

August 2020

Lexington Estate

at Buchanan County Health Center

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

Celebrating August

Watermelon Day

August 3

Traveling Carnival

August 17-21st

Senior Citizens Day

August 21

Toasted Marshmallow Day

August 30

Bus Rides!!

Mondays

Weather permitting

Limited # of Residents

Social distancing

No one who is on isolation

No one who is symptomatic

Wearing a mask at all times

Due to change if guidelines require



Lexington Estate Traveling Carnival

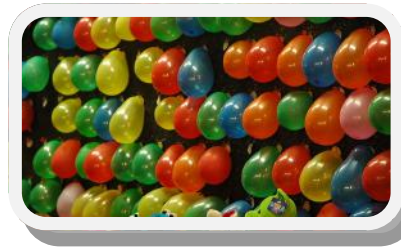
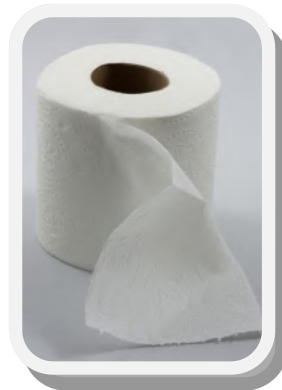
August 17th-21st

Games

Fair Food...Fun!!



- ◆ Wheel of Fortune \$\$\$
- ◆ Balloon Prize Blow-Out
- ◆ Toilet Paper Toss...Flush Covid
- ◆ Pie in the Face— Angel & Steve



Taste of Home– Banana Pudding Cupcakes



Ingredients:

- Box vanilla cake mix
- 2 boxes jello instant banana pudding
- 1 cup low fat milk
- 4oz. Philadelphia cream cheese
- 1/3 cup powdered sugar
- 1 tub cool whip
- Banana slices
- Vanilla Wafers

Instructions:

1. Preheat oven to 350 degrees. Line muffin pans with liners (about 16) Prepare cake batter according to directions. Stir in ONE box of pudding mix.
2. Portion batter into muffin cups about 3/4 full. Bake 14-16 minutes
3. While cupcakes cool prepare frosting. In a medium bowl whisk together the remaining jello pudding and milk until smooth. Stir in cream cheese and powdered sugar until smooth. Fold in cool whip. Place in fridge to set about 1 hour.
4. Pipe frosting onto cupcakes. Garnish with banana slices and wafer cookies.

August Birthdays

Carl Lewis (Olympian) – July 1, 1961
 Ann Landers (advice columnist) – July 4, 1918
 E. B. White (author) – July 11, 1899
 Woody Guthrie (folk singer) – July 14, 1912
 Ginger Rogers (actress) – July 16, 1911
 John Glenn (astronaut) – July 18, 1921
 Ernest Hemingway (writer) – July 21, 1899
 Don Drysdale (ballplayer) – July 23, 1936
 Mick Jagger (singer) – July 26, 1943
 Beatrix Potter (author) – July 28, 1866
 J. K. Rowling (author) – July 31, 1965

Happy Birthday!

Delores Doyle August 19



Welcome to the Neighborhood



Eleanor Hand

Jerry Boubin

In Loving Memory



Howard Saunders

Sept. 9, 1932 - July 29, 2020

Welcome! Elise Bonert



Lexington Estate Nurse Manager

Elise is a registered nurse she has a bachelor's degree in gerontology. She has two years of experience as the Director of Assisted Living for a 32 bed memory care unit and two years of experience as a Clinical Services Coordinator at Western Home Communities. Elise also has several years of experience as a MDS Coordinator and Quality Assurance / Infection Control Nurse.

Elise joined us on Monday, July 27th.

Elise and her husband Greg live in Manchester, where she grew up. Greg works at John Deere and also farms. They are parents to Vivian 2 1/2, and a silver lab Bo 8. When not working Elise enjoys spending time outdoors, bike riding with Vivian, and shopping.

Elise has always enjoyed helping others, when deciding upon a career path she was looking for job stability.

We look forward to working with Elise as she joins our team.!

Alzheimer Awareness

Talking to Someone with Memory Loss (Alzheimer's/ Dementia)

Be patient ...the person with Alzheimer's doesn't want to be this way.

1 (Smile) Identify yourself, call the person by name, approach from the front.

2 Be gentle and relaxed, in attitude with a quiet tone of voice.

3 Keep eye contact to show that you are listening.

4 Ask one question at a time

A) Give the person plenty of time to answer.

B) Use short and simple words that are familiar.

5 Go with the flow. If the person with Alzheimer's says something that isn't true, and the information doesn't harm anyone, just let it pass. Contradicting the person about every detail serves no purpose except to upset both of you.

Alzheimer's Walk "Virtual"

2020 Cedar Valley

Walk to End Alzheimer's

Saturday, September 26th 2020

Wear your "purple" and walk in your own neighborhood. Send me a photo to me and I will include it in our next newsletter and on the Lexington face book page.

Send pictures to: dhepke@bchealth.org



Nerf Gun Target Practice



Tile Art Coasters



God Bless America!



Lexington Estate AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
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2 11:00 Church on Radio 95.3	3 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30 Guess the Hollywood Star Game 3:00-4:30 Patio Time	4 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30 Yard Yahyzee 3:00-4:30 Patio Time	5 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Seasoned Oyster Crackers	6 9:00 Manicures 10:30 Church 300 Hall 1:00 Church 400 Hall 3:00-4:30 1:1's	7 9:30 Sing & Swing 10:30-11:30 Patio Time 2:00 Ice Cream Cart 3:00-Themed Puzzle Packets	8																																																	
9 11:00 Church on Radio 95.3	10 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30 Deal or No Deal 3:00-4:30 Patio Time	11 9:30 Sing & Swing 10:30-11:30 Patio Time 12:00 Take Out Tuesday 1:30 Craft 3:00-4:30 Patio Time	12 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Orange Julius	13 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 1:1's	14 9:30 Sing & Swing 10:30-11:30 Patio Time 2:00 Rootbeer Floats 3:00-Themed Puzzle Packets Casual Day	15																																																	
16 11:00 Church on Radio 95.3	17 9:30 Sing & Swing 10:30-11:30 Patio Time 2:00 Traveling Carnival 3:00-4:30 Patio Time Mini Corn Dogs	18 9:30 Sing & Swing 10:30-11:30 Patio Time 2:00 Traveling Carnival 3:00-4:30 Patio Time Mini Donuts	19 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Birthday Cake Happy Birthday Delores Doyle	20 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 2:00 Traveling Carnival Pretzel Bites	21 9:30 Sing & Swing 10:30-11:30 Patio Time 2:00 Pie in the Face 3:00-Themed Puzzle Packets Popcorn/cotton candy	22																																																	
23 11:00 Church on Radio 95.3	24 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30 Bucket Ball 3:00-4:30 Patio Time	25 9:30 Sing & Swing 10:30-11:30 Patio Time 11:00 Resident Council 2:00 Craft 3:00-4:30 Patio Time	26 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Banana Pudding Cupcakes	27 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 1:1's	28 9:30 Sing & Swing 10:30-11:30 Patio Time 1:15 Movie & Popcorn 3:00-Themed Puzzle Packets	29																																																	
30 11:00 Church on Radio 95.3	31 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30 Flickin Chicken 3:00-4:30 Patio Time	<table border="1"> <thead> <tr> <th colspan="7">July 2020</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td></td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> </tr> </tbody> </table>				July 2020							S	M	T	W	Th	F	Sa			1	2	3	4		5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		Patio Time is weather permitting Social distancing 6ft. apart Calendar is subject to change Contact Activities @ 319-332-0914 Dianne.Hepke@bchealth@indytel.com
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