



Lexington Estate

at Buchanan County Health Center

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

We Honor... Our Veteran's at Buchanan County Health Center Lexington Estate



Vernon Gudenkauf



William Offerman

Veteran Happy Hour Virtual Program

We will honor our veterans and spouses of veterans on Thursday November 11th with a special happy hour at 1:30.

Veteran Program, snacks and drinks.

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.



© www.jbanzer.com

Taste of Home

HOW TO MAKE NO BAKE PEANUT BUTTER BARS:

1. Line a 9x13 pan with parchment or wax paper if you are wanting to be able to lift these out of the pan to cut them up.
2. In a mixing bowl, stir together the graham cracker crumbs and powdered sugar.
3. Stir in the peanut butter and melted butter. Mix until very well combined.
4. Pat out evenly in a 9x13 pan.
5. Melt the chocolate chips carefully in the microwave. Spread the melted chocolate across the peanut butter layer.
6. Refrigerate for about 1 ½ hours. Cut into small squares and serve.

3 Cups Graham Cracker Crumbs

2 Cups [Powdered Sugar](#)

1 ¼ Cups Creamy Peanut Butter

1 Cup Butter, melted

2 Cups [Chocolate Chips](#)



November Birthdays

Marie Antoinette (queen) – Nov. 2, 1755

Art Carney (actor) – Nov. 4, 1918

John Philip Sousa (conductor) – Nov. 6, 1854

Petula Clark (singer) – Nov. 15, 1932

Mickey Mouse (cartoon) – Nov. 18, 1928

Happy Birthday to Our Own Celebrities!

Eunice Hamilton Nov. 1

Mavis Armstrong Nov. 2

Nancy Tyler Nov. 3

Vernon Gudenkauf Nov. 8

Nora Cousins Nov.23



Thanksgiving Holiday

Residents will enjoy a full Thanksgiving Dinner on Thursday, November 25th @ noon.



T'was the night before Thanksgiving Poem



T'was the night before Thanksgiving and in my sleep,
Strange dreams in my mind, began to creep

Thanksgiving leftovers beckoned — The dark meat and white,
But I fought the temptation with all of my might.

Tossing and turning with anticipation.....
The thought of a snack became infatuation.....

So to the kitchen I did race, Flung open the door,
And gazed at the fridge full of goodies galore
I gobbled up turkey and buttered potatoes,
Pickles and carrots, beans and tomatoes.

I felt myself swelling so plump and so round,
Till all of a sudden, I rose off the ground!

I crashed through the ceiling. Floating into the sky....
With a mouthful of pudding and a handful of pie,
But I managed to yell as I soared past the trees.
Happy Eating to all and save some left overs for me!

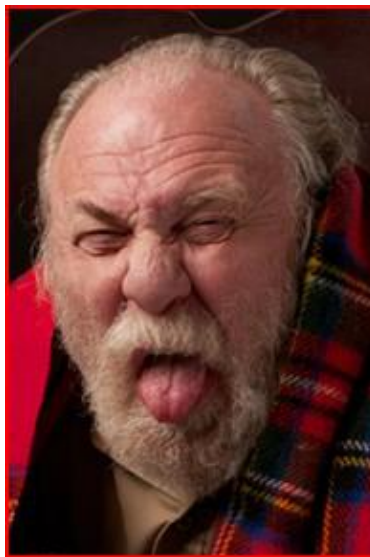


Covid, Colds, and the Flu ...

**Do the right thing!
Stay Home until you are better !**

If you are feeling under the weather we would ask that you please stay home.

Likewise, if we are experiencing widespread illness we may restrict visits in the chat room.



We are encouraging that 100% of our employees receive their flu vaccine. All residents who are able and consented have also received their vaccination.

If we all do our part we will stay happy and healthy this winter.

Remember hand washing is the best defense against infectious diseases! Wear a mask and social distance!

Buchanan County Health Center Lexington Estate invites you to make a reservation for a visit in our visit booth during allotted visiting hours.

Make your online Reservations at

BCHC website <https://bchealth.org/>

- Open the Senior Living Tab
- Choose Long Term Care
- Choose Indoor Visits
- Follow the prompts after choosing a blue highlighted date:
- Choose a day
- Choose a time press (Click confirm), scroll down &
- Complete all boxes- Name, E-Mail address, phone#, who will be visiting.
- Click schedule visit

In Loving Memory

Bill Brown



Norma Daubenburger

Holiday Reminders Resident Gifts

Santa will be making weekly visits to Lexington if you have a small treat for your resident let us know ...Santa will deliver!



In-Room Visits

No appointment is required, but visitor must come during the visiting hours.

At this time both the visitor(s) and resident must be fully vaccinated and the visitor must be over the age of 18; MAX of 2 Visitors

- Remove roommate when possible. IF ROOMMATE IS IN ROOM THEY MUST REMAIN MASKED.
 1. Hand hygiene before, after and frequently during the visit.
 2. We encourage you to assist the resident with frequent hand hygiene.
 3. Social distancing is not required with the resident you are visiting.
 4. Masking is strongly encouraged but, is not required with the resident you are visiting when you are in their room, unless a roommate, other resident or staff member is present.
 5. Visitors must go directly to/from the room and remain in the room during the visit.

Other Information

1. Assist the resident with hand hygiene after the visit
2. No more than 2 visitor(s) at one time.
3. Visitors should only visit with the resident that they came to see.
4. Food and Drink may be consumed, unless a roommate is present.
5. Visitor may be asked to go to a different location during cares to maintain social distancing.

As a Reminder: Visitors are prohibited from entering the facility without a face mask or cloth face covering. This includes when being screened. Surgical face masks should be worn by all indoor visitors and are available at the visitor screening desk.

Visitor Room/Visitor Booth

Appointment is required either via bchealth.org or Molly Roscovius. Max of 2 visitors at one time if an unvaccinated/not fully vaccinated person is present.

1. If all Visitors are Fully Vaccinated and the Resident is fully vaccinated.
 - a. Hand hygiene before, after and frequently during the visit.
 - b. Social distancing is not required with the resident you are visiting. (required with other residents or staff)
 - c. Masking is strongly encouraged but, is not required with the resident you are visiting.
 - i. Visitor must mask around other residents and staff.
 - d. Food and Drink may be consumed but is not recommended.
2. If any visitor is not fully vaccinated, but the resident is fully vaccinated.
 - a. Hand hygiene before, after and frequently during the visit.
 - b. Social distancing is not required with the resident you are visiting. (required with other residents and staff)
 - c. Face masks are required for both the resident and visitor; visitor must wear a surgical face mask.
 - i. Visitors must mask and social distance from other residents and staff.
 - d. No food or drink.
3. If the resident is not fully vaccinated.
 - a. Hand hygiene before, after and frequently during the visit.
 - b. Social distancing is required for both resident and visitor.
 - c. Masking is required for both resident and visitor.
 - d. No food or drink

Outdoor Visits

Always available, no appointment required.

1. If all Visitors are Fully Vaccinated and the Resident is fully vaccinated.
 - a. Hand hygiene before, after and frequently during the visit.
 - b. Social distancing is not required with the resident you are visiting.
 - c. Masking is not required with the resident you are visiting.
 - d. Visitors must mask and social distance from other residents and staff.
 - e. Food and Drink may be consumed.
 - i. We encourage social distancing while consuming food or drink.
2. If any visitor is not fully vaccinated, but the resident is fully vaccinated.
 - a. Hand hygiene before, after and frequently during the visit.
 - b. Social distancing is not required with the resident you are visiting
 - c. Face masks for both the resident and visitor; visitor must wear a surgical mask.
 - d. Visitors must mask and social distance from other residents and staff.
 - e. No food or drink.
3. If the resident is not fully vaccinated.
 - a. Hand hygiene before, after and frequently during the visit.
 - b. Social distancing is required for both resident and visitor.
 - c. Masking with surgical face mask is required for both resident and visitor.
 - d. Visitors must mask and social distance from other residents and staff.
 - e. No food or drink

Annual State Survey October 18th—October 20th

The Department of Inspections and Appeals arrived on Monday, October 18th to complete our annual survey. Our last survey was in January 2020; due to COVID-19 restrictions annual surveys were suspended until January 4, 2021. The surveyors exited early afternoon on October 20th. They stated that we are only the second facility they had been to this year with a three day survey. Prior to exiting the surveyors did state that everyone, from residents to staff, were nice and easy to talk to. They also complimented how well all staff knew residents, that staff did a great job with all resident cares they observed and how organized we are compared to the other facilities they have surveyed. They did identify a few concerns, however none were significant and all had process improvement plans in place prior to the survey. All information will be reviewed by the DIA Bureau Chief and official results should be received within the next week.

We are very pleased with how well the survey went and could not be more proud of each and every person who works in Lexington. They have all done an exceptional job and worked incredibly hard to prevent a COVID-19 outbreak and help our residents maintain the highest quality of life possible.

Angel Decker and Elise Bonert

NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Sing and Swing 10:00 Make Chili for Cook Off. Happy Birthday Eunice 1:30 Chill Cook Off Judging & Taste Test	2 9:00 1-1's 10:00 Beverage Cart & Cookies Happy Birthday Mavis Load Bus at 12:30 1:30 Movie in Oelwein Theatre	3 9:30 Sing and Swing 11:30 Whats New in The News Happy Birthday Nancy 1:30 Bingo 3:00 Happy Hour	4 9:00 Manicures 10:30 Sue Ann Live Devotional 1:30 Katelyns Kitchen	5 9:30 Sing and Swing 10:00 Non Denominational Virtual Church 1:30 Pie Judging Coffee & Pie	6 Independent Activities
7 Independent	8 9:30 Sing and Swing 10:00 Coffee Talk Happy Birthday Vernon 1:30 Card Club	9 9:00 1-1's 10:00 Beverage Cart & Cookies 11:30 Take Out 1:30 Bus Ride	10 9:30 Sing and Swing 9:30 Catholic Church With Father Beckman 1:30 Bingo 3:00 Happy Hour	11 9:00 Manicures 10:30 Readers Circle 11:00 Lutheran Communion 1:30 Veterans Day Celebration Thanks for your service.	12 9:30 Sing and Swing 10:00 Non Denominational Virtual Church 1:30 DJ Clay Willie	13 Independent Activities
14 Independent Activities	15 9:30 Sing and Swing 10:00 Coffee Talk 1:30 Katelyns Craft	16 9:00 1-1's 10:00 Beverage Cart & Cookies 1:30 Bus Trip John Deere Museum	17 9:30 Sing and Swing 11:30 Whats New in The News 1:30 Bingo 3:00 Happy Hour	18 9:00 Manicures 10:30 Readers Circle 1:30 Card Club	19 9:30 Sing and Swing 11:00 Music with Dave Poggenklass 1:30 Turkey Foot Dominos OR Family Fued	20 1:30 Music with Dave Wirtz
21 Independent Activities	22 9:30 Load the Bus 10:00 Bus Ride 1:30 Birthday Party Birthday Party Bingo	23 9:30 Sing and Swing 10:00 Beverage Cart & Cookies 10:00 Resident Council 11:30 Take Out Happy Birthday Nora 1:30 Music with Ron L	24 9:30 Sing and Swing 11:30 Whats New in The News 1:30 Bingo 3:00 Happy Hour	25 Happy Thanksgiving Enjoy Family	26 Morning Independent Activities 1:30 DJ Clay Willie	27 Independent Activities
28 Independent Activities	29 9:30 Sing and Swing 10:00 Coffee Talk 1:30 Grout and Vet Museum	30 9:00 1-1's 10:00 Beverage Cart & Cookies 1:30 Taste of Home				
	Activities are always subject to change.				If you have questions please contact Molly Roscovius, Activity Coordinator 319.332.0976	