

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.

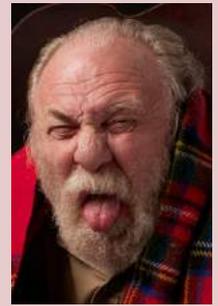


Buchanan County Health Center Lexington Estate welcomed State Surveyors from the Department of Inspections and Appeals for our annual survey January 14th-16th.

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@bchealth.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 10:00 Coffee & Cards 11:00 Reader's Escape 1:30 Taste of Home	6 9:30 Sing & Swing 10:00 Coffee & Cookies 10:00 Cards 11:00 Reader's Escape 1:30 Taste of Home	7 9:30 Sing & Swing 10:00 Coffee & Cookies 10:00 Cards 11:00 Reader's Escape 1:30 Taste of Home	8 9:30 Sing & Swing 10:00 Coffee & Cookies 10:00 Cards 11:00 Reader's Escape 1:30 Taste of Home	15 9:30 Sing & Swing 10:00 Coffee & Cookies 10:00 Cards 11:00 Reader's Escape 1:30 Taste of Home	22 9:30 Sing & Swing 10:00 Coffee & Cookies 10:00 Cards 11:00 Reader's Escape 1:30 Taste of Home	29 9:30 Sing & Swing 10:00 Coffee & Cookies 10:00 Cards 11:00 Reader's Escape 1:30 Taste of Home												
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 Make Bread in Bread Machine 1:00 Wal-Mart Shopping	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 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	16 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	17 9:30 Sing & Swing 1:30 Poker Walk/Prizes at Oak View Coffee & Cookies Presidents' Day (US)	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- 3:00 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 9:30 Sing & Swing 10:00 Coffee & Cookies 10:00 Cards 10:30 Catholic Room Visits -Sharon 1:30 Music with Dave Poggenklass	23 11:00 Church on Local Radio 95.3 Pastor Paul 11:00 Q-Chord 1:00 Movie @ The Starlight	24 9:30 Sing & Swing 11:00 Q-Chord 1:00 Movie @ The Starlight	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 9:30 Sing & Swing 10:00 Coffee & Cookies 10:00 Cards 10:30 Catholic Room Visits -Sharon 1:30 Music with Dave Poggenklass	Leap Day