

October 2018

Lexington Estate

at Buchanan County Health Center

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

Celebrating October

Popcorn Poppin' Month

Go-On-A-Field-Trip Month

Join us for a Road Trip!

Big Apple Orchard

Oct 1st

Wal- Mart and Leaf Looking

October 8th

Casino

Oct. 15th

Community Chat

Ventriloquist Mary Porter and Suzy

Oct. 22nd

Movie @ the Starlight

Oct. 29th

Pastoral Care Week

October 16-22

Halloween

October 31

4:30-6:30

Welcome Trick or Treaters

Halloween Luau Party!

Residents, Family, and Staff
Are invited to a Halloween
Luau Party on Wednesday,
October 31st

“Luau Bingo” @ 1:30pm
Tropical drinks @ Happy Hour
Everyone is invited to wear a
Hawaiian shirt/Hat.

If you can provide a
Hawaiian shirt for residents to
wear to the party please
contact **Activities 332-0915**



Resident Rights- What it Looks Like-

-Each resident has the right to choose a personal attending physician and be fully informed in advance in language that the resident understands about care and treatment or any changes in such that may affect the resident's well-being. Each resident not adjudged incompetent also has the right to participate in the planning of and changes in the resident's total care and medical treatment and to make choices based upon the information provided.

What it Looks Like-

- “ You may choose your personal physician”
- “ You should be informed about your care and treatment in language you understand.”
- “ Anyone who is competent may participate in the planning of and any changes in your total care including medical treatment.”
Based on this information you can make informed choices about your care.
- “ You are invited and encouraged to participate in care conferences along with your family members.”

Find the full bill of rights with the link below

<https://bchealth.org/longterm/long-term-care-services/>

October Birthdays

- Buster Keaton (comedian) – Oct. 4, 1895
- Thor Heyerdahl (explorer) – October 6, 1914
- Jesse Jackson (politician) – Oct. 8, 1941
- Henry John Heinz (magnate) – Oct. 11, 1844
- Ralph Lauren (designer) – Oct.14, 1939
- Emeril Lagasse (chef) – October 15, 1959
- Annette Funicello (actress) – October 22, 1942
- Michael Crichton (writer) – October 23, 1942
- Dylan Thomas (poet) – October 27, 1914
- Richard Dreyfuss (actor) – October 29, 1947

Happy Birthday to Our Own Celebrities!

- Alice Nelson Oct. 9
- Bernadette Ohrt Oct. 16
- Mary Ann Althaus Oct.21
- Donna Green Oct. 27



Welcome to the Neighborhood



Mary Ann Althaus

In Loving Memory

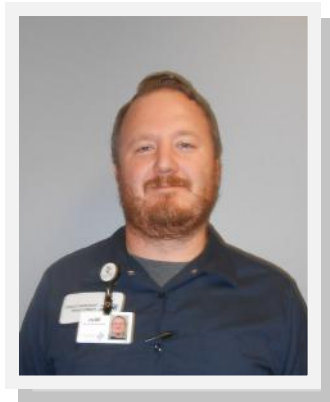


Lorraine Hanson
10-6-1924 to 9-6-2018

Beth Brown
10-15 1916– 9-6 2018

Jim Grover
8-1- 1931– 9-16 2018

Lexington Employee Spotlight



Wes Cooper, Maintenance

Wes grew up in Mason City, Iowa. He is married to Felicia and they have a daughter Nora (4yrs.) and are expecting their new baby in February.

Wes worked in Water and Fire restoration for 12 years travelling all over the United States. He was called to big manufacturing plants as well as cruise ships during natural disasters.

Wes relates that everyone at BCHC including Lexington Estate staff and residents have been very welcoming and professional. The residents are super nice!

In his current position as part of the maintenance department he states that “ No two days are the same. I like to stay busy, going from one task to the next. I like the variety.”

Coffee & Chat with Blake Hayward Captain with the Independence Fire Dept.

Tuesday, October 2nd

10:00 am



Smoke Alarms at Home

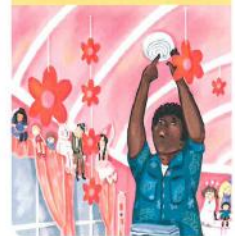
SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

FACTS

- 1 A closed door may slow the spread of smoke, heat, and fire.
- 1 Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- 1 Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



NATIONAL FIRE
PROTECTION ASSOCIATION
The leading information and knowledge resource
on fire, electrical and related hazards

Your Logo

Taste of Home

Moist Carmel Apple Cake

What You Need

- 1 pkg. Yellow Cake Mix
- 1 pkg. Jell-O Instant vanilla pudding
- 1 Cup water
- 4 Eggs
- 1/3 Cup Oil
- 1/4 Cup Milk
- 3 Apples peeled, coarsely chopped
- 20 Kraft Caramels
- 3 TBS. Milk

Make it

Heat oven to 350 F.

Beat first 6 ingredients in large bowl with mixer until blended. Stir in chopped apples. Pour into greased and floured 12 cup fluted Bundt pan.

Bake 50 minutes to 1 hour. Cool cake in pan 15 minutes. Invert on wire rack. Cool completely.

Transfer to plate.

Microwave caramels and milk in microwave bowl on high 1-1 1/2 minutes or until caramels are melted and sauce is smooth. Cool until thickened. Drizzle over cake just before serving.



October 1st Road Trip to Big Apple Orchard

The Big Apple Orchard is a family run apple orchard in Mount Vernon, IA. We have around 2,000 apple trees and offer 22 varieties of apples.

We are located about two miles west of Mount Vernon, right along Highway 30. Look for the yellow house and Statue of Liberty barn on the north side of the road where the four lane changes to a two lane



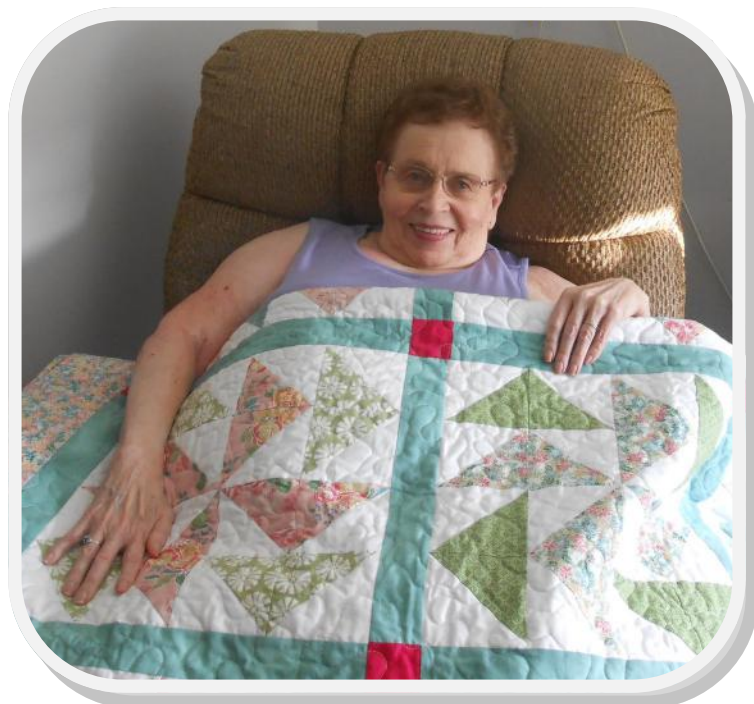


\$ 2900.06
Raised Go Team
BCHC!



Left to Right: Kathy Jo Breeden, Marty Ciesielski, Dianne Hepke, Mary Reed, Bj Wienhold, Jennifer Gonzalez.

Not pictured: Peg Hoffman, Janine Lorenz, Diana Morris, Joni Henderson, Dodie Henningsen



Delores Doyle won the Quilt!

Private Closet Space

Lexington Estate is happy to provide private closet space for each resident.

Some things to remember...

- ◆ Mark all clothing with your full name.
- ◆ We would invite you/your family to take pictures and keep a “closet album” on a mobile device if you would like to inventory your items in this way.
- ◆ Remember blankets, caps, shoes, and pillows also need to be clearly marked.
- ◆ With the change of season now is the time to remove summer clothing and replace it with warmer clothes (think layers).
- ◆ Coats, hats, shoes, mittens, and scarves are a must when we go out.

Thanks for helping us with this.

- ◆ If you are missing items please report the missing item to staff.
- ◆ Fill out a grievance form or ask a staff member to help you fill one out. Please include a complete description of items you are missing.

Would you like to Volunteer?

- ◆ If you like to organize. We would love to have your expertise! Residents could use an extra set of hands to organize their closets, or have items marked. Contact: Dianne 319-332-0914

Making a Difference

August 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

Loretta Myers, Lex. Estate (2)

Joni Henderson, Hospitalist

Staci Koob, Lex. Estate

Kathy Jo Breeden, Lex. Estate

Amy Riccio, Lex. Estate (2)

Vicki Cranston, Lex. Estate

Dawn Cain, Lex. Estate (2)

Wes Cooper, Maintenance

Dodie Henningsen, Activities

Shelbie Penner, Dietitian

Madison Young, Lex. Estate

Becky Hurst, Lex. Estate

Michelle Robb, Lex. Estate

Nutrition Services

Jody Gienapp, Nutrition Services

August's recipient
of \$50 is:

Loretta Myers,
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

**Lexington Estate
&
Oak View Retirement Community
Welcome Children for Trick or Treat!
@ Oak View 1616 1st Street East**

Monday, October 31st 4:30-6:30pm.



Families are encouraged to bring out your little ghouls and goblins for trick or treating at

Lexington Estate and Oak View Retirement Community

1600 & 1616 1st Street East

On Halloween

Wednesday, October 31st, 2016

From 4:30 p.m.-6:30p.m.

Residents and homeowners will be filling treat bags as part of a craft project.

**If families would like to
donate a bag of snack size candy to fill our treat bags.
You may leave it with Dodie, or Dianne in the Activity Department.**

Residents will have a Pizza Party at 5:00pm





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 9:00 Harvest Drive Big Apple Orchard & Lunch Out 2:00 Ice Cream Cart 3:00 Put together Snack Mix for Fire Fighters	2 9:30 Sing & Swing 10:00 Coffee & Chat with Captain Blake Hayward Independence Fire Dept. 1:30 Yahtzee <small>Sinchat Torah</small>	3 Healthiest State Walk 9:30 Mass with Father Dave 9:45 Sing & Swing 11:30 What's in the News 1:30 Bingo-St. John's 3:00 Happy Hour Fried Ice Cream	4 National Taco Day! 8:30 Manicures 10:30 Protestant Church John Sheda 1:30 Music with Jim Kinney	5 9:30 Sing & Swing 10:30 Little Friends 12:30 Music with Linda 1:30 Garden Club Crafting	6 1:30 Cards 2:00 Snack Cart	
7 4:00 Church Gary Wilson 2:00 Snack Cart Fire Prevention Week	8 9:30 Sing & Swing Basketball Shoot 1:00 Wal-Mart <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	9 9:30 Sing & Swing 10:00 Cards & Coffee 11:30 Take Out 1:30 Card Bingo *Alice Nelson	10 9:30 Sing & Swing Table Tennis 11:30 What's in the News 1:30 Bingo-V.F.W. #2440 Auxiliary 3:00 Happy Hour 3:45 Sing-a-long Pizza	11 8:30 Manicures 10:30 Protestant Church Kevin Jennings 11:00 Communion with Mary Kay 1:30 Pet Visits 1:30 Reader's Digest Road Trip—Popcorn!	12 Casual Day 9:30 Sing & Swing Kick Ball 10:00 Cards & Coffee 10:30 Catholic Visits 2:00 Taste Of Home	13 1:30 Cards 2:00 Snack Cart	
14 11:30 Church on Local Radio 95.3 Pastor Scott Meador 2:00 Snack Cart 3:00 Music with David Gray	15 9:30 Sing & Swing Basketball Shoot 1:30 Casino Outing	16 9:30 Sing & Swing- 10:00 Cards & Coffee 1:30 Birthday Party Rotary Club *Bernadette Ohrt	17 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Pretzels & Beer	18 8:30 Manicures 10:30 Protestant Church Kristin Rod 11:30 Staff and Resident Podluck 6:30 Andersen's	19 9:30 Sing & Swing- 10:00 Cards & Coffee 10:30 Catholic Visits 1:30 Uno Cards	20 1:30 Cards 2:00 Snack Cart	
21 4:00 Church Gary Wilson 2:00 Snack Cart Pastoral Care Week *Mary Ann Althaus	22 10:00 Sing & Swing 1:30 Community Chat Senior Center Ventriloquist Mary Porter and Suzy	23 9:30 Sing & Swing 10:00 Resident Council 1:30 Dominos	24 9:30 Sing & Swing- 11:30 What's in the News 1:30 Bingo-St. Pat's Winthrop 3:00 Happy Hour 3:45 Sing-a-long Pumpkin Bars	25 8:30 Manicures 10:30 Protestant Church Sue Ann Raymond 1:30 Pet Visits 2:00 VOTE! 2:00 Filling Treat Bags for Trick or Treaters	26 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon Bainbridge 1:30 Music with Dave	27 1:30 Family Bingo *Donna Green	
28 11:30 Church on Local Radio 95.3 Pastor Scott Meador 2:00 Snack Cart	29 9:30 Sing & Swing 1:15 Movie @ The Starlight	30 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Halloween Game	31 9:30 Sing & Swing- 11:30 What's in the News 1:30 Luau Bingo- Zion Lutheran 3:00 Happy Hour- Tropical Drinks 5:00 Pizza Party!!! 4:30-6:30 Trick or Treat <small>Halloween</small>	*Denotes Birthday Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org			<h1>October 2018</h1> <h2>Lexington Estate</h2>