

## Lexington Estate at Buchanan County Health Center

1600 1st St E • Independence, IA • (319)332-0915 • seniorliving@bchealth.org

#### **Celebrating August**

Olympics
July 23-Ausgut 8th

Capital Day
August 2nd- join us for a fun trivia

August 9th Book Lover Day

Iowa State Fair August 12-22nd

August 16th
Cupcake Day– join us for a cupcake

August 23rd World Water Day



2 Mile Walk for Alzheimer's!

# Friday, August 13th @ 5:00pm Begin & end at Riverwalk Parks Rotary Shelter

Participants will receive a card at each of the five check-in points.

Best five card poker hand wins! One participant will win the grand prize of a year membership to the Wellness Center at BCHC!

1st Card - Rotary Shelter, 2nd Card - Hartig Drug, 3rd Card - Banklowa 4th Card - Dunlap Motors, 5th Card - BCHC Corner

All are welcome! A donation of \$5 is requested to participate.

All profits will be donated to the Walk to End Alzheimer's





Taste of Home– Fun at the Beach Pudding Cups Ingredients:

- 1 (14.3-ounce) package Golden Oreos
- 4 ounces cream cheese, room temperature
- 1/4 cup butter, room temperature •
- 1/2 cup powdered sugar
- 1 (8-ounce) container whipped topping, thawed
- 1 (3.3-ounce) box instant white chocolate pudding
- 1 1/2 cups milk
- Drink umbrellas, teddy bear crackers (the beach goers), round candy pieces (beach balls)

Directions 1. Place cookies in a food processor or blender. Blend until cookies are a fine crumb. Set aside.

- 2. Combine cream cheese, butter, and powdered sugar in a large bowl with a hand mixer until smooth. Fold in whipped topping.
- 3. Combine pudding mix and milk in a medium bowl. Stir into the cream cheese mixture.
- 4. Place several tablespoons of cookie crumbs in the bottom of 4 cups. Top with several tablespoons of the cream mixture in each cup. Top again with several tablespoons of cookie crumbs. Top again with a layer of the cream mixture and more crumbs.
- 5. Decorate the "beaches" with drink umbrellas, teddy bear crackers, and round candy balls



#### **August Birthdays**

In astrology, those born August 1–22 are Leo's Lions. These "kings of the jungle" are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause. Those born August 23–31 are Virgo's Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity and love of others makes them defenders of justice, goodness, and purity

Buddy Hackett (comedian) – August 31, 1924 Viola Davis (actress) – August 11, 1965 Magic Johnson (athlete) – August 14, 1959 Angela Bassett (actress) – August 16, 1958

Leonard Kaster August 7
Delores Doyle August 19

#### Welcome to the Neighborhood



**Nora Cousins** 

#### **In Loving Memory**



March 30, 1937 -June 30,2021



January 4th, 1924– July 18th 2021

#### **Iowa State Fair History**

It began in 1854 and has been held on the Iowa State Fairgrounds since 1886. It is based in the state capital Des Moines, Iowa over 11 days in August. With over a million visitors it is one of the largest and best known state fairs in the United States. Throughout its history, the Fair has been a unique institution, serving to educate, inform and entertain. It is an outstanding agricultural showplace, boasting one of the world's largest livestock shows. Also home to the largest art show in the state, the Fair showcases visual and performing arts with a variety of special exhibits and activities.

#### Alzheimer Awareness

Talking to someone with Memory Loss (Alzheimer's/Dementia)

Be patient...the person with Alzheimer's doesn't want to be in the way.

- 1. (Smile) Identify yourself, call the person by name, approach from the front.
- 2. Be gentle and relaxed with a quiet tone.
- 3. Keep eye contact to show that you are listening.
- 4. Ask questions one at a time, give them plenty of time to answer. Use short and simple words that are familiar.
- 5. Go with the flow. If the person with Alzheimer's says something that isn't true, and the information doesn't harm anyone, just let it pass. Contradicting the person about every detail serves no purpose except to upset you both.

#### Alzheimer's Virtual Walk

2021 Cedar Valley

Walk to End Alzheimers

Saturday, September 25th 2021

Wear your purple shift and walk in your own neighborhood. Send me a photo so I can include in the next newsletter.

Location: To be determined.

mroscovius@bchealth.org

### Activities to keep me busy when there is not a group activity going on

**Daily House Newspaper:** Located at brown credenza to the left inside the dining room.

**Puzzles:** Located in brown 2 door cabinets-We have variety, ranging from 50 to 500 piece puzzles available.

**Books:** Located on the rolling library cart in the activity room - We have a variety to choose from. Activities are happy to get other books on request from the public library.

**Magazines:** Located in the Activity room on the magazine rack. We have a variety to choose from

**Small Crafts:** Ask Activity staff to assist you during the week to set up a small craft for in your room.

**Crosswords/WordSearches:** Located in the basket below the TV in the activity room.

**DVD's/CD's**: Located in the basket below the TV in the activity room.

**Deck of Cards:** Located in the basket below the TV in the activity room.

**Sensory Items:** Located in the basket below the TV in the activity room.

These items are made available to all residents to borrow. Any staff member can assist getting these items if needed. All items that are not disposable need to be returned to where they were borrowed from. If you have any questions please contact Molly Roscovius, Activity Coordinator.

Help us welcome back Elise from maternity leave. Elise and her husband Greg welcomed baby Lynden in April. Elise and Greg live in Manchester where she grew up. Elise is our Nurse Manager at Lexington Estate. When Elise isn't working she enjoys spending time outdoors, bike riding and shopping.

We're so happy to have you back!

Lynden Jane Bonert 7lbs 13.6 oz, 20 3/4" 4/12/2021 5:59pm

Joins big sister Vivian (3) at home.



















# AUGUST 2021

1 1100 Church   2 30 Sing & Swing   3 49 Sing at Swing   4 93 Sing & Swing   5 800 Maintaines   6 93 Sing & Swing   7 Independent   10.00 Church with   10.00 Beverage Cart   1.00 Church   1.00 Chu	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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9 9:30 Sing & Swing   10 9:30 Sing and Swing   11 9:30 Mass with   12 9:00 Manicures   13 9:30 Sing & Swing   10:30 Readers Circle   10:00 Beverage Cart   10:30 Readers Circle   10:00 Communon   1:30 Bing & Swing   12 9:00 Manicures   1:30 Church with   10:30 Readers Circle   10:00 Communon   1:30 Bing & Swing   12 9:00 Manicures   1:30 Church with   1:30 Bing & Swing   12 9:00 Manicures   1:30 Church with   1:30 Church See   1:30 Church with   1:30 Church Wasten   1:3		with a fun quiz.	Strawberry Shortcakes	3:00 Happy Hour	Flush Covid game	Harold Grey	Happy Birthday Leonard
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1.30 World Water Day   2.00 Bing & Swing   1.30 Bingo   1.30 Coffee Talk   1.30 Sing & Swing   1.30 Coffee Talk   1.30 Can You Name   1.30 Each Pudding Cups   1.30 Can You Name   1.30 Each Pudding Cups   1.30 Can You Name   1.30 Can You		1:15 Load the Bus	1:30 Olympic Ceremony	1:30 Bingo	1:30 Country Western	1:30 Live Music by	of Newsletter
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https://www.vertex42.com/calendars/monthly-calendar.html