

September 2020

Lexington Estate

at Buchanan County Health Center

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

**Celebrating September
Labor Day**
September 7

Grandparent's Day
September 13

**Watch for Details!!!
Online Pampered Chef
Fundraiser
For Alzheimer's**

Fun Food Days

September 2nd- Pimento Cheese & Crackers

September 9th- Apple Fondue & Caramel

September 11th Chocolate Milkshake day

September 16th- Mint Julips

September 18th- Pie & Coffee

September 23rd-Puffy Pancake Muffins

September 28th- Birthday Cake & Ice Cream

September 30th- Frosted Pumpkin Bars

Lexington Estate Kentucky Derby !



Tuesday, September 15, 2020

Due to the restrictions caused by
the corona virus,

This year's "Kentucky Derby" was
moved to September. We decided to
have our own "Hobby Horse" races on
Tuesday, September 15th @ 1:30pm.

Welcome to the Neighborhood

Larry Rasmussen
Bernadine Stanford



September Birthdays

Lily Tomlin (comedienne) – September 1, 1939
 Buddy Holly (musician) – September 7, 1936
 Sid Caesar (comedian) – September 8, 1922
 Jesse Owens (Olympian) – September 12, 1913
 Prince Harry of Wales – September 15, 1984
 Greta Garbo (actress) – September 18, 1905
 Stephen King (writer) – September 21, 1947
 Phil Rizzuto (ballplayer) – September 25, 1917
 Enrico Fermi (scientist) – September 29, 1901
 Johnny Mathis (singer) – September 30, 1935

**Happy Birthday to
 Our Own Celebrities!**



September 7th Vivian Kaster
 September 27th Margaret Hogan

8/31/2020

Southern Pimento Cheese | Allrecipes

allrecipes

Southern Pimento Cheese



This wonderful version of pimento cheese can be used for grilled cheese sandwiches, as a spread for crackers, or served alongside your favorite fried green tomatoes.

By QUEENREYNEY

Prep: 10 mins

Total: 10 mins

Servings: 12

Yield: 3 cups



Ingredients

2 cups shredded extra-sharp Cheddar cheese

8 ounces cream cheese, softened

½ cup mayonnaise

¼ teaspoon garlic powder

¼ teaspoon ground cayenne pepper

¼ teaspoon onion powder

1 jalapeno pepper, seeded and minced

1 (4 ounce) jar diced pimento, drained

1 pinch salt and black pepper to taste

Directions

Step 1

Place the Cheddar cheese, cream cheese, mayonnaise, garlic powder, cayenne pepper, onion powder, minced jalapeno, and pimento into the large bowl of a mixer. Beat at medium speed, with paddle if possible, until thoroughly combined. Season to taste with salt and black pepper.

Nutrition Facts

Per Serving:

207.8 calories; protein 6.3g 13% DV; carbohydrates 2.1g 1% DV; fat 19.9g 31% DV; cholesterol 44.2mg 15% DV; sodium 229mg 9% DV.

Lexington Estate
1600 First Street East
Independence, IA 50644
Office: (319) 332-0995
Email: adecker@bchealth.org
www.bchealth.org

August 28, 2020

To our Family Members and Friends,

On August 27th a notification was sent from our emergency communication system informing you that an employee had tested positive for COVID-19 two (2) days ago. Employee and resident testing was completed today, August 28th; we will notify you once the results become available. In the unfortunate event that your loved one tests positive for COVID-19 we will contact you directly. We did identify the highest risk individuals who would have had more direct contact with the employee who tested positive and tested them utilizing our rapid testing system. They all came back negative. Currently we have no resident(s) or employee(s) who have symptoms consistent with COVID-19.

The safety of our residents and staff remain our top priority. To mitigate the risk and spread of COVID-19, we continue to follow guidance from the Centers for Disease Control and Prevention (CDC) and the Center for Medicare & Medicaid Services (CMS). In addition, we are staying in close communication with local and state health officials to ensure we are taking the appropriate steps under the current circumstances, including:

- Enhanced infection control precautions, such as wearing personal protective equipment (PPE) at all times and increased cleaning of high touch areas.
- Screening residents for COVID-19 symptoms three (3) times each day, as well as screening employees before and after work.
- Screening all individuals entering our facility and limiting access to only those individuals essential for the care of residents.
- Postponing communal dining, small group activities and outdoor visits temporarily.
- Testing staff and residents based on current state and federal guidelines.
- Providing cloth face coverings to residents.

The risk of COVID-19 continues to remain elevated. We encourage you to review the CDC website for information about COVID-19 including its symptoms, how it spreads, and actions you can take to protect your health: www.cdc.gov/coronavirus/2019-ncov/index.html.

If you have questions, concerns please contact Angel Decker at 319-332-0995, Elise Bonert at (319) 332-0994 or email seniorliving@bchealth.org.

Sincerely,



Angel Decker, BSN, RN

Executive Director of Senior Operations



\$1800.00

Raised so far!

Go Team BCHC!

2020 Cedar Valley

Walk To End Alzheimer's

Saturday, September 26th

Walk Where You Are!

This year the walk is a little different because of the covid 19 restrictions and wanting everyone to stay safe. You are encouraged to walk in your neighborhood, wear your purple shirt , and send a picture to us @ 563-920-2635 or dhepke@bchealth.org.

We will post a photo collage after the walk.

Leadership Pie in the Face!



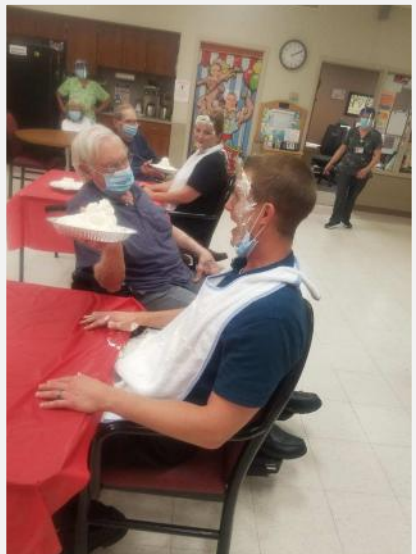


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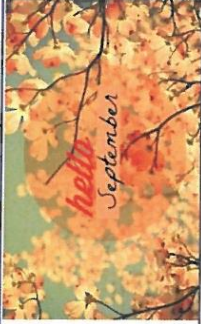
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Lexington Estate SEPTEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																												
		1 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30 Tile Tangles	2 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Pimento Cheese & Crackers	3 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 Patio Time	4 9:30 Sing & Swing 10:00-11:00 1:1'S 2:00 Grapes & Cheese 3:00-Themed Puzzle Packets	5																																																																																												
6 11:00 Church on Radio 95.3	7 Labor Day *Happy Birthday Vivian	8 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30 Card Bingo	9 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Apple Fondue	10 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 Patio Time	11 9:30 Sing & Swing 10:00-11:00 1:1'S 2:00 Chocolate Milkshakes 3:00-Themed Puzzle Packets	12																																																																																												
13 Grandparents Day 11:00 Church on Radio 95.3	14 9:30 Sing & Swing 10:00 Cookies & Coffee 1:30 Let's Ask Alexa 3:00-4:30 Patio Time	15 9:30 Sing & Swing 10:30-11:30 Patio Time 12:00 Take Out Tuesday 1:30 Kentucky Derby Hobby Horse Races	16 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Mint Julips	17 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 Patio Time	18 9:30 Sing & Swing 10:00-11:00 1:1'S 2:00 Pie & Coffee 3:00-Themed Puzzle Packets	19																																																																																												
20 11:00 Church on Radio 95.3	21 9:30 Sing & Swing 10:00 Cookies & Coffee 1:30 Sing a Long 3:00-4:30 Patio Time	22 9:30 Sing & Swing 10:30-11:30 Patio Time 1:30 Crafting	23 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Puffy Pancake Muffins	24 9:00 Manicures 10:30 Church 300 Hall 1:00 Church 400 Hall 3:00-4:30 Patio Time	25 9:30 Sing & Swing 10:00-11:00 1:1'S 1:15 Movie & Popcorn 3:00-Themed Puzzle Packets	26																																																																																												
27 11:00 Church on Radio 95.3 *Happy Birthday Margaret	28 9:30 Sing & Swing 10:00 Cookies & Coffee 1:30 Higher or Lower 3:00-4:30 Patio Time Birthday Cake/Ice Cream	29 9:30 Sing & Swing 10:30-11:30 Patio Time 11:00 Resident Council 1:30 Yard Yahtzee	30 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Frosted Pumpkin Bars																																																																																															
<p>Calendar is subject to change</p> <p>Patio Time is Weather Permitting</p> <p>Social Distancing Masks 6ft. Apart</p>																																																																																																		
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