

January 2019

Lexington Estate

at Buchanan County Health Center

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

Celebrating January

Hot Tea Month
New Year's Day

January 1

Sunday Night Movie & Popcorn

January 13th

New! Musical Entertainment !

Dave Wirtz

January 19th

Health Hugs Day

January 21st

Show & Tell Activity

January 21



Activity Professionals Week

January 20st-26th

Join us at Lexington

for a Party on the 24th

Show & Tell Activity ...Back by Popular Demand!

You probably remember show and tell from your school days. Perhaps you even miss the opportunity to show things off now that you're an adult. Well, if you do miss those days from when you were a kid, we've got good news for you! We are having a Show and Tell Day for residents to indulge themselves in.

How to Celebrate Show and Tell ...

Bring any item that is interesting to you. Maybe you have a hobby, an old antique, a photo from years gone by. Don't be shy this is your time to shine!

Residents may need a little help choosing something to bring...FAMILIES we need your help. Therefore, you need to scour the attic or dust off the photo album and talk about what interesting item the resident could bring. For instance I think I will bring something from my bell collection. I think you get the idea, so now go find something to bring.

Before I wrap things up, I'll give you a gentle reminder that you really ought to keep things appropriate. Use your own judgment, but we'd strongly suggest that you don't bring anything offensive or illegal we don't want any visits from the local authorities.



Show & Tell
Monday,
January 21,
2:00pm
Family &
Friends
Welcome!

Taste of Home

Southern-Style Pimento Cheese

Ingredients:

- 1 cup shredded sharp cheddar cheese
- 1 cup shredded sharp cheddar cheese
- 1 (8-ounce) box cream cheese
- 1/2 cup mayonnaise
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoons mustard powder
- 1/4 teaspoon cayenne pepper
- 2 teaspoons Worcestershire sauce
- 1 (4-ounce) jar diced pimentos, drained
- Salt and pepper to taste
- Celery or crackers for serving



Directions

1. Combine cheeses, cream cheese, mayonnaise, garlic powder, onion powder, mustard powder, cayenne pepper, Worcestershire, and pimentos in the bowl of a stand mixer. Mix until combined.
2. Serve with celery or crackers.

Makes 8–10 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.

January Birthdays

- Diane Keaton (actress) – January 5, 1946
 Elvis Presley (musician) – January 8, 1935
 George Foreman (boxer) – January 10, 1949
 Faye Dunaway (actress) – January 14, 1941
 Al Capone (gangster) – January 17, 1899
 Edgar Allan Poe (writer) – January 19, 1809
 Ernest Borgnine (actor) – January 24, 1917
 Oprah Winfrey (mogul) – January 29, 1954
 Jackie Robinson (ballplayer) – January 31, 1919

Our Own Celebrities!

- Lorraine Stedman January 1st
 Carolee O' Brien January 1st
 Helen Blad January 3rd
 Charles Brown January 16th



Welcome to the Neighborhood



Carolee O'Brien
Mary Richmond
Virgil Bateman

In Loving Memory



Donna Green
 October 27, 1933–November 29, 2018

Frank "Bud" Hare
 November 6, 1924– December 6, 2018

BCHC Gives Back---

Thanks to all who donated food for the food drive, provided gifts for Adopt a Family, Santa gifts for our Lexington residents this Christmas or Rang the bell for the Red Kettle Campaign!

Your generous donations of canned goods helped to support families locally! Over 659.6 pounds of food was contributed to the food pantry.



With your generous support we were able to make Christmas brighter for a family of **six** children for adopt-a-family this year.



BCHC associates volunteered in one hour shifts to ring the bell for the Salvation Army at two locations this year.



With your generous support residents enjoyed their Secret Santa gifts around the tree on Christmas morning.



We Appreciate the Gifts You Gave!

Boy Scouts Carolers---Caroling

Union Carolers---Caroling

EB Jr. & Senior High---Caroling

Hope Wesleyan Church---Caroling

Living Water Church --- Caroling

There were so many yummy treats please forgive us if you slipped something in and we forgot to thank you!

Healthy Hugs

On January 21, Hugging Day, feel free to offer a hug to anyone and everyone you want. After all, the goal of the holiday is for people to show more emotion in public.



Studies have shown that physical contact has many health benefits. Such contact is indeed necessary for healthy social, psychological, and physical development. Hugs strengthen the immune system, decrease the risk of heart disease, decrease levels of the stress hormone cortisol, and increase levels of the "love hormone" oxytocin and the "feel good" brain chemicals, serotonin and dopamine.

Some people shy away from being touchy-feely in public, but humans have always been social creatures that thrive through human-to-human contact. Hugging may be the best tonic of all for what ails you.

January Hot Tea Month

January is a time for new beginnings, health and the home. Not coincidentally, it's also National Hot Tea Month. Whether you're drinking to new beginnings, your health or the domestic realm, these are ways you can celebrate Hot Tea Month this January.

Check out the best detox teas and try a few to see what you like. Revisit old favorites (such as "herbal teas" / tisanes like chamomile and peppermint).

Try some healthy teas that are new to you, like white tea.

Try Wintry Flavors

Brew a ginger black tea, ginger green tea or ginger "tea"

Try a cardamom black tea

Buy citrusy tea blends, or add a little orange or lemon

Remember that the healthiest teas are the teas you'll stick with.

As long as it's pure (no milk or sweeteners), if you want to drink it every day, it's good for you!

Hot Tea Cart will make the rounds on Monday, January 14th @ 10am

Christmas Blessings...Family & Residents...Party...Santa!



Happy New Year!



Our annual health inspection survey was completed on December 5th, with no deficiencies related to resident care. Surveyors pointed out that many residents and family members spoke highly about the great care they receive, the variety of activities offered, as well as, the many dietary offerings and our ability to keep Lexington clean and odor free. The surveyors stated that it is clear residents stay active and engaged, and were impressed with how well residents and staff knew each other.

The Fire Marshall completed the annual Life Safety Code inspection on December 27th with no significant concerns noted.

On behalf of Lexington Estate, I want to thank our residents, their family members and friends; it is your voice that guides us. I also want to thank our team of dedicated and compassionate individuals who take great pride in the care and service they provide.

If you would like to read the official survey results, they are located in a binder, on the wall, next to the hospital entrance.

Angel Decker BSN, RN

Director of Senior Operations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 a.m. on ABC Rose Bowl Parade New Year's Puzzles College Football Bowl Games *Lorraine Stedman *Carolee O'Brien <small>New Year's Day</small>	2 9:30 Mass with Father Dave 9:45 Sing & Swing 11:30 <u>What's in the News</u> 1:30 Bingo-St. John's 3:00 Happy Hour 3:45 Sing a Long *	3 8:30 Manicures 10:30 Protestant Church-Sarah Rohret 1:30 Music with Jim Kinney *Helen Blad	4 9:30 Sing & Swing- 10:00 Cards & Cookies 10:30 <u>Little Friends</u> 12:30 Music with Linda 1:30 Pet Visits	5 2:00 Snack Cart
6 11:00 Church on Local Radio 95.3 Pastor Sarah Rohret	7 9:30 Sing & Swing 1:30 Community Chat Bingo at the Senior Center	8 9:30 Sing & Swing 10:00 Cards & Cookies 1:30 Music with Nancy Hooten	9 9:30 Sing & Swing- & Kickball 11:30 <u>What's in the News</u> 11:00 <u>OakView Outing Sunset</u> 1:30 Bingo- V.F.W. 3:00 Happy Hour	10 8:30 Manicures & Chit Chat 10:30 Protestant Church -Mike Nemmers 1:30 Board Games	11 9:30 Sing & Swing- 10:00 Cards & Cookies 10:30 Catholic Visits Sharon Bainbridge 1:30 Spa Treatments	12 2:00 Snack Cart
13 1:30 Pet Visits 4:00 Church with Gary Wilson 6:15 Sunday & Night Movie & Popcorn	14 9:30 Sing & Swing 10:00 Hot Tea Cart 10:00 Baking Bread in Bread Machine 1:00 Wal-Mart Shop	15 9:30 Sing & Swing 10:00 Cards & Cookies 12:00 Take Out Tuesday 1:30 Birthday Party BCHC Hospital Auxiliary	16 9:30 Sing & Swing- 10:00 Dvd's with Sue Ann Raymond 11:30 <u>What's in the News</u> 1:30 Bingo 3:00 Happy Hour 3:45 Sing a Long *Charles Brown	17 8:30 Manicures 10:30 Protestant Church-Alex Breuning 1:30 Dominos 6:30 Andersen's	18 9:30 Sing & Swing 10:00 Cards & Cookies 10:30 Catholic Service Sharon Bainbridge 2:00 Taste of Home	19 2:00 Snack Cart 4:00pm Music with Dave Wirtz
20 11:00 Church on Local Radio 95.3 Pastor Sarah Rohret Activity Professionals Week	21 9:30 Sing & Swing Bag Toss 10:00 Oh! The Places We Will go! - Travelogue 11:00 Lunch Outing 2:00 Show & Tell Activity <small>Marlin Luther King Day Tu, B, Shevat</small>	22 9:30 Sing & Swing 10:00 Oh! The Places We Will go! - Travelogue 1:30 For the Birds Scavenger Hunt	23 9:30 Sing & Swing- 10:00 Oh! The Places We Will go! - Travelogue 11:30 <u>What's in the News</u> 1:30 Bingo- St. Pats 3:00 Happy Hour	24 8:30 Manicures Chit Chat 10:30 Protestant Church-James Ganze 1:30 Oh! The Places We Will go! - Activity Party!	25 9:30 Sing & Swing 10:00 Oh! The Places We Will go! - Travelogue 10:30 Catholic Visits- Sharon Bainbridge 1:30 Music with Dave Poggenklass	26 2:00 Snack Cart
27 1:30 Cards 4:00 Church with Gary Wilson	28 9:30 Sing & Swing Horseshoes 1:00 Movie at the Starlight	29 9:30 Sing & Swing 10:00 Resident Council 1:30 Giant Crossword Game	30 9:30 Sing & Swing 11:30 <u>What's in the News</u> 1:30 Bingo Zion Lutheran 3:00 Happy Hour	31 8:30 Manicures 10:30 Protestant Church-Hymn Sing 1:30 Card Bingo	Hospital skilled patients are always welcome to come for Lexington for Meals or Activities! *Activities subject to change. *Denotes Birthdays Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org	