

May 2019

Lexington Estate

at Buchanan County Health Center

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

Celebrating May

May Day

May 1st

National Nurse's Week

May 6th-10th

Wood Carving Demonstration

May 6th at 1:30

Celebration for Ladies!

Music with Mom

Mary Kay Miller Pianist

Pie & Coffee

In the BCHC Café

May 5th from 2-3pm

Mother's Day

May 12th

Acrylic Pour Painting

May 13th at 10:00

National Nursing Home Week

May 12th-18th

National Hospital Week

May 12th-18th

Memorial Day

May 27th

“Live Soulfully”

National Nursing Home Week

May 13th -19th

In celebration of National Nursing Home Week, Lexington Estate staff would like to invite you to visit a loved one, family member, or friend.

We believe in person directed care, because close bonds are made between staff, residents and families. Being able to make choices along with time spent in various activities is vital to living life with a purpose.

Join us this month as we celebrate soulful living during National Nursing Home Week, May 12-18th

- ◆ Monday, May 13th—Acrylic painting with Pat Stavely at 10:00am
- ◆ Tuesday, May 14th—Staff & resident potluck at 11:30, music with Nancy Hooten at 1:30
- ◆ Thursday, May 16th—Music with the Andersen's at 6:30
- ◆ Friday, May 17th—Music with Michelle McBride at 2:00
- ◆ Saturday, May 18th—Music with Dave Wirtz at 4:00

Taste of Home

Heavenly Chocolate Pie

Ingredients

- 1 cup fat-free vanilla frozen yogurt, softened
- 2 cups fat-free milk
- 1 package (1.4 ounces) sugar-free instant chocolate pudding mix
- 1 package (1 ounce) sugar-free instant vanilla pudding mix
- 1 carton (8 ounces) frozen reduced-fat whipped topping, thawed, divided
- Chocolate curls, optional
- 1 reduced-fat graham cracker crust (8 inches)

Directions

In a large bowl, whisk yogurt until soft and smooth. Gradually whisk in milk until blended. Add pudding mixes; whisk 2 minutes longer. Let stand for 2 minutes or until soft-set.

Fold in 1 cup whipped topping. Transfer to crust. Top with remaining whipped topping and chocolate curls if desired. Refrigerate for at least 4 hours.



May Birthdays

- Audrey Hepburn (actress) – May 4, 1929
- Tammy Wynette (singer) – May 5, 1942
- Don Rickles (comedian) – May 8, 1926
- Irving Berlin (songwriter) – May 11, 1888
- Queen Victoria (monarch) – May 24, 1819
- Vincent Price (actor) – May 27, 1911
- Bob Hope (comedian) – May 29, 1903
- Clint Eastwood (actor) – May 31, 1930

Happy Birthday to Our Own Celebrities!

- Dale Buckman May 7th
- Anna Crawford May 9th
- Noni Caldwell May 18th
- Marilyn Harberts May 19th
- Patricia Tarbox May 28th
- Beverly Wason May 28th
- Nadine Stevens May 30th



In Loving Memory

Merritt Junior McCardle

August 12, 1933—April 8, 2019

Virgil Bateman

May 7, 1926 – April 22, 2019

Christian Leu

May 4, 1923—April 6, 2019

Florence Wald

July 12, 1930—April 16, 2019



Welcome to the Neighborhood

Gwendolyn (Lucille) Weisert

William (Bill) Shafer





Save The Date
Sunday, May 5th
2:00-3:00pm

You're Invited!
Pie & Coffee Social

Gift Shop will be open for your shopping pleasure

Celebrating all ladies

Music with Mom

Pianist Mary Kay Miller



Buchanan County Health Center
Contact Dianne or Dodie to RSVP 319-332-0914

Join us in the new Café at BCHC
1600 1st Street East, Independence, Iowa 50644



Staff at Lexington Estate

As a resident of this facility, I would like to express my appreciation for all of the opportunities available to us residents.

Each of these helps make our "Golden Years" more golden.

Simple pleasures become beautiful treasures.

You are appreciated more than you realize.

Thanks to all!

-Helen Blad

Making a Difference

March Recipients

The following employees 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

Lisa Kuhens, MedSurg	Barb Passick, Lab	Lisa Johnson, Lab
Jennifer Eddy, MedSurg	Sylvia Gitch, Lab	Judy Melka, EVS
Jordan Kayser, MedSurg (2)	Kaye Sheda, MedSurg (2)	Carol Cassaday, EVS
Devon Brockmeyer, MedSurg	Linda Burrage, ED (2)	Michelle McBride, PR
Erin Ryan, OR	Fritz Demuth, ED	Dianne Hepke, Activities
Jane Baker, Hospitalist	Linda Biddenstadt, MedSurg	Traci Brayton, OR
Abby Crawford, EVS	Katie Perry, Radiology (2)	Cody Barnes, Wellness
Edith Birchard, EVS	Mariah Bell, Lab	Dodie Henningsen, Activities
Theresa Hocken, EVS	Bonnie Wiegert, Lab	Elizabeth Smith, EVS
Casey Fox, EVS	Dan Dutler, ED	Tina Gordon, EVS
Angie James, HR	Meghan Leibold, Lab (2)	Diana Levendusky, EVS
Melissa Loughren, RT (3)	Kayla Smith, Nutrition Services	Jolene Kaise, Ambulance
Jillian Schatzle, ED	Kelly Bose, ED	

This month's recipient of \$50 is:

Erin Ryan, OR

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

May 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2:00-3:00 Ladies Celebration BHC Café</p> <p>Music by Mary Kay Miller</p> <p>4:00 Church w/Gary Wilson Cinco de Mayo</p>	<p>5</p> <p>National Nursing Week May 6-12</p> <p>8:00 Breakfast Outing to Sunset Restaurant</p> <p>1:30 Wood Carving Demonstration w/Steve Russell & Friends Ramadan</p>	<p>9:30 Sing & Swing</p> <p>10:00 Cards w/Audrey & Cookies</p> <p>1:30 Car Emblem Card Game</p> <p>Happy Birthday Dale Buckman</p>	<p>1</p> <p>9:30 Mass w/ Father Dave</p> <p>10:00 Sing & Swing</p> <p>11:30 What's in the News</p> <p>1:30 Bingo w/St. John's</p> <p>3:00 Happy Hour May Day</p>	<p>2</p> <p>8:30 Manicures w/ Sue & Justine</p> <p>10:30 Protestant Church w/ Larry Thompson</p> <p>1:30 Music w/ Jim Kinney</p>	<p>3</p> <p>9:30 Sing & Swing</p> <p>10:00 Cards & Cookies</p> <p>10:30 Little Friends</p> <p>12:30 Music w/ Linda Jacobsen</p> <p>1:30 Creating Centerpieces for Ladies Celebration</p>	<p>4</p> <p>Kentucky Derby on NBC</p> <p>"Fastest Two Minutes in Sports"</p>
<p>"Live Soulfully" 12</p> <p>National Nursing Home Week May 12-18</p> <p>11:00 Church on local radio 95.3 w/Pastor Rohret Mother's Day</p>	<p>6</p> <p>9:30 Sing & Swing</p> <p>10:00 Cards & Cookies</p> <p>11:30 Staff and Resident Potluck</p> <p>1:30 Music w/ Nancy Hooten</p> <p>1:00 Walmart</p>	<p>7</p> <p>9:30 Sing & Swing</p> <p>10:00 DVD w/ Sue Ann Raymond</p> <p>11:30 What's in the News</p> <p>1:30 Bingo</p> <p>3:00 Happy Hour</p>	<p>8</p> <p>8:30 Podiatrist Visit</p> <p>9:30 Sing & Swing</p> <p>11:30 What's in the News</p> <p>1:30 Bingo w/ VFW</p> <p>3:00 Happy Hour</p> <p>3:30 Sing A Long</p>	<p>9</p> <p>8:30 Manicures w/ Sue & Justine</p> <p>10:30 Protestant Church w/Bob Solon</p> <p>11:00 Communion Service w/Mary Kay Johnson</p> <p>1:30 Taste of Home</p> <p>Happy Birthday Anna Crawford</p>	<p>10</p> <p>9:30 Sing & Swing</p> <p>10:00 Cards & Cookies</p> <p>10:30 Catholic Visits w/Sharon Bainbridge</p> <p>1:30 Zookeeper Bingo and Snack</p>	<p>11</p>
<p>19</p> <p>Happy Birthday Marilyn Harberts</p> <p>4:00 Church w/Gary Wilson</p>	<p>13</p> <p>9:30 Sing & Swing</p> <p>10:00 Acrylic Pour Painting w/Pat Stavely</p> <p>1:00 Walmart</p>	<p>15</p> <p>9:30 Sing & Swing</p> <p>10:00 DVD w/ Sue Ann Raymond</p> <p>11:30 What's in the News</p> <p>1:30 Bingo</p> <p>3:00 Happy Hour</p>	<p>16</p> <p>8:30 Manicures w/ Sue & Justine</p> <p>10:30 Protestant Church w/Kristen Rod</p> <p>1:30 DVD w/Sue Ann Raymond</p> <p>6:30 Music w/the Andersen's</p>	<p>17</p> <p>9:00 Sing & Swing</p> <p>9:30 Catholic Service w/Sharon Bainbridge & St. John's 2nd Grade Singers</p> <p>10:00 Cards & Cookies</p> <p>2:00 Music w/Michelle McBride</p>	<p>18</p> <p>Happy Birthday Noni Caldwell</p> <p>4:00 Music w/Dave Wirtz</p> <p>Armed Forces Day</p>	<p>25</p>
<p>26</p> <p>4:00 Church w/Gary Wilson</p>	<p>27</p> <p>8:30 EB 1st Graders Reading Time</p> <p>9:30 Sing & Swing</p> <p>1:00 Movie at the Starlight</p> <p>Victoria Day (Canada)</p> <p>Memorial Day Puzzles</p> <p>Memorial Day</p>	<p>21</p> <p>9:30 Sing & Swing</p> <p>10:00 Cards & Cookies</p> <p>11:30 Take Out from Pizza Ranch</p> <p>1:30 Birthday Party</p> <p>Methodist Church of Jesup</p>	<p>22</p> <p>9:30 Sing & Swing</p> <p>11:30 What's in the News</p> <p>1:30 Bingo</p> <p>3:00 Happy Hour</p> <p>3:30 Sing A Long</p>	<p>23</p> <p>8:30 Manicures w/ Sue & Justine</p> <p>10:30 Protestant Church w/John Sheda</p> <p>2:00 Pink Polka Dot Crafting</p>	<p>24</p> <p>9:30 Sing & Swing</p> <p>10:00 Cards & Cookies</p> <p>10:00 Independence Garden Club Flower Planting</p> <p>1:30 Music w/Dave Poggenklass</p>	<p>31</p> <p>9:30 Sing & Swing</p> <p>10:00 Cards & Coffee</p> <p>10:30 Catholic Visits w/Sharon Bainbridge</p> <p>1:30 "Aging, Active and Alive" Walk BCHC Campus</p> <p>Activities for patients in the Hospital. Visits M-F Beauty Shop Monday and Thursday.</p>