

October 2020

Lexington Estate

at Buchanan County Health Center

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

Celebrating October

Beep...Beep!

Monday Road Trips!

Taking a Drive @ 10 am & 2pm

3 residents at a time

October 5th

October 12th

October 19th

October 26th

Pastoral Care Week

October 20-26

Halloween

Saturday October 31st

Schedule a visit in our new booth,

Come dressed in costume, on Saturday

We are having a contest for the best dressed family! 1st, 2nd, & 3rd prize!



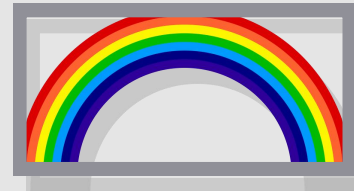
Halloween 2020

Residents, Family, and Staff
are invited to celebrate
Halloween
a little differently this year!
Two Days of Fun!

Friday, October 30th

Casual for a Cause Jeans day at BCHC.

- ◆ Staff will wear jeans and their favorite Halloween t-shirts. They will pass treats to residents.
- ◆ Residents will be dressed in their favorite colored t-shirt (we will provide!) along with rainbow bandanas to make a rainbow of colors.



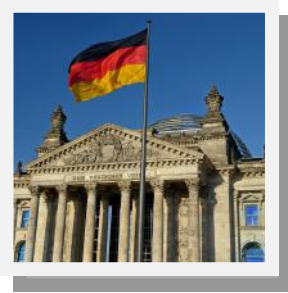
Saturday, October 31st

- ◆ Families are encouraged to make an appointment for indoor visits with their loved one. Come dressed in costume for a contest!
- ◆ Photos will be posted on our Lexington Estate Facebook page. Voting will take place through Sunday November 1st.

When Covid causes a storm...

we make a rainbow!

Around the World In October!



Monday afternoons in October we will be “traveling” around the world.

Germany is our first stop. During the week we will have a taste of Germany’s fine cakes for our Happy Hour and German cookies on Friday.

Week two finds us touring Mexico and enjoying Fried Ice Cream & Churros.

Week three we will jet off to Italy and have a catered candle light dinner on Tuesday evening.

Week four will round out our travels with a trip to Ireland and an Irish treat.



Taste Of Home

Spooky Dip

Ingredients:

- 1 (15.25-ounce) box white cake mix, sifted
- 1 (8-ounce) container whipped topping
- 1 cup vanilla Greek yogurt
- Orange food coloring
- Halloween sprinkles
- Animal crackers for dipping



Directions

1. Combine cake mix, whipped topping, and yogurt in a large bowl. Stir in food coloring. Sprinkle with sprinkles.
2. Serve with animal crackers for dipping.

Makes 12 servings



\$ 2501.74 Raised

Go Team BCHC!

Funds were raised through the following initiatives:

Casual Fridays– \$1770.00

Poker Walk- \$250.00

Pampered Chef- \$81.74

Personal Donations -\$400.00

Thank You to everyone who supports our fundraising efforts at BCHC!

Team Members Walked in their Neighborhood



October Birthdays

- Buster Keaton (comedian) – Oct. 4, 1895
- Thor Heyerdahl (explorer) – October 6, 1914
- Jesse Jackson (politician) – Oct. 8, 1941
- Henry John Heinz (magnate) – Oct. 11, 1844
- Ralph Lauren (designer) – Oct.14, 1939
- Emeril Lagasse (chef) – October 15, 1959
- Annette Funicello (actress) – October 22, 1942
- Michael Crichton (writer) – October 23, 1942
- Dylan Thomas (poet) – October 27, 1914
- Richard Dreyfuss (actor) – October 29, 1947

Happy Birthday to Our Own Celebrities!

Mary Ann Althaus Oct.21



In Loving Memory



Mary Lou Lawless

November 27, 1948– September 24, 2020

Visitor Chat Room

Visiting Hours:

Mon: 9-1

Tue: 1:30-6

Fri: 11-3

- Saturday October 3rd 11-2:15
- Saturday October 31st 9-5

Important Facts: Steps to make your online appointment

1. Go to the BCHC website <https://bchealth.org/>
2. Open the Senior Living Tab
3. Choose Long Term Care
4. Choose Indoor Visits
5. Follow the prompts after choosing a highlighted date:
 - a) Choose a day
 - b) Choose a time press (Click confirm),
 - c) Complete all boxes- Name, E-Mail address, phone#, who will be visiting.
 - d) Click schedule visit

Procedure:

- Visitors will be screened in main entrance of building. Ring the doorbell for assistance. Screening will be completed by clinical staff only.
- Visitors must complete all questions and the building log.
- Visitors must wear a mask!
- Visitors will be escorted back outside to booth entrance door. Visitors should **NOT** come through building to booth.
- Visits are scheduled for 30 minute increments with 15 minutes of cleaning time allotted between visits. Visitors will have a 5 minute warning at end of visit to remain on schedule.
- **Please be considerate when making appointments.** There are limited slots, if you can make a weekday visit please save the weekend slots/ end of the day for others. If you make several appointments ahead please vary time slots if possible.
- **Thank you for being patient as we open up to visits. We want accommodate in the best way.**

OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																			
				1 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 Patio Time	2 9:30 Sing & Swing 10:00-11:00 1:1'S 2:00 Pumpkin Muffins & Coffee	3 Family Visits Chat Room																																																																																																			
4 German Week	5 9:30 Sing & Swing 10:00 Bus Ride 1:30 Trip to Germany 2:00 Bus Ride	6 9:30 Sing & Swing 10:00 Cookies & Coffee 1:30 Card Bingo	7 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour German Cakes	8 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 Patio Time	9 9:30 Sing & Swing 10:00-11:00 1:1'S 2:00 Hot Cider & Cookies	10																																																																																																			
11 Mexican Week	12 9:30 Sing & Swing 10:00 Bus Ride 1:30 Trip to Mexico 2:00 Bus Ride	13 9:30 Sing & Swing 10:00 Cookies & Coffee 12:00 Take Out Tuesday 1:30 Crafting	14 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Fried Ice Cream	15 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 Patio Time	16 9:30 Sing & Swing 10:00-11:00 1:1'S 2:00 Warm Churros	17																																																																																																			
18 Italian Week	19 9:30 Sing & Swing 10:00 Bus Ride 1:30 Trip to Italy 2:00 Bus Ride	20 9:30 Sing & Swing 10:00 Cookies & Coffee 1:30 Around the World Trivia Italian Supper	21 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Birthday Cake & Ice Cream *Mary Ann Althaus	22 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 Patio Time	23 9:30 Sing & Swing 10:00-11:00 1:1'S 2:00 Italian Ice	24 United Nations Day																																																																																																			
25 Irish Week	26 9:30 Sing & Swing 10:00 Bus Ride 1:30 Trip to Ireland 2:00 Bus Ride	27 9:30 Sing & Swing 10:00 Cookies & Coffee 11:00 Resident Council 1:30 Crafting	28 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Irish Dessert	29 9:00 Manicures 10:30 Church 300 Hall 1:30 Church 400 Hall 3:00-4:30 Patio Time	30 9:30 Sing & Swing 10:00-11:00 1:1'S 2:00 Spooky Snacks	31 Halloween Family visits Chat Room Costume Contest																																																																																																			
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