

August 2018

Lexington Estate

at Buchanan County Health Center

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

Celebrating August

Happiness Happens Month

Read a Romance Novel Month

Watermelon Day

August 3

Senior Citizens Day

August 21

Toasted Marshmallow Day

August 30

Out and About

**Community Chat & Bingo
@ Senior Center– 6th**

Wal-Mart Shopping– 13th

Drive in the Country-17th

Dyersville Basilica & Lunch out– 20th

Movie @ the Starlight– 27th



Join us for a Carnival @ Lexington Tuesday, August 14th 1-4pm

In 1893, the Chicago's World's Fair was the catalyst for the development of the traveling carnival. The Chicago World's Fair had an area that included rides, games of chance, freak shows, and burlesque. After the Chicago World's Fair, traveling carnival companies began touring the United States.

- ◆ Juggler @ 1:30pm Dean Franzen
- ◆ Magic Show @ 2pm with Eric Micheals
- ◆ Games and Side Shows
- ◆ Concessions:
 - Made for you Cotton Candy
 - Popcorn
 - Fresh Squeezed Lemonade
- ◆ **Fundraiser for Alzheimer's
Quilt Drawing all donations welcome!**

Taste of Home

Amish Sugar Cookies



- * **1 Cup Butter softened**
- * **1 Cup Vegetable Oil**
- * **1 Cup Sugar**
- * **1 Cup Confectioners' Sugar**
- * **2 Large Eggs**
- * **1 teaspoon Vanilla Extract**
- * **1 teaspoon Almond Extract**
- * **4 1/2 Cups flour**
- * **1 teaspoon baking soda**
- * **1 teaspoon cream of tartar**

Directions:

- 1. In a large bowl beat the butter, oil, and sugars. Beat in eggs until well blended. Beat in vanilla and almond extracts. Combine the flour, baking soda and cream of tartar; gradually add to creamed mixture.**

- 2. Drop by small teaspoonful's onto un-greased baking sheets. Bake at 375 until lightly browned, 8-10 minutes. Remove to wire racks to cool.**

August 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!

- Jim Grover August 1**
- Robert Robison August 16**
- Ronald Lentzkow August 17**
- Delores Doyle August 19**



Welcome to the Neighborhood



- Rosie Toale**
- Alice Nelson**
- Mr. & Mrs. John Schweitzer**



In Loving Memory

- Harvey Love**
January 8, 1917-July 10, 2018

- Bonnie Huckins**
Oct 27, 1937-June 14, 2018

- Eunice Meyer**
April 16, 1940– July 19, 2018

Residents Rights— *You have a right to know... You have the right to participate in your own care.*

What it Looks Like

- You will receive adequate and appropriate care
- Be informed of any changes in your medical condition
- Participate in your assessment, care-planning, treatment, and discharge
- Refuse medication and treatment
- Refuse chemical and physical restraints
- Review your medical record

Alzheimer Awareness

Talking to Someone with Memory Loss (Alzheimer's/ Dementia)

Be patient ...the person with Alzheimer's doesn't want to be this way.

1 (Smile) Identify yourself, call the person by name, approach from the front.

2 Be gentle and relaxed, in attitude with a quiet tone of voice.

3 Keep eye contact to show that you are listening.

4 Ask one question at a time

A) Give the person plenty of time to answer.

B) Use short and simple words that are familiar.

5 Go with the flow. If the person with Alzheimer's says something that isn't true, and the information doesn't harm anyone, just let it pass. Contradicting the person about every detail serves no purpose except to upset both of you.

Alzheimer's Walk ...September 22nd 2018 Cedar Valley

Walk to End Alzheimer's

Registration 9am

Ceremony 10 am

Walk Starts 10:30 am

Gateway Park

850 Park Road, Waterloo, Iowa

If you would like to be part of a BCHC team to walk please contact: Dianne 319-332-0914.

The No Ticket Sales... Quilt Drawing

Many times we've heard people say
They would rather give a few "dollars" than sell tickets any day.
So we have a plan we hope is a sure thing.
Sign up for a chance on our "No tickets" quilt drawing!



Suggested Donation \$5.00

All donations welcome!

All proceeds will go directly to The Walk to End Alzheimer's!

Please give to our *cause* and we will *pause* to say thank You!

If you would like to donate ...

Contact Dianne @ 319-332-0914 or dhepke@bchealth.org



Carnival

Lexington Estate at BCHC

Tuesday, August 14th ~ 1:30-4:00pm

Entertainment By:



*Dean Franzen "Dean of Juggling"
Dean has been performing his
juggling/unicycling/comedy show
around the Midwest for over
20 years.*

*Eric Michaels has been performing
magic since he was a child.
Entertaining crowds across the state
of Iowa, Eric recently performed
his one-of-a-kind magic
show at Jesup Farmers Days.*

2:00pm Showtime



1:30pm Showtime

**Entertainment, Games, Food, Tattoos!
All are welcome! Free to the public!**

Lexington Estate
at Buchanan County Health Center



Buchanan County
Health Center

For more information, call Dianne at Lexington Estate at 332-0915

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2018

Lexington Estate

Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org

<p>5 11:00 Church on local radio 95.3 1st Methodist 2:00 Snack Cart</p>	<p>9:30 Sing & Swing 1:00 Community Chat "Bingo!"</p>	<p>9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Twister Bag Toss</p>	<p>9:30 Sing & Swing 11:30 <u>What's in the News</u> 1:30 Bingo VFW 3:00 Happy Hour</p>	<p>8:30 Manicures 10:30 Prot Church John Sheda 11:00 Communion with Mary Kay 1:30 Danny O'Donnell DVD Popcorn</p>	<p>9:00 Sing & Swing 10:00 Cards & Coffee 12:30 Music Linda J 1:30 Garden Club Craft</p>	<p>4 1:30 Cards 2:00 Snack Cart</p>
<p>12 2:00 Snack Cart 4:00 Church with Gary Wilson</p>	<p>13 9:30 Sing & Swing 1:00 Wal-Mart Shopping</p>	<p>9:30 Sing & Swing 10:00 Cards & Coffee 1:30-4:00 Carnival Begins! Juggler & Magician Shows Games, Cotton Candy, Fun! *Rosie Toale</p>	<p>15 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</p>	<p>16 8:30 Manicures 10:30 Prot Church Sue Ann Raymond 1:30 Lili Bele Pet Visits 6:30 Andersen's *Robert Robison</p>	<p>17 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Visits 1:30 Drive in the Country *Ron Lentzkow</p>	<p>18 1:30 Cards 2:00 Snack Cart</p>
<p>19 11:00 Church on local radio 95.3 with 1st Methodist 2:00 Snack Cart 3:00 Music with David Gray *Delores Doyle</p>	<p>20 9:00 Sing & Swing 9:45 Dyersville Basilica Tour and Lunch outing</p>	<p>9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Birthday Party Calvary Evangelist Center</p>	<p>22 9:30 Sing & Swing Ball Toss 11:30 <u>What's in the News</u> 1:30 Bingo St. Pat's 3:00 Happy Hour</p>	<p>23 8:30 Manicures & Chit Chat 10:30 Prot Church Mike Nemmers 2:00 Taste Of Home</p>	<p>24 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon 1:30 Music with Dave Poggenklass</p>	<p>25 1:30 Cards 2:00 Snack Cart</p>
<p>26 2:00 Snack Cart 2:30 Family Bingo with Dodie Pet Visits 4:00 Church with Gary Wilson</p>	<p>27 9:30 Sing & Swing Kickball 1:30 Movie at the Starlight</p>	<p>9:30 Sing & Swing 10:00 Resident Council 12:00 Take Out Tuesday 1:30 Giant Crossword</p>	<p>29 9:30 Sing & Swing Ball Toss 11:30 <u>What's in the News</u> 1:30 Bingo Zion Lutheran 3:00 Happy Hour</p>	<p>30 8:30 Manicures 10:30 Prot Church James Ganze 11:30 Resident & Staff Potluck 1:00 Walk & Roll Outside</p>	<p>31 9:30 Sing & Swing 10:00 Cards & Coffee 11:00 Oak View to Wolfie's for Pizza 10:30 Catholic Visits 1:30 Mystery Activity</p>	<p>31 9:30 Sing & Swing 10:00 Cards & Coffee 11:00 Oak View to Wolfie's for Pizza 10:30 Catholic Visits 1:30 Mystery Activity</p>



Anna Mae & Musician/Nurse Paul Leonard

Robert & Marvel Horsing Around with Cody from Aspire

We all enjoyed Bagge Strawberries!



Making a Difference

June 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

Wes Cooper, Maintenance (2)

Ashley Elledge, Lex. Estate

Jody Gienapp, Nutrition Svs

Randy Miller, Valet

Dave McLaren, Maintenance

Kevin Roberts, Maintenance

Casey Callahan, Lex. Estate

Cindy Wollum, Nutrition Svs

Vanessa Lee, EVS

Staci Koob, Lex. Estate

Dawn Cain, Lex. Estate

Dianne Hepke, Activities

Dodie Henningsen, Activities

Madison Young, Lex. Estate

June’s recipient of \$50 is:

Linda Burrage, ED

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