

January 2020

Lexington Estate

at Buchanan County Health Center

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

Celebrating January

Hot Tea Month

New Year's Day

January 1

Family Bingo

January 26th

Resident & Staff Potluck

January 23rd

Health Hugs Day

January 21st

Let Your Light Shine Show & Tell Activity

January 20

Activity Professionals Week

January 19th-25th

"Light it up with kindness"

Join us at Lexington

For Snacks Thursday, January 24th at 2:30

"Let Your Light Shine"

Show & Tell

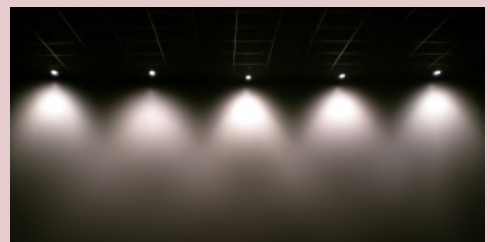
You probably remember show and tell from your kindergarten days. Perhaps you even miss the opportunity to show things off now that you're an adult. Well, if you do miss those days from when you were a kid, we've got good news for you! We are having a Show and Tell Day for residents to indulge themselves in.

How to Celebrate Show and Tell ...

I think that you can probably think of something that's important or interesting to you that you might just want to share with others. Now you have the perfect excuse to bring it and show it off to everyone and they might just be as interested in it as you. Even if they aren't, well, it was worth a try. This could be a fun way to get to know each other.

Residents may need a little help choosing something to bring...FAMILIES we need your help. Therefore, you need to scour the attic or dust off the photo album and talk about what interesting item the resident could bring. Okay, I think you get the idea, so now go find something to bring.

Let Your Light Shine —Show & Tell



Monday, January 20, 2020

2:00pm

Family & Friends Welcome!

Taste of Home

Peanut Butter Sheet Cake Cookies

Ingredients:

- 1 (15.25-ounce) box yellow cake mix
- 1 2/3 cups creamy peanut butter, divided
- 2 eggs
- 1/2 cup oil
- 1/2 cup butter
- 6 tablespoons milk
- 2 1/2 cups powdered sugar
- 1 teaspoon vanilla extract



Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Combine cake mix, 1 cup peanut butter, eggs, and oil in a large bowl.
3. Drop dough by 1.5 tablespoonfuls onto the prepared baking sheet.
4. Bake 9–11 minutes. Allow cookies to cool 10 minutes before transferring to a cooling rack.
5. Combine butter, 2/3 cup peanut butter, and milk in a medium saucepan over medium heat. Bring to a boil.
6. Remove from heat and whisk in powdered sugar until smooth. Add vanilla, stirring well to combine.
7. Spread equal amounts of frosting over each cookie. Allow to set before serving.

Makes 24 servings

January Birthdays

- Diane Keaton (actress) – January 5, 1946
- Elvis Presley (musician) – January 8, 1935
- George Foreman (boxer) – January 10, 1949
- Faye Dunaway (actress) – January 14, 1941
- Al Capone (gangster) – January 17, 1899
- Edgar Allan Poe (writer) – January 19, 1809
- Ernest Borgnine (actor) – January 24, 1917
- Oprah Winfrey (mogul) – January 29, 1954
- Jackie Robinson (ballplayer) – January 31, 1919

Our Own Celebrities!

- Carolee O'Brien Jan 1st
- Lorrain Stedman Jan 1st
- Helen Blad January 3rd
- Charles Brown January 16th
- Emily Gudenkauf January 28th



Welcome to the Neighborhood



Mary Lou Lawless
Carolee O' Brien

In Loving Memory



Carroll McTaggart
July 25, 1934-Dec 3, 2019
Burnell Haven
October 27, 1929- Dec 14, 2019

BCHC Gives Back---

Thanks to all who donated food for the food drive, provided gifts for Adopt a Family, Santa gifts for our Lexington residents this Christmas or Rang the bell for the Red Kettle Campaign!

Your generous donations of canned goods helped to support families locally! Over 100 associates contributed to the food drive.



With your generous support we were able to make Christmas brighter for a family of **four** children for adopt-a-family this year. We also packed 50 Pajama bags for children in foster care.



BCHC associates volunteered in one hour shifts to ring the bell for the Salvation Army at two locations this year.

With your generous support residents enjoyed their Secret Santa gifts around the tree on Christmas morning.



We Appreciate the Gifts You Gave!

*Union Carolers---Caroling
EB Jr. & Senior High---Caroling
Hope Wesleyan Church---Caroling
Boy Scouts --- Caroling
1st United Methodist ---Caroling
Buchanan County V.F. W. men's & women's groups for your gifts
Hospital Auxiliary for your gifts
Secret Santa's for your gifts
There were so many yummy treats please forgive us if you slipped something in and we forgot to thank you!*

Healthy Hugs



On January 21, Hugging Day, feel free to offer a hug to anyone and everyone you want. After all, the goal of the holiday is for people to show more emotion in public.

Studies have shown that physical contact has many health benefits. Such contact is indeed necessary for healthy social, psychological, and physical development. Hugs strengthen the immune system, decrease the risk of heart disease, decrease levels of the stress hormone cortisol, and increase levels of the "love hormone" oxytocin and the "feel good" brain chemicals, serotonin and dopamine.

Some people shy away from being touchy-feely in public, but humans have always been social creatures that thrive through human-to-human contact. Hugging may be the best tonic of all for what ails you.

January Hot Tea Month

January is a time for new beginnings, health and the home. Not coincidentally, it's also National Hot Tea Month. Whether you're drinking to new beginnings, your health or the domestic realm, these are ways you can celebrate Hot Tea Month this January.

Check out the best detox teas and try a few to see what you like. Revisit old favorites (such as "herbal teas" / tisanes like chamomile and peppermint).

Try some healthy teas that are new to you, like white tea.

Try Wintry Flavors

Brew a ginger black tea, ginger green tea or ginger "tea"

Try a cardamom black tea

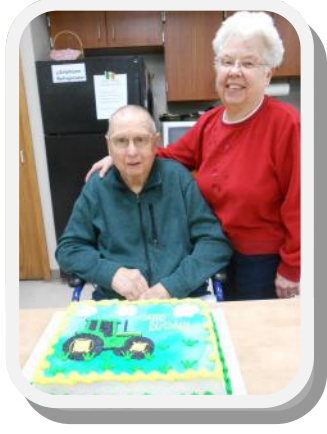
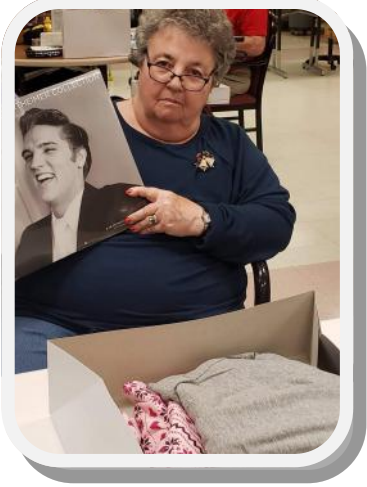
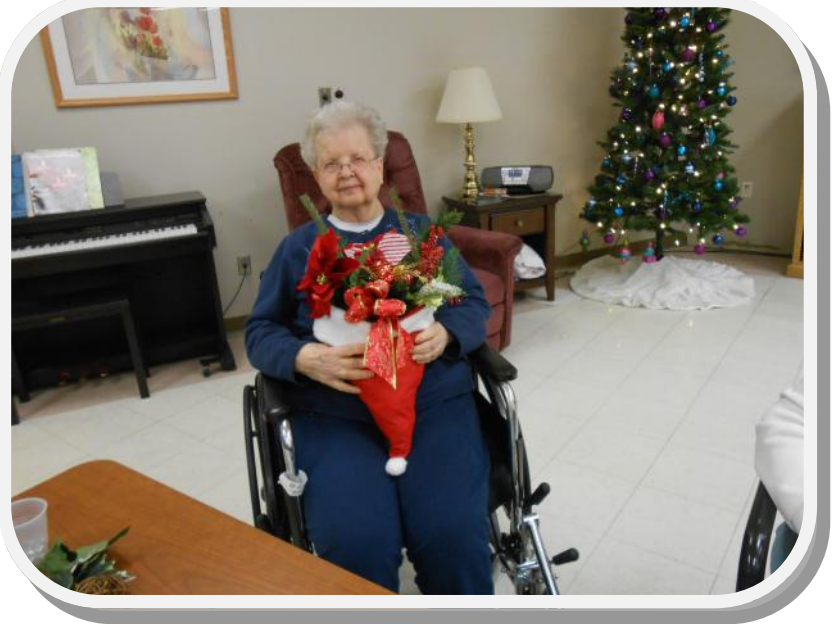
Buy citrusy tea blends, or add a little orange or lemon

Remember that the healthiest teas are the teas you'll stick with. As long as it's pure (no milk or sweeteners), if you want to drink it every day, it's good for you!

Hot Tea Cart will make the rounds on Monday January 6th @ 10am

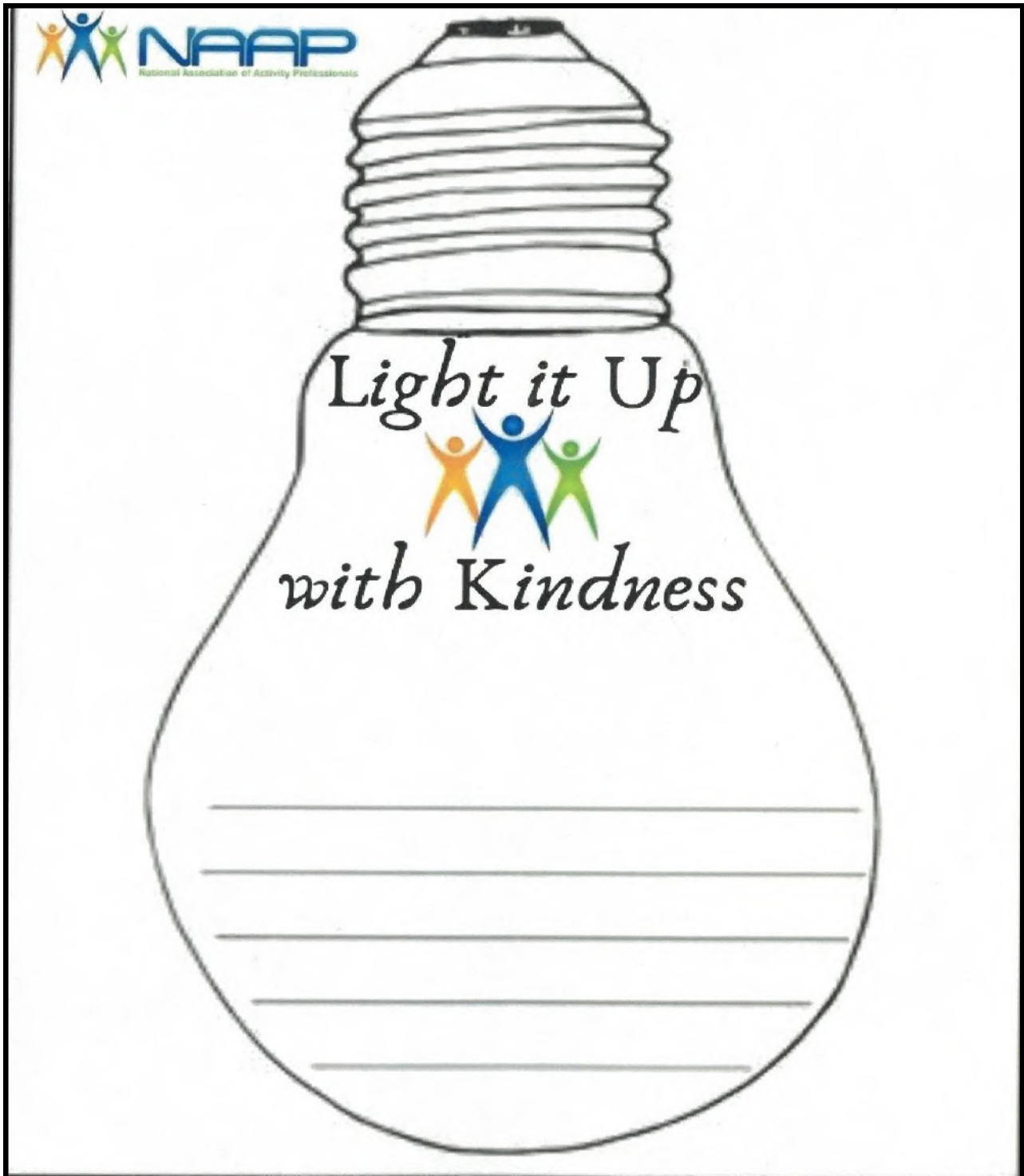
December Celebrations...

Happy New Year!



“Light it up with kindness” during Activity Professionals week!

Do a random act of kindness *for a resident*, pick up a form from activities submit by Thursday, January 24th for a random drawing at 2:30pm! Fun Prizes! Be Creative!



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2020

Lexington Estate

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--|--|
| <p>5 9:30 Sing & Swing 10:00 Hot Tea Cart</p> <p>11:00 Church on Local Radio 95.3 Pastor Paul</p> <p>2:00 Coffee & Warm Bread</p> | <p>6 9:30 Sing & Swing 10:00 Baking Bread in Bread Machine</p> <p>2:00 Coffee & Warm Bread</p> | <p>7 9:30 Sing & Swing</p> <p>10:00 Cards</p> <p>10:00 Coffee & Cookies</p> <p>1:30 Music with Nancy Hooten</p> | <p>8 9:30 Mass with Ft. Dave 10:15 Sing & Swing- & Kickball</p> <p>11:30 <u>What's in the News</u></p> <p>1:30 Bingo- V.F.W. 3:00 Happy Hour</p> | <p>9 8:30 Manicures 10:30 Protestant Church -Pastor Mike Nemmers</p> <p>11:00 Communion With Mary Kay</p> <p>1:30 DJ Clay Willie Country Western Music</p> | <p>10 9:30 Sing & Swing- 10:00 Cards</p> <p>10:30 Coffee & Cookies Sharon Bainbridge</p> <p>12:30 Music with Linda</p> <p>1:30 Crafting 2020 Desk Calendar</p> <p>*Helen Blad</p> | <p>11 9:30 Sing & Swing- 10:30 Little Friends</p> <p>10:30 Catholic Visits Sharon Bainbridge</p> <p>1:30 Elvis is in the Building Scavenger Hunt</p> |
| <p>12 11:00 Church on Local Radio 95.3 Pastor Paul</p> <p>1:00 Wal-Mart Shop</p> | <p>13 9:30 Sing & Swing</p> <p>10:00 Coffee & Cookies</p> <p>12:00 Take Out Tuesday</p> <p>1:30 Spa Treatments</p> | <p>14 9:30 Sing & Swing 10:00 Cards</p> <p>10:00 Coffee & Cookies</p> <p>12:00 Take Out Tuesday</p> <p>1:30 Spa Treatments</p> | <p>15 9:30 Sing & Swing- 11:30 <u>What's in the News</u></p> <p>1:30 Bingo 3:00 Happy Hour</p> <p>3:45 Sing a Long</p> | <p>16 8:30 Manicures 10:30 Protestant Church- Pastor Alex Bruening</p> <p>1:30 Dominos</p> <p>6:30 Andersen's *Charles Brown</p> | <p>17 9:30 Catholic Service 2nd Grade singers</p> <p>10:00 Coffee & Cookies 10:00 Cards</p> <p>1:30 Movie & Popcorn</p> | <p>18 4:00pm Music with Dave Wirtz</p> |
| <p>19 11:00 Church on Local Radio 95.3 Pastor Paul</p> <p>Activity Professionals Week "Lighting the Way"</p> <p>Activity Professionals Week</p> | <p>20 9:30 Sing & Swing Bag Toss</p> <p>10:00 "Light it up with Kindness" Kind stories</p> <p>2:00 "Let Your Light Shine" Show & Tell Activity</p> <p>Martin Luther King Day</p> | <p>21 9:30 Sing & Swing 10:00 "Bright Ideas" Thomas Edison</p> <p>1:30 Birthday Party BCHC Hospital Auxiliary "Birthday Stars"</p> | <p>22 9:30 Sing & Swing- 10:00 "Flashlight" Tag Trivia</p> <p>11:30 <u>What's in the News</u></p> <p>1:30 Bingo- St. Pats 3:00 Happy Hour</p> | <p>23 8:30 Manicures 10:30 Protestant Church-James Ganze</p> <p>11:30 Resident & Staff Waffle Brunch for Lunch!</p> <p>1:30 Light bulb snowman craft</p> <p>2:30-3:30 Snacks celebrating Activities</p> | <p>24 9:30 Sing & Swing 10:00 Coffee & Cookies 10:00 Cards</p> <p>10:30 Catholic Visits Sharon Bainbridge</p> <p>1:30 Music with Dave Poggenklass</p> | <p>25 Chinese New Year Hospital skilled patients are always welcome to come for Lexington for Meals or Activities! *Denotes Birthday Dianne Hepke 319.332.0914 563.920.2635 or dhepke@bchealth.org</p> |
| <p>26 11:00 Church on Local Radio 95.3 Pastor Paul</p> <p>1:30 Family Bingo Pet Visits</p> | <p>27 9:30 Sing & Swing Horseshoes</p> <p>1:00 Movie at the Starlight</p> <p>Australia Day (observed)</p> | <p>28 9:30 Sing & Swing 10:00 Resident Council</p> <p>2:00 Taste of Home</p> <p>*Emily Gudenkauf</p> | <p>29 9:30 Sing & Swing 11:30 <u>What's in the News</u></p> <p>1:30 Bingo Zion Lutheran 3:00 Happy Hour 3:45 Sing a Long</p> | <p>30 8:30 Manicures 10:30 Protestant Church-Hymn Sing</p> <p>1:30 Card Bingo</p> | <p>31 9:30 Sing & Swing 10:00 Cards 10:00 Coffee & Cookies</p> <p>10:30 Catholic Visits Sharon Bainbridge</p> <p>1:30 Dice Games</p> | |