

October 2019

Lexington Estate

at Buchanan County Health Center

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

Celebrating October

Resident's Rights Month

Go-On-A-Field-Trip Month

Join us for a Road Trip!

Lunch Out and Leaf Looking– Oct. 7

Wal- Mart –Oct.14

Drive in the Country-Oct.21

Movie @ the Starlight– Oct. 28

Pastoral Care Week

October 20-26

Quilting Party with Gudenkauf Family

October 20

Halloween

October 31

Party at 2:00

4:30-6:30

Welcome Trick or Treaters

Halloween

A Very "pun-ny" day!

Residents, Family, and Staff
Are invited to a Halloween Party
on Thursday, October 31st
@ 2pm

Residents and Staff will be
dressed in colorful t-shirt
costumes with a "pun-ny" twist.
Come and join the party! Snacks
and beverages provided.



“Spice Girls”

The Funny Pages

Be sure to pick up a newspaper on October 18 so that you can celebrate Newspaper Comic Strip Appreciation Day. The very first comic strips appeared in the giant rivals of New York's newspaper industry during the 19th century. Joseph Pulitzer's *New York World* featured the first comic strip in 1894, *The Yellow Kid*, about a down-on-his-luck boy who hung out in Hogan's Alley. Two short years later, William Randolph Hearst's *Morning Journal* jumped on the comic strip bandwagon and introduced a weekly full-color comic strip supplement. Hearst even went so far as to lure *The Yellow Kid* and his creator Richard Outcault away from the *New York World*.

By 1897, comics were in high demand, and Hearst meant to capitalize on the phenomenon. He called upon Rudolph Dirks to create a new strip for the Sunday edition of his *New York Journal*. The strip followed two boys, Hans and Fritz, who were constantly running into trouble with their parents and schoolteachers. *The Katzenjammer Kids*, which ran continuously from 1897 to 2006, remains the longest-running comic strip in history.

Soon, all newspapers wanted in on the comic strip act. In 1915, the *San Francisco Chronicle* debuted the first daily black-and-white comic, Bud Fisher's *Mr. A. Mutt*, which would later become *Mutt and Jeff*. Classics like *Gasoline Alley*, *Pop-eye*, *Krazy Kat*, *Dick Tracy*, *Li'l Abner*, and *Blondie* began to appear all across the country thanks to syndication. It was only a matter of time before publishers realized that they could create entire books from comics. *Detective Comics* and *Action Comics* soon spawned enduring heroes like Batman and Superman. Even Walt Disney, that beloved master of on-screen animation, started serving audiences a *Mickey Mouse* daily comic strip in 1930.

Lucky for us all, comic strips endure with an almost unlimited variety. All we have to do is pick up any newspaper to find our favorite comic characters.



Taste of Home



Easy Pumpkin Spice Muffins



| Prep | Cook | Ready In |
|------|------|----------|
| 10 m | 25 m | 45 m |

Recipe By: C. Davidson

"Rich, moist, and spicy flavored muffin. Great for breakfast, brunch, or dessert!"

Ingredients

| | |
|--|---------------------------------|
| 1 (18.25 ounce) package spice cake mix | 9 ounces cinnamon chips |
| 1 (15 ounce) can pumpkin puree | 1 cup chopped pecans (optional) |

Directions

- 1 Preheat oven to 375 degrees F (190 degrees C). Line 18 muffin cups with paper liners.
- 2 Mix spice cake mix, pumpkin puree, and cinnamon chips together in a bowl until cake mix is completely moistened; add nuts and stir. Spoon the batter into prepared muffin cups to about 2/3-full.
- 3 Bake in the preheated oven until a toothpick inserted into the center comes out clean, 25 to 30 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.



Resident Rights- What it Looks Like-

-Each resident has the right to choose a personal attending physician and be fully informed in advance in language that the resident understands about care and treatment or any changes in such that may affect the resident's well-being. Each resident not adjudged incompetent also has the right to participate in the planning of and changes in the resident's total care and medical treatment and to make choices based upon the information provided.

What it Looks Like-

- “ You may choose your personal physician”
- “ You should be informed about your care and treatment in language you understand.”
- “ Anyone who is competent may participate in the planning of and any changes in your total care including medical treatment.”
Based on this information you can make informed choices about your care.
- “ You are invited and encouraged to participate in care conferences along with your family members.”

◆
Find the full bill of rights with the link below
<https://bchealth.org/longterm/long-term-care-services/>

October Birthdays

- Buster Keaton (comedian) – Oct. 4, 1895
- Thor Heyerdahl (explorer) – October 6, 1914
- Jesse Jackson (politician) – Oct. 8, 1941
- Henry John Heinz (magnate) – Oct. 11, 1844
- Ralph Lauren (designer) – Oct.14, 1939
- Emeril Lagasse (chef) – October 15, 1959
- Annette Funicello (actress) – October 22, 1942
- Michael Crichton (writer) – October 23, 1942
- Dylan Thomas (poet) – October 27, 1914
- Richard Dreyfuss (actor) – October 29, 1947

Happy Birthday to Our Own Celebrities!

Mary Ann Althaus Oct.21



Welcome to the Neighborhood



Frances Bantz
Ron & Mary Jean Ehr



Rosie Toale
Aug 14, 1933– Sept. 21, 2019



\$ 2788.19
Raised Go
Team BCHC!



Left to Right:
 Mary Reed, Marty Ciesielski, Dianne Hepke, Mary Wells,

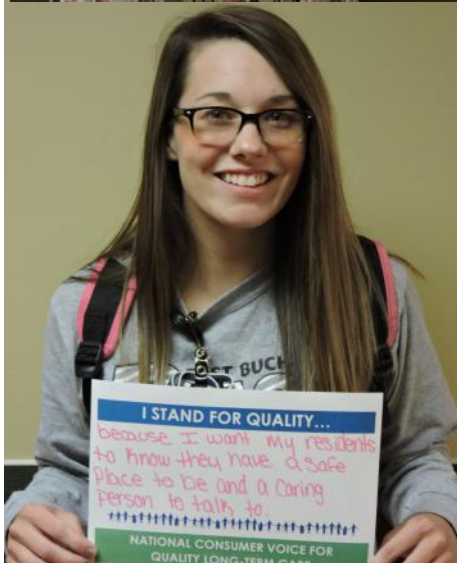
Jennifer Gonzalez.

Not pictured:
 Peg Hoffman, Janine Lorenz, Jill Brunner, Kathy Jo Breeden, Diana Morris, Joni Henderson, Dodie Henningsen

Funds were raised through the following initiatives:

- Casual Fridays– \$1554.50**
- Valentine Candy Grams- \$58.88**
- Bake Sale- \$171.00**
- Poker Walk- \$250.00**
- Aunt Emmy's Food Truck- \$305.25**
- Vendor Fair- \$ 209.56**
- Resident for a Day Challenge-\$139.00**
- Personal Donation -\$100.00**

Thank You to everyone who supports our fundraising efforts at BCHC!



And The Winner is...
Casey Callahan!
 Residents & Staff voted with "spare change" in a contest for our Alzheimer's fundraising. Casey won collecting \$37.36. Her reward is becoming a resident for a day! Watch for more details in an upcoming newsletter! Total raised- \$139.00





Butter Making and Biscuits



Hello Fall Crafting



Private Closet Space

Lexington Estate is happy to provide private closet space for each resident.

Some things to remember...

- ◆ Mark all clothing with your full name.
- ◆ We would invite you/your family to take pictures and keep a “closet album” on a mobile device if you would like to inventory your items in this way.
- ◆ Remember blankets, caps, shoes, and pillows also need to be clearly marked.
- ◆ With the change of season now is the time to remove summer clothing and replace it with warmer clothes (think layers).
- ◆ Coats, hats, shoes, mittens, and scarves are a must when we go out.

Thanks for helping us with this.

- ◆ If you are missing items please report the missing item to staff.
- ◆ Fill out a grievance form or ask a staff member to help you fill one out. Please include a complete description of items you are missing.

Would you like to Volunteer?

- ◆ If you like to organize. We would love to have your expertise! Residents could use an extra set of hands to organize their closets, or have items marked. Contact: Dianne 319-332-0914

Making a Difference

August 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

Marty Ciesielski, EVS (2)

Elissa Tudor, OR

Wes Cooper, Maintenance

Kevin Roberts, Maintenance

Amie Trumblee, Lex. Estate

Madison Young, Lex. Estate

Jamie Flanagan, Lex. Estate

Dianne Hepke, Activities (2)

Dodie Henningsen, Activities

Nutrition Services Dep't

Kayla Smith, Nutrition Services

Markia Griffin, Nutrition Services

John Eikenberry, PT

Shannon Lake, OT August recipient of \$50 was:

Tina Rouse, OR

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



Lexington Estate

&

Oak View Retirement Community

Welcome Children for Trick or Treat!

@ Lexington Estate and Oak View

1600 1st Street East & 1616 1st Street East

Thursday, October 31st 4:30-6:30pm.

Families are encouraged to bring out your little ghouls and goblins for trick or treating at **Lexington Estate and Oak View Retirement Community** 1600 and 1616 1st Street East on Halloween from 4:30 p.m.-6:30p.m.

Residents and homeowners will be making treat bags as part of a craft project. **If you would like to donate a bag of snack size candy to fill our treat bags you may leave it with Dodie, or Dianne in the Activity Department.**

Residents will be in Costume!

October 2019

Lexington Estate

Sunday

Tuesday

Wednesday

Thursday

Friday

Saturday

| | | | | | | |
|---|--|---|--|---|--|-------------------------------|
| <p>11:30 Church on Local Radio 95.3</p> <p>2:00 Snack Cart Fire Prevention Week</p> | <p>6 9:30 Sing & Swing Basketball Shoot</p> <p>10:30 Lunch Out and Leaf looking/Fall Drive</p> | <p>1 9:30 Sing & Swing</p> <p>10:00 Coffee & Cards</p> <p>1:30 Polka Dancers Tim & Kathy</p> | <p>2 9:30 Mass with Father Dave</p> <p>10:00 Sing & Swing</p> <p>11:30 What's in the News</p> <p>1:30 Bingo-St. John's</p> <p>3:00 Happy Hour Pretzels & Beer</p> | <p>3 8:30 Manicures</p> <p>10:30 Protestant Church</p> <p>1st United Methodist</p> <p>1:30 Fontana Program "Un-huggables"</p> | <p>4 National Taco Day!</p> <p>9:30 Sing & Swing</p> <p>10:30 Little Friends</p> <p>12:30 Music with Linda</p> <p>1:30 Garden Club Crafting</p> | <p>5 2:00 Snack Cart</p> |
| <p>11:30 Church on Local Radio 95.3</p> <p>2:00 Snack Cart</p> | <p>7 9:30 Sing & Swing Basketball Shoot</p> | <p>8 9:30 Sing & Swing</p> <p>10:00 Coffee & Cards</p> <p>2:30 Music with David Gray</p> | <p>9 9:30 Sing & Swing Table Tennis</p> <p>11:30 What's in the News</p> <p>1:30 Bingo-V.F.W. #2440 Auxiliary</p> <p>3:00 Happy Hour</p> <p>3:45 Sing-a-long Pizza Yom Kippur</p> | <p>10 8:30 Manicures</p> <p>10:30 Protestant Church Mike Nemmers</p> <p>11:00 Communion with Mary Kay</p> <p>1:30 Midnight Riders DJ "Clay Willie"</p> <p>Old Country Western</p> | <p>11 Casual Day</p> <p>9:30 Sing & Swing Kick Ball</p> <p>10:00 Coffee & Chat</p> <p>10:30 Catholic Visits</p> <p>2:00 Taste Of Home</p> | <p>12 2:00 Snack Cart</p> |
| <p>11:30 Church on Local Radio 95.3</p> <p>2:00 Snack Cart</p> | <p>14 9:30 Sing & Swing Basketball Shoot</p> <p>1:00 Wal-Mart</p> <p>Columbus Day (US) Thanksgiving Day (Canada) Sukkot</p> | <p>15 9:30 Sing & Swing-</p> <p>10:00 Coffee & Cards</p> <p>1:30 Birthday Party Rotary Club</p> | <p>16 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>17 8:30 Manicures</p> <p>10:30 Protestant Church Alex Bruening</p> <p>11:30 Staff and Resident Potluck</p> <p>1:30 Pet Visits</p> <p>6:30 Andersen's</p> | <p>18 9:30 Sing & Swing-</p> <p>10:00 Coffee & Chat</p> <p>10:30 Catholic Service</p> <p>1:30 Uno Cards</p> <p>2:00 Snack Cart</p> <p>4:00 Music with Dave Wirtz</p> | <p>19 2:00 Snack Cart</p> |
| <p>11:30 Church on Local Radio 95.3</p> <p>1:30 Quilting Party with Gudenkauf Family (All are welcome)</p> <p>Pastoral Care Week</p> | <p>21 10:00 Sing & Swing</p> <p>1:30 Drive in the Country</p> <p>*Mary Ann Althaus</p> | <p>22 9:30 Sing & Swing</p> <p>10:00 Resident Council</p> <p>12:00 Take Out</p> <p>1:30 Dominos</p> <p>Simchat Torah</p> | <p>23 9:30 Sing & Swing-</p> <p>11:30 What's in the News</p> <p>1:30 Bingo-St. Pat's Winthrop</p> <p>3:00 Happy Hour</p> <p>3:45 Sing-a-long Pumpkin Bars</p> | <p>24 8:30 Manicures</p> <p>10:30 Protestant Church James Ganze</p> <p>1:30 Lee Ann Harrison Buchanan County Historical Talk Cemetery Tours</p> | <p>25 Casual Day</p> <p>9:30 Sing & Swing</p> <p>10:00 Coffee & Chat</p> <p>10:30 Catholic Visits</p> <p>1:30 Music with Dave Poggenklass</p> <p>2:00 Snack Cart</p> | <p>26 2:00 Snack Cart</p> |
| <p>11:30 Church on Local Radio 95.3</p> <p>2:00 Snack Cart</p> | <p>28 9:30 Sing & Swing</p> <p>1:00 Movie @ The Starlight</p> | <p>29 9:30 Sing & Swing</p> <p>10:00 Coffee & Cards</p> <p>2:00 Filling Treat Bags for Trick or Treaters</p> | <p>30 9:30 Sing & Swing-</p> <p>11:30 What's in the News</p> <p>1:30 Bingo-Zion Lutheran</p> <p>3:00 Happy Hour-Monster Mash</p> | <p>31 8:30 Manicures</p> <p>10:30 Protestant Church Hymn Sing</p> <p>2:00 Halloween Party</p> <p>5:00 Pizza Party!!!</p> <p>4:30-6:30 Trick or Treat</p> <p>Halloween</p> | <p>*Denotes Birthday</p> <p>Activities for Patients in the Hospital Visits Monday-Friday</p> <p>Beauty Shop Mondays & Thursdays</p> <p>Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org</p> | |