

February 2020

# 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 2nd*

**Valentine Lunch**

**Games and Snacks**  
*February 14th*

**Poker Walk @ Oak View**  
*February 17th*

**Mardi Gras Game, Beads, Snacks**  
*February 25th*

## Resident Valentine's Lunch

*Friday, February 14, 2020*

### Menu

**Chicken Cordon Bleu**  
**Scalloped Corn**  
**Baked Potatoes**  
**Raspberry Marshmallow Fluff Salad**  
**Cheesecake/Toppings**



*Couples will be seated in the  
meeting rooms*

## Delightful Cherry Pie Bars

### Ingredients:

- Cooking spray
- 1 cup butter, room temperature
- 2 cups sugar
- 4 eggs
- 1 1/2 teaspoons vanilla extract, divided
- 3/4 teaspoon almond extract, divided
- 3 cups flour
- 1 teaspoon salt
- 1 (21-ounce) can cherry pie filling
- 1 cup powdered sugar
- 2 tablespoons milk



### Directions

1. Preheat oven to 350°F. Spray a 9 X 13-inch baking dish with cooking spray.
2. Cream butter and sugar together in a medium bowl. Beat in eggs, 1 teaspoon vanilla extract, and 1/4 teaspoon almond extract.
3. Combine flour and salt in a large bowl. Stir in creamed mixture until well incorporated.
4. Scoop 3 cups of the mixture into the bottom of the prepared baking dish, spreading evenly.
5. Cover the bottom layer evenly with pie filling. Drop tablespoonfuls of remaining batter on top of the pie filling.
6. Bake 30–35 minutes. Allow to cool on a cooling rack.
7. Combine powdered sugar, 1/2 teaspoon vanilla extract, 1/2 teaspoon almond extract, and milk in a small bowl. Drizzle glaze over the bars.
8. Cut and serve.

*Makes 32 servings*

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



Richard Booth

### In Loving Memory



Shirley Gonsales

*November 8, 1930 – January 30, 2020*

“ Reader’s Escape”  
Tuesday Morning Activity



Tuesday, February 4th  
11:00 am

- ◆ Do you like to read but fall asleep with the book in your lap?
- ◆ Do you like to read but can’t seem to concentrate?
- ◆ Join Dodie/Dianne on Tuesday mornings for a different kind of book club...We will be reading to you from a novel. Each week Dodie or Dianne will read a chapter or two aloud to the group.
- ◆ Everyone is welcome! We will meet in the family lounge.

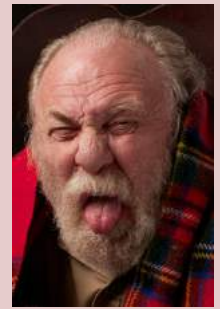


Buchanan County Health Center Lexington Estate welcomed State Surveyors from the Department of Inspections and Appeals for our annual survey January 14th-16th.

Survey teams from the Division conduct unannounced on-site inspection at health care facilities to assess the quality of care and services provided to residents of long term care facilities. Overall , it was a very good survey. Several comments were made regarding how kind and compassionate our team is, across all departments, and how well the team communicates with our dementia population. Thank you all for the continued commitment and dedication to the residents of Lexington Estate. Thank you to all residents and families for your participation in the survey process. We will receive the official results within the next couple weeks.

The Life Safety Code annual survey followed our Inspections and Appeals survey. The Fire Marshall found only minor concerns none of which impact resident care or safety .

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 7th! 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

# Show & Tell



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

# February 2020

## Lexington Estate

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

\*Denotes Birthday

11:00 Church on Local Radio 95.3 Pastor Paul Super Bowl 5:30pm on CBS Channel 2 Souper Supper Kansas City Chiefs San Francisco 49er's Groundhog Day	2 9:30 Sing & Swing Basketball Shoot 1:30 4 x4 Word Puzzles Group Word Game	3 9:30 Sing & Swing 10:00 Coffee & Cookies 10:00 Cards 11:00 Reader's Escape 1:30 Sun Catcher Craft *Joan Gudenkauf	4 9:30 Sing & Swing 10:00 Coffee & Cookies 10:00 Cards 11:00 Reader's Escape 1:30 Taste of Home	5 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo- V.F.W. 3:00 Happy hour 3:45 Sing- a- Long	6 8:30 Manicures 10:30 Protestant Church Stephen Keasling 1:30 The Academy Awards are Tonight! "Name That Movie" Game	7 Go Red for Heart 9:30 Sing Swing 10:30 Valentine Bingo Party Little Friends 12:30 Music Linda J. 1:30 Craft with Garden Club Valentine Bags	8 4:00 Music with Dave Wirtz
11:00 Church on Local Radio 95.3 Pastor Paul	9 9:30 Sing Swing 10:00 Make Bread in Bread Machine 1:00 Wal-Mart Shopping	10 9:30 Sing & Swing 10:00 Coffee & Cards 11:00 Reader's Escape 1:30 Taste of Home	11 9:30 Sing & Swing 10:00 Coffee & Cards 11:00 Reader's Escape 1:30 Taste of Home	12 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo- V.F.W. 3:00 Happy hour 3:45 Sing- a- Long	13 8:30 Manicures 10:30 Protestant Church Bob Solon 11:00 Communion Mary K 1:30 Music with Clay Willie	14 9:30 Sing & Swing 10:00 Coffee & Cookies 10:00 Cards 10:30 Catholic Room Visits -Sharon 12:00 Valentine Lunch 2:00 Valentine Games	15 4:00 Music with Dave Wirtz
11:00 Church on Local Radio 95.3 Pastor Paul	16 9:30 Sing Swing 1:30 Poker Walk/Prizes at Oak View Coffee & Cookies Presidents' Day (US)	17 9:30 Sing Swing 10:00 Coffee & Cards 11:00 Reader's Escape 12:00 Take Out Burger King 1:30 Birthday Party Presbyterian Women	18 9:30 Sing Swing 10:00 Coffee & Cards 11:00 Reader's Escape 12:00 Take Out Burger King 1:30 Birthday Party Presbyterian Women	19 9:30 Sing & Swing- Kickball 11:30 What's in the News 1:30 Bingo- Happy Hour	20 8:30 Manicures Kevin Jennings 11:30 Resident & Staff Potluck 1:30 Pet Visits 2:00 Magazine 6:30 Andersen's	21 9:30 Catholic Service/2nd Grade Singers Sharon Bainbridge 10:00 Coffee & Cookies 1:30 Crafting Birdhouse Pictures	22 Valentine's Day
11:00 Church on Local Radio 95.3 Pastor Paul	23 9:30 Sing & Swing 11:00 Q-Chord 1:00 Movie @ The Starlight	24 9:30 Sing & Swing 10:00 Resident Council 11:00 Reader's Escape 1:30 Mardi Gras Game-Beads-Snacks	25 9:30 Sing & Swing 10:00 Resident Council 11:00 Reader's Escape 1:30 Mardi Gras Game-Beads-Snacks	26 9:30 Sing & Swing- Kickball 11:30 What's in the News 1:30 Bingo- St. Pat's 3:00 Happy Hour 3:45 Sing- a- Long Ash Wednesday	27 8:30 Manicures 10:30 Protestant Church John Sheda 1:30 Leap Frog Bag Toss!	28 9:30 Sing & Swing 10:00 Coffee & Cookies 10:00 Cards 10:30 Catholic Room Visits -Sharon 1:30 Music with Dave Poggenklass	29 Leap Day