

January 2021

# Lexington Estate

at Buchanan County Health Center

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

## Celebrating January

Hot Tea Month

New Year's Day

January 1

Activity Professionals Week

January 24th-29th

**10,000 Possibilities!**

There has never been a more challenging time as the past 9 months to appreciate all the possibilities for connecting with others than during this pandemic.

Our residents have been extremely resilient and flexible where activities are concerned.

Staff continue to be creative to shake things up as evidenced by the pictures of our "Great Deer Hunt" on page 4.

Check out the "10,000 Acts of Kindness Challenge" on pages 5 and 6 to celebrate Activity Professionals week. Complete the challenge and turn it in to the Wellness Center by February 5th. They will tabulate the results. Let's all begin 2021 by "Being Kind". Together we are better!

## Hope For 2021



A vaccine means a first step toward normal.

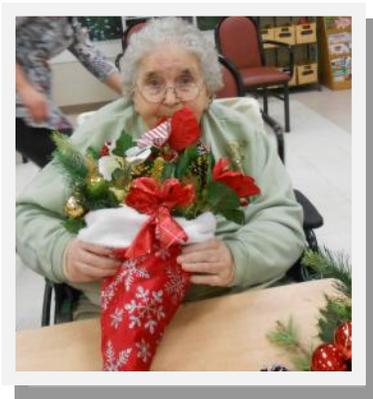


We are extremely thankful for the COVID-19 vaccine! Nonetheless, we will remain vigilant, washing our hands, wearing a mask, and social distancing. We will continue with current mitigation protocols to fight the corona virus.. Although we do not know specifics at this time of when the general public may be able to receive the vaccine, we encourage you to stay informed through our social media pages (Lexington Estate at BCHC & Buchanan County Health Center), BCHealth.org, and local newspapers.

Taste of Home

Marvel Dennie's Brownies

- 2 Sticks margarine
  - 1 Cup Water
  - ¼ Cup cocoa
  - 2 Cups flour
  - 2 Cups Sugar
  - ½ teas salt
  - 2 eggs
  - 1 teas vanilla
  - ½ cup buttermilk (milk with ½ T vinegar)
  - 1 tea soda
- Boil margarine with water and cocoa for one minute. Mix with flour, sugar, and salt. Add eggs and vanilla; add buttermilk which has been mixed with soda. Bake on large cookie sheet at 400\* for 15 minutes. Enjoy!



January Birthdays

- Diane Keaton (actress) – January 5, 1946
- Elvis Presley (musician) – January 8, 1935
- George Foreman (boxer) – January 10, 1949
- Faye Dunaway (actress) – January 14, 1941
- Al Capone (gangster) – January 17, 1899
- Edgar Allan Poe (writer) – January 19, 1809
- Ernest Borgnine (actor) – January 24, 1917
- Oprah Winfrey (mogul) – January 29, 1954
- Jackie Robinson (ballplayer) – January 31, 1919

Our Own Celebrities!

- Charles Brown January 16th
- Emily Gudenkauf January 28th



Welcome to the Neighborhood

*Sherry Jacobs*

In Loving Memory



*Bernadine Stanford*

*February 10, 1926– November 28,2020*

*Donna Manson*

*December 29, 1926-December 22,2020*

*Marvel Dennie*

*July 31, 1931-December 27,2020*

*Ron Kaiser*

*November 23, 1937-December 30,2020*

*We Appreciate the Gifts You Gave!*

*David Poggenklass– Virtual Music Videos*

*Union Carolers--- Virtual Caroling  
EB Jr. & Senior High---Virtual Concerts  
Buchanan County V.F. W. men's &  
women's groups for your gifts  
Hospital Auxiliary for your gifts  
Randy and Debbie Blin for donation  
Nadine Stevens family for donation*



*Thank You for all the TREATS! There were so many yummy treats please forgive us if you slipped something in and we forgot to thank you!*

*Secret Santa's for your gifts!  
Families and the community for the wealth of stocking stuffers!*



## Spotlight On Dan McElroy...



We are so thankful to have Dan McElroy stop by to visit residents and staff at Lexington Estate. We know that the restrictions placed on all of us because of this pandemic cause stress, and sadness. Dan stops in when he has free time in his schedule with a ready smile and listening ear.

Dan obtained his Master's Degree in Social Work from the University of Northern Iowa in 2015, and is formally trained in a range of treatment techniques targeted at addressing anxiety, depression, grief, PTSD.

A Winthrop native, Dan enjoys reading, gardening, and spending time with family and friends.

Dan provides individual and group therapy services through Medical Associates of BCHC and BCHC Family Medicine – Oelwein.

## January Hot Tea Month

January is a time for new beginnings, health and the home. Not coincidentally, it's also National Hot Tea Month. Whether you're drinking to new beginnings, your health or the domestic realm, these are ways you can celebrate Hot Tea Month this January.

Check out the best detox teas and try a few to see what you like. Revisit old favorites (such as "herbal teas" / tisanes like chamomile and peppermint).

Try some healthy teas that are new to you, like white tea.

### Try Wintry Flavors

Brew a ginger black tea, ginger green tea or ginger "tea"

Try a cardamom black tea

Buy citrusy tea blends, or add a little orange or lemon

Remember that the healthiest teas are the teas you'll stick with. As long as it's pure (no milk or sweeteners), if you want to drink it every day, it's good for you!

**Hot Tea Cart will make the rounds on Monday January 4th @ 10am**

## The Great Deer Hunt!



# 10,000 possibilities!

in collaboration with Lexington Estate, in honor of National Activity Professionals Week



## WE NEED YOUR HELP!

# LET'S AIM FOR 10,000 ACTS OF KINDNESS TOGETHER!

Simply list your acts of kindness on the backside.

- drop it off at the Wellness Center
- mail it to: BCHC Wellness Center, 1600 1st Street East, Independence, Iowa 50644
- email it to [kelliott@bchealth.org](mailto:kelliott@bchealth.org)
- post it on our facebook page, The Wellness Center at BCHC



## Spread the challenge and the kindness!

# ACTS OF KINDNESS...

Name: \_\_\_\_\_

**Complete the acts below and/or add your own.**

Be sure to submit your list by Thursday, February 5 so we can tally them all up!

1. Smile at someone just because. Date:
2. Buy the person behind you coffee. Date:
3. Make homemade treats and give away. Date:
4. Write a letter to an elderly person. Date:
5. Write a note to a kid. Date:
6. Send flowers to someone. Date:
7. Volunteer. Date:
8. Donate to the food bank. Date:
9. Donate items. Date:
10. Compliment a stranger. Date:
11. Pick up litter. Date:
12. Call a relative just to say hello. Date:
13. Leave a generous tip at a restaurant. Date:
14. Help someone before they ask. Date:
15. Put a positive note on a mirror. Date:
16. Give a secret gift. Date:
17. Say please and thank you. Date:
18. Call and apologize. Date:
19. Cook dinner for a busy family. Date:
20. Send a "thinking of you" card. Date:
- 21.
- 22.
- 23.
- 24.
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- 38.
- 39.
- 40.

**CRAFTS**



**B I N G O**

*Party*

**PUZZLES**



**MUSIC**



**GAMES**



**EXERCISE**



Record the # of steps you walk in 1 day. _____	Do a kind act for someone. _____	Attend a church service. _____	Sing-a-long to a favorite song! _____
Write a thank you note to someone. _____	Put together a jigsaw puzzle. _____	Read the newspaper. _____	Eat a piece of fruit. _____
Drink 4-8 glasses of water in 1 day. _____	Attend a group activity. _____	Call a friend on the phone. _____	Try a new food. _____
Attend an exercise group. _____	Free Space _____	Watch a movie _____	Play a game. _____
Make a craft. _____	Eat your vegetables. _____	Read a magazine. _____	Attend resident council. _____

# JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> New Year's Day College Bowl Games New Year's Puzzles	<b>2</b>
<b>3</b> 11:00 Church Local Radio Channel 95.3	<b>4</b> 9:30 Sing & Swing 10:00 Hot Tea Cart Baking Bread in Bread Machine 2:00 Coffee & Warm Bread	<b>5</b> 9:30 Sing & Swing 10:00 Cookies 1:30 Here's to New Year's Good Luck Trivia	<b>6</b> 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	<b>7</b> 9:00 Manicures 10:30 Reader's Circle 1:30 Church 2:30 Category Chaos Game	<b>8</b> 9:30 Sing & Swing 10:30 Catholic Communion With Sharon 1:30 Music Videos with Dave Poggenklass Happy Birthday Dave!	<b>9</b>
<b>10</b> 11:00 Church Local Radio Channel 95.3	<b>11</b> 9:30 Sing & Swing 10:00 Hot Cider Cart 1:30 Virtual Tour of National Parks From A- Z	<b>12</b> 9:30 Sing & Swing 11:30 Take Out 1:30 Virtual Tour of National Parks From A- Z	<b>13</b> 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	<b>14</b> 9:00 Manicures 10:30 Reader's Circle 1:30 Church 2:00 Virtual Tour of National Parks From A-Z	<b>15</b> 9:30 Sing & Swing 10:30 Catholic Communion 1:30 National Parks Trivia Challenge	<b>16</b> Happy Birthday Charles
<b>17</b> 11:00 Church Local Radio Channel 95.3	<b>18</b> 9:30 Sing & Swing 10:00 Specialty Coffee Cart 1:30 Buzzword Game	<b>19</b> 9:30 Sing & Swing 10:00 Cookies 1:30 Crafting	<b>20</b> 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	<b>21</b> 9:00 Manicures 10:30 Reader's Circle 1:30 Church 2:30 Sing-a-Long	<b>22</b> 9:30 Sing & Swing 10:30 Catholic Communion 1:30 Movie & Popcorn	<b>23</b>
<b>24</b> 11:00 Church Local Radio Channel 95.3 Activity Professionals Week 10,000 Possibilities	<b>25</b> 9:30 Sing & Swing 10:00 Hot Chocolate Cart 1:30 Foot Spa	<b>26</b> 9:30 Sing & Swing 10:00 Resident Council 1:30 Crafting	<b>27</b> 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	<b>28</b> 9:00 Manicures 10:30 Reader's Circle 1:30 Church 2:30 Royal Snowpile Cards Happy Birthday Emily	<b>29</b> 9:30 Sing & Swing 10:30 Catholic Communion 1:30 Birthday Cake & Ice Cream	<b>30</b>
<b>31</b> 11:00 Church Local Radio Channel 95.3	<p><b>Activities are Subject to change</b></p> 					<p><b>Complete 10 of the Activity Bingo Challenges for January!</b> <b>Turn it in to Activities by January 31st For a Prize!</b></p>