

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 11<sup>th</sup> Wal-Mart Shopping and  
Shakes at Mc' Donald's

March 18<sup>th</sup> 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

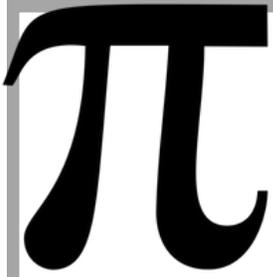


bizarre rotating necks that make them so fascinating? These birds have figured prominently in our imaginations for millennia.

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 ( $\pi$ )??**

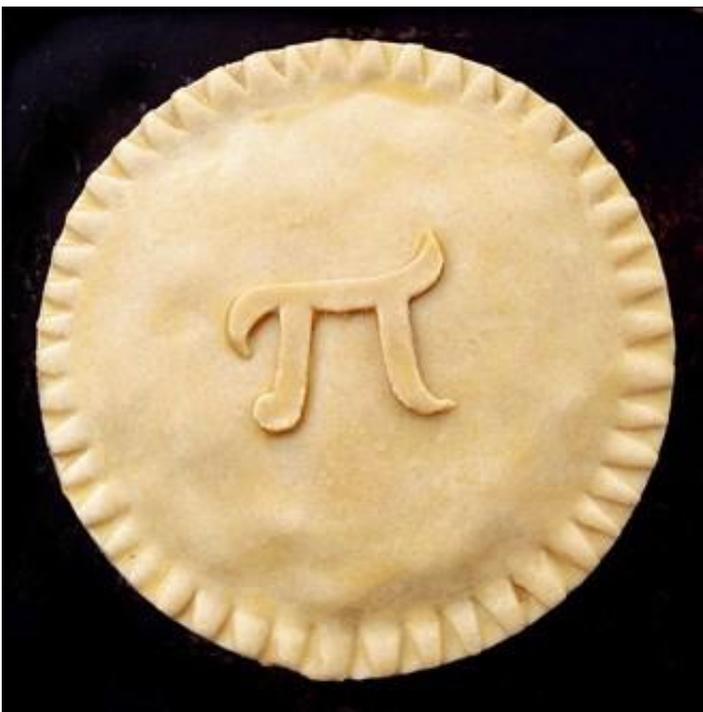
By definition, pi is the ratio of the circumference of a circle to its diameter. Pi is always the same number, no matter which circle you use to compute it.

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

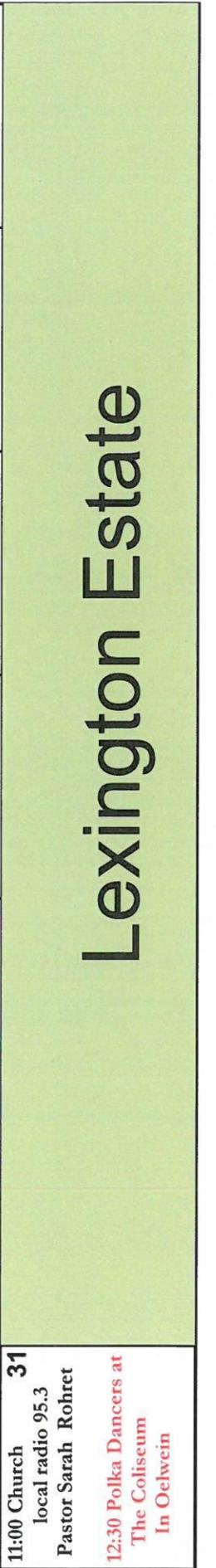
To nominate someone for going above and beyond, please fill out a "Making A Difference" form

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**  
 \*Denotes Birthday  
 Activities subject to change \* Dianne Hepke 319.332.0914 563.920.2635 or [dhepke@bchealth.org](mailto:dhepke@bchealth.org)

<p>11:00 Church local radio 95.3                  Pastor Sarah Rohret</p>	<p>9:30 Sing &amp; Swing Bag Toss</p> <p>2:00 Celebrating "Careers in Aging" Resident and Staff Ice Cream Party</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>1:30 Crafting with Independence Garden Club  <small>Mardi Gras</small></p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>11:30 Take Out Tuesday                  1:30 Music with Nancy Hooten</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>11:30 What's in the News</p> <p>1:30 Lucky Bingo VFW</p> <p>3:00 Happy Hour</p> <p>3:45 Sing-a-Long</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>11:30 What's in the News</p> <p>1:30 Happy Hour</p> <p>3:00 DVD Sue Ann</p> <p>11:30 What's in the News</p> <p>1:30 Bingo</p> <p>3:00 Happy Hour  <small>Spring Begins</small></p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>1:30 Binging St. John's</p> <p>3:00 Happy Hour  <small>Ash Wednesday</small></p>	<p>8:30 Manicures</p> <p>10:30 Protestant Church</p> <p>1:30 Music with Jim Kinney</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Little Friends  <small>10:30 Catholic room visits</small></p> <p>11:30 Staff &amp; Resident Potluck</p> <p>1:30 Lucky Clover Card Game</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Catholic Service-Sharon</p> <p>1:30 Music with Dave Poggenklass</p> <p>5:00 Family Fish Fry</p> <p>*Darlene Lorenz</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Catholic</p> <p>Room Visits</p> <p>1:30 Card Bingo</p> <p><b>Celebrate Doctor Day</b></p>
<p>4:00 Church with Gary Wilson</p>	<p>9:30 Sing &amp; Swing</p> <p>1:00 Wal-Mart Shopping Shamrock Shakes from Mc Donald's</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>11:30 Take Out Tuesday                  1:30 Music with Nancy Hooten</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>11:30 What's in the News</p> <p>1:30 Happy Hour</p> <p>3:00 DVD Sue Ann</p> <p>11:30 What's in the News</p> <p>1:30 Bingo</p> <p>3:00 Happy Hour  <small>Spring Begins</small></p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>1:30 Binging St. John's</p> <p>3:00 Happy Hour  <small>Ash Wednesday</small></p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Protestant Church-Sue Ann</p> <p>1:30 DVD Sue Ann</p> <p>6:30 Andersen's  <small>Purim</small></p>	<p>8:30 Manicures</p> <p>10:30 Protestant Church Sue Ann</p> <p>1:30 Taste of Home</p> <p>1:30 Pet Visits</p>	<p>8:30 Manicures</p> <p>10:30 Protestant Church</p> <p>1:30 Music with Jim Kinney</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Catholic Service-Sharon</p> <p>1:30 Music with Dave Poggenklass</p> <p>5:00 Family Fish Fry</p> <p>*Darlene Lorenz</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Catholic</p> <p>Room Visits</p> <p>1:30 Card Bingo</p> <p><b>Celebrate Doctor Day</b></p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Catholic</p> <p>Room Visits</p> <p>1:30 Card Bingo</p> <p><b>Celebrate Doctor Day</b></p>
<p>Daylight Saving Time Begins</p> <p>11:00 Church on local radio 95.3                  Pastor Sarah Rohret</p> <p>St. Patrick's Bingo</p> <p>1:30 Pet Visits</p> <p>St. Patrick's Day</p>	<p>9:30 Sing &amp; Swing</p> <p>Bag Toss</p> <p>10:30 Casino &amp; Lunch</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>1:30 Birthday Party Catholic Daughters</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>1:30 Birthday Party Catholic Daughters</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>1:30 Binging St. John's</p> <p>3:00 Happy Hour  <small>Spring Begins</small></p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Protestant Church-Sue Ann</p> <p>1:30 DVD Sue Ann</p> <p>6:30 Andersen's  <small>Purim</small></p>	<p>8:30 Manicures</p> <p>10:30 Protestant Church Sue Ann</p> <p>1:30 Taste of Home</p> <p>1:30 Pet Visits</p>	<p>8:30 Manicures</p> <p>10:30 Protestant Church</p> <p>1:30 Music with Jim Kinney</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Catholic Service-Sharon</p> <p>1:30 Music with Dave Poggenklass</p> <p>5:00 Family Fish Fry</p> <p>*Darlene Lorenz</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Catholic</p> <p>Room Visits</p> <p>1:30 Card Bingo</p> <p><b>Celebrate Doctor Day</b></p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Catholic</p> <p>Room Visits</p> <p>1:30 Card Bingo</p> <p><b>Celebrate Doctor Day</b></p>
<p>11:00 Church local radio 95.3                  Pastor Sarah Rohret</p> <p>12:30 Polka Dancers at The Coliseum                  In Oelwein</p>	<p>9:30 Sing &amp; Swing</p> <p>Bag Toss</p> <p>1:00 Movie @ The Starlight</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Resident Council</p> <p>1:30 Resident's Rights Bingo</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>1:30 Birthday Party Catholic Daughters</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>1:30 Binging St. John's</p> <p>3:00 Happy Hour  <small>Spring Begins</small></p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Protestant Church-Sue Ann</p> <p>1:30 DVD Sue Ann</p> <p>6:30 Andersen's  <small>Purim</small></p>	<p>8:30 Manicures</p> <p>10:30 Protestant Church Sue Ann</p> <p>1:30 Taste of Home</p> <p>1:30 Pet Visits</p>	<p>8:30 Manicures</p> <p>10:30 Protestant Church</p> <p>1:30 Music with Jim Kinney</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Catholic Service-Sharon</p> <p>1:30 Music with Dave Poggenklass</p> <p>5:00 Family Fish Fry</p> <p>*Darlene Lorenz</p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Catholic</p> <p>Room Visits</p> <p>1:30 Card Bingo</p> <p><b>Celebrate Doctor Day</b></p>	<p>9:30 Sing &amp; Swing</p> <p>10:00 Cards &amp; Coffee</p> <p>10:30 Catholic</p> <p>Room Visits</p> <p>1:30 Card Bingo</p> <p><b>Celebrate Doctor Day</b></p>



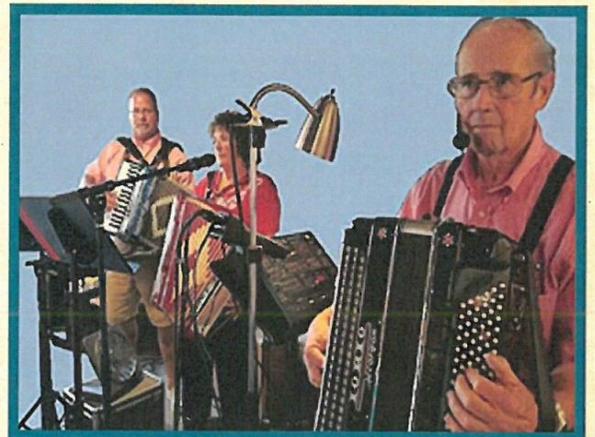
# PUBLIC DANCE

## FUNDRAISER

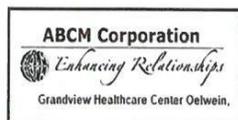
**JERRY BEAUCHAMP BAND**  
**SUNDAY, MARCH 31<sup>ST</sup> 1-4PM**  
**OELWEIN COLISEUM BALLROOM**  
**ADMISSION: \$8 (FREE UNDER 18)**

*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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