

July 2021

Lexington Estate

at Buchanan County Health Center

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

Welcome Molly

Celebrating July

Parks and Recreation Month

Picnic Month

Independence Day (U.S.)

July 4

Welcome Molly & Katelyn Happy Hour

July 7

Tokyo Olympics

July 23-Aug 8th

Lexington Estate Olympic Games

July 26, 29, 30

Out and About on the Bus

July 8-Tour St. John's Church

July 13- Wal- Mart

July 22- Heartland Acres

July 27-Fort Pentecost & Amish Drive



Hi there,

My name is Molly Roscovius and I'm so excited to be taking on the role of Activity Coordinator at Lexington Estate and to be joining the BCHC family. I have been a Certified Occupational Therapy Assistant for 10 years. I have spent most of my years working in long term care. Geriatrics has a special place in my heart and I can't wait to get started on this journey.

I am married to my husband, Jesse who works as an ADA inspector for the City of Cedar Rapids. Together we have 4 kids Megahn, Keaton, Ensley and Waylon. In our free time you can find us outside working on our house or on the water with the pontoon.

I look forward to meeting you all and will take so much pride in my position.

Thanks,
Molly Roscovius

Molly will start her position on July 7th and be orienting with Dianne . Welcome Molly! We are looking forward to getting to know you!

*** See Katelyn DeWald Activity Assistant spotlight on page 2**

Welcome Katelyn!



Hello everyone,

My name is Katelyn DeWald and I have worked at BCHC about 4.5 years. I've worked as a CNA at Lexington Estate and most recently in the Nutrition Services Department. My new adventure is taking on the role of activity assistant at Lexington Estate. I can't wait for the new journey ahead and all the things I will learn from this position.

I thought I would share a little bit about my personal life. My boyfriend Rodney Ciesielski (Purchasing Department) and I have been together for eight years. We just bought a house in Jesup, Iowa. We have a lot of house projects to do this summer and we are excited to have a place we call home. Much of our family lives in the area so we are excited to be close. I have a brother Alex, an identical twin Emily, and a little sister Avery who just got her drivers permit. I went to college at the University of Northern Iowa, and Hawkeye Community College. I graduated with my AS degree and my AA degree. In my free time you can find me painting, kayaking, fishing, camping with my family in Wisconsin, and enjoying the hot weather.

I can't wait to continue getting to know everyone, and have a fun time with my new position.

Thank you,
Katelyn DeWald

Welcome Katelyn! You are doing a great Job!



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**
- Marjorie Junker July 28**
- Eleanor Hand July 31**

Welcome to the Neighborhood



Jerry Maiers



Summer Olympic Games

July 23-Aug 8

The Olympics will be broadcasted on NBC channel 7 locally. The opening ceremonies are on Friday the 23rd of July. If you are interested pick up an **Olympic Competition Schedule** in the Activity Office.

We will have our own Lexington Estate Olympic Events starting Monday July 26th. Come participate and go for the gold!

Taste of Home

Patriotic Berry Bars

Ingredients:

- Cooking spray
- 1 cup butter, room temperature
- 1 cup sugar
- 1 teaspoon vanilla
- 2 cups flour
- 1 (8-ounce) package cream cheese, room temperature
- 1 cup white chocolate chips, melted
- 1 1/2 cups chopped fresh strawberries
- 1/2 cup blueberries



Directions

1. Preheat oven to 350°F. Spray a baking sheet with cooking spray.
2. Combine butter and sugar until fluffy in a large bowl. Stir in vanilla. Stir in flour.
3. Press dough in an even layer on the prepared baking sheet.
4. Bake 25–30 minutes. Allow to cool completely.
5. Beat cream cheese in a medium bowl with a hand mixer until smooth. Fold in chocolate. Spread mixture evenly over the cookie. Cover and chill 30 minutes until firm.
6. Just before serving, arrange strawberries and blueberries on top of the cookie. Cut into bars and serve.

Makes 16–20 servings

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.

We have several bus trips planned but again if the temperatures are not safe we will cancel the trip.



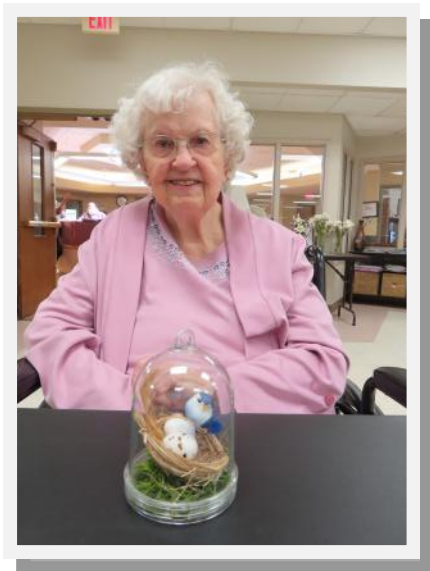
Buchanan County Health Center's Relay for Life Employees collected \$1,117.00 —this year through various fundraising initiatives, for the American Cancer Society.

Great Job, Team BCHC!



June Fun!

"Drive In Movie"






"Nature Themed Terrariums"

"Visitors from
Fontana"



"Flag Day Crafts"

JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Independence Day Menu Hotdog on Bun Potato Salad/Baked Beans Grapes Apple Pie & Ice Cream 4 11:00 Church Local Radio Channel 95.3 	5 9:30 Sing & Swing 10:00 Beverage Cart 1:30 Ask Alexa Sumertime Songs *Happy Birthday Don	6 9:30 Sing & Swing 10:00 Cookies 1:30 State Plate Bag Toss Game	7 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	8 9:00 Manicures 10:30 Reader's Circle 1:15 Tour St. John's Church	9 9:30 Sing & Swing 10:00 Church with John Sheda "Live" 1:30 Yard Yahtzee Casual Day	10
11 11:00 Church Local Radio Channel 95.3	12 9:30 Sing & Swing 10:00 Beverage Cart 1:30 Reminisce Camping Smores	13 9:30 Sing & Swing 10:00 Cookies 11:30 Take Out 1:30 Wal-Mart Shop	14 9:30 Mass Father Dave 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	15 9:00 Manicures 10:30 Church 1:30 Music with Dave 1:30 Pet Visits with Dr. Doug	16 9:30 Sing & Swing 10:00 Catholic Communion 10:30 Reader's Circle 1:30 Taste Of Home *Happy Birthday Bud	17 1:30 Music With Dave Wirtz
18 11:00 Church Local Radio Channel 95.3	19 9:30 Sing & Swing 10:00 Beverage Cart 1:30 Crafting	20 9:30 Sing & Swing 10:00 Cookies 2:00 Birthday Party	21 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	22 9:00 Manicures 10:30 Reader's Circle 1:15 Heartland Acres	23 9:30 Sing & Swing 10:00 Catholic Communion 10:00 Church with John Sheda "Live" 1:30 DJ Clay Willie Classic Music	24
25 11:00 Church Local Radio Channel 95.3 2:00 Sundaes on Sunday 	26 9:30 Sing & Swing 10:00 Beverage Cart 1:30 Summer Olympic Games	27 9:30 Sing & Swing 10:00 Cookies 10:00 Resident Council 11:30 Take Out 1:15 Fort Pentecost Amish Drive	28 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Happy Birthday Marjorie	29 9:00 Manicures 10:30 Church 1:30 Summer Olympic Games	30 9:30 Sing & Swing 10:00 Catholic Communion 10:30 Reader's Circle 1:30 Summer Olympic Games	31
Activities Subject to Change						
Contact Dianne: 319-332-0914 *Happy Birthday Eleanor						