

August 2019

Lexington Estate

at Buchanan County Health Center

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

Fundraiser for BCHC

Alzheimer's Team



Thursday, August 29th

11:00-1:30pm

Front Entrance of the
Medical Office Building

Aunt Emmy's is coming to BCHC! Join us on Thursday, August 29th from 11am-1:30pm as the Aunt Emmy's food truck from Manchester takes over the MOB front entrance! As part of our Walk to End Alzheimer's fundraising efforts, Aunt Emmy will be serving a variety of cupcakes and cake balls, coffee drinks, *and* lunch items. Cash and card accepted, anticipated 20-25% proceeds from all sales will benefit BCHC's Walk to End Alzheimer's team. Watch for a flyer coming soon with more details. We will also post on the Lexington Estate and BCHC facebook pages .

Celebrating August

Happiness Happens Month

Read a Romance Novel Month

Watermelon Day
August 3

Senior Citizens Day
August 21

Toasted Marshmallow Day
August 30

Out and About
Newton's Diner – 5th

Wal-Mart Shopping– 12th

Breakfast at the Sunset-19th

Molly B Polka Show– 21st

Movie @ the Starlight– 26th

Fundraiser for Alzheimer's
Aunt Emmy's Food Truck
August 29th



Peachy Waffles

Ingredients:

- 2 cups flour
- 1 tablespoon light brown sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 3 eggs, separated
- 2 (5.3-ounce) containers peach Greek yogurt
- 1 cup buttermilk
- 6 tablespoons butter, melted and cooled
- 1 fresh peach, seeded and diced, divided
- 1 (5.3-ounce) container vanilla Greek yogurt
- Honey and granola for serving



Directions

1. Combine flour, sugar, baking powder, salt, and baking soda in a large bowl.
2. Whisk egg yolks in a medium bowl. Stir in peach yogurt, buttermilk, and butter.
3. Add the wet mixture to the dry ingredients. Stir in half of the fresh diced peach.
4. Whisk egg whites in a small bowl until stiff peaks form. Fold into batter. Allow to sit 10 minutes.
5. Bake in a waffle iron until golden. Top with vanilla yogurt, remaining diced peaches, honey, and granola for serving.

Makes 10 servings

***May use different fruit yogurt & Fresh Fruit**

August 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!

Robert Robison August 16

Rosie Toale August 14

Delores Doyle August 19



Welcome to the Neighborhood



Richard Rau

Marjorie Junker

In Loving Memory



Marcia Stoneman

July 8, 1922-July 5, 2019

Residents Rights— *You have a right to know... You have the right to participate in your own care.*

What it Looks Like

- You will receive adequate and appropriate care
- Be informed of any changes in your medical condition
- Participate in your assessment, care-planning, treatment, and discharge
- Refuse medication and treatment
- Refuse chemical and physical restraints
- Review your medical record

Alzheimer Awareness

Talking to Someone with Memory Loss (Alzheimer's/ Dementia)

Be patient ...the person with Alzheimer's doesn't want to be this way.

1 (Smile) Identify yourself, call the person by name, approach from the front.

2 Be gentle and relaxed, in attitude with a quiet tone of voice.

3 Keep eye contact to show that you are listening.

4 Ask one question at a time

A) Give the person plenty of time to answer.

B) Use short and simple words that are familiar.

5 Go with the flow. If the person with Alzheimer's says something that isn't true, and the information doesn't harm anyone, just let it pass. Contradicting the person about every detail serves no purpose except to upset both of you.

**Alzheimer's Walk ...September 21st
2019 Cedar Valley**

Walk to End Alzheimer's

Registration 9am

Ceremony 10 am

Walk Starts 10:30 am

Peet Jr. High

525 East Seerley Blvd , Cedar Falls, Ia

If you would like to be part of a BCHC team to walk please contact: Dianne 319-332-0914.

Protecting Personal Information Chat With:

Police Chief Dahlenbaugh; 2:30pm August 19th at Lexington Estate

3:30pm at Oak View Independent Living

Integrity is Our Mission

10 Tips to Protect Personal Information

1. Always protect your Social Security number. Don't carry your card in your wallet—and keep it in a safe place at home. Don't give it out unnecessarily or accidentally.
2. Never give out your personal information over the phone or in an email to someone who asks for it. Social Security may contact you, but they will have your information in their records and won't ask for it.
3. Verify the identity of someone claiming to be from Social Security by calling your local Social Security office, or **1-800-772-1213**, SSA's toll-free customer service number.
4. Shred any piece of paper that contains personal information such as your name, birth date, and Social Security number. Identity thieves look through trash for information.
5. Regularly check your financial accounts for suspicious transactions.
6. Request a free credit report from each of the three credit bureaus every year. Visit www.annualcreditreport.com.
7. Install and maintain strong anti-virus software on all of your computing devices.
8. Make your passwords complicated so others cannot easily access your accounts. Use sentences or phrases that you can easily recall.
9. Never click on a link sent in an unsolicited email or text message—type in the web address yourself. Only provide information on secure websites you trust.
10. Do not believe calls, emails, or texts saying you need to pay a fee to collect lottery winnings or to resolve an issue with the government. Stay up to date on current fraud scams at oig.ssa.gov/newsroom/scam-awareness.

Take Action If You Suspect Identity Theft

- Contact the Federal Trade Commission at **1-877-ID-THEFT (438-4338)** or visit www.identitytheft.gov.
- Place a fraud alert on your credit record with one of the three credit bureaus:
 - Equifax (**1-866-349-5191**)
 - Experian (**1-888-397-3742**)
 - TransUnion (**1-800-680-7289**)
- Contact your financial providers (banks, credit card companies, etc.) to flag irregular transactions.
- Check your Social Security earnings statement online to make sure your reported wages are correct. Visit www.socialsecurity.gov/myaccount.
- Block electronic access to your Social Security accounts. Visit https://secure.ssa.gov/acu/IPS_INTR/blockaccess.

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Instagram: @TheSSAOIG | **Facebook:** www.facebook.com/oigssa



Securing today
and tomorrow

Social Security Administration
Office of the Inspector General
Publication No. OIG 85-017
Protecting Personal Information
Produced and published at U.S. taxpayer expense

Wednesday, August 21 - SqueezeBox - West Bentley Park at River, Fairbank, Iowa -

2:00pm - 4:00pm performance

Location: junction of West Main Street and Water Street (rain location: Fairbank American Legion). **Free-will donation will be collected for the Main Street Christmas Decoration fund.** Food and beverages will be available to purchase (carry-ins will be allowed). For more information contact Ted Vorwald at (319) 269-5502 or email: tjvorwald@iowatelecom.net. City of Fairbank, IA www.fairbank-ia.org.



Mollie B, the multi-instrumentalist and award-winning vocalist who is the host of the Mollie B Polka Party TV show, has been performing music all her life. Mollie started her career performing with the *Jim Busta Band* when she was only a child and due to her hard work and dedication, Mollie B now performs nation-wide -- live performances, as well as on TV and the movie screen, most often, but not exclusively with the band SqueezeBox. Mollie not only has performed on over 35 recordings, she has shared her many God-given talents with fans in over 30 states and eleven countries and continues to inspire young musicians with her love for music.

Between the Jim Busta Band's practices and recording sessions, music always filled the Busta household in small-town Minnesota while Mollie was growing up. She started singing in the band at age three and joined on piano when she was eight-years-old. For years to follow, Mollie played several instruments both in the school bands and choirs, as well as in her father's band.

During her high school years, Mollie arranged songs for the school's band and choir programs, the Jim Busta Band, and even found time to create her own original compositions. Mollie also served as the student-director for her high school band rehearsals and concerts.

Mollie went on to continue to develop her love of music and received a Bachelor of Arts in Music (trumpet and voice) from Luther College (Decorah, IA). Mollie's senior paper was on polka music which gave her a chance to educate her classical music professors and colleagues about the music dear to her heart. Mollie also received a Master of Arts in Instruction from St. Mary's University of Minnesota (Winona, MN). In 2005, Mollie joined Ted Lange's Bratwurst Boys, based out of Ridgeville Corners, Ohio. In 2007, 2-time Grammy-nominee Ted and Mollie changed the name to SqueezeBox. SqueezeBox showcases Mollie's versatility on several instruments, as well as her talented vocals.

In July of 2011, the first *Mollie B Polka Party* aired on RFD-TV. Mollie was a creative director and co-producer of these shows. The Mollie B Polka Party currently airs in over 55 million homes on RFD-TV on Wednesday at 6:30pm and Saturday at 10:00pm ET. The show will soon be available on Farm and Ranch TV, a streaming network that can be viewed on all devices linked to the internet.

Making a Difference

June Recipients

*The following Lexington Estate
team members were nominated for
“Making a Difference” by fellow co-workers for*

Integrity Compassion Professionalism Trust Teamwork Quality Pride

Mark Burkman, Purchasing

Brooklyn Siems, Lex. Estate (3)

Dianne Hepke, Activities

Dodie Dunlap-Henningsen, Activities

Dawn Cain, Lex. Estate

Jamie Flanagan, Lex. Estate (2)

Casey Callahan, Lex. Estate

Deb Neblock, EVS

Paige Stoner, Lex. Estate

Tracy Heitz, Lex. Estate

Lisa Tinkey, Lex. Estate

Michelle Robb, Lex. Estate

Madison Young, Lex. Estate

Tiffany Cole, Lex. Estate

Lindsay Ruelo, Lex. Estate

Alynn Joyce, Lex. Estate

Kylie Wilberding, Lex. Estate

June’s recipient of \$50 was:

Mark Burkman, Purchasing

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

Multi-Generational Fun at Lexington



Story Time with the Independence Public Library!



Grout Museum Kitchen Science !



Nathan & Kaeden getting slap bracelets ready for the parades!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*Denotes Birthday



August 2019

Lexington Estate

Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org

<p>4 11:00 Church on local radio 95.3 1st Methodist 2:00 Snack Cart</p>	<p>5 9:30 Sing & Swing 10:30 Newton's Diner Lunch Outing</p>	<p>6 Rootbeer Float Day 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Twister Bag Toss</p>	<p>7 9:30 Catholic Service Ft. Dave 10:00 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour</p>	<p>8 8:30 Manicures 10:30 Prot Church Bob Solon 11:00 Communion with Mary Kay 1:30 Lili Bele Pet Visits 1:30 Music with Janet Lieb</p>	<p>9 Casual for a Cause 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Rhyme Time Phrases Fun with Words</p>	<p>10 2:00 Snack Cart</p>
<p>11 11:00 Church on local radio 95.3 1st Methodist 2:00 Snack Cart</p>	<p>12 9:30 Sing & Swing 1:00 Wal-Mart Shopping</p>	<p>13 9:30 Sing & Swing 10:00 Cards & Coffee 12:00 Take Out Tuesday 2:30 Music with David Gray</p>	<p>14 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo VFW 3:00 Happy Hour 3:45 Sing-a-Long *Rosie Toale</p>	<p>15 8:30 Manicures 10:30 Prot Church Kristen Rod 1:30 Lee Ann Harrison/Talk Oakwood Cemetery Tour 6:30 Andersen's</p>	<p>16 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Visits 1:30 Finish the Song Lyrics *Robert Robison</p>	<p>17 2:00 Snack Cart 4:00 Music Dave Wirtz</p>
<p>18 11:00 Church on local radio 95.3 with 1st Methodist 2:00 Snack Cart</p>	<p>19 8:00- Breakfast Outing Sunset Manchester 1:30- Reminisce on the Patio 2:30 "Protecting Personal Information" Chief Dahlenbaugh *Delores Doyle</p>	<p>20 9:30 Sing & Swing 10:00 Cards & Coffee 1:30 Birthday Party Calvary Evangelist Center</p>	<p>21 9:30 Sing & Swing Ball Toss 11:30 What's in the News 12:30 Load for Molly B. Polka show in Fairbank</p>	<p>22 8:30 Manicures & Chit Chat 10:30 Prot Church John Sheda 11:30 Resident & Staff Potluck 1:30 Bingo 3:00 Happy Hour</p>	<p>23 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Service Sharon 1:30 Music with Dave Poggenklass</p>	<p>24 2:00 Snack Cart</p>
<p>25 11:00 Church on local radio 95.3 1st Methodist 2:30 Family Bingo with Dodie Pet Visits</p>	<p>26 9:30 Sing & Swing Kickball 1:30 Movie at the Starlight</p>	<p>27 9:30 Sing & Swing Council 10:00 Resident Council 11:00 Garden Club Lunch & Meeting 1:30 Giant Crossword</p>	<p>28 9:30 Sing & Swing Ball Toss 11:30 What's in the News 1:30 Bingo St. Pat's 3:00 Happy Hour 3:45 Sing-a-Long</p>	<p>29 8:30 Manicures 10:30 Prot Church Hymn Sing 1:00 Walk & Roll Outside</p>	<p>30 Casual for a Cause 9:30 Sing & Swing 10:00 Cards & Coffee 10:30 Catholic Visits 1:30 Taste Of Home</p>	<p>31 2:00 Snack Cart</p>