

March 2019

Lexington Estate

at Buchanan County Health Center

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

Celebrating March

Daylight Saving Time Begins

March 10

St. Patrick's Day

Family Bingo

March 17

Family Fish Fry

March 22

Out and About

March 1 Abraham Lincoln Program
at Prairie Hills

March 11th Wal-Mart Shopping and
Shakes at Mc' Donald's

March 18th Waterloo Casino & Lunch

March 25th Movie at the Starlight

March 31st Polka Dancers @ Coliseum
In Oelwein

Join us for a Family Fish Fry Friday, March 22nd

5:00 p.m.

Menu

Oven Fried Fish

Potato Salad

Coleslaw

Roll with Butter

Lemon Pie Bars?



Did you "catch" your invitation in the mail?

RSVP- by March 18th Dianne Hepke

@

319-332-0914

Taste of Home



Cherry Pineapple Mini Dump Cakes

This super easy and delicious dump cake is perfect served with fresh whipped cream or a scoop of your favorite ice cream. Ready in less than 30 minutes.

Ingredients

- 1 can Cherry Pie Filling
- 1 can crushed pineapple, lightly drained
- 1 box yellow cake mix
- 1-1/2 sticks butter

Instructions

1. Preheat the oven to 350 degrees
2. Spray 6 10oz ramekins with cooking spray. Place on a baking sheet and set aside.
3. In a medium bowl, mix the cherry pie filling with the crushed pineapple.
4. Divide the cherry and pineapple mixture evenly between the six ramekins. Divide the dry yellow cake mix evenly between the ramekins, sprinkling the mix on top of the fruit mixture.
5. Cut the butter into slices and divide evenly among the ramekins, placing the butter slices on top of the dry cake mix.
6. Place the pan in the 350 degree oven and bake for 20-25 minutes, until the top is golden brown and the fruit is bubbling. Serve warm.

March Birthdays

- Theodore Geisel (Dr. Seuss) – March 2, 1904
 Knute Rockne (coach) – March 4, 1888
 Sam Donaldson (journalist) – March 11, 1934
 Billy Crystal (comedian) – March 14, 1948
 Vanessa Williams (actress) – March 18, 1963
 Spike Lee (director) – March 20, 1957
 Joan Crawford (actress) – March 23, 1905
 Aretha Franklin (singer) – March 25, 1942

Happy Birthday to Our Own Celebrities!

Darlene Lorenz – March 22nd



Night Owls

The International Festival of Owls, a celebration of these mysterious nighttime creatures, will occur during the first three days of March. Is it the owl's nocturnal nature, their swift silence, their chilling calls of "who," or their

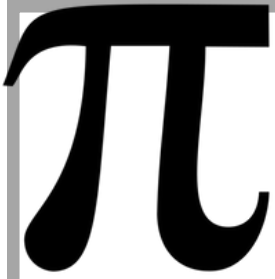


bizarre rotating necks that make them so fascinating? These birds have figured prominently in our imaginations for millennia.

In ancient Greece, the owl was the symbol of Athena, goddess of wisdom.

It was believed that an "inner light" gave the owl its superb night vision, and it was considered a good omen if an owl was spied overhead watching you. Because an owl is a bird of darkness, it has often been associated with death. During the Middle Ages, owls were thought to be witches or witches' helpers. American Indians, too, held many beliefs about owls and death. To some, owls were the spirits of the dead. To others, owls were guides of the recently deceased to the underworld. During the Festival of Owls, take the time to encounter one of these magnificent animals up close and you, too, may begin to think they are more than just birds.

**Join us for a program with
Mike from Fontana on March
8th @ 1:30pm and meet "Al"
the Barred Owl**



What is pi (π)??

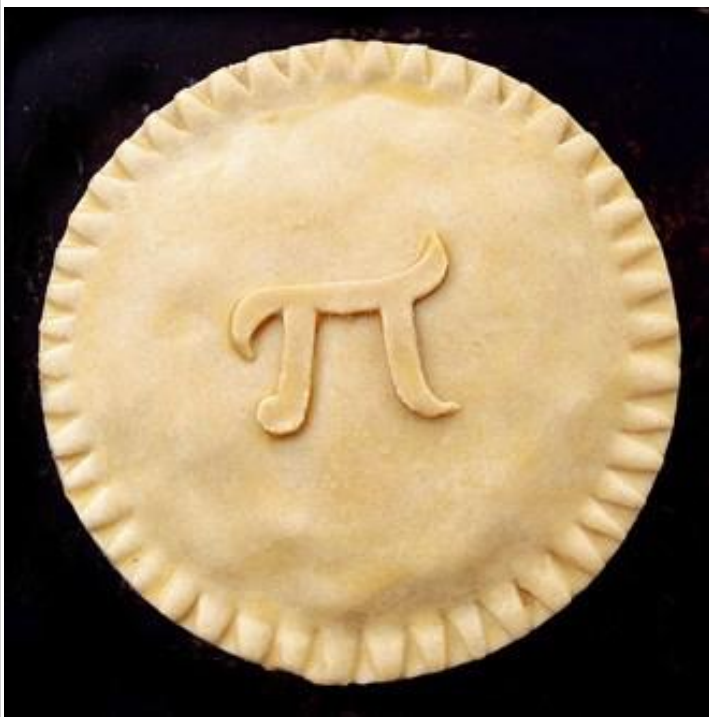
By definition, pi is the ratio of the circumference of a circle to its diameter. Pi is always the same number, no matter which circle you use to compute it.

For the sake of usefulness people often need to approximate pi. For many purposes you can use 3.14159, which is really pretty good, but if you want a better approximation you can use a computer to get it. Here's pi to many more digits: 3.14159265358979323846.

The area of a circle is pi times the square of the length of the radius, or "pi r squared":

Fun with Pi- Pie and Coffee Social at Oak View on 3.14.

The folks at Oak view are baking pies for Pi day! We will have a pie and coffee social with our Oak View friends at 1:30pm on Thursday March 14th.



New Insurance Cards!



If you receive a new insurance card in the mail please bring a copy to the nurses desk.

If you are billed for services and you think this is in error please contact the provider who billed you and make sure they have the most current insurance card information as well.

ST. PATRICK'S DAY

Sunday , MARCH 17TH WEAR GREEN

St. Patrick's Day was first celebrated in America in 1737, organized by the charitable Irish Society of Boston, including a feast and religious service.

This holiday is celebrated every year on March 17th, honoring the Irish patron saint, St. Patrick. People all over the world celebrate St. Patrick's Day, especially those in large Irish communities. Cities that hold large parades are: Boston, New York, Philadelphia, New Orleans, Savannah, and other cities worldwide.

There are many legends associated with St. Patrick. The symbol of the shamrock used for St. Patrick's Day comes from the story of St. Patrick using the shamrock to illustrate the Holy Trinity.

Early celebrations continued after the charitable Irish Society of Boston. In New York, the first celebration took place as a small gathering at the house of an Irish protestant. St. Patrick's Day parades started in New York in 1762 by a small group of Irish soldiers in the Boston military.

Parades and wearing green have always been a traditional part of St. Patrick's Day Celebrations. Chicago dyes its river green for the festivities. The White House fountain is also dyed green.

Have a HAPPY St. Patrick's Day!

**Join us for St. Patrick's Day
Bingo @ 1:30pm Sunday,
March 17th! We will have
Refreshments.**



Making a Difference

January 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

Tricia Eschen, EVS

Dawn Cain, Lex. Estate (2)

Staci Koob, Lex. Estate

Tina Gordon, EVS

Casey Fox, EVS

Katherine Bresson, Nutrition Svcs.

Susi DuBois, Nutrition Svcs.

Marty Ciesielski, EVS

Leonard Schmidt, Maintenance

Brooklyn Siems, Lex. Estate (2)

Leslie DeVore, Nutrition Svcs.

Markia Griffin, Nutrition Svcs.

Linda Cornwell, MedSurg

Casey Callahan, Lex. Estate

Tracey Heitz, Lex. Estate

Lisa Tinkey, Lex. Estate

Paige Stoner, Lex. Estate

Michelle Robb, Lex. Estate

Deb Neblock, EVS

Bev Michaels, Lex. Estate

January recipient of \$50 was:

Lisa Rasmussen - Radiology

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

Hospital skilled patients are always welcome to come for Lexington for Meals or Activities!



March 2019

Activities subject to change * Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org

*Denotes Birthday

<p>11:00 Church local radio 95.3 Pastor Sarah Rohret</p>	<p>3 9:30 Sing & Swing Bag Toss 2:00 Celebrating "Careers in Aging" Resident and Staff Ice Cream Party</p>	<p>4 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Crafting with Independence Garden Club <small>Mardi Gras</small></p>	<p>5 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 <small>Ash Wednesday</small></p>	<p>6 8:30 Manicures 10:30 Protestant Church 1:30 Music with Jim Kinney</p>	<p>7 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Crafting with Independence Garden Club <small>Mardi Gras</small></p>	<p>8 9:30 Sing & Swing 10:00 Cards & Coffee 12:30 Music with Linda Jacobsen 1:30 Fontana Program with Mike and "Al" the Barred Owl</p>	<p>9 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Little Friends 10:30 Catholic room visits 11:30 Staff & Resident Potluck 1:30 Lucky Clover Card Game</p>	<p>2 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Load bus for Abe Lincoln Program at Prairie Hills</p>
<p>4:00 Church with Gary Wilson</p>	<p>10 9:30 Sing & Swing 1:00 Wal-Mart Shopping Shamrock Shakes from Mc Donald's</p>	<p>11 9:30 Sing & Swing 10:00 Cards & Coffee 11:30 Take Out Tuesday 1:30 Music with Nancy Hooten</p>	<p>12 9:30 Sing & Swing 10:00 Cards & Coffee 11:30 What's in the News 1:30 Lucky Bingo VFW 3:00 Happy Hour 3:45 Sing-a-Long</p>	<p>13 8:30 Manicures 10:30 Protestant Church Kevin Jennings 11:00 Communion with Mary Kay 1:30 Celebrating "PI" Day Pie Judging and Social at Oak View</p>	<p>14 8:30 Manicures 10:30 Protestant Church 11:00 Communion with Mary Kay 1:30 Celebrating "PI" Day Pie Judging and Social at Oak View</p>	<p>15 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Little Friends 10:30 Catholic room visits 11:30 Staff & Resident Potluck 1:30 Lucky Clover Card Game</p>	<p>16 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Little Friends 10:30 Catholic room visits 11:30 Staff & Resident Potluck 1:30 Lucky Clover Card Game</p>	<p>23 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service-Sharon 1:30 Music with Dave Poggenklass 5:00 Family Fish Fry *Darlene Lorenz</p>
<p>11:00 Church on local radio 95.3 Pastor Sarah Rohret</p>	<p>17 9:30 Sing & Swing Bag Toss 10:30 Casino & Lunch</p>	<p>18 9:30 Sing & Swing Bag Toss 10:30 Casino & Lunch</p>	<p>19 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Birthday Party Catholic Daughters</p>	<p>20 8:30 Manicures 10:30 Protestant Church-John Sheda 1:30 DVD Sue Ann 6:30 Andersen's <small>Purim</small></p>	<p>21 8:30 Manicures 10:30 Protestant Church-John Sheda 1:30 DVD Sue Ann 6:30 Andersen's <small>Purim</small></p>	<p>22 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service-Sharon 1:30 Music with Dave Poggenklass 5:00 Family Fish Fry *Darlene Lorenz</p>	<p>29 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Room Visits 1:30 Card Bingo Celebrate Doctor Day</p>	
<p>4:00 Church with Gary Wilson</p>	<p>24 9:30 Sing & Swing Bag Toss 1:00 Movie @ The Starlight</p>	<p>25 9:30 Sing & Swing Bag Toss 1:00 Movie @ The Starlight</p>	<p>26 9:30 Sing & Swing 10:00 Resident Council 1:30 Resident's Rights Bingo</p>	<p>27 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo St. Pats 3:00 Happy Hour 3:45 Sing a Long</p>	<p>28 8:30 Manicures 10:30 Protestant Church Sue Ann 1:30 Taste of Home 1:30 Pet Visits</p>	<p>29 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Room Visits 1:30 Card Bingo Celebrate Doctor Day</p>	<p>30 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Room Visits 1:30 Card Bingo Celebrate Doctor Day</p>	
<p>11:00 Church local radio 95.3 Pastor Sarah Rohret</p>	<p>31 12:30 Polka Dancers at The Coliseum In Oelwein</p>	<p>31 11:00 Church local radio 95.3 Pastor Sarah Rohret</p>	<p>31 11:00 Church local radio 95.3 Pastor Sarah Rohret</p>	<p>31 11:00 Church local radio 95.3 Pastor Sarah Rohret</p>	<p>31 11:00 Church local radio 95.3 Pastor Sarah Rohret</p>	<p>31 11:00 Church local radio 95.3 Pastor Sarah Rohret</p>	<p>31 11:00 Church local radio 95.3 Pastor Sarah Rohret</p>	

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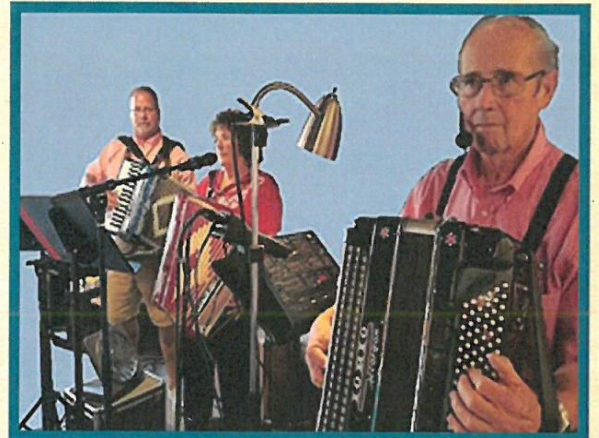
PUBLIC DANCE

FUNDRAISER

JERRY BEAUCHAMP BAND
SUNDAY, MARCH 31ST 1-4PM
OELWEIN COLISEUM BALLROOM
ADMISSION: \$8 (FREE UNDER 18)

Dancers, Tim and Kathy, along with several dancers from the Polka Club Of Iowa will be dancing to the Variety Music of the Jerry Beauchamp Band during this fundraiser for the Alzheimer's Association and the Polka Club of Iowa Hall of Fame. Food & beverage will be available for purchase.

alzheimer's 
 association®



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Lexington Estate
 at Buchanan County Health Center

