



# Lexington Estate

at Buchanan County Health Center

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



## Celebrating September

**September 2nd, Piano Day with Bonnie O'Brien**

**September 6, Happy Labor Day**

**September 8th, Grandparents Day**

**September 9th, NFL is scheduled to kick off today**

**September 17th, Constitution Day, the U.S Constitution was unanimously approved.**

**September 29th, National Women's Health and Fitness day.**



The Origins of Labor Day During the late 1800s, at the height of the Industrial Revolution in the United States, the average American worked at least 12 hours a day, seven days a week to survive. And in spite of restrictions in some states, children as young as five years old worked in factories and mills doing the same jobs as adults but earning only a fraction of adult wages. Unsafe working conditions were the order of the day. Labor unions, although still in their infancy, were becoming stronger, more vocal, and more violent. Unions were organizing strikes and rallies in protest of long hours and poor working conditions in an effort to compel employers to negotiate. One of these rallies was destined to become the first Labor Day parade in the United States. On September 5, 1882, the Central Labor Union in New York City, a large organization made up of members from many local unions, held a “workingmen’s holiday.” It began with a parade that included 10,000 people— all taking the day off without pay—and ended with a huge picnic in Wendel’s Elm Park, the largest park in New York City at that time. The afternoon included speeches from union leadership and live music provided by the Jewelers’ Union. Newspapers called it “a day of the people.”

## Taste of Home

### Easy Peasy Peach Cobbler

#### Ingredients:

- 1 cup Bisquick mix
- • 3/4 cup milk
- • 3/4 cup sugar
- • 1 teaspoon vanilla
- • 1/4 cup butter, melted
- • 1 (15.25-ounce) can sliced peaches in juice

#### Directions

1. Preheat oven to 350°F. Spray an 8 X 8-inch baking pan with cooking spray.
2. Combine Bisquick, milk, sugar, and vanilla in a large bowl. Transfer to prepared baking pan.
3. Pour melted butter evenly over the batter.
4. Arrange peach slices in an even layer on top of butter. Drizzle peach juice evenly over peaches.
5. Bake 30 minutes

Makes 9 servings



#### September Birthdays.

Lily Tomlin (comedienne) – September 1, 1939

Buddy Holly (musician) – September 7, 1936

Sid Caesar (comedian) – September 8, 1922

Jesse Owens (Olympian) – September 12, 1913

Prince Harry of Wales – September 15, 1984

Greta Garbo (actress) – September 18, 1905

#### Happy Birthday to Our Own Celebrities:

September 7th Vivian Kaster

September 20th– Bill Offerman

September 27th Margaret Hogan



#### Welcome to the Neighborhood



**Eileen Humes**

#### In Loving Memory:



Dale Buckman

May 7, 1928– August 3rd, 2021

# 2021 Walk to End Alzheimer's - Cedar Falls / Cedar Valley Saturday, September 25

**We're walking in 2021 — and we invite you to join us.**

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by **someone** committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia.

We're moving forward with plans to host the Walk to End Alzheimer's in person this fall. We are planning every Walk with the health and safety of our constituents, staff and volunteers as our top priorities. All events will implement safety protocols including physical distancing, masks (where required), contactless registration, hand sanitizing stations and more. We will continue to closely monitor Centers for Disease Control and Prevention (CDC), state and local guidelines to ensure Walk events adhere to recommendations and are safe for attendees.

## Event Information

### **Schedule of Events:**

Registration at 8 a.m. | Ceremony at 9 a.m. | Walk at 9:30 a.m.

### **Location:**

Peet Jr. High | 525 E. Seerley Blvd Cedar Falls, IA 50613

Route Length: 2 miles

### **Contact:**

Danielle Fuglsang | 515.218.2675 | [dfuglsang@alz.org](mailto:dfuglsang@alz.org)

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BCHC has raised: \$1,130.60







# **Lexington Estate Alzheimer's Fundraiser**

**BCHC has raised \$1400 for this year's  
Walk to End Alzheimer's so far!**

**Online Shopping**

**Sept. 1-10**

**Order at:**

**[pamperedchef.com/party/lexingtonbchc](http://pamperedchef.com/party/lexingtonbchc)**

*A portion of proceeds will benefit a Walk to End Alzheimer's!*

*\*September 10th is the final Casual Day before the virtual Walk to End Alzheimer's!\**



## **Congratulations to our 2021 Poker Walk Winners**

1st Place: Nicole Gruber

2nd: Chris Kerkove

3rd: Vanna Vargason

**All together we raised 220.00.**

Thanks to everyone who participated and the volunteers who made it happen, especially Dianne Hepke. Thanks Dianne for all your hard work at the Poker Walk.

August 30, 2021

To our Family Members and Friends,

Today we tested all residents and all staff. I am very happy to say all results were negative. We will be retesting residents and staff this Friday, September 3, 2021. Refer to the table below which identifies our current and resolved COVID-19 cases to date.

	New Onset of COVID-19 Related Symptoms	Active Cases of COVID-19	Resolved Cases of COVID-19	Total Number of Active and Resolved Cases of COVID-19
Employees	0	1	12	13
Residents	0	0	1	1

To mitigate the risk and spread of COVID-19, we continue to follow guidance from the Centers for Disease Control and Prevention (CDC) and the Center for Medicare & Medicaid Services. We are also working with our local Public Health Department to ensure we are taking the appropriate steps including:

- Frequent cleaning of high touch surfaces.
- Screening staff for COVID-19 before each shift.
- Screening residents three times daily for COVID-19.
- Having residents remain in their room.
- Encouraging residents to mask during cares.
- Communal dining and group activities temporarily suspended.
- Beautician services are temporarily suspended.
- All staff entering the facility is required to wear a surgical face mask and eye protection.

Effective Tuesday, August 31, 2021 we will resume visits in both the visitor booth and outside. There is a potential risk of exposure to COVID-19 and visitors should take that into consideration prior to visiting. To mitigate the risk of COVID-19 transmission we ask that the following infection control precautions are taken:

- Both visitor and resident wear a face mask throughout the visit.
- Both visitor and resident complete hand hygiene before and after the visit, and periodically throughout the visit.
- Avoid consuming food or drink at this time. If you choose to consume food or drink please ask a staff member to provide you with a tri-fold plexi-glass barrier that can be placed on top of the table.

*Communal dining, group activities, and salon services will be re-evaluated early next week as long as there are no additional cases of COVID-19.*

We encourage you to review the CDC website for information about COVID-19 including its symptoms, how it spreads, actions you can take to protect your health and vaccinations: <https://www.cdc.gov/coronavirus/2019-ncov/index.html> . Please contact Angel Decker at (319) 332-0995 or [adecker@bchealth.org](mailto:adecker@bchealth.org) or Elise Bonert at (319) 332-0994 or [ebonert@bchealth.org](mailto:ebonert@bchealth.org) with any questions or concerns.

Sincerely,

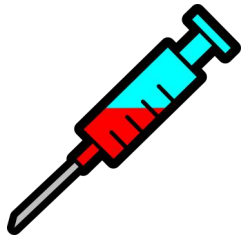
Angel Decker

Executive Director of Senior Operations

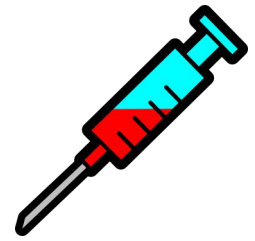
Elise Bonert

Nurse Manager/Infection Preventionist





**SHOTS! SHOTS! SHOTS!**








It's that time of year again-- we will be administering annual flu vaccines at the end of the month. We continue to encourage, track, and monitor routine vaccination among our residents and staff for preventable communicable diseases including—COVID-19, influenza, pneumonia, and shingles.

**Elise Bonert, Nurse Manager**

## Flu Myths vs. Flu Facts

UMN expert Mark Schleiss weighs in on some of the most common myths surrounding the annual flu vaccine

Myth: Vaccines are not proven to prevent the flu		Fact: You are at least 60% less likely to become infected with the influenza virus
Myth: The flu vaccine can give me the flu		Fact: Flu viruses used in flu shots are inactivated, so they cannot cause infection
Myth: I should wait to get vaccinated so I'm covered until the end of the season		Fact: Get the flu vaccine as soon as possible. It takes 2 weeks for antibodies to develop
Myth: The flu nasal spray is just as effective as the flu shot		Fact: The nasal spray is NOT effective. You should get the flu shot to be properly vaccinated
Myth: The flu shot will protect me from every type of flu virus		Fact: The flu shot is designed yearly to protect against the highest risk/actively circulating strains of influenza





# 2021 Olympic Games Fun












# SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 11:00 Church Local Radio 95.3	6 Independent Activities See individual puzzle packets. Happy Labor Day	7 9:30 Sing and Swing 10:00 Beverage Cart & Cookies Happy Birthday Vivian. 1:15 Load the bus 1:30 Picnic at the Park	1 1:30 Sing and Swing 11:30 Whats new In the News. 1:30 Bingo 3:00 Happy Hours	2 7:45 Morning Motions 9:00 Manicures 10:30 Church with Sue Ann Raymond 1:30 Piano Day Bonnie O'Brien Plays Piano	3 9:30 Sing and Swing 10:00 Catholic Communion 1:30 Live Music With Linda Jacobson	4 Independent Activities.
12 11:00 Church Local Radio 95.3	13 9:30 Sing and Swing 10:00 Coffee Talk & Reminence 1:30 Milton Hersheys Birthday 1:30 Kiss Acorn Treats	14 9:30 Sing and Swing 11:30 Take Out 1:30 Rocky Marciano Documentary	8 9:30 Mass with Father Dave 10:30 Grandparents Day Celebration. 1:30 Bingo 3:00 Happy Hour	9 7:45 Morning Motions 9:00 Manicures 10:30 Readers Circle 11:00 Immanual Lutheran Communion 1:30 Corks & Canvas & "Wine"	10 9:30 Sing and Swing 10:00 Church With John Seeda 1:30 Live Music With Dave Poggenklass	11 Iowa Vs Iowa State Game On At 3:30
19 11:00 Church Local Radio 95.3	20 9:30 Sing and Swing 10:00 Load the Bus 10:30 Fishing with Rod Happy Birthday Bill. 2:00 Coffee Talk & Reminence	21 9:30 Sing and Swing 10:00 Resident Council 11:30 Take out 1:30 Creative Breakfast Come create your Own pancake.	15 9:30 Sing and Swing 11:30 Whats New In the News. 1:30 Bingo 3:00 Happy Hour	16 7:45 Morning Motions 9:00 Manicures 10:30 Readers Circle 1:15 Load the bus 1:30 Amish Fort Pentecost	17 9:30 Sing and Swing 10:00 Catholic Communion 1:30 Katelyns Kitchen	18 1:30 Live Music with Dave Wirtz
26 11:00 Church Local Radio 95.3	27 9:30 Sing and Swing 10:00 Coffee Talk & Reminence Happy Birthday Margaret. 1:30 Taste of Home	28 9:30 Sing and Swing 10:00 Katelyn's Craft 1:30 Birthday Party & Cake 2:00 Birthday BINGO	22 9:30 Sing and Swing 11:30 Whats new the News. 1:30 Bingo 3:00 Happy Hour	23 7:45 Morning Motions 9:00 Manicures 10:30 Readers Circle 1:30 Card Club	24 9:30 Sing and Swing 10:00 Prairie Lakes Church Virtual 1:30 DJ Clay Willie Classical Music	25 Independent Activities Walk To End Alzheimers
All outside events are weather permitting.	Activities are subject to change.				Questions Contact Molly Roscovius 319.332.0914	