

February 2021

Lexington Estate

at Buchanan County Health Center

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

Celebrating February



Groundhog Day
February 2

Super Bowl Sunday
Kansas City Vs. Tampa Bay

Souper Supper
5:30pm
February 7th

Catered Valentine Lunch
Games and Snacks
February 12th

Visitor's Booth Hours

Monday's 9-1

Tuesday's-1:30-6pm

Friday's-11-3

*** Sunday February 14th 10-4**

*** Saturday February 20th 10-4**

Resident Valentine's Catered Lunch

Friday, February 12th

Menu

Roast Beef

Mashed Potatoes/Gravy

Baked Beans

Roll & Butter

Kathy's Pies



*Thank You Randy & Debbie Blin
And Nadine Steven's Family
For the generous donation.*

Taste of Home

Valentine Divinity

Ingredients:

- 2 large egg whites, room temperature
- 1 (3-ounce) package cherry-flavored gelatin mix
- 3 cups sugar
- 3/4 cup water
- 3/4 cup light corn syrup
- 1/2 cup chopped walnuts



Directions

1. Line 3 large baking sheets with parchment paper.
2. Whip egg whites in the bowl of a stand mixer until fluffy. Gradually add in gelatin, beating until stiff peaks form. Turn off mixer and set aside.
3. Combine sugar, water, and corn syrup in a saucepan. Bring to a boil. Once it comes to a boil, continue to cook over medium heat until a thermometer reads 250°F.
4. Turn the mixer on high and carefully add the hot syrup to the egg white mixture. Beat 5–7 minutes. Stir in nuts.
5. Immediately drop mixture by tablespoonfuls onto the prepared baking sheets. Allow to sit overnight to firm.

Makes 50 servings

Sherman Hemsley (actor) – February 1, 1938
Red Buttons (comedian) – February 5, 1919
Jules Verne (author) – February 8, 1828
L.L. Bean (outdoorsman) – February 13, 1873
Sonny Bono (singer) – February 16, 1935
Michael Jordan (NBA star) – February 17, 1963
Vanna White (hostess) – February 18, 1957
Edna St. Vincent Millay (poet) – February 22, 1892
Elizabeth Taylor (actress) – February 27, 1932

Happy February Birthday to Our Own Celebrities!

Joan Gudenkauf February 4th
Nilla Yarrington February 9th



Welcome to the Neighborhood



Bill Offerman

Beulah Skripsky

Leonard Kaster

“Reader’s Circle”
Thursday Morning Activity



Thursdays @
10:30 am

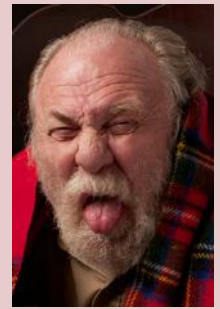
- ◆ Do you like to read but fall asleep with the book in your lap?
- ◆ Do you like to read but can’t seem to concentrate?
- ◆ Join Dodie/Dianne on Thursday mornings for a different kind of book club...We will be reading to you from a novel. Each week Dodie or Dianne will read a chapter or two aloud to the group.
- ◆ Everyone is welcome! We will meet in the activity room.
- ◆ We will be reading the one book one Independence novel “This Tender Land” by William Kent Krueger

READ

Pick up and return books here:
Independence Public Library
Em’s Coffee Co.
Fabulous Fridays
Falcon Civic Center
S & K Collectibles
Little Free Libraries

THIS TENDER LAND
WILLIAM KENT KRUEGER

It’s “still”
Covid & Flu Season...
Do Them a Favor
Stay Home until you are better!



If you are feeling under the weather we would ask that you please stay home. Cancel your indoor visit.

Likewise, if we are experiencing widespread illness we may restrict visitors in our visiting room.

We are happy to report that most of our employees have received a covid vaccine. All residents who are able and consented also have received their second vaccination.

If we all do our part we will stay happy and healthy this winter.

February is National Heart Month



The American Heart Association has designated February as National Heart Month. The first Friday in February is “Wear Red Day” to signify the prevalence of heart disease in women. Great strides have been made in the diagnosis and treatment of women with heart disease.

Things you can do today to reduce your risk:

Quit smoking-We know smoking is bad for our health, [research shows quitting smoking reduces your heart risk](#).

Exercise- Doing aerobic exercise — using large muscles of the legs and arms — several days a week for 30 to 60 minutes helps your heart work more efficiently.

Manage stress- Understand stress triggers. Learn how to respond to stressful situations at home and at work.

Eat healthy- Eat more fruits, vegetables, whole grains, low-fat dairy, poultry, fish & nuts. Avoid red meat, and sugary and processed foods. Avoid foods high in sodium.

All BCHC associates are encouraged to “Go Red” by wearing **RED** on February 5th!

Calling all Cupids!

Send Valentine's Day wishes to the residents of Lexington Estate!

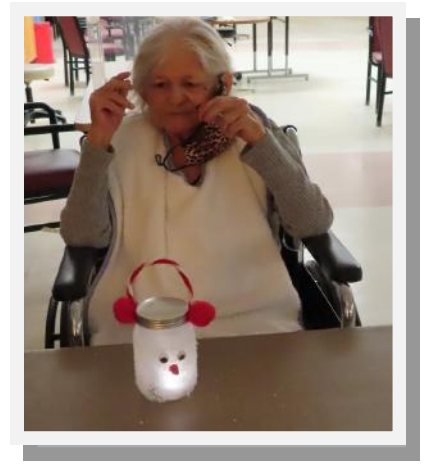
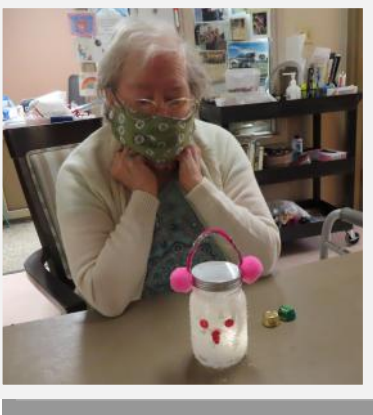
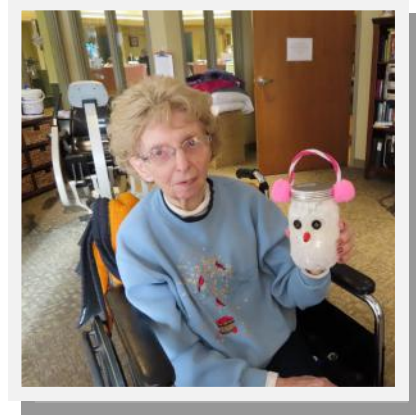
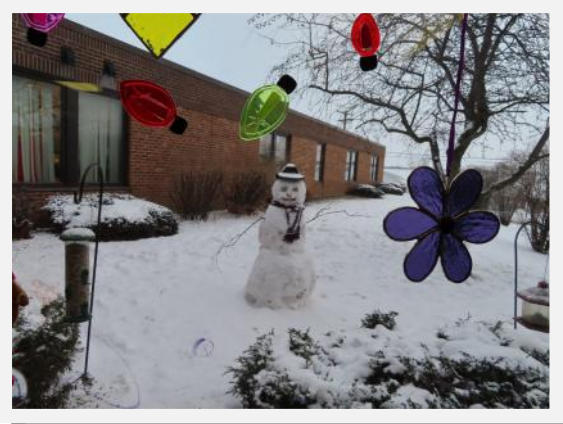
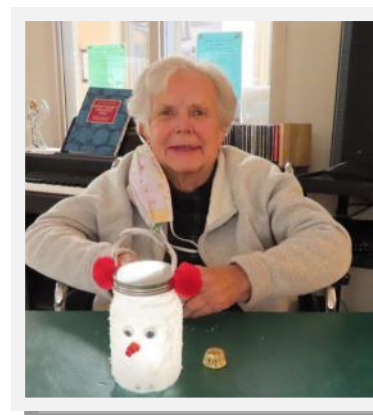
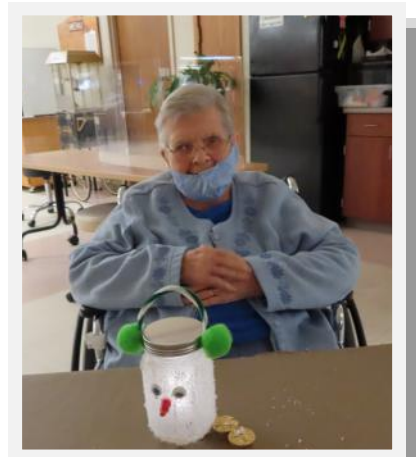
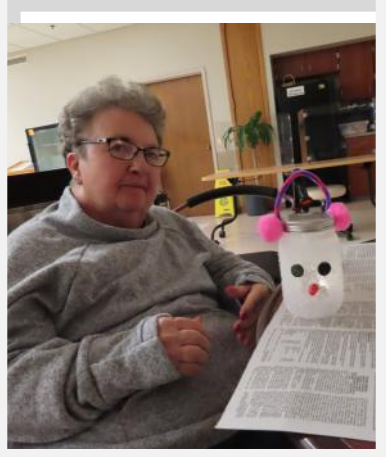
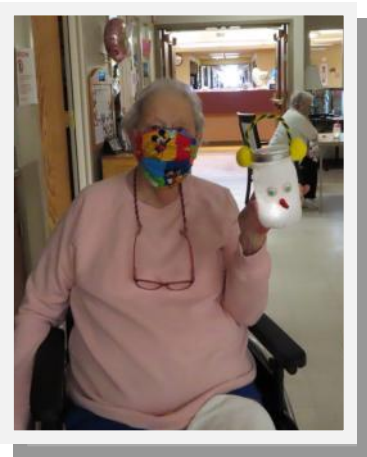
We'll play postman to our 39 residents
and deliver your valentines!
No need to personally address.

Please deliver to Lexington Estate
between February 8th - February 12th.



Lexington Estate
at Buchanan County Health Center

Snowmen ... Inside and Out!



FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Sing & Swing 10:00 Hot Tea Cart 1:30 HOY Card Game	2 9:30 Sing & Swing 10:00 Cookies 1:30 Valentine Crafting	3 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	4 9:00 Manicures 10:30 Reader's Circle 1:30 Church 2:30 Birthday Cake & Ice Cream Happy Birthday Joan Gudenkauf	5 Wear Red For Women's Heart Health 9:30 Sing & Swing 10:30 Catholic Communion 1:30 Virtual Concert George Rittenhouse	6
7 11:00 Church Local Radio Channel 95.3 5:30 Kansas City vs. Tampa Bay SuperBowl Soup Supper	8 9:30 Sing & Swing 10:00 Specialty Coffee Cart 1:30 Bowling	9 9:30 Sing & Swing 10:00 Cookies 11:30 Take Out 1:30 Making Valentines For Little Friends Happy Birthday Nilla Yarrington	10 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	11 9:00 Manicures 10:30 Reader's Circle 1:30 Church 2:30 Twister BagToss	12 Casual Day 9:30 Sing & Swing 10:30 Catholic Communion 11:30 Catered Valentine Meal 2:00 Valentine Games	13
14 11:00 Church Local Radio Channel 95.3 Vistor Booth 10am-4pm Valentine's Day	15 9:30 Sing & Swing 10:30 Fruit Juice Spritzer 1:30 President's Day Puzzles & Patriotic Parfaits President's Day	16 9:30 Sing & Swing 10:00 Cookies 1:30 Giant Crossword	17 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	18 9:00 Manicures 10:30 Reader's Circle 1:30 Church 2:30 Sing-A-Long	19 9:30 Sing & Swing 10:30 Catholic Communion 1:30 Movie & Popcorn	20 Vistor Booth 10am-4pm
21 11:00 Church Local Radio Channel 95.3 Dodie's Birthday!!	22 9:30 Sing & Swing 10:30 Grapes & Cheese 1:30 Virtual Concert Dave Poggenklass	23 9:30 Sing & Swing 10:00 Cookies 1:00 Resident Council 1:30 Trivia Challenge	24 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	25 9:00 Manicures 10:30 Reader's Circle 1:30 Church 2:30 Balloon Volleyball	26 9:30 Sing & Swing 10:30 Catholic Communion 1:30 Old West Day Western Movie	27
28 11:00 Church Local Radio Channel 95.3						
			Visitor Booth Hours Mondays 9-1 Tuesdays 1:30-6:00 Fridays 11:00-3:00 Saturday February 20th 10am-4pm Sunday February 14th 10-4 Contact Dianne @ 319-332-0914			