

December 2018

Lexington Estate

at Buchanan County Health Center

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

Celebrating December

**Pearl Harbor
Remembrance Day**

December 7

Resident & Family

Christmas Open House

Music with Ron Burgess

Mr. & Mrs. Santa

December 15th

Caroling

Boy Scouts Dec. 2nd

Union High School Carolers Dec. 11th

Hope Wesleyan Carolers Dec. 16th

East Buchanan School Carolers

Dec. 19th & 21st

Christmas Day

Gifts around the Tree

December 25

Out and About

Dec. 2nd –Ladies Musical

Dec. 3rd –Community Chat

Dec. 10th— Wal-Mart Shop

Dec. 17th Senior Movie @ Starlight

**Be sure to see the calendar on page 6 for all the
December activities! We have a full calendar!**

**Lexington Estate
Cordially invites Families to
“Christmas Open House”**

Sweets & Treats

Saturday, December 15, 2018

2-4 pm

BCHC Cafeteria

Music with Ron Burgess

2:30pm-3:30pm

&

Mr. & Mrs. Santa @ 3pm

**Please provide a wrapped present
for your family member by**

**December 10th so Santa has a gift
to give them. We will collect gifts in
the activity office.**

***Remember to have the residents’
full name attached to the gift.***

Label :

“For December 15th party.”

Reservations are appreciated

Call: 332-0914

The holiday season is here and our halls are filled with Christmas cheer! It is a truly magical time of year, full of beauty and filled with many special traditions that provide a sense of joy and peace this time of year. Unfortunately, all of this beauty and magic can bring some serious risk, so as you bring in your holiday decorations we ask that you follow a few simple items, from the Life Safety Code, to help keep the residents of Lexington safe.

The Life Safety Code is a set of federal regulations that helps to keep the residents of long term care facilities safe from fires and other emergencies. These items apply year round to minimize the risk of harm to residents and also apply to other buildings and structures.

- 1) All combustible decorations are required to be certified Class A fire and smoke retardant.
- 2) Artificial Christmas tree and lights are required to be Class A fire and smoke retardant and must have an electrical check by maintenance prior to use.
- 3) Live trees and wreaths are prohibited.
- 4) No string lights; pre-lit Christmas trees are acceptable.
- 5) No lit candles.
- 6) No items on top of the closets.
- 7) Extension cords, surge protectors (power strips) and plug-in adapters are prohibited from being brought into the facility.

The Use of Surge Protectors:

Lexington Estate will provide you with a surge protector upon your request. Please see below for the regulations pertaining to the use of surge protectors.

- 1) Items that can be plugged into a surge protector
 - a) Computers
 - b) Copiers
 - c) DVD Players
 - d) Stereo Systems
 - e) Televisions
- 2) Items that cannot be plugged into a surge protector
 - a) Clocks
 - b) Lamps
 - c) Telephones
 - d) Electric razors or toothbrushes
 - e) Cell phone or battery chargers
 - f) Motor driven items, such as electric recliners
 - g) Oxygen Machines, Nebulizers or C-Pap Machines
- 3) Some resident beds have a plug-in located under the bottom end of the bed; this plug-in can only be used for items approved for a surge protector.

All electrical items brought into the facility must have an electrical check, completed by maintenance, prior to use; this does not apply to personal grooming devices or electrical toothbrushes.



Angel Decker BSN, RN

Director of Senior Operations



Dave McLaren

Maintenance Director

Taste of Home –Perfect for Christmas Morning

Cinnamon Roll Cake

| Prep time | Cook time | Total time |
|-----------|-----------|------------|
| 15 mins | 35 mins | 50 mins |

Author: Judith Hannemann

Serves: 12

Ingredients

- Cake:
- 3 cups flour
- 1 cup sugar
- 4 tsp baking powder
- ¼ tsp salt
- 1 cup evaporated milk
- ½ cup water
- 2 eggs
- 2 tsp vanilla
- ½ cup butter, melted
- Cinnamon Topping:
- 1 cup very soft butter
- 1 cup brown sugar
- 1 tbs cinnamon
- 2 tbs flour
- Glaze:
- 2 cups confectioner's sugar
- 1 tsp vanilla
- 4-7 tbs milk or cream



Instructions

1. Preheat oven to 350 degrees F. Spray or grease a 13 x 9-inch baking pan.
2. Mix all dry cake ingredients in a large bowl. In a medium bowl, beat egg with milk, water and vanilla. Add the melted butter to the dry cake ingredients, then stir in the egg/milk mixture, mixing until all dry ingredients are incorporated. It is important here NOT to use an electric mixer but to mix with a spoon--the "cake" is actually a muffin base by the amount of baking powder, so it should not be "over-mixed."
3. Pour cake batter into prepared pan. Set aside.
4. In another bowl, beat the topping ingredients until they resemble a paste--for this you CAN use an electric mixer.
5. Drop topping randomly over top of cake batter--I did 4 rows with 3 dollops in each row, each dollop being about 2 tbs. Now pull a knife through the cake and topping, "marblizing" the topping into the top part of the cake batter.
6. Bake at 350 degrees F for 25-35 minutes, or until toothpick inserted in the center comes out clean. Remove from oven and cool slightly on a rack.
7. Mix the glaze ingredients in a small bowl, adding ONLY enough milk or cream to make a thick but pourable glaze--always start with the lowest amount of liquid.
8. Drizzle glaze over cake and let it set about 15 minutes. Cake may be served warm or completely cooled.
9. Makes about 12 servings.

Recipe by The Midnight Baker at <https://bakeatmidnite.com/cinnamon-roll-cake/>

December Birthdays

Bette Midler (singer) – December 1, 1945
 George Custer (general) – December 5, 1839
 Eli Wallach (actor) – December 7, 1915
 Rita Moreno (actress) – December 11, 1931
 J. Paul Getty (industrialist) – December 15, 1892
 Ty Cobb (ballplayer) – December 18, 1886
 Ray Romano (comic) – December 21, 1957
 Howard Hughes (aviator) – December 24, 1905
 Maggie Smith (actress) – December 28, 1934
 Bo Diddley (musician) – December 30, 1928

Our Own Celebrities!

Norma Daubenberger Dec. 29



Dress smart for cold weather

Please take an inventory of your closets for upcoming winter weather gear. Even if you don't plan to go out there may be times when a Dr. appointment or other outing is necessary.

A warm winter coat is a must!

It's a good idea for seniors to get out for some fresh air when possible, layered loose-fitting clothing and water-proof gloves or mittens are best. Wearing a hat & scarf protects against heat loss, as close to half of body heat is lost through the head.

We plan to go out in the winter months but will limit how far we travel as well as cancel if temperatures are below zero or weather forecasts indicate winter storms.

Making a Brighter Christmas!

BCHC Staff: Adopt-a-Family &

Operation Santa Claus

The Buchanan County Health Center will once again partner with the First Presbyterian Church to adopt a family with 7 children for Christmas. If you wish to participate in this project, please take a gift tag from the tree located in the cafeteria. Sign your name & phone number next to the appropriate numbered tag. Lexington Estate residents will be wrapping the gifts on Monday morning December 10th @ 10:00. Please deliver your **UNWRAPPED GIFTS** with tag attached to the activity department by December 10th. If you would like to donate wrapping paper or bows you may bring them to the Activities department before the 10th. **Operation Santa Claus:** This year along with our Adopt –a– Family we also have the opportunity to support the local Operation Threshold's annual drive for children's toys. If you would like to give to this endeavor please take an envelope from the tree and make a monetary donation of your choice. Turn your envelopes in to Dianne or Michelle by Dec. 10th

The Gift of Giving: Resident Angel Tree

Every year Lexington Estate sets up a gift giving tree that has name tags for all Lexington residents in the facility. The names on the tree are chosen by staff. There will be a tree to choose from located at the Lexington nurses' desk beginning the day after Thanksgiving.

There will also be a clipboard by the tree for you to sign your name, the resident's name(s) that you have chosen and a phone number that you can be reached at. It is VERY important that you fill this information out so we can be certain that every resident has been picked. The gifts need to be turned into Activities by **December 17th**.

The gifts will then be given to the residents on Christmas morning. Residents and staff will celebrate around the Christmas tree after breakfast.

Make a Reservation

Christmas Dinner

Tuesday, December 25th @ noon. If you would like to eat with your loved one would you please **make a reservation with the dietary department by Friday December 14th**.

Also, if you will be taking your loved one out for Christmas Eve or Christmas Day would you let us know that as well.

There will be a sign up sheet at the nurse's desk for either option!



THE FLU AND COLD SEASON

The Flu and Cold Season is fast approaching. Buchanan County Health Center would like to stress that if you're not feeling well or have been exposed to the flu, etc., please **DO NOT** come to visit your family member until you are healthy.

When visiting, please use the hand sanitizer (all resident rooms are equipped with sanitizers at the door) upon arrival and before you leave. This protects you and our residents.

Proper hand washing is the best defense against infections.

Flu shots have been given to our residents and staff.



Stockings for Santa's Elves

If you would like to help decorate Christmas stockings for Lexington residents come by on Friday, December 7th at 1:30pm. We will provide the snacks!

We have 39 residents stockings to embellish.

We will have all of the supplies. It won't take long if we have willing hands...no prior experience necessary!

Santa's elves will deliver on Christmas Eve.

Welcome to the Neighborhood



Beverly Wason

In Loving Memory



Alice Nelson

Oct 9, 1925-Nov 5 2018



Sunday, December 9th

6:30pm

Invite the Family and Join Dodie
for a Movie & Popcorn



Honoring
Veteran's



Garden Club
Craft
"Shenanigans"

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



December 2018

| | | | | | | | |
|--|--|---|--|--|--|--|---|
| 12:30 Boy Scout Caroling 2:00 Load Bus for Ladies Musical 4:00 Church Gary Wilson | 9:30 Sing & Swing 1:00 Community Chat Senior Center make Christmas Ornaments-Play Cards First Day of Hanukkah | 3 9:30 Sing & Swing 10:00 Cards & Cookies 1:30 Tim & Kathy Polka Dancers | 4 9:30 Mass Father Dave 9:45 Sing & Swing 11:30 What's in the News 1:30 Bingo-St. John's 3:00 Happy Hour 3:45 Sing a Long | 5 8:30 Manicures 10:30 Protestant Alex Bruening 1:30 Music Jim Kinney | 6 9:30 Sing & Swing 10:00 Cards & Cookies 10:30 Little Friends 12:00 Music with Linda 1:30 Decorate Christmas Stockings | 7 9:30 Sing & Swing 10:00 Cards & Cookies 10:30 Little Friends 12:00 Music with Linda 1:30 Decorate Christmas Stockings | 8 |
| 11:30 Church on Local Radio 95.3 Pastor Sarah Rohret 6:15 Sunday Night Movie and popcorn | 9 9:30 Sing & Swing 10:00 Craft with Nikki Pink Polka Dot 1:00 Wal-Mart Shopping 2:00 Wrapping Party for Adopt-a- Family | 10 9:30 Sing & Swing 10:00 Cards & Cookies 1:30 Country Steppers 4:30pm Union Carolers | 11 9:30 Sing & Swing 10:00 Christmas Carolers Dvd with Sue Ann 11:30 What's in the News 1:30 Bingo-V.F.W. #2440 Auxiliary 3:00 Happy Hour | 12 8:30 Manicures Protestant Kevin Jennings 11:00 Communion Mary Kay Pet Visits 1:30 Making Christmas Crafts | 13 8:30 Manicures Protestant Kevin Jennings 11:00 Communion Mary Kay Pet Visits 1:30 Making Christmas Crafts | 14 Casual Day 9:30 Sing & Swing 10:00 Resident Council Meeting 10:30 Catholic Room Visits Sharon 1:30 Taste of Home | 15 2:00-4:00 Resident Family Christmas Open House Music with Ron Burgess Mr. & Mrs. Santa |
| 4:00 Church Gary Wilson 5:30 Hope Wesleyan Carolers | 16 9:30 Sing & Swing 1:00 Movie @ The Starlight | 17 9:30 Sing & Swing 10:00 Cards & Cookies 12:00 Take Out 1:30 Birthday Party BCHC Hospital Auxiliary | 18 9:30 Sing & Swing 10:00 What's in the News 12:00 EB Carolers 1:30 Christmas Bingo 3:00 Happy Hour 3:45 Sing a Long | 19 8:30 Manicures 10:30 Protestant John Sheda Resident and staff potluck 2:00 Staff Party | 20 8:30 Manicures 10:30 Protestant John Sheda Resident and staff potluck 2:00 Staff Party | 21 9:30 Sing & Swing 10:00 Cards & Cookies 12:00 EB Carolers 1:30 Mystery Activity "Guest Singer" Winter Begins | 22 2:00 Snack Cart |
| 11:30 Church on Local Radio 95.3 Pastor Sarah Rohret | 23 9:30 Sing & Swing 10:00 Christmas Gift Game 1:30 Christmas Movie & Popcorn | 24 9:30 Sing & Swing 10:00 Christmas Gift Game 1:30 Christmas Movie & Popcorn | 25 Merry Christmas Open Gifts Around the Tree After Breakfast Christmas Day | 26 9:30 Sing & Swing 10:00 What's in the News 1:30 New Year's Bingo 3:00 Happy Hour Kwanzaa Begins | 27 8:30 Manicures 10:30 Protestant Kevin Jennings 1:30 December Trivia | 28 9:30 Sing & Swing 10:00 Cards & Cookies 10:30 Catholic Service Sharon 1:30 Pet Visits 1:30 Music with Dave Poggenklass | 29 *Norma Daubenberger |
| 30 | 31 9:30 Sing & Swing 1:30 New Year's Eve Scavenger Hunt New Year's Eve | 31 9:30 Sing & Swing 1:30 New Year's Eve Scavenger Hunt New Year's Eve | *Denotes Birthday | *Denotes Birthday | *Denotes Birthday | Activities Subject to Change | |

Lexington Estate

Dianne Hepke Activity Coordinator 319-332-0914 or 563-920-2635
Hospital skilled patients are always welcome to come for Lexington Meals or Activities!

Making a Difference

October 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

*Dawn Cain, Lex. Estate (2)
Michelle Robb, Lex. Estate
Paige Stoner, Lex. Estate
Angel Decker, Lex. Estate*

October's recipient of \$50 is:
Jennifer Wheetley, Respiratory Therapy

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