

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

## Wing Ding With Dad!

Saturday June 16, 2018

12:00 (Noon)

Father/Son

(Daughter's Welcome Too!)

Please join us for a meal as we celebrate *all* the guys in our lives!

### Menu

Chicken Wings

Potato Salad

Coleslaw

Watermelon

Beer & Rootbeer Floats

R. S. V.P. by Friday, June 10th

Dianne @ 319-332-0914

Buchanan County Health Center Lexington Estate

1600 1st Street East, Independence, Iowa 50644

### Celebrating June

#### Audio Book Appreciation Month

#### Say Something Nice Day

June 1

#### World Blood Donor Day

#### Flag Day

June 14

#### Dunlap's Mini Car Show

June 15

#### Wing Ding with Guys!

June 16

#### Father's Day

June 17

#### Out & About

6-4 Community Chat Snacks Casino Games

6-5 Drive in the Country Ice Cream in Lamont

6-8 Oak View Outing

6-11 Wal- Mart Shopping

6-14 Pink Polka Dot Studio

6-18- Mystery Outing

6-25 Movie @ the Starlight

## Taste of Home

### Frozen Raspberry Yogurt Pie



#### Ingredients:

- 1 tub (8oz.) Cool Whip Topping, thawed
- 2 containers (6oz. each) raspberry yogurt
- 1 Honey Maid Graham Pie Crust
- 2 cups fresh raspberries

#### Instructions:

Combine 1½ cups raspberries & sugar. Slightly mash (you want the raspberries broken but not smashed).

Fold whipped topping into yogurt in a medium sized bowl. Add raspberries Blend Well.

Spoon into crust.

Freeze 4 hours or until firm.

Remove from freezer 15 minutes before serving; let stand at room temperature to soften slightly.

Top with fresh raspberries just before serving.

Store leftovers in the freezer.

Variations: Peach, cherry, blueberry, strawberry, lime or lemon yogurt may be used in place of raspberry---They are all terrific!

## June Birthdays

- Jerry Mathers (actor) – June 2, 1948
- Frank Lloyd Wright (architect) – June 8, 1867
- Judy Garland (actress) – June 10, 1922
- Jim Nabors (actor) – June 12, 1930
- Alois Alzheimer (doctor) – June 14, 1864
- Moe Howard (comedian) – June 19, 1897
- Meryl Streep (actress) – June 22, 1949
- Pearl S. Buck (novelist) – June 26, 1892
- Mel Brooks (actor) – June 28, 1926
- Lena Horne (singer) – June 30, 1917

### Happy Birthday!

- Clair Johnson 22nd
- Carole Fisher 25th



### In Loving Memory



- Mary Larson
- Larry Torgerson
- Eleanora Happel
- Viola Finnegan

### Welcome to the Neighborhood



- Clair Johnson
- Donald Crawford
- Lorraine Hanson



## Stupid Guy Things!

Never asking for directions. Wearing the same old ratty clothes over and over. Making everything a competition. Endlessly quoting movies. Do you know a man who sometimes does “stupid guy things”? Why do they do it? And just how can we differentiate a stupid action from a uniquely “stupid guy” action anyway? We’ll get to the bottom of these questions on June 22, Stupid Guy Thing Day.

According to a 2014 study by the *BMJ* (formerly the *British Medical Journal*), men do engage in more “stupid things” than women. Research shows that men partake in more risk-seeking behavior, have more emergency hospital visits, and suffer higher mortality rates than women. But the *BMJ* researchers also put forth a “male idiot theory,” or MIT, postulating that men engage in more overly risky, “idiotic” behaviors as rites of male passage or to increase their esteem amongst males. The scientists conclude that there must be an “as yet unidentified” advantage for those who do not become casualties of their own idiocy. It will take further scientific investigation to discover what those unknown advantages might be. Luckily for the scientists, there is no shortage of willing test subjects.

Other studies suggest that men doing “stupid guy things” aren’t trying to impress other men or women, but they are instead trying to make women laugh. A 2015 study published in the journal *Evolutionary Psychology* explains how a good sense of humor is one of the most sought-after characteristics in a romantic partner. They conclude that shared laughter is a “pathway toward a more long-lasting relationship.” Men who do “stupid guy things” are just trying, honestly but uneffectively, to woo women.

How do men and women survive together at all? Relationship experts assure us that opposites do indeed attract. Successful couples need not only security but adventure, for which stupidity can be a key ingredient.



## O Say Can You See

June 14 is Flag Day in the United States, a day commemorating the adoption of the American flag by the Second Continental Congress in 1777. Known as “Old Glory,” “Stars and Stripes,” and the “Star-Spangled Banner,” the flag has 13 equal horizontal stripes, alternating red and white, symbolizing the original thirteen colonies. The *canton*, the rectangle in the upper left-hand corner, is blue with 50 white stars, representing the 50 states. Throughout America’s history, there have been 39 different flag designs, with the stars of the canton changing each time a state was added to the Union. Canton designs, before the 48-star flag, had no official arrangement of the stars. Sometimes they were in a circular pattern and other times in the pattern of a star. Since 1777, one thing hasn’t changed: the American flag has always stood for freedom.

## Pink Polka Dot Studio Outing

Sign up with Dodie or Dianne to go downtown for an afternoon of crafting. Cost minimal.



Thursday, June 14th @ 1:30pm

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Activities subject to change.  
Activities for Patients in the Hospital  
Visits Monday-Friday  
Beauty Shop Wednesday & Thursdays

Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org

# JUNE 2018

## Lexington Estate

\*Denotes Birthday

3	9:30 Sing & Swing 1:00 Community Chat Snacks at Senior Center with <b>Slots Casino Game</b>	4	9:30 Sing / Swing 10:00 Cards & Coffee 1:30 Drive in the Country Ice Cream in Lamont	5	9:30 Sing & Swing Kickball 9:30 Catholic Service Ft. Dave <small>11:30 What's in the News</small> 1:30 Bingo St. John's 3:00 Happy Hour	6	9:30 Sing & Swing 10:30 Protestant Church Sue Ann Raymond 1:30 Music With Jim Kinney	7	8:30 Manicures	8	Casual for a Cause 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Oak View Gunder Outing 1:30 Movie & Popcorn	9	9:00 Heartland Acres John Cannon Memorial Tractor Ride BCHC Parking Lot	
4:00 Church with Gary Wilson														
11:00 Church on local radio 95.3 with Pastor Scott Meador	10	9:30 Sing & Swing 1:00 Local Shop Wal-Mart 2:00 Jesup Card Game @ Oak View	11	9:30 Sing / Swing 10:00 Cards & Coffee 11:30 Take Out 1:30 Flag Day Craft with Community Kids Ice Cream Sundaes	12	9:30 Sing & Swing Ball Toss <small>11:30 What's in the News</small> 1:30 Bingo V.F.W. 3:00 Happy Hour 3:45 Sing -A-Long	13	8:30 Manicures	14	10:30 Protestant Church Mike Nemmers 1:30 Outing to Pink Polka Dot For Crafting <small>Flag Day (US)</small>	15	9:30 Sing- Swing 10:00 Cards & Coffee 10:30 Catholic Service 1:30 Watching Car Commercials from the 1950's-Popcorn! Mini Dunlap Motors Car Show	16	12:00 It's All About the Guy's! Family Lunch
4:00 Church with Gary Wilson	17	9:30 Sing & Swing 1:30 Mystery Outing	18	9:30 Sing -Swing 10:00 Cards & Coffee 1:30 Birthday Party Hope Wesleyan	19	9:30 Sing / Swing Bag Toss <small>11:30 What's in the News</small> 1:30 Bingo 3:00 Happy Hour	20	8:30 Manicures	21	10:30 Protestant Church Kristen Rod 2:00 Taste of Home 6:30 Andersen's Music Summer Begins	22	9:30 Sing / Swing 10:00 Cards & Coffee 10:30 Catholic Room Visits 1:30 Music with Dave Poggenklass 5:00pm Relay for Life *Clair Johnson	23	Pet visits
4:00 Church on local radio 95.3 with Pastor Scott Meador 3:00 Music with David Gray Pet Visits LiliBele	24	9:30 Sing & Swing 1:00 Movie At the Starlight *Carol Fisher	25	9:30 Sing / Swing 10:00 Resident Council 1:30 Trivia Time	26	9:30 Sing / Swing Bag Toss <small>11:30 What's in the News</small> 1:30 Bingo St. Pat's 3:00 Happy Hour 3:45 Sing -A-Long	27	8:30 Manicures	28	10:30 Protestant Church 1st United Methodist 1:30 Homemade Ice Cream	29	Casual for a Cause 9:30 Sing / Swing 10:30 Catholic Service 10:00 Cards & Coffee 1:30 Front Porch Tales on the Lawn	30	

# *Making a Difference*

## April 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*

*Linda Dodge, Lex. Estate (4)*

*Randy Miller, Valet*

*Marty Ciesielski, EVS*

*Dodie Hennigsen, Activities*

*Ashley Elledge, Lexington Estate*

*Brenda Peyman, Nutrition Services*

*Kayla Smith, Nutrition Services*

*Connie Price, EVS*

*Wes Cooper, Maintenance*

*Dave McLaren, Maintenance*

*Darlene Hocken, EVS*

*Robbie Rouse, Maintenance*

**April's recipient of \$50 is:**

**Linda Dodge, Lexington Estate**

### **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 specific example of outstanding behavior**

## Activities to Share With Your Loved One Who Has Dementia

Adapted from an article by: Ava M. Stinnett

Alzheimer's disease and other forms of dementia affect people in different ways. Although it's necessary to acknowledge your loved one's disease and impairment, it's just as important to learn about their strengths and remaining abilities and find enjoyable activities that support these.

Activities help people with dementia engage with life and find purpose in their day: Entertainment and social interaction can reduce agitation, challenging behaviors, and depression as well as increase quality of life.

- Counting and sorting objects by shape or color,
- Playing card games,
- Arranging flowers,
- Doing puzzles,
- Clipping coupons,
- Stringing beads,
- Cutting out pictures from magazines and greeting cards,
- Coloring pictures,
- Folding towels.
- Offer a snack or beverage— share an ice cream treat together
- Enjoy the outdoors! Wheel around or sit on the patio— remember to use sun screen, hat, and sun glasses!

Another type of activity involves watching television shows. How do you choose what to watch? Many caregivers recommend choosing programs with a simple plot to make viewing enjoyable. In some cases, your loved one might benefit from using a closed-captioning/subtitles feature. Keep in mind that real-life crime or medical shows can be upsetting.

The following television shows work well for people with dementia.

- *America's Funniest Home Videos*
  - *The Andy Griffith Show*
  - *Antiques Roadshow*
  - *Bonanza*
  - *The Carol Burnett Show*
  - *The Dick Van Dyke Show*
  - *The Golden Girls*
  - *Gunsmoke*
  - *Hawaii 5-0*
  - *The Lawrence Welk Show*
  - *I Love Lucy*
  - *Leave It to Beaver*
  - Game shows such as *Jeopardy!*, *The Price Is Right*, and *Wheel of Fortune*
- Documentaries on animals, wildlife, history, birds, and nature—especially those that have a soothing soundtrack

Music is something that even people with advanced dementia can appreciate and participate in:

- Play music from **their** past, the genre they enjoy, often they will sing along
- Watch musicals starring Fred Astaire, Gene Kelly, Doris Day, and Shirley Temple, as well as popular musicals such as *Singin' in the Rain*, *The Wizard of Oz*, *The Music Man*, *The King and I*, and *The Sound of Music*, we have many in the baskets in the activity room.
- *Dance! It is very important to keep moving! Provide support with assistive devices, (2 person assist when necessary)*

Regardless of what you choose, watch closely to see if your loved one has any preferences. Remember to watch with them whenever you can. Sharing the experience can help build new memories, and it will definitely give you something to talk about with your loved one.

# Care Center Pair 'n' Share

*Play games, make crafts, have treats,  
and share stories with the residents!*



**Lexington Estate:**  
**Tuesday, June 12 @ 1:30 pm**



**ABCM West:**



**Thursday, June 21 @ 1:30 pm**



**Prairie Hills:**

**Tuesday, June 26 @ 1:30 pm**



Children in grades 1-5 please register: 319-334-2470 or [ipiprograms@gmail.com](mailto:ipiprograms@gmail.com)

# 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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