

February 2019

# Lexington Estate

at Buchanan County Health Center

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

## Celebrating February



**Groundhog Day**  
*February 2*

**Super Bowl Sunday**

**Souper Supper**  
*February 3rd*

**Poker Walk @ Oak View**  
*February 4th*

**Random Acts of Kindness Week**  
*February 10-16*

**Valentine's Day Lunch**  
*February 14*

### Menu

**Oven Roasted Shrimp**  
**Herb Roasted Flank Steak**  
**Green Bean Casserole**  
**Twice Baked Potatoes**  
**Warm Cherry Cobbler/Ice Cream**

## Valentine's Bake Sale Fundraiser

**Thursday February 14, 2019**  
**Cafeteria**  
**11:00a.m-1:00p.m.**

*Take a stroll through our Sweets & Treats Bake Sale to raise funds for Relay for Life and The Walk to End Alzheimer's.*

*Watching your weight? Make a donation and we will eat the treats for you!*



## Taste of Home— Monkey Bread



Cinnamon rolls are a near-irresistible treat, but they do require a lot of time and work. Monkey bread captures the same flavors with a lot less time and effort, which makes it an ideal anytime treat when you're in the mood for something fresh-baked with sugary goodness.

### Ingredients:

2 loaves (1 pound each) frozen bread dough, thawed  
 1/2 cup butter, melted, plus more for the pan  
 1/2 cup brown sugar, tightly packed  
 1/4 cup granulated sugar  
 2 teaspoons ground cinnamon  
 1/2 cup caramel ice cream topping, or other caramel sauce

### Directions:

Use a pastry brush to coat the inside of a large Bundt pan or tube pan with melted butter. Heat your oven to 350F. Cut each loaf of dough into 20 to 24 small balls. Pour the melted butter into a large mixing bowl, then add the dough balls. Toss until they're evenly coated with butter.

Combine the sugars and cinnamon in a small bowl, and then sprinkle them over the dough balls and toss again. Finally, drizzle the balls with the caramel syrup and toss once more.

Pack the dough balls in layers into your tube pan. Let the dough rise in a warm place for 30 to 40 minutes, or until it has roughly doubled in size.

Bake for 25 to 30 minutes, until the monkey bread is golden and firmly set. Remove the pan from your oven to a cooling rack. Let the bread rest in the pan for 2 to 3 minutes, then turn the pan over and tip the bread out onto a serving plate. Serve as soon as it has cooled enough not to burn those little monkey fingers.

If you wish, you can glaze the warm monkey bread with a simple flat icing—milk and powdered sugar.

Sherman Hemsley (actor) – February 1, 1938  
 Red Buttons (comedian) – February 5, 1919  
 Jules Verne (author) – February 8, 1828  
 L.L. Bean (outdoorsman) – February 13, 1873  
 Sonny Bono (singer) – February 16, 1935  
 Michael Jordan (NBA star) – February 17, 1963  
 Vanna White (hostess) – February 18, 1957  
 Edna St. Vincent Millay (poet) – February 22, 1892  
 Elizabeth Taylor (actress) – February 27, 1932

## Happy February Birthday to Our Own Celebrities!

*Joan Gudenkauf February 4th*



## Welcome to the Neighborhood



**Beverly Knipfer**

## In Loving Memory



**Mary Richmond**

December 21, 1929– January 3, 2019

**Lexington Estate Welcomes a new  
Nutrition Services Manager**



**Susan "Susi" DuBois**

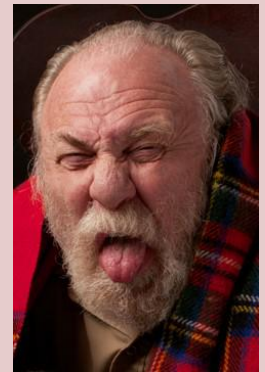
Join us in welcoming Susi DuBois as the new Nutrition Services manager. Susi grew up in New Vienna . She and her husband Dave continue to reside there. Susi has three adult children, who are all married, and seven grandchildren ranging in age from 7 years old to 11 months. In her spare time, Susi enjoys , reading, and spending time with her family.

Susi comes to us with a wealth of retail food service experience; over 12 years at Loras College in Dubuque, serving 1000 faculty and staff daily. More recently she managed the nutrition services for a 200+ long-term care facility.

Susi will attend monthly resident council meetings as well as weekly care conferences. She is anxious to get to know you. Please share feedback with her.

Susi reports her favorite thing about working in nutrition services is the variety of people she gets to meet and interact with. Susi enjoys people, and looks forward to making the meal service at BCHC the best for residents and staff.

**It's "still"  
Flu Season...  
Do Them a Favor  
Stay Home until you are  
better!**



If you are feeling under the weather we would ask that you please stay home.

Likewise, if we are experiencing widespread illness we may restrict visitors and ask our residents not to go out.

We are happy to report that 100% of our employees have received their flu vaccine. All residents who are able and consented have also received their vaccination.

If we all do our part we will stay happy and healthy this winter.

**February is National Heart Month**

The American Heart Association has designated February as National Heart Month. The first Friday in February is "**Wear Red Day**" to signify the prevalence of heart disease in women. Great strides have been made in the diagnosis and treatment of women with heart disease.

**Things you can do today to reduce your risk:**

**Quit smoking**-We know smoking is bad for our health, [research shows quitting smoking reduces your heart risk.](#)

**Exercise**- Doing aerobic exercise — using large muscles of the legs and arms — several days a week for 30 to 60 minutes helps your heart work more efficiently.

**Manage stress**- Understand stress triggers. Learn how to respond to stressful situations at home and at work.

**Eat healthy**- Eat more fruits, vegetables, whole grains, low-fat dairy, poultry, fish & nuts. Avoid red meat, and sugary and processed foods. Avoid [foods high in sodium.](#)

All BCHC associates are encouraged to "**Go Red**" by wearing **RED** on February 1st! Group Picture at noon!



# Calling all Cupids!

Send Valentine's Day wishes to the residents of Lexington Estate!

We'll play postman to our 39 residents  
and deliver your valentines!

No need to personally address.

Please deliver to Lexington Estate  
between February 9th - February 14th.



*Lexington Estate*  
at Buchanan County Health Center



# Foot Spa

# Show & Tell



# Ice Cream Party



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2019

Hospital skilled patients  
are welcome to come for Meals or Activities!  
\*Activities subject to change. \*Denotes Birthday

Dianne Hepke 319.332.0914 563.920.2635 or [dhepke@bchealth.org](mailto:dhepke@bchealth.org)

3	<p>11:00 Church on Local Radio 95.3 Pastor Sarah Rohret Los Angeles Rams-vs New England Patriots Super bowl 5:30pm on CBS Channel 2 Souper Supper</p>	4	<p>9:30 Sing &amp; Swing Basketball Shoot 12:30 Music Linda J. 1:30 Poker Walk/Prizes at Oak View Coffee &amp; Cookies *Joan Gudenkauf</p>	5	<p>9:30 Sing &amp; Swing 10:00 Coffee &amp; Cards Donut Holes 1:30 Nix Six Dice Game Chinese New Year</p>	6	<p>9:30 Mass Father Dave 9:45 Sing &amp; Swing 11:30 What's in the News 1:30 Bingo- St. John's 3:00 Happy Hour 3:45 Sing- a- Long</p>	7	<p>8:30 Manicures 10:30 Protestant Church Larry Kane 1:30 Music Jim Kinney</p>	8	<p>9:30 Sing Swing 10:30 Valentine Bingo Party with Little Friends 2:00 Pet Visits</p>	9	<p>Groundhog Day</p>
10	<p>4:00 Church with Gary Wilson 6:15 Sunday Night Movie &amp; Popcorn</p>	11	<p>9:30 Sing Swing 10:00 Make Blueberry Bread in Bread Machine 1:00 Wal-Mart Shopping</p>	12	<p>9:30 Sing &amp; Swing 10:00 Coffee &amp; Cards 2:30 Music with David Gray</p>	13	<p>9:30 Sing &amp; Swing 11:30 What's in the News 1:30 Bingo- V.F.W. 3:00 Happy hour</p>	14	<p>8:30 Manicures 10:30 Protestant Church Bob Solon 11:00 Communion Mary K 11:00-1:00 Valentine Bake Sale BCHC Cafeteria 12:00 Valentine Lunch 2:00 Valentine Games Valentine's Day</p>	15	<p>9:30 Sing &amp; Swing 10:00 Coffee &amp; Cards 10:30 Catholic Room Visits -Sharon 1:15 Taste of Home 4:00 Music with Dave Wirtz</p>	16	
17	<p>11:00 Church on Local Radio 95.3 Pastor Sarah Rohret</p>	18	<p>8:00 Breakfast @ The Buttermilk Café 1:30 First Ladies Who Am I Game President's Day (US)</p>	19	<p>9:30 Sing Swing 10:00 Coffee &amp; Cards 12:00 Take Out 1:30 Birthday Party Presbyterian Women</p>	20	<p>9:30 Sing &amp; Swing- Kickball 11:30 What's in the News 1:30 Bingo- 3:00 Happy Hour 3:45 Sing- a- Long</p>	21	<p>8:30 Manicures 10:30 Prot. Church Kristin Rod 11:30 Resident &amp; Staff Potluck 2:00 Magazine Scavenger Hunt 6:30 Andersen's</p>	22	<p>9:30 Sing &amp; Swing 10:00 Coffee &amp; Cards 10:30 Catholic Service Sharon Bainbridge 1:30 Pet Visits 1:30 Music with Dave Poggenklass</p>	23	
24	<p>4:00 Church with Gary Wilson</p>	25	<p>9:30 Sing &amp; Swing 11:00 Q-Chord 1:00 Movie @ The Starlight</p>	26	<p>9:30 Sing &amp; Swing 10:00 Resident Council 1:30 Name 10 Signs of Spring Game</p>	27	<p>9:30 Sing &amp; Swing- Kickball 11:30 What's in the News 1:30 Bingo- St. Pat's 3:00 Happy Hour</p>	28	<p>8:30 Manicures 10:30 Protestant Church- John Sheda 1:30 Tie Quilts with Gudenkauf Family</p>	<h2>Lexington Estate</h2>			