

July 2020

Lexington Estate

at Buchanan County Health Center

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

Celebrating July

Parks and Recreation Month

Picnic Month

Poker Walk

July 3

Independence Day (U.S.)

July 4

Out of the Ordinary Activities

July 7th Golf Cart Rides

July 14th Nerf Gun Target Practice

July 21st Celebrating July Birthdays

July 28th Tile Art Craft

HOME
OF THE
FREE
BECAUSE
OF THE
BRAVE



Poker Walk
2 Mile No-Contact Walk for Alzheimer's
Friday, July 3rd
10am-1pm
Begin & end @ BCHC Front
Sign along 1st Street

*Stops at Trendy Tulip, S&K Collectibles, Ninny Franck's, Hartig Drug, Laree's
You may begin anytime between 10am-12:30pm. Please do your part & practice social distancing when nearing other participants.
All are welcome! A donation of \$5 is requested to participate. All profits will be donated to the Walk to End Alzheimer's

Strap on your walking shoes for a 2 mile Poker Walk!

In light of COVID-19 postponing many summer plans and activities, Lexington Estate at BCHC has created a way to continue its annual Poker Walk fundraiser for Alzheimer's with social distancing in mind. On Friday, July 3rd, community members in good health are invited to participate in a 2-mile "no-contact" poker walk. To spread out the amount of participants, the poker walk will take place from 10am-1pm. Participants may check-in at the large BCHC sign along 1st St East any time between the hours of 10am and 12:30pm. After checking-in, participants will begin their walk, stopping at The Trendy Tulip, S&K Collectibles, Ninny Franck's, Hartig Drug, and Laree's to select a card from a designated, no-contact area. Once participants draw their final card, they will walk back to the check-in point at BCHC to complete their 2-mile walk. All are welcome to participate. A \$5.00 donation is requested, with all proceeds benefiting the Walk to End Alzheimer's. For more information, please visit 'Buchanan County Health Center' or 'Lexington Estate of BCHC' on Facebook.

Taste of Home

Cheesecake Berry Salad

A no-bake recipe

Ingredients:

- 1 (3.4-ounce) box cheesecake pudding mix
- 1 (6-ounce) container strawberry yogurt
- 1 (12-ounce) container whipped topping, thawed
- 1 pound fresh strawberries, quartered
- 1 1/2 cups fresh blueberries
- 2 bananas, sliced
- 3 cups miniature marshmallows



Directions

1. Combine pudding mix, yogurt, and whipped topping in a large bowl. Cover and chill 1 hour.
2. Stir in strawberries, blueberries, bananas, and marshmallows until combined.

Makes 8 servings



July 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

Happy Birthday!

Don Crawford July 5
Bud Hawker July 16
Marvel Dennie July 28
Marjorie Junker July 28

Welcome to the Neighborhood



Shirley Downing

Phyllis Fuller

To the residents and families of Lexington Estate:

I want to take this opportunity to update and thank the residents and families of Lexington Estate. I will be taking a different position at Buchanan County Health Center, my last day with Lexington will be July 10th. The interview process has started to find a new nurse manager. In the interim Amie Trumblee and Angel Decker will be available for questions or concerns. I have enjoyed my time at Lexington and will miss the residents, families and staff, I look forward to working in Lexington on an as needed basis.

Thank you again

Staci Koob



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A Fight for Women's Rights



On July 19, 1848, hundreds of women converged upon the Wesleyan Chapel in Seneca Falls, New York, to attend what was billed as the Women's Rights Convention. Organizer Elizabeth Cady Stanton had brought women together to fight for the social, civil, and religious rights of women.

Stanton was a well-educated woman who worked alongside her husband as an abolitionist. While attending an anti-slavery conference in London, Stanton met Lucretia Mott, and the two women discovered that they also shared a disgust for the unequal treatment of women in society. The two friends kept in touch, and eight years later they enjoyed the fruits of their labors: the convention in Seneca Falls. Stanton opened the convention with a stirring speech:

"We are assembled to protest against a form of government, existing without the consent of the governed—to declare our right to be free as man is free, to be represented in the government which we are taxed to support, to have such disgraceful laws as give man the power to chastise and imprison his wife, to take the wages which she earns, the property which she inherits, and, in case of separation, the children of her love."

Stanton, Mott, and others had penned their Declaration of Sentiments, a rewriting of the Declaration of Independence that added the words *woman* and *women* throughout. The document also listed 18 grievances highlighting the disempowerment of women in society. Attendees discussed and passed 11 resolutions on women's rights, resolutions that demanded women be held as equals to men in the eyes of the law and society. Ten of the 11 passed unanimously. The ninth resolution, which demanded the right to vote for women, struggled to pass. It took stirring speeches by Stanton and fellow abolitionist Frederick Douglass to muster support. The Seneca Falls convention remains a watershed moment for women's rights, a struggle

Warmer Weather!

Be Safe!



As the weather gets warmer, we want to remind residents and families to stay safe while enjoying outside activities. Too much heat can be very risky for older adults especially with certain health conditions. Being hot for too long can result in heat stroke, heat exhaustion, and dehydration. To prevent these conditions it is important to drink plenty of fluids, wear loose fitting clothing and wear sunscreen.

Patio times earlier in the day or for shorter time frames may be best. Please understand if we opt to stay inside in the air conditioning that safety is our first priority.

Work has begun on the permanent shade structure for the patio and we look forward to spending many carefree days enjoying it.

We will continue to social distance 6ft. apart and wear masks while outside. No visitors are allowed until we receive updated guidance.

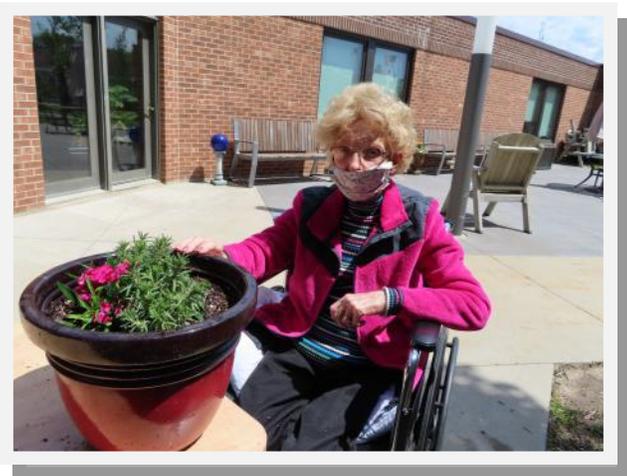


Buchanan County Health Center's Relay for Life Employees collected \$1650.00 —this year through various fundraising initiatives, for the American Cancer Society.

Great Job, Team BCHC!

June Fun!

Potting Flowers



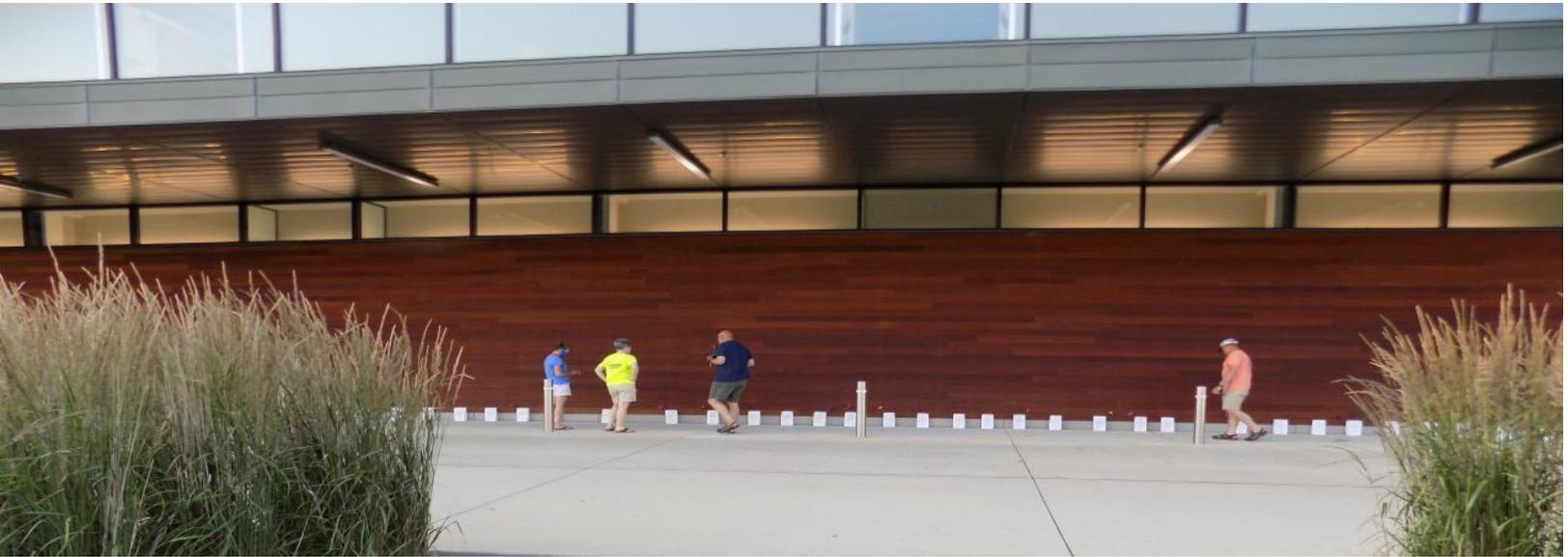
Receiving Flowers from Family!



Sending LOVE to
our families!



Arranging Flowers to
share with others.



Lexington Estate
at Buchanan County Health Center

Luminary Celebration of Life

Sunday, June 28th
8PM - BCHC South Entrance
Drive-by Memorial

*In memory of Lexington Estate residents who
passed away during May 2018 - May 2020*



Lexington Estate July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																									
			1 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Pretzel Sparklers	2 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-Patriotic Craft	3 10:00-1:00 Poker Walk 2:00 Patio Time 3:00 Ice Cream cart 3:00-Patriotic Themed Puzzle Packets	4 Independence Day																																																																																									
5 Happy Birthday Don Crawford	6 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30-2:30 Sing-A-Long 3:00-4:30 Patio Time	7 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30-4:30 Golf Cart Rides	8 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Cheesecake Berry Salad	9 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 1:1's	10 9:30 Sing & Swing 10:30-11:30 Patio Time 2:00 Malts & Music 3:00-Themed Puzzle Packets Casual Day	11																																																																																									
12	13 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30-2:30 Card Bingo 3:00-4:30 Patio Time	14 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30-Nerf Gun Game 3:00-4:30 Patio Time	15 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Individual small bags of pretzels	16 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 1:1's Happy Birthday Bud Hawker	17 9:30 Sing & Swing 10:30-11:30 Patio Time 2:00 Smore's Bars 3:00-Themed Puzzle Packets	18																																																																																									
19	20 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30-2:30 July Trivia 3:00-4:30 Patio Time	21 9:30 Sing & Swing 10:30-11:30 Patio Time 2:00 Birthday Cake 3:00-4:30 Patio Time	22 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Banana Split Cake	23 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 1:1's	24 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30 Movie & Popcorn 3:00-Themed Puzzle Packets	25																																																																																									
26	27 9:30 Sing & Swing 10:30-11:30 Patio Time 11:00 Resident Council 1:30 High/Low Cards 3:00-4:30 Patio Time	28 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30-2:30 Tile Art 3:00-4:30 Patio Time Happy Birthday Marvel and Marjorie	29 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Pizza Rolls	30 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 1:1's	31 9:30 Sing & Swing 10:30-11:30 Patio Time 2:00 7-UP Coolers 3:00-Themed Puzzle Packets Casual Day																																																																																										
Patio Time is weather Permitting Social Distancing Masks 6ft. Apart	Calendar is Subject to Change	June 2020 <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>	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					August 2020 <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	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						
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