

April 2020

Lexington Estate

at Buchanan County Health Center

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

Celebrating April

Welcome April!

April 1

April Fools' Day

Easter Sunday

April 12th

Gardening Day

April 14

Volunteer Week

April 19th-25th

Bulldogs Are Beautiful Day

April 21

Earth Day

April 22

Arbor Day

April 24

International Dance Day

April 29

Celebrating National Volunteer Week

April 19th—25th

To our volunteers,

Thank you for selflessly dedicating your time and your talents to give back to the residents of Lexington Estate and staff. We appreciate your energy, compassion, and willingness to serve. Whether you play Bingo on a regular basis, hold religious services, shop with our residents, paint nails and hold conversation, we appreciate everything you do! We couldn't do it without you, and we are grateful for your giving hearts!

Sincerely,

The residents and staff of Lexington Estate



Taste of Home



This fluffy no-bake pie is full of old-fashioned flavor, with only a fraction of the work. Because it uses instant pudding, it's ready in just minutes.

Ingredients

- 1 cup cold 2% milk
- 1/2 teaspoon vanilla extract
- 1 package (3.4 ounces) instant vanilla pudding mix
- 1 carton (12 ounces) frozen whipped topping, thawed, divided
- 1 graham cracker crust (9 inches)
- 2 medium firm bananas, sliced
- Additional banana slices, optional

Directions

- In a large bowl, whisk milk, vanilla and pudding mix for 2 minutes (mixture will be thick). Fold in 3 cups whipped topping.
- Pour 1-1/3 cups of pudding mixture into pie crust. Layer with banana slices and remaining pudding mixture. Top with remaining whipped topping. Garnish with additional banana slices if desired. Refrigerate until serving.

April Birthdays

- Marlon Brando (actor) – April 3, 1924
- Bette Davis (actress) – April 5, 1908
- Billie Holiday (singer) – April 7, 1915
- Beverly Cleary (author) – April 12, 1916
- Tom Clancy (author) – April 12, 1947
- Wilbur Wright (aviator) – April 16, 1867
- Harry Reasoner (journalist) – April 17, 1923
- Roy Orbison (musician) – April 23, 1936
- Al Pacino (actor) – April 25, 1940
- Duke Ellington (bandleader) – April 29, 1899

Happy Birthday to Our Own Celebrities!

- Frankie Bowden April 6th
- Mary Ehr– April 21st
- Mabel Bantz April 27th



In Loving Memory



Lorraine Stedman

January 1, 1925-March 21, 2020

Welcome to the Neighborhood



Eleanor Van Tassell

Mavis Armstrong

Georgia Gray

A Note from Dianne & Dodie,

We know these times of social isolation can be frustrating and we just want you to know we are here for you!

We will get through this together and be stronger for it. We are thankful for all of our staff and everything that is being done to keep all of us safe.

Our doorway activities have been a work in progress and we will continue to challenge our creativity as we bring new ideas each week.

Watch for Easter themed events starting April 6th. We may even have visit from the Easter bunny! An egg hunt with staff participation. Dietary will be baking Easter themed sugar cookies!

We are starting marigold seeds so we can watch them grow and plant them in our patio pots soon!

To our families we miss you! We are so thankful that in this technology driven world we can Face Time and Face Book Messenger Chat with you. We know many of you stop by your loved ones window to wave hello and we appreciate all of your support as well.



Give us a call if we can support you in anyway. We are "all ears" for suggestions. No idea is too small to consider.

Blessings to You!

Dianne Hepke	Dodie Henningsen
Activity Coordinator	Activity Assistant
319-332-0914	

BCHC Volunteer Honor Roll 2019-2020

BCHC Auxiliary- (Gift Shop, Blood Drives, and Lexington Chaperones)

BCHC Board Members- Rob Robinson, Denny Donlea, Donny Bloes, Carmen Mescher, Anne McMillan

Bingo Hosts (monthly) - St. John's, VFW Auxiliary,
St. Pat's, Zion Lutheran

Bingo Helpers- (weekly) Sonia Kaufman, Ellen Gaffney, Justine Wenger

Birthday Party Hosts (monthly) - BCHC Auxiliary Board, Presbyterian Women, Catholic Daughters, Immanuel Lutheran Women., Jesup Methodist Women, Hope Wesleyan Women, First United Methodist Women, Calvary Evangelist, Church of Christ Winthrop, Independence Rotary Club, Living Water Church

Buchanan County Ministerial Association- and participating pastors for Protestant Church

Bland's Flower Shop- Corsages for birthdays

St. John's, (Independence) -Father Dave Beckman,
Sharon Bainbridge

Independence Garden Club- Crafting, monthly flower arrangements

Independence Public library- Program partnerships

Little Friends from St. John's

Local Girl Scout and Boy Scout Troops

FCCLA- May Baskets

Christmas Carolers

Manicures- (weekly) Justine Wenger , Sue Palmer

Pet Visits- Lili Bele

* All High School Student Interns and Silvercord Volunteers

Staying active and connected to the community socially, educationally, and physically is so important to our residents and patients at BCHC!

We appreciate all the volunteers who give countless hours to our organization. People are at the heart of what we do! We could not do what we do without **YOU!**

We sincerely apologize if we have omitted any individuals or groups from the above list.



Severe Thunderstorm Watch: is issued when a severe thunderstorm is possible.

Severe Thunderstorm: a thunderstorm that has large hail at least $\frac{3}{4}$ inch in diameter and/or damaging winds of at least 58 mph.

Severe Thunderstorm Warning: is issued when a severe thunderstorm is occurring or expected to occur within a matter of minutes.

Tornado Watch: is issued when conditions are favorable for severe thunderstorms, a few of which could produce tornadoes.

Tornado: a violent rotation column of air in contact with the ground and extending to the thunderstorm base.

Tornado Warning: is issued when a tornado is sighted or is imminent based on radar indications.

BCHC Severe Weather Procedure (this includes Lexington Estate):

A weather alert is provided to BCHC staff by an approved source, The National Weather Service.

Emergency Sirens will always take precedence over any other alerts.

Registration Staff will announce weather alerts with periodic updates, as indicated, as well as the “all clear”.

Severe Thunderstorm Watch/Warning or Tornado Watch General Safety Instructions

Inform residents, family members and visitors of the Severe Weather Alert

Remain calm, avoid panic, and offer reassurance.

Turn hallway lights on

Have functioning flashlights readily available

Close all drapes, curtains, or blinds, place an extra bath blanket on beds

Remove objects from window sills that could become missiles

Close all corridor doors

Put shoes on or near residents

Monitor and be alert for weather updates

May move residents to the back of the dining room as necessary.

Tornado Warning General Safety Instructions:

Move all residents, family members, visitors, and staff into the back of the dining room. The charge nurse will take a count to ensure all are accounted for.

Stay clear of all areas with large amounts of glass including skylights, exterior walls, or large free-standing expanses.

Staff will remain with patients and residents

Urge all visitors to stay in the building and take shelter until the severe weather has passed.

Those who are unable to leave their bed may remain in their bed for safe transport .

A designated staff member is responsible for the final check of the resident rooms to make sure everyone has been relocated to a safer area



Hello,

we are doing fine! Waiting for the crisis to be over ...making our own sunshine!



