

NOVEMBER 2019

Lexington Estate

at Buchanan County Health Center

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

We Honor... Our Veteran's at Buchanan County Health Center

Vernon Gudenkauf— Corporal U.S. Army
1953-1955

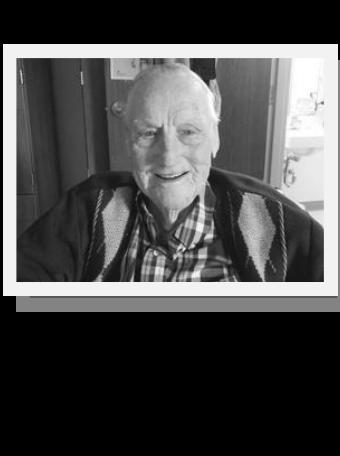
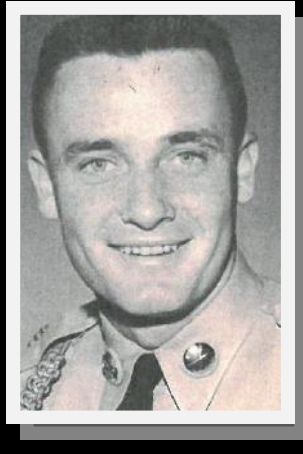
Carroll McTaggart- Private 1st Class U.S. Army
1956-1958

Dale Buckman-Corporal U.S. Army
1950-1954

Ronald Ehr-Private First Class U.S. Army
1951-1953

Richard Rau –Army National Guard-1957

John Hogan— Sgt. First Class U.S. Army
1951-1953



VETERANS DAY

By Cheryl Dyson

On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.
Some have lived, while others died,
And all of them deserve our pride.
We're proud of all the soldiers who,
Kept thinking of red, white and blue.
They fought for us and all our rights,
They fought through many days and nights.
And though we may not know each name,
We thank **ALL** veterans just the same.



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Taste of Home



- **Prep Time:** 15 mins

Ingredients

- 1/4 cup light brown sugar, packed
- 1/2 cup white sugar
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1 teaspoon nutmeg
- 1 tablespoon pure vanilla extract
- 2 large eggs
- 1 (15 ounce) cans Libby's canned pumpkin
- 1 (12 fluid ounce) cans Carnation Evaporated Milk
- 1 unbaked 9-inch deep dish pie pastry (4 cup volume)

Directions

1. Mix sugars, salt and spices in a large bowl.
2. Beat eggs in small bowl and pour into sugar/spice mixture.
3. Empty can of pumpkin into sugar/spice mixture.
4. Mix everything with a wooden spoon or a wire whip, use a rubber spatula to incorporate all ingredients . Add evaporated milk gradually and continue stirring.

Pour into pie shell.

Bake in preheated oven at 425 degrees F. for 15 minutes. Reduce temperature to 350 degrees F. and bake for an additional 40-45 minutes, or until toothpick inserted in center comes out clean.

About This Pumpkin Pie Recipe

"A traditional pumpkin pie recipe with kicked up flavor. It is similar to the recipe on the Libby's Pumpkin can, with the addition of extra spices, some brown sugar, and vanilla extract to make it extra flavorful."

November Birthdays

- Marie Antoinette (queen) – Nov. 2, 1755
- Art Carney (actor) – Nov. 4, 1918
- John Philip Sousa (conductor) – Nov. 6, 1854
- Petula Clark (singer) – Nov. 15, 1932
- Mickey Mouse (cartoon) – Nov. 18, 1928

Happy Birthday to Our Own Celebrities!

- Nancy Tyler Nov. 3
- Vernon Gudenkauf Nov. 8
- Shirley Gonsales Nov.8
- Ron Kaiser Nov.23



Welcome to the Neighborhood

Dorothy Connolly
John and Margaret Hogan
Francelia "Frankie" Bowden

Thanksgiving Dinner

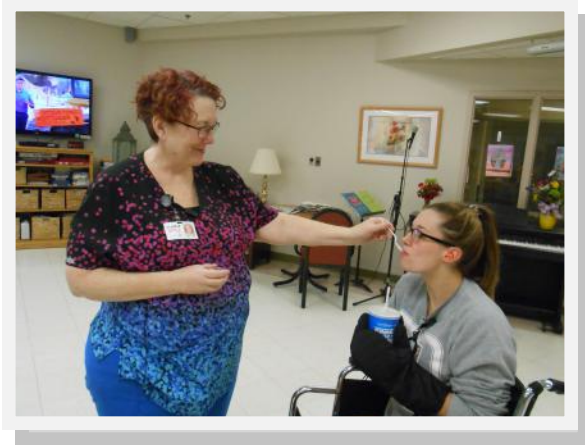
Thursday, November 28nd @ noon. If you would like to eat with your loved one would you please make a reservation with the dietary department by Monday, November 11th.

Also, if you will be taking your loved one out for Thanksgiving would you let us know that as well.

There will be a sign up sheet at the nurse's desk for either option!



Resident for a Day Experience!



Casey Callahan, Certified Nursing Assistant

This past month I had the opportunity to be a resident for the day and it is an experience that I will be forever grateful for. Even though it was only for 7 hours, I definitely have a different perspective of what it is like to live in a long term care facility.

I think one of the hardest things was having to adjust to another person's schedule and not knowing what would happen next or when someone would be coming to assist me. I also realized how important the "little" things are, such as making sure I did not have any wrinkles under me and making sure my eye glasses were clean. I even had to stop early because I had such a bad headache from my glasses being dirty.

You have no idea how stressful and frustrating it can be until you can't do something yourself. I will say that already having good relationships with residents and team members made things better. I have always loved listening to residents share their stories with me but it was really nice to be able to spend the extra time visiting with them and learning more about their past. I also really enjoyed joking around with my team members and I know they had a great time being able to have me as a resident.

Overall this was an eye opening experience and I am grateful that I can share what I learned with my team so we can provide residents with the best care possible.

Thanks "Giving"....Gifts that cost you little to nothing but are priceless!

- Read to residents with low or no vision
- Donate things you no longer need –clothing-Knick knacks, books
- Donate old eyeglasses to the Lions Club
- Help a resident write out their Christmas cards
- Visit with a resident and take them "Out to Lunch in the Cafeteria"
- Sign up to be an organ donor
- Rake the neighbors leaves
- Hold the door open for someone
- Smile, tell someone hello, give a hug



Buchanan County Health Center Lexington Estate cordially invites you to attend Christmas Open House

*Appetizers
Treats and Sweets*

*Saturday,
December 14, 2019
2:00-4:00 pm*

Lexington Dining Room
Music with Ronnie Burgess
2:30-3:30
Santa will be here @ 3:00!



Reservations are appreciated
Please R.S.V.P. Dianne @
319-332-0914
No later than, December 3rd.



**It's 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 encouraging that 100% of our employees will receive 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.

Remember hand washing is the best defense against infectious diseases!

In Loving Memory



Rosie Toale
August 14, 1933– September 21, 2019

Mae Gaede
February 1, 1923– October 13, 2019

Holiday Reminders Save the Date !!
Resident Party December 14th!!

Please deliver a gift (with resident's name) for your family member to the activity dept. by December 10th so that we may have them ready for Santa to hand out.





Getting Ready for the Trick or Treaters!



Making a Difference

September 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

Shelbie Penner, Dietician
Deb Neblock, EVS (2)
Beverly Michaels, Lex. Estate
Maggie Monaghan, Nutrition Svs
Michelle Robb, Lex. Estate
Becky Hurst, Lex. Estate
Linda Dodge, Lex. Estate
Loretta Meyer, Lex. Estate
Katelyn Dewald, Lex. Estate
Kylie Wilberding, Lex. Estate
Briana Vandenburg, Lex. Estate
Casey Callahan, Lex. Estate (2)
Tiffany Cole, Lex. Estate (2)
Tracy Heitz, Lex. Estate (2)
Jennifer Hall, Nutrition Svs
Markia Griffin, Nutrition Svs
Tina Gordon, EVS
Alynn Joyce, Lex. Estate
Lindsey Ruehlow, Lex. Estate
Jamie Flannagan, Lex. Estate
Gwen Cabalka, Lex. Estate
Lisa Tinkey, Lex. Estate
Sue Streeter, Lex. Estate
Madison Young, Lex. Estate
Paige Stoner, Lex. Estate
Brooklyn Siems, Lex. Estate
Dawn Cain, Lex. Estate
Amie Trumblee, Lex. Estate

September's recipient of \$50 is:

Lynda Clausen, Urgent care

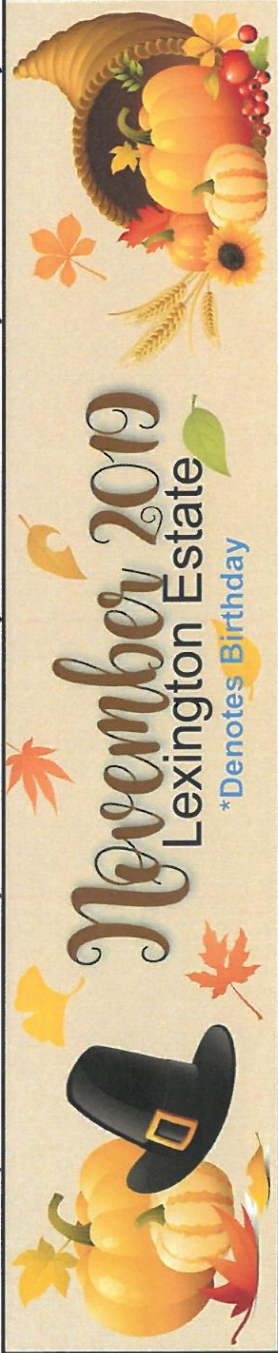
Resident Procedure to make a nomination

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:30 Church on Local Radio 95.3 Pastor Paul</p> <p>3</p>	<p>9:30 Sing & Swing Ladder Golf</p> <p>1:30pm Load Bus Casino</p> <p>4</p>	<p>9:30 Sing Swing</p> <p>10:00 Cards & Coffee</p> <p>1:30 Wish Bone Toss Game</p> <p>5</p>	<p>9:30 Mass with Father Dave</p> <p>10:15 Sing & Swing</p> <p>11:30 <u>What's in the News</u></p> <p>1:30 Bingo St. John's</p> <p>3:00 Happy Hour</p> <p>3:45 Sing a Long</p> <p>6</p>	<p>8:30 Manicures</p> <p>10:30 Prot. Church-Larry Kane</p> <p>11:00 Communion with Mary Kay</p> <p>1:30 Clay Willie DJ</p> <p>Old Country Western</p> <p>1:30 Pet visits</p> <p>7</p>	<p>9:30 Sing & Swing-1</p> <p>10:00 Cards & Coffee</p> <p>12:30 Music with Linda</p> <p>1:30 Crafting with Independence Garden Club</p> <p>*Nancy Tyler</p> <p>2</p>	<p>2:00 Snack Cart</p>
<p>Daylight Saving Time Ends</p> <p>8am Load for Veteran Breakfast in Aurora</p> <p>11:30 Church on Local Radio 95.3 Pastor Paul</p> <p>10</p>	<p>9:30 Sing & Swing Bag Toss</p> <p>1:00 Wal-Mart Shop</p> <p>3:30 Veteran Recognition Happy Hour with VFW Veterans Day (US)</p> <p>Remembrance Day (Canada)</p> <p>18</p>	<p>9:30 Sing & Swing 12</p> <p>10:00 Cards & Coffee</p> <p>1:30 Music with Nancy</p> <p>19</p>	<p>9:30 Sing & Swing 13</p> <p>Table Tennis</p> <p>11:30 <u>What's in the News</u></p> <p>1:30 Bingo-V.F.W. #2440 Auxiliary</p> <p>3:00 Happy Hour</p> <p>20</p>	<p>8:30 Manicures</p> <p>10:30 Prot. Church Bob Solon</p> <p>1:30 Giant Crossword</p> <p>6:30 Andersen's</p> <p>21</p>	<p>9:30 Sing & Swing 15</p> <p>10:00 Cards & Coffee</p> <p>10:30 Room Visits with Sharon</p> <p>1:30 Bingo with Abby & Friends</p> <p>4:00 Music with Dave Wirtz</p> <p>23</p>	<p>2:00 Snack Cart</p>
<p>11:30 Church on Local Radio 95.3 Pastor Paul</p> <p>17</p>	<p>8:00 Load for Breakfast at the Buttermilk Restaurant</p> <p>1:30 Travelogue Trip with Mary Donlea Italy/France</p> <p>25</p>	<p>9:30 Sing & Swing 19</p> <p>10:00 Cards & Coffee</p> <p>11:30 Take Out</p> <p>1:30 Birthday Party Living Water Church</p> <p>26</p>	<p>9:30 Sing & Swing 20</p> <p>& Horseshoes</p> <p>11:30 <u>What's in the News</u></p> <p>1:30 Bingo</p> <p>3:00 Happy Hour</p> <p>3:45 Sing a Long</p> <p>27</p>	<p>8:30 Manicures</p> <p>10:30 Prot. Church Kristin Rod</p> <p>1:30 Pet visits</p> <p>1:30 Quirky Turkey Door Decor Craft</p> <p>28</p>	<p>9:30 Sing & Swing 22</p> <p>10:00 Cards & Coffee</p> <p>10:30 Catholic Service With Sharon Bainbridge</p> <p>1:30 Music with Dave Poggenklass</p> <p>29</p>	<p>2:00 Snack Cart</p> <p>*Ron Kaiser</p>
<p>11:30 Church on Local Radio 95.3 Pastor Paul</p> <p>24</p>	<p>9:30 Sing & Swing Ring Toss</p> <p>1:15 Movie @ The Starlight</p> <p>25</p>	<p>9:30 Sing Swing 26</p> <p>10:00 Resident Council Meeting</p> <p>1:30 Taste of Home Baking Pumpkin Pies</p> <p>26</p>	<p>9:30 Sing & Swing 27</p> <p>11:30 <u>What's in the News</u></p> <p>1:30 Bingo-St. Pat's Winthrop</p> <p>3:00 Happy Hour</p> <p>27</p>	<p>8:30 Manicures</p> <p>10:30 Prot. Church</p> <p>1:30 Pet visits</p> <p>1:30 Quirky Turkey Door Decor Craft</p> <p>28</p>	<p>Casual Day</p> <p>9:30 Sing & Swing</p> <p>10:00 Cards & Coffee</p> <p>1:30 Dominos</p> <p>30</p>	<p>Hospital skilled patients are always welcome to come for Lexington Meals or Activities!</p> <p>Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org</p>



Thanksgiving Day (US)

