



January 2022

# Lexington Estate

at Buchanan County Health Center

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

## Celebrating January New Year's Day

*January 1*

**Wal-Mart**

*January 2nd*

**John Deere Museum**

*January 11th*

**Bus Ride**

*January 20th/24th*

**Activity Professionals Week**

*January 24th-29th*

It has been a challenge jumping into a new job with guidelines and ever changing regulations. However, Katelyn and I have been doing our best to keep you all safe, happy, healthy and busy to the best of our abilities. Thanks for remaining flexible. As always, please come to us with any question or concerns you may have.

# 2022

“

And now  
we welcome the  
new year. Full  
of things that have  
never been.

**RAINER MARIA RILKE**



## Taste of Home

### Marvel Dennie's Brownies

2 Sticks margarine

1 Cup Water

¼ Cup cocoa

2 Cups flour

2 Cups Sugar

½ teas salt

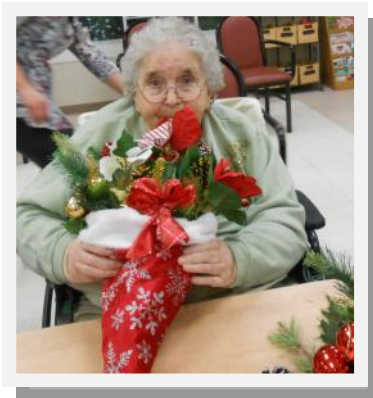
2 eggs

1 teas vanilla

½ cup buttermilk (milk with ½ T vinegar)

1 tea soda

Boil margarine with water and cocoa for one minute. Mix with flour, sugar, and salt. Add eggs and vanilla; add buttermilk which has been mixed with soda. Bake on large cookie sheet at 400\* for 15 minutes. Enjoy!



## January Birthdays

Diane Keaton (actress) – January 5, 1946

Elvis Presley (musician) – January 8, 1935

George Foreman (boxer) – January 10, 1949

Faye Dunaway (actress) – January 14, 1941

Al Capone (gangster) – January 17, 1899

Edgar Allan Poe (writer) – January 19, 1809

Ernest Borgnine (actor) – January 24, 1917

Oprah Winfrey (mogul) – January 29, 1954

Jackie Robinson (ballplayer) – January 31, 1919

### Our Own Celebrities!

Charles Brown January 16th

Emily Gudenkauf January 28th



### Welcome to the Neighborhood

*Marlene Steinbeck*

*William Reed*

*Mary Lou Weepie*

### In Loving Memory



Thank you to everyone who donated items for stocking stuffers. Thank you to everyone who picked a resident and blessed them with a gift. Thank you to all entertainers, dietary staff, CNAS, nurses and management who make Christmas such a blessing here at Lexington Estate. Your time and effort do not go unnoticed.



## Spotlight On....



Joni Henderson, ARNP

I work with Medical Associates on providing medical care to Lexington residents. I enjoy working with people I have known for many years and their families.

I have been a nurse practitioner since 2010. I have been a nurse since 1984

Lives in Independence with my husband, Ernie. We have twin daughters. One lives in Colorado and one in Michigan

I enjoy reading, canning vegetables, and doing crossword puzzles. And am always willing to listen to a good joke.

## January Hot Tea Month

January is a time for new beginnings, health and the home. Not coincidentally, it's also National Hot Tea Month. Whether you're drinking to new beginnings, your health or the domestic realm, these are ways you can celebrate Hot Tea Month this January.

Check out the [best detox teas](#) and try a few to see what you like. Revisit old favorites (such as "[herbal teas](#)" / [tisanes](#) like chamomile and peppermint).

Try some healthy teas that are new to you, like [white tea](#).

### Try Wintry Flavors

Brew a [ginger black tea](#), [ginger green tea](#) or [ginger "tea"](#)

Try a [cardamom black tea](#)

Buy citrusy tea blends, or add a little orange or lemon

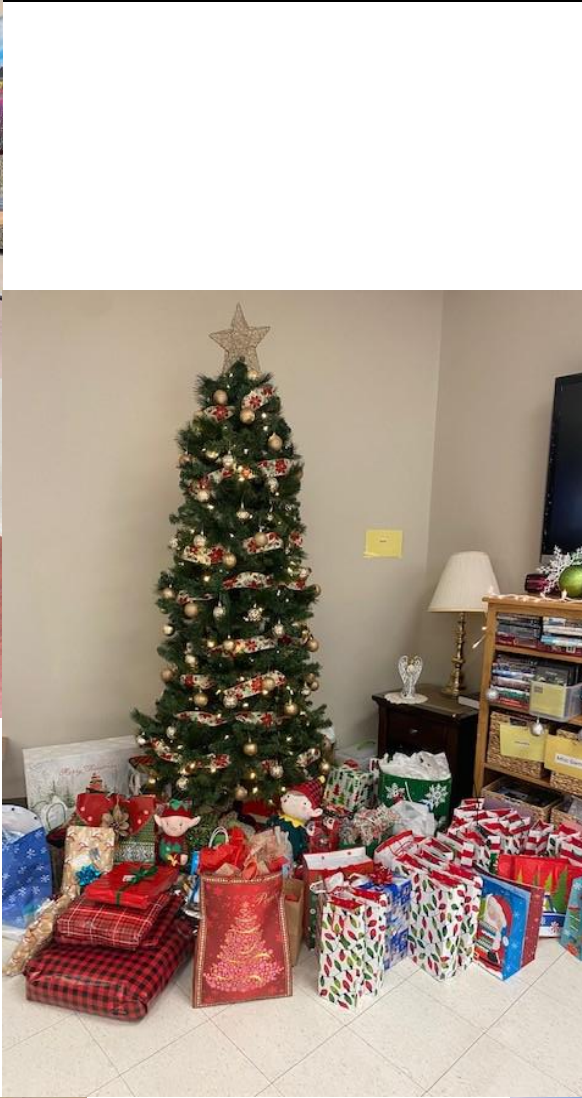
Remember that the healthiest teas are the teas you'll stick with.

As long as it's pure (no milk or sweeteners), if you want to drink it every day, it's good for you!

**Hot Tea Cart will make the rounds on Monday January 4th @ 10am**

Throwback through December

Happy New Year!



**CRAFTS**



**B I N G O**

*Party*

**PUZZLES**



**MUSIC**



**GAMES**



**EXERCISE**



|   |  |                                      |  |
|---|--|--------------------------------------|--|
| Record the # of steps you walk in 1 day.<br>_____ | Do a kind act for someone.<br>_____    | Attend a church service.<br>_____    | Sing-a-long to a favorite song!<br>_____ |
| Write a thank you note to someone.<br>_____       | Put together a jigsaw puzzle.<br>_____ | Read the newspaper.<br>_____         | Eat a piece of fruit.<br>_____           |
| Drink 4-8 glasses of water in 1 day.<br>_____     | Attend a group activity.<br>_____      | Call a friend on the phone.<br>_____ | Try a new food.<br>_____                 |
| Attend an exercise group.<br>_____                | Free Space<br>_____                    | Watch a movie<br>_____               | Play a game.<br>_____                    |
| Make a craft.<br>_____                            | Eat your vegetables.<br>_____          | Read a magazine.<br>_____            | Attend resident council.<br>_____        |

# January 2022

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |  |
|---|---|---|---|--|---|---|--|
|   |   |   |   |  |   | 1<br>Snack Cart 10:00<br>Independent Activities   |  |
| 2<br>Local Radio Channel 95.3<br>Independent Activities       | 3<br>9:30 Sing & Swing<br>10:00 Coffee Talk<br>1:30 Katelyns Craft    | 4<br>9:00 Snack Cart<br>11:30 Take Out<br>1:30 Board Games                                    | 5<br>9:30 Sing & Swing<br>11:30 What's in the News<br>1:30 Bingo<br>3:00 Happy Hour   | 6<br>9:00 Manicures<br>10:30 Reader's Circle<br>1:30 <b>Wal-Mart</b>   | 7<br>9:30 Sing & Swing<br>10:00 Non Denom Church<br>10:30 Catholic Communion<br>1:30 Live Animal Show                       | 8<br>Snack Cart 10:00<br>Independent Activities   |  |
| 9<br>Local Radio Channel 95.3                                 | 10<br>9:30 Sing & Swing<br>10:00 Coffee Talk<br>1:30 Cork N Canvas    | 11<br>9:00 Snack Cart<br>12:30 <b>Load the bus</b><br>1:30 <b>JD Museum</b>                   | 12<br>9:30 Catholic Mass<br>11:30 What's in the News<br>1:30 Bingo<br>3:00 Happy Hour | 13<br>9:00 Manicures<br>10:30 Reader's Circle<br>1:30 Card Club<br>1:30 Pet Visits                                       | 14<br>9:30 Sing & Swing<br>10:00 Non Denom Church<br>10:30 Catholic Communion<br>1:30 DJ Clay                               | 15<br>Snack Cart 10:00<br>1:30 <b>Dave Wirtz Music</b><br>Happy Birthday Charles  |  |
| 16<br>Local Radio Channel 95.3                                | 17<br>9:30 Sing & Swing<br>10:00 Coffee Talk<br>1:30 Katelyns Kitchen | 18<br>9:00 Snack Cart<br>11:30 Take Out<br>1:30 January Modern Trivia                         | 19<br>9:30 Sing & Swing<br>11:30 What's in the News<br>1:30 Bingo<br>3:00 Happy Hour  | 20<br>9:00 Manicures<br>10:30 Reader's Circle<br>1:30 <b>Bus Ride</b>  | 21<br>9:30 Sing & Swing<br>10:00 Non Denom Church<br>10:30 Catholic Communion<br>1:30 Birthday Bingo<br>2:30 Birthday Party | 22<br>Snack Cart 10:00<br>Independent Activities  |  |
| 23<br>Local Radio Channel 95.3<br>Activity Professionals Week | 24<br>9:30 Sing & Swing<br>10:00 Coffee Talk<br>1:30 <b>Bus Ride</b>  | 25<br>9:00 Snack Cart<br>10:00 Resident Council<br>11:30 Take Out<br>2:00 Tea Time and Trivia | 26<br>9:30 Sing & Swing<br>11:30 What's in the News<br>1:30 Bingo<br>3:00 Happy Hour  | 27<br>9:00 Manicures<br>10:30 Reader's Circle<br>1:30 <b>Ron Lubbers Live</b><br>1:30 Pet Visits<br>Happy Birthday Emily | 28<br>9:30 Sing & Swing<br>10:00 Non Denom Church<br>10:30 Catholic Communion<br>1:30 Movie & Popcorn                       | 29<br>Snack Cart 10:00<br>Independent Activities  |  |
| 30<br>Local Radio Channel 95.3                                | 31<br>9:30 Sing & Swing<br>10:00 Coffee Talk                          |           |   |  |   | <b>Activities are always subject to change.</b><br><b>Bus trips are weather permitting.</b><br><br><b>Questions or concerns please contact:</b><br>Molly Roscovius 319-332-0976 |  |