

July 2019

# Lexington Estate

at Buchanan County Health Center

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

## Celebrating July

### Parks and Recreation Month

### Picnic Month

### Independence Day (U.S.)

*July 4*

### Out and About

*July 1st Picnic in the Park with friends  
from Prairie Hills*

*July 8th Wal- Mart Shop*

*July 15th Wolfie's Lunch Outing*

*July 22nd Movie @ Starlight*

*July 29th Kernels Ballgame*

### 50th Anniversary of the Apollo Moon Landing

*July 5th Movie Apollo 13*

*July 12th Reminisce & Moon Pies*

*July 19th Space Race Word Game*

*July 26th Kitchen Science Demonstration*

*With the Grout Museum*

## Independence Day Celebrations Poker Walk

Sponsored by BCHC Lexington Estate

*July 3<sup>rd</sup> @ 5:00*

### Independence Day Celebrations Poker Walk

Sponsored by BCHC Lexington Estate



**Join us for a 2 mile Poker  
Walk around Independence!**

**Wed., July 3rd @ 5:00PM**

**Riverwalk Parks  
Rotary Shelter**

Participants will receive a card at each of the five check points. Best five card poker hand wins! One participant will win the grand prize of a year membership to the Wellness Center at BCHC!

**Register by completing form online at [celebrateindee.com](http://celebrateindee.com)  
or register day of at Riverwalk Parks, Rotary Shelter**

A donation of \$5 is requested to participate.  
All profits will be donated to the Walk to End Alzheimer's

Lexington Estate



Buchanan County  
Health Center

Strap on your walking shoes for a 2 mile Poker Walk!

A donation of \$5.00 is requested to participate-all proceeds will be  
donated to the Walk to End Alzheimer's

The top three winning hands will win prizes!

1. Membership to the BCHC Wellness Center
2. Starlight Cinema Movie Gift Cards
3. Subway Gift Card

Come out and support BCHC Lexington Estate and  
The Walk to End Alzheimer's

## Taste of Home Crescent “ Moon” Pepperoni Snacks



### Ingredients:

- 1- 8 ounce package refrigerated crescent rolls
- 4 Cups shredded mozzarella cheese
- 16 Slices pepperoni
- 1/2 Cup Parmesan Cheese

### Directions:

1. Preheat oven to 375 degrees
2. Unroll dough onto work surface. Separate each triangle at perforations.
3. Sprinkle 2 cups of cheese evenly among each dough piece. Top each with pepperoni slices and sprinkle evenly with remaining 2 cups of cheese.
4. Roll each dough piece in a crescent moon shape.
5. Bake 12-15 minutes. Remove from oven brush with melted butter and sprinkle with parmesan cheese.
6. Serve Warm

Makes 8 Servings

## July Birthdays

Carl Lewis (Olympian) – July 1, 1961  
 Ann Landers (advice columnist) – July 4, 1918  
 E. B. White (author) – July 11, 1899  
 Woody Guthrie (folk singer) – July 14, 1912  
 Ginger Rogers (actress) – July 16, 1911  
 John Glenn (astronaut) – July 18, 1921  
 Ernest Hemingway (writer) – July 21, 1899  
 Don Drysdale (ballplayer) – July 23, 1936  
 Mick Jagger (singer) – July 26, 1943  
 Beatrix Potter (author) – July 28, 1866  
 J. K. Rowling (author) – July 31, 1965

### Happy Birthday!

**Don Crawford July 5**

**Marcia Stoneman July 8**

**Bud Hawker July 16**

**Carroll Mc Taggart July 25**

**Marvel Dennie July 28**



## Welcome to the Neighborhood



**Judy Roberts**

**Donna Manson**

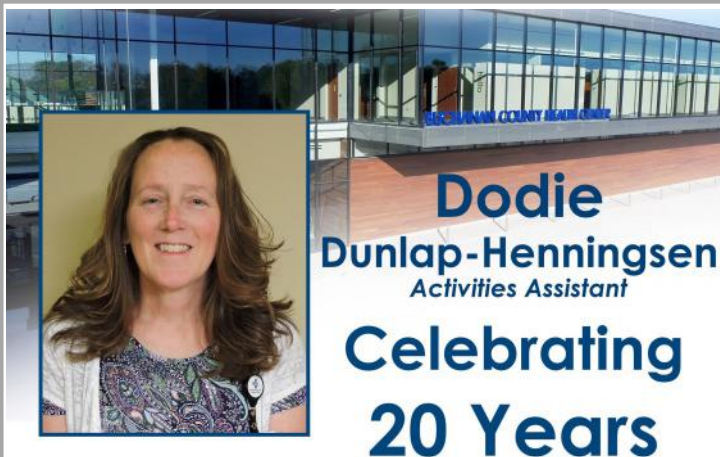
**Marcia Stoneman**



## In Loving Memory

**Maxine Stepp**

July 6, 1933– June 17, 2019



*Thank you for your dedication and contributions to Buchanan County Health Center and its patients.*

*Dear Dodie,*

*We are so thankful to have you as part of the Lexington Estate team! Your title of Activity Assistant doesn't come close to describing your role. You are a true partner in planning and implementing the daily activities as well as creating so many joy filled moments for residents, staff and families. I am so appreciative of your support (especially these past few months while I was away!)*

*You are loved! Congratulations on celebrating 20 years with BCHC.*

*Dianne Hepke  
Activity Coordinator*

## Warmer Weather!

### Be Safe!



As the weather gets warmer, we want to remind residents and families to stay safe while enjoying outside activities. Too much heat can be very risky for older adults especially with certain health conditions. Being hot for too long can result in heat stroke, heat exhaustion, and dehydration. To prevent these conditions it is important to drink plenty of fluids, wear loose fitting clothing and wear sunscreen.

Patio times earlier in the day or for shorter time frames may be best.

We will be checking the weather before venturing out with the bus. If the temperatures or humidity are too high we may have to cancel or reschedule outings. Please understand that safety is our first priority!



**Buchanan County Health Center's Relay for Life Employees collected **\$1802.37** —this year through various fundraising initiatives, for the American Cancer Society.**

**Great Job, Team BCHC!**

# ***BLAST OFF WITH KITCHEN SCIENCE & THE GROUT MUSEUM!***

Get excited about science in the kitchen by using materials found in everyday life; Watch the experts blast off Alka-Seltzer Rockets!



***WHEN: JULY 26TH @ 1:30PM***

***WHERE: LEXINGTON ESTATE @ BCHC***

***ALL ARE WELCOME - NO RSVP REQUIRED!  
QUESTIONS? CONTACT DIANNE @ 332-0915***



**Please Join Us!  
Friday, July 26th  
@ 1:30pm**

**Activity Room at Lexington Estate  
1600 1st Street East  
Independence, Iowa 50644**

**All Ages will enjoy this demonstration!**

## The Men on the Moon

This year marks the 50th anniversary of NASA's historic Apollo 11 mission. On July 20, 1969, Commander

Neil Armstrong and pilot Edwin "Buzz" Aldrin became

the first humans to land on the moon. Six hours after landing, they did something even more daring: they set foot on lunar soil and walked on the moon. Armstrong's words captured the enormity of the moment: "That's

one small step for a man, one giant leap for mankind." The astronauts became worldwide heroes, and their achievement vaulted them into both the history and science books, making them household names in the process.

The moon landing marked the pinnacle of achievement for a mission born of the Cold War-era "space race" between the United States and the Soviet Union.

The mission was broadcast on television, and its importance was not lost on the astronauts involved. Michael Collins manned the command module, while Armstrong and Aldrin descended to the lunar surface

in a module dubbed *Eagle*. When the craft touched down on the moon's Sea of Tranquility, Armstrong famously announced, "The Eagle has landed." Typically, in these situations, the junior ranking officer would take responsibility for the spacewalk, while the commander stayed behind. Aldrin had vied for the opportunity to be the first man to walk on the moon, but he well understood the symbolism of the mission's commander being first to set foot on alien soil, even if it meant a change of NASA protocol. For this reason, Armstrong made the first famous "small step." Aldrin was not far behind, however, and his poetic description of the lunar landscape's "magnificent desolation" has become just as memorable.

The two men spent over 21 hours on the moon. They collected samples of rock and dust, and planted an American flag. Aldrin even took Holy Communion. The entire Apollo 11 team safely returned to Earth to much fanfare, but not before they filled out a customs form declaring their place of departure as "Moon."



# *Making a Difference*

## May 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*

Kaidy Rasmussen, Patient Safety

Dave McLaren, Maintenance

Kayla Smith, Nutrition

Leonard Schmidt, Maintenance

Casey Fox, EVS

Tracy Heitz, Lex. Estate

Kathy Jo Breeden, Lex. Estate

Wes Cooper, Maintenance

Michelle McBride, PR (2)

Dodie Henningsen, Activities

Jennifer Hall, Nutrition Services

Nutrition Services Dept.

**May’s Recipient of \$50 was:  
Kaidy Rasmussen, Patient Safety Officer**

### **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**




Celebrating The Guys  
 "Pizza with Pop!"

June Fun!

Quilt Square Flags  
 With Garden Club  
 Friends!



Heartland Acres  
 Tractorcade!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Sing & Swing 11:30 Load for Picnic In the Park with Prairie Hills  Canada Day	9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Firecracker Candy Craft 1:30 Patriotic Ice Cream Sundaes Music with Mary Kay Miller	9:30 Mass with Father Dave 10:00 Sing/Swing 11:30 What's in the News 1:30 Bingo -St. John's 3:00 Happy Hour 5:00 Poker Walk	Happy 4th of July  4th of July Puzzles  Independence Day (US)	9:30 Sing Swing 10:00 Cards & Coffee 12:30 Music with Linda Jacobsen 1:30 Movie & Popcorn Happy Birthday *Donald Crawford	2:00 Snack Cart
11:00 Church local radio 95.3 with 1 <sup>st</sup> United Methodist  2:00 Snack Cart	9:30 Sing & Swing Horseshoes  1:00 Wal-Mart * Marcia Stoneman	9:30 Sing/Swing 10:00 Cards & Coffee  1:30 Shut the Box Game	9:30 Sing & Swing 10:00 Bag Toss 11:30 What's in the News 1:30 Bingo VFW 3:00 Happy Hour 3:45 Sing A Long	8:30 Manicures 10:30 Protestant Church -Mike Nemmers 11:00 Communion with Mary Kay Johnson 1:30 Pet Visits	Casual Day 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Room Visits 1:30 Reminisc Lemonade and Moon Pies on the Patio	2:00 Snack Cart
2:00 Snack Cart	9:30 Sing & Swing 11:00 Wolfies Lunch Outing	9:30 Sing & Swing 10:00 Cards & Coffee  1:30 Birthday Party United Methodist * Bud Hawker	9:30 Sing/Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	8:30 Manicures 10:30 Protestant Church- Alex Bruening 11:30 Staff & Resident Potluck 1:30 State Plate Game 6:30 Andersen's	9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon Bainbridge 1:30 Space Race Word Game	2:00 Snack Cart  50 <sup>th</sup> Anniversary of the Apollo Moon Landing 4pm Music with Dave Wirtz
11:00 Church local radio 95.3 with 1 <sup>st</sup> United Methodist	9:30 Sing & Swing  1:00 Movie @ Starlight	9:30 Sing & Swing 10:00 Resident Council 12:00 Take Out Tuesday 1:30 Kings Corner Cards	9:30 Sing/Swing 11:30 What's in the News 1:30 Bingo-St. Pat's 3:00 Happy Hour 3:45 Sing A Long	8:30 Manicures 10:30 Protestant Church- James Ganze 1:30 Taste of Home 1:30 Pet Visits *Carroll McTaggart	9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Room Visits 11:30 Music with Dave Poggenklass 1:30 Grout Museum Demonstration Kitchen Science	2:00 Snack Cart
28	9:30 Sing & Swing  9:30 Load for Kernels Ball Game & Lunch  *Marvel Dennie	9:30 Sing & Swing 10:00 Cards & Coffee 2:00 Nat'l Cheesecake Day Cheesecake & Coffee Music with Harold Gray	9:30 Sing/Swing 11:30 What's in the News 1:30 Bingo-Zion Lutheran 3:00 Happy Hour	9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Room Visits 11:30 Music with Dave Poggenklass 1:30 Grout Museum Demonstration Kitchen Science	9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Room Visits 11:30 Music with Dave Poggenklass 1:30 Grout Museum Demonstration Kitchen Science	27



**Lexington Estate**  
**July 2019**  
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dhepke@lexhealth.org  
\*Denotes Birthday