

May 2020

Lexington Estate

at Buchanan County Health Center

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

“Sharing Our Wisdom”

Top Ten Things We Are Sharing During This Crisis

- 1. Sharing Memories-* We are having meaningful conversations about all the events that have occurred during our residents lifetime.
- 2. Sharing Music-* We are singing along with entertainers ,who have stepped up to provide video snippets of their music via the IPAD.
- 3. Sharing Games-* Of course Bingo is an event but we have also played doorway States and Capitols Shout Out, Scrabble, & Card Bingo.
- 4. Sharing Our Green Thumb-* Planting and watching Marigolds grow.
- 5. Sharing Snacks-* The dietary department has provided yummy afternoon snacks from ice cream cone cupcakes to milkshakes just like Dairy Queen!
- 6. Sharing Our Faith-* We are having hallway religious services, singing hymns, and praying together.
- 7. Sharing Our Creativity-* We have become budding artists!
- 8. Sharing the News-* Obviously this is a daily reminder of the crisis but we are keeping up with local positive stories as well.
- 9. Sharing Our Love for Reading-* Residents are keeping up with individual reading and we are all enjoying the widely varied interests of residents with read aloud poetry, short stories, and fiction novels.
- 10. Sharing The Connection With Ones We Love-* The most important thing we are doing is assisting residents with video chats, phone calls, letters, and window visits.

We certainly understand that this is no substitute for face to face visits.

Thank you all for your patience and understanding during these unprecedented times. We appreciate the privilege of caring for our Lexington family.

Taste of Home

Heavenly Chocolate Pie

Ingredients

- 1 cup fat-free vanilla frozen yogurt, softened
- 2 cups fat-free milk
- 1 package (1.4 ounces) sugar-free instant chocolate pudding mix
- 1 package (1 ounce) sugar-free instant vanilla pudding mix
- 1 carton (8 ounces) frozen reduced-fat whipped topping, thawed, divided
- Chocolate curls, optional
- 1 reduced-fat graham cracker crust (8 inches)

Directions

In a large bowl, whisk yogurt until soft and smooth. Gradually whisk in milk until blended. Add pudding mixes; whisk 2 minutes longer. Let stand for 2 minutes or until soft-set.

Fold in 1 cup whipped topping. Transfer to crust. Top with remaining whipped topping and chocolate curls if desired. Refrigerate for at least 4 hours.



May Birthdays

- Audrey Hepburn (actress) – May 4, 1929
 Tammy Wynette (singer) – May 5, 1942
 Don Rickles (comedian) – May 8, 1926
 Irving Berlin (songwriter) – May 11, 1888
 Queen Victoria (monarch) – May 24, 1819
 Vincent Price (actor) – May 27, 1911
 Bob Hope (comedian) – May 29, 1903
 Clint Eastwood (actor) – May 31, 1930

Happy Birthday to Our Own Celebrities!

- Dale Buckman May 7th
 Anna Crawford May 9th
 Noni Caldwell May 18th
 Marilyn Harberts May 19th
 Beverly Wason May 28th
 Nadine Stevens May 30th



Welcome to the Neighborhood



Howard “Howdy” Saunders

Sunday May 10th

Mother's Day Menu

**Chicken Cordon Bleu
Twice Baked Potatoes
Corn**

**Hawaiian Cheesecake Salad
Dessert Chimichangas**



**In my heart are many memories
Of the loving things you've done
And today I want to tell you
That I'm thankful for each one**

**There is a special memory
I'd like to mention too.
Ever since I can remember
I remember loving you.**

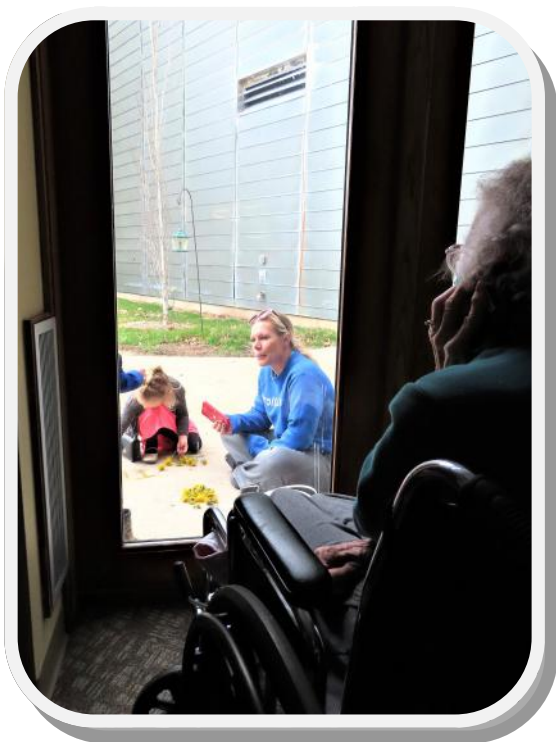




Window Chats are always welcome!



Ice Cream Cone Cupcakes



A Unicorn and the Easter Bunny made visits!



Connect with us via Face Time, Face Book Messenger, Phone, E-mails. Not sure how to connect? Call us at 319-332-0914 or 319-332-0915 we will hook you up!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2020

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|----|--|----|--|----|--|----|--|----|--------------------------------------|
| | | | | | | | 1:1's Daily 1:30 Doorway Craft | 2 | |
| 3 | 1:1's Daily 1:30 Doorway Mystery Activity | 4 | 1:1's Daily 2:00 Special Snack Dietary | 5 | 11:30 What's in the News 1:30 Doorway Bingo 3:00 Happy Hour | 6 | 1:1's Manicures 10:30 400 Hallway Church 1:30 300 Hallway Church Happy Birthday Dale Buckman | 8 | 1:1's Daily 1:30 Doorway Craft |
| 9 | | | | | | | | | |
| 10 | 1:1's Daily 1:30 Doorway Mystery Activity | 11 | 1:1's Daily 2:00 Special Snack Dietary | 12 | 11:30 What's in the News 1:30 Doorway Bingo 3:00 Happy Hour | 13 | 1:1's Manicures 10:30 400 Hallway Church 1:30 300 Hallway Church | 15 | 1:1's Daily 1:30 Doorway Craft |
| 16 | | | | | | | | | |
| 17 | 1:1's Daily 1:30 Doorway Mystery Activity Happy Birthday Noni Caldwell <small>Victoria Day (Canada)</small> | 18 | 1:1's Daily 2:00 Birthday Cake! Happy Birthday Marilyn Harberts | 19 | 1:1's Daily 11:30 What's in the News 1:30 Doorway Bingo 3:00 Happy Hour | 20 | 1:1's Manicures 10:30 400 Hallway Church 1:30 300 Hallway Church | 22 | 1:1's Daily 1:30 Doorway Craft |
| 23 | | | | | | | | | |
| 24 | | 25 | 1:1's Daily 2:00 Special Snack Dietary | 26 | 1:1's Daily 11:30 What's in the News 1:30 Doorway Bingo 3:00 Happy Hour Happy Birthday Bev Wayson | 27 | 1:1's Manicures 10:30 400 Hallway Church 1:30 300 Hallway Church <small>Shavuot Begins</small> | 29 | 1:1's Daily 1:30 Doorway Craft |
| 30 | | | | | | | | | |
| 31 | | | | | | | | | |

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*To ensure the health and safety of all residents we are following guidance from multiple regulatory agencies during this Covid 19 crisis.
Activities may be altered or cancelled at any time.