



December 2021

Lexington Estate

at Buchanan County Health Center

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

Celebrating December

December 9th– Christmas Lights on the bus

December 13th– Back to Wal-Mart!!!!

December 14th– Movie in Oelwein

December 23rd– Catered meal, music and gifts.

December 27th– Christmas Lights on the bus

December 31st– NYE Party & Happy Hour

Christmas Day—Gifts around the Tree

December 25



If you bring a wrapped present for your family member to open on Christmas, our elves will deliver on Christmas morning! Please have any gifts for loved ones brought to Lexington by December 17th.

Remember to have the residents full name attached to the gift.

****Contact Molly or Katelyn for questions: 319 332 0976**



Fran's Almond Bark Cookies

Ingredients:

2 Packages of white almond bark

1 Cup crunchy peanut butter

2 Cups dry roasted peanuts

2 Cups rice krispies

4 Cups miniature marshmallows

Directions:

Melt almond bark and mix in peanut butter until smooth. Mix in the rest of the ingredients. Drop by teaspoon on parchment paper to cool then enjoy.



In Loving Memory

Vernon Gudenkauf 11/23/21



December Birthdays

Bette Midler (singer) – December 1, 1945
George Custer (general) – December 5, 1839
Eli Wallach (actor) – December 7, 1915
Rita Moreno (actress) – December 11, 1931
J. Paul Getty (industrialist) – December 15, 1892
Ty Cobb (ballplayer) – December 18, 1886
Ray Romano (comic) – December 21, 1957
Howard Hughes (aviator) – December 24, 1905
Maggie Smith (actress) – December 28, 1934
Bo Diddley (musician) – December 30, 1928

Our Own Celebrities!

Fran Kirk– Dec 18th

Janice Arnold– Dec. 29



Covid, Cold & the Flu SEASON

The Covid 19, Cold & Flu Season is upon us. We would like to stress that if you're not feeling well or have been exposed to Covid 19, Influenza, etc., please DO NOT come to visit your family member until you are healthy.

When visiting, please follow the screen in process, wear your mask, use the hand sanitizer upon arrival and before you leave.

This protects YOU and YOUR loved one. Thank you for all you do to keep everyone safe.

******Mask wearing, social distancing and proper hand washing is the best defense against infections.***

Dress smart for cold weather

Please take an inventory of your closets for upcoming winter weather gear. Even if you don't plan to go out, there may be times when a Dr.'s appointment or other outing is necessary.

A warm winter coat is a must!

We are hopeful that we can continue to take an occasional bus ride in the winter months but will limit how far we travel as well as cancel if temperatures are below zero or weather forecasts indicate winter storms. Of course all of this also depends on the Covid 19 status in our community and our restrictions to keep everyone safe.



Help us fill a Stocking for a Resident

Lexington Estate residents have been very good this year! In addition to their “Santa’s Secret Gift”, we have 38 resident stockings to fill and need your help! Stocking stuffer items may include shower gel, hair picks, lotions, candy, Kleenex, “the good stuff”, etc. and can be turned into the front, MOB registration desk by **December 17th**.

Santa’s elves will deliver filled stockings to the residents on Christmas Eve.

Please drop off items to the front registration desk by December 17th.

The Gift of Giving: Resident Angel Tree

Lexington Estate has a gift giving tree with name tags for all Lexington residents in the facility. The names on the tree are chosen by staff. The tree is located at the Lexington nurses’ station.

There is a clipboard by the tree for you to sign your name, beside the resident’s name(s) that you choose. It is VERY important that you fill this information out so we can be certain that every resident has a gift.

******An email will be sent out hospital wide if there are names available after our Lexington staff have an opportunity to choose.**

Return gifts to Activities by **December 17th**. The gifts will then be given to the residents, by staff, around the tree after breakfast Christmas morning .

The 12 Days of Christmas... Lexington Estate Style!

On first day of Christmas...my true love sent to me:

A Partridge in a Pear Tree

Two Turtle Doves

Three French Hens

Four Calling Birds

Five Golden Rings

Six Geese a Laying

Seven Swans a Swimming

Eight Maids a Milking

Nine Ladies Dancing

Ten Lords a Leaping

Eleven Pipers Piping



Honoring
Veteran's



VETERANS DAY
By Cheryl Dyson

On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.
Some have lived, while others died,
And all of them deserve our pride.
We're proud of all the soldiers who,
Kept thinking of red, white and blue.
They fought for us and all our rights,
They fought through many days and nights.
And though we may not know each name,
We thank **ALL** veterans just the same.



Thank you for your service!





BCHC
Holiday Giving
Opportunities

Employee Food Drive - Nov. 22 - Dec. 10

Please bring in a monetary donation, or two non-perishable food items to the MOB or ED registration. Staff must be present to check your name on the list to qualify for the \$25 or \$50 bonus check. Jesup/Oelwein to turn in to supervisor.

Salvation Army Bell Ringing

Sign up to ring the bell outside at Fareway or WalMart in Independence to support the Buchanan County Salvation Army. These qualify as volunteer hours for the Wellness & STAR Program. You can sign-up online by visiting Buchanan County Salvation Army on Facebook. Sign-up links will be sent out in weekly newsletters. Please send pictures to Michelle McBride!

Adopt-a-Family & Operation Threshold

A SPECIAL Casual for a Cause day will be held on Friday, November 19th to raise funds for our Adopt-a-Family and for the Buchanan County Operation Threshold. Donations can also be made and given to Michelle McBride now through November 29th.

★ Thank you for your generosity!

With the new year comes new opportunities...

As I am coming into my fifth month with BCHC as the Activity Coordinator of Lexington Estate, I want to take this opportunity to say what an amazing experience it has been thus far. I am blessed to be part of such an amazing community of families, residents, co-workers, volunteers, and visitors here at BCHC! I came into Lexington Estate with ten years of experience as an Occupational Therapy Assistant, all of which were in skilled nursing facilities. Along with that experience, I brought a deep passion and love for geriatric care and wanted to provide the best physical, mental, emotional, and social well-being to all of our residents. With that being said, I am happy to announce I have accepted an additional role heading the restorative program at Lexington Estate. What this role means, is that I will implement individualized care plans pertaining to the physical well-being for our residents. This program will work cohesively with the therapy department in hopes that we can regain some of the independence that COVID and other acute illnesses have taken away from your loved ones.

I look forward to seeing the physical progress and overall improved quality of life the addition of a restorative therapy program will bring to your loved ones in the upcoming months and years ahead!

Molly Roscovius



DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Independent Activities	6 9:30 Sing and Swing 10:00 Coffee Talk 1:30 Holiday Baking	7 9:00 1:1's 10:00 Snack Cart 11:30 Take Out 1:30 Left/Right Holiday Gift Game	8 9:30 Mass with Father Dave, Catholic 11:30 Whats New in The News 1:30 Bingo 3:00 Happy Hour	9 9:00 Manicures 10:30 Readers Circle 11:00 Luteran Communion 4:00 Load for Christmas lights.	10 9:30 Sing and Swing 10:00 Non Denominational Virtual Church 1:30 Music with Tom Moran	11 1:30 Grinch Movie with Grinch Corn
12 Independent Activities	13 9:30 Sing and Swing 10:00 Load the bus 10:15 Walmart 1:30 Coffee Talk	14 9:00 1:1's 10:00 Snack Cart 12:30 Load the bus 1:30 Movie in Oelwein	15 9:30 Sing and Swing 11:30 Whats New in The News 1:30 Bingo 3:00 Happy Hour	16 9:00 Manicures 10:30 Readers Circle 1:30 Katelyns Kitchen	17 9:30 Sing and Swing 10:00 Non Denominational Virtual Church 11:30 Live Music with Linda 1:30 Christmas Chronicles Movie	18 Happy Birthday Fran. 1:30 Music With Dave Wirtz
19 Independent Activities	20 9:30 Sing and Swing 10:00 Coffee Talk 1:30 Birthday Bingo Birthday Party	21 9:00 1:1's 10:00 Snack Cart 11:30 Take Out 1:30 Holidays are a circus trivia.	22 9:30 Sing and Swing 11:30 Whats New in The News 1:30 Auxiliary Bingo 3:00 Angel Food Cake Gifts & Carolling	23 9:00 Manicures 10:30 Readers Circle 12:00 Christmas Party Meal, music & gifts. Special Guest Singer	24 9:30 Sing and Swing 10:00 Non Denominational Virtual Church 1:30 DJ Clay	25 Independent Activities
26 Independent Activities	27 9:30 Sing and Swing 10:00 Coffee Talk 4:00 Load for Christmas lights.	28 9:00 1:1's 10:00 Resident Council 11:30 Take Out 1:30 Taste of Home	29 9:30 Sing and Swing 11:30 Whats New in The News Happy Birthday Janice 1:30 Bingo 3:00 Happy Hour	30 9:00 Manicures 10:30 Readers Circle 1:30 Katelyns Craft	31 9:30 Sing and Swing 10:00 Non Denominational Virtual Church 1:30 NYE Party & Happy Hour	
	Activities are always subject to change.					
						<p>If you have questions/concerns please contact Molly Roscovius, Activity Coordinator 319.332.0976</p> 