



August 2021

Lexington Estate

at Buchanan County Health Center

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

Celebrating August

Olympics
July 23-August 8th

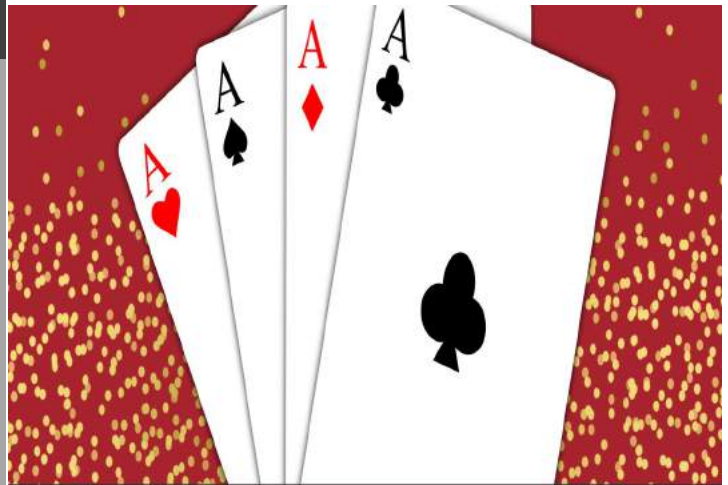
Capital Day
August 2nd— join us for a fun trivia

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



Poker Walk

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



Make plans to attend the Friday Night Live in Riverwalk Parks from 6-10pm after the walk is complete!

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

Janice Adams

March 30, 1937 - June 30, 2021



Pauline Donahue

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 shirt 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Church Local Radio 95.3	2 9:30 Sing & Swing 10:00 Coffee Talk and R&R Donuts 1:30 States & Capital day with a fun quiz.	3 9:30 Sing and Swing 10:30 Olympic Game Basketball shoot 1:30 Katelyn's Kitchen Strawberry Shortcakes	4 9:30 Sing & Swing 10:30 What's New in the News. 1:30 Bingo 3:00 Fair Food 3:00 Happy Hour	5 9:00 Manicures 10:30 Church with Sue Ann Raymond 1:30 Pet Visits with Doug 1:30 Olympic Game Flush Covid game	6 9:30 Sing & Swing 10:00 Beverage Cart 10:00 Catholic Communion 1:30 Live Music by Harold Grey	7 Independent Activities 1:30 Movie and Popcorn "State Fair" Happy Birthday Leonard
8 11:00 Church Local Radio 95.3	9 9:30 Sing & Swing 10:00 Beverage Cart 1:15 Load the Bus 1:30 Walmart Shop	10 9:30 Sing and Swing 10:30 Katelyn's Kitchen "No bake cookies" 11:30 DQ Take Out 1:30 Olympic Ceremony Pie in Angels Face	11 9:30 Mass with Father Dave 10:30 Whats New in the News. 1:30 Bingo 3:00 Happy Hour	12 9:00 Manicures 10:30 Readers Circle 1:30 Pet Visits with Doug 1:30 Country Western music on the patio.	13 9:30 Sing & Swing 10:00 Church with John Sheda 10:00 Catholic Communion 1:30 Live Music by Ron Lubbers	14 Independent Activities See Page 4 of Newsletter
15 11:00 Church Local Radio 95.3	16 9:30 Sing & Swing 10:00 Coffee Talk & Reminence 1:30 Social on the Patio Cupcake Day Enjoy a Cupcake	17 9:30 Sing and Swing 10:00 Cookies 2:00 Birthday Party & Birthday Cake Birthday Card Bingo	18 9:30 Sing & Swing 10:30 What's New in the News. 1:30 Bingo 3:00 Happy Hour	19 9:00 Manicures 10:30 Readers Circle 1:30 Black Cow Day Black Cow Beverages Meet Lucretias Cows Happy Birthday Delores	20 9:30 Sing & Swing 10:00 Catholic Communion 11:00 Music with Dave Poggenklass 1:30 Bowling & Bag toss	21 1:30 Music With Dave Wirtz
22 11:00 Church Local Radio 95.3	23 9:30 Sing & Swing 10:00 Coffee Talk & Reminence 1:30 World Water Day & Games	24 9:30 Sing and Swing 10:00 Resident Council 11:30 Take Out Buttermilk 1:15 Load the bus 2:00 Movie at Starlite	25 9:30 Sing & Swing 10:30 Beverage Cart 10:30 Cookies 1:30 Bingo 3:00 Happy Hour	26 9:00 Manicures 10:30 Readers Circle 1:30 Pet Visits with Doug 1:30 Country Western music on the patio.	27 9:30 Sing & Swing 10:00 Catholic Communion 10:30 Banana Lovers Day Fresh Banana Bread 1:30 DJ Clay Willie Classical Music	28 Independent Activities 1:30 Popcorn Happy 78th Sweet Lou Baseball Movie
29 11:00 Church Local Radio 95.3	30 9:30 Sing & Swing 10:00 Coffee Talk & Reminence 1:30 Taste of Home Beach Pudding Cups	31 9:30 Sing & Swing 10:30 Katelyn's Craft 1:30 Can You Name 5? With Snacks And Drinks				
	All outside activities are weather pending. Activities are subject to change.				Contact Molly 319.332.0914	