



Lexington Estate

at Buchanan County Health Center

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

Celebrating June

Audio Book Appreciation Month

Say Something Nice Day

June 1

Guys Lunch Pizza with Pop

June 8

World Blood Donor Day

Flag Day

June 14

Father's Day

June 16

Out & About

6-10 Wal- Mart Shopping

6-17 John Deere Museum & Lunch

6-21 Drive in the Country & ice cream

6-24 Movie @ the Starlight

Guest Presenters

6-13 Lee Ann Harrison- "Lee Mansion History"

6-27 Between the Rivers Rug Hookers Group

Guy's Lunch



Pizza with "Pop"

Menu

Pizza

Side Salad

Beer & Rootbeer Floats

Guys & Family

Please Respond to Your Invitation

By

R. S. V.P. by Monday, June 3rd

Dianne @ 319-332-0914

Buchanan County Health Center Lexington Estate

Taste of Home

Rhubarb Custard Cake



Ingredients:

4 Cups cut rhubarb
1 3/4 cup sugar
1 Yellow Cake Mix
3 eggs
1/3 cup oil
1 1/3 cups water
1 pint whipping cream

Directions:

Combine rhubarb and sugar (set aside)
Prepare yellow cake mix according to package directions.
Pour batter into 9x13 pan
Sprinkle rhubarb over top.
Pour whipping cream over all.
Bake @ 350 about 1 hour
Cake will rise to the top and sauce will form on the bottom.

June Birthdays

Jerry Mathers (actor) – June 2, 1948
Frank Lloyd Wright (architect) – June 8, 1867
Judy Garland (actress) – June 10, 1922
Jim Nabors (actor) – June 12, 1930
Alois Alzheimer (doctor) – June 14, 1864
Moe Howard (comedian) – June 19, 1897
Meryl Streep (actress) – June 22, 1949
Pearl S. Buck (novelist) – June 26, 1892
Mel Brooks (actor) – June 28, 1926
Lena Horne (singer) – June 30, 1917

Happy Birthday!

Clair Johnson 22nd
Carole Fisher 25th



In Loving Memory



Gwendolyn Wiesert

August 21, 1922– May 4, 2019

Bill Shafer

April 17, 1929– May 2, 2019

Leo “Dewey” Donnelly

September 3, 1923– May 27, 2019

Bernadette “Bernie” Ohrt

October 16, 1923–May 26, 2019

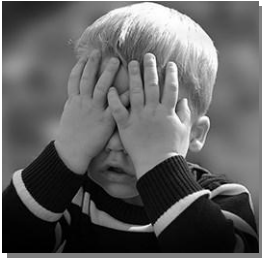
Welcome to the Neighborhood



Shirley Gonsales

David Halverson

Kenneth Weber



Stupid Guy Things!

Never asking for directions. Wearing the same old ratty clothes over and over. Making everything a competition. Endlessly quoting movies. Do you know a man who sometimes does “stupid guy things”? Why do they do it? And just how can we differentiate a stupid action from a uniquely “stupid guy” action anyway? We’ll get to the bottom of these questions on June 22, Stupid Guy Thing Day.

According to a 2014 study by the *BMJ* (formerly the *British Medical Journal*), men do engage in more “stupid things” than women. Research shows that men partake in more risk-seeking behavior, have more emergency hospital visits, and suffer higher mortality rates than women. But the *BMJ* researchers also put forth a “male idiot theory,” or MIT, postulating that men engage in more overly risky, “idiotic” behaviors as rites of male passage or to increase their esteem amongst males. The scientists conclude that there must be an “as yet unidentified” advantage for those who do not become casualties of their own idiocy. It will take further scientific investigation to discover what those unknown advantages might be. Luckily for the scientists, there is no shortage of willing test subjects.

Other studies suggest that men doing “stupid guy things” aren’t trying to impress other men or women, but they are instead trying to make women laugh. A 2015 study published in the journal *Evolutionary Psychology* explains how a good sense of humor is one of the most sought-after characteristics in a romantic partner. They conclude that shared laughter is a “pathway toward a more long-lasting relationship.” Men who do “stupid guy things” are just trying, honestly but uneffectively, to woo women.

How do men and women survive together at all? Relationship experts assure us that opposites do indeed attract. Successful couples need not only security but adventure, for which stupidity can be a key ingredient.



O Say Can You See

June 14 is Flag Day in the United States, a day commemorating the adoption of the American flag by the Second Continental Congress in 1777. Known as “Old Glory,” “Stars and Stripes,” and the “Star-Spangled Banner,” the flag has 13 equal horizontal stripes, alternating red and white, symbolizing the original thirteen colonies. The *canton*, the rectangle in the upper left-hand corner, is blue with 50 white stars, representing the 50 states. Throughout America’s history, there have been 39 different flag designs, with the stars of the canton changing each time a state was added to the Union. Canton designs, before the 48-star flag, had no official arrangement of the stars. Sometimes they were in a circular pattern and other times in the pattern of a star. Since 1777, one thing hasn’t changed: the American flag has always stood for freedom.

Crafting No– Sew Patriotic Wall Hangings with the Independence Garden Club Friday, June 7th 1:30 p.m.

“Many hands make light work.” For over 10 years the Independence Garden Club Ladies have been coming to help us do craft projects at BCHC! Thank you ladies for your time and talent.



Making a Difference

April 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

Casey Fox, EVS

Tina Gordon, EVS (2)

Tracy Heitz, Lex. Estate

Beverly Michels, Lex. Estate

Kelly Birchard, EVS

Monica Shea, Lex. Estate

Lisa Tinkey, Lex. Estate

Angie James, HR

Lori Hoffmann, HR

Michelle McBride, PR

Amie Trumblee, Lex. Estate

Sue Streeter, Lex. Estate

Tricia Cronin, EVS

Bev Michels, Lex. Estate

Linda Dodge, Lex. Estate

Becky Hurst, Lex. Eststate

Amy Ricchio, Lex. Estate

April's recipient of \$50 was:
Lori Hoffman

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



Photo Collage– East Buchanan 1st grade Readers– Thank You Mrs. Lennox



Top Left Photo: Pat Staveley & Maxine Stepp

Top Right Photo: Thank You Mary Kay Miller for the beautiful music during our Mother's Celebration

Bottom Photo Collage: Steve Russell & friends wood carving, Garden Club Flower Potting, FCCLA May Day Baskets, Spring Wreaths, Acrylic Pour Painting creations with Pat Staveley



June 2019

Lexington Estate

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|-------------------------------------|----|-------------------|----|-------------------|----|---|----|--|----|-------------------|----|--|---|
| Denotes Birthday* | | | | | | | | | | | | | |
| 11:00 Church on Local Radio 95.3 | 2 | 9:30 Sing & Swing | 3 | 9:30 Sing & Swing | 4 | 9:30 Mass w/ Father Dave 10:00 Sing & Swing 11:30 What's in the News 1:30 Bingo w/St. John's 3:00 Happy Hour | 5 | 8:30 Manicures w/ Sue & Justine 10:30 Protestant Church K. Jennings | 6 | 9:30 Sing & Swing | 7 | 8:50 Heartland Acres Tractor Cade drive by at BCHCI 12:00 Pizza with Pop – Celebrating Father's (And all the guys!) Meeting Rooms A & B | 1 |
| 11:00 Church on Local Radio 95.3 | 9 | 9:30 Sing & Swing | 10 | 9:30 Sing & Swing | 11 | 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo w/VFW 3:00 Happy Hour 3:45 Sing A Long | 12 | 8:30 Manicures 10:30 Protestant Church w/John Sheda 11:00 Communion w/ Mary Kay Johnson 1:30 Lee Mansion History w/Leanne Harrison | 13 | 9:30 Sing & Swing | 14 | 15 | |
| 11:00 Church on Local Radio 95.3 | 16 | 9:30 Sing & Swing | 17 | 9:30 Sing & Swing | 18 | 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour | 19 | 8:30 Manicures 10:30 Protestant Church w/John White | 20 | 9:30 Sing & Swing | 21 | 22 | |
| 11:00 Church on Local Radio 95.3 | 23 | 9:30 Sing & Swing | 24 | 9:30 Sing & Swing | 25 | 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour 3:45 Sing A Long Happy Birthday Carol Fisher | 26 | 8:30 Manicures 9:30 Children's Story Time w/ IPL Church w/ T Jones 1:30 Traditional Rug Hooking Demo. w/ Between the Rivers Rug Hookers | 27 | 9:30 Sing & Swing | 28 | 29 | |
| 11:00 Church on Local Radio 95.3 | 30 | 9:30 Sing & Swing | 31 | 9:30 Sing & Swing | 1 | 9:30 Sing & Swing 10:00 Cards & Cookies 10:30 Catholic Visits w/Sharon Bainbridge | 2 | 9:30 Sing & Swing 10:00 Cards & Cookies 10:30 Catholic Visits w/Sharon Bainbridge | 3 | 9:30 Sing & Swing | 4 | 5 | |

Activities for patients in the Hospital.
Visits M-F
Beauty Shop Monday and Thursday.

Dianne Hepke 319-332-0914 or 563-920-2635 dhepke@bchealth.org

Lexington Estate

4:00 Music w/Dave
Wirtz

Happy Birthday
Clair Johnson

1:30 Drive in the
Country- Ice Cream

1:30 Music w/David
Poggenklass

Flag Day (US)

Summer Beginns

Straw Hat

Farmers Day