



February 2022

Lexington Estate

at Buchanan County Health Center

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

Celebrating February



Groundhog Day
February 2

Super Bowl Sunday
February 13th @ 5:30pm

DJ Clay
February 11th/25th

Valentines Day Party
February 14th

Ron Lubbers
February 15th



Valentine Divinity

Ingredients:

- 2 large egg whites, room temperature
- 1 (3-ounce) package cherry-flavored gelatin mix
- 3 cups sugar
- 3/4 cup water
- 3/4 cup light corn syrup
- 1/2 cup chopped walnuts



Directions

1. Line 3 large baking sheets with parchment paper.
2. Whip egg whites in the bowl of a stand mixer until fluffy. Gradually add in gelatin, beating until stiff peaks form. Turn off mixer and set aside.
3. Combine sugar, water, and corn syrup in a saucepan. Bring to a boil. Once it comes to a boil, continue to cook over medium heat until a thermometer reads 250°F.
4. Turn the mixer on high and carefully add the hot syrup to the egg white mixture. Beat 5–7 minutes. Stir in nuts.
5. Immediately drop mixture by tablespoonfuls onto the prepared baking sheets. Allow to sit overnight to firm.

Makes 50 servings

Sherman Hemsley (actor) – February 1, 1938

Red Buttons (comedian) – February 5, 1919

Jules Verne (author) – February 8, 1828

L.L. Bean (outdoorsman) – February 13, 1873

Sonny Bono (singer) – February 16, 1935

Michael Jordan (NBA star) – February 17, 1963

Vanna White (hostess) – February 18, 1957

Edna St. Vincent Millay (poet) – February 22, 1892

Elizabeth Taylor (actress) – February 27, 1932

Happy February Birthday to Our Own Celebrities!

Joan Gudenkauf February 4th

Nilla Yarrington February 9th



Welcome to the Neighborhood



William Reed

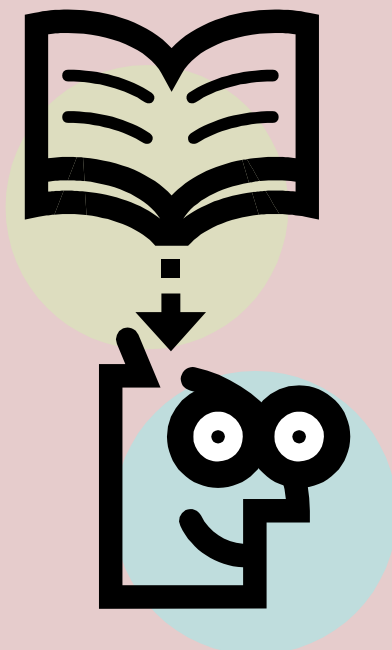
Mary Lou Weepies

“ Reader’s Circle”
Thursday Morning Activity

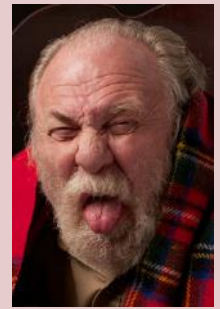


The 2nd/3rd Thursdays @
10:30 am

- ◆ Do you like to read but fall asleep with the book in your lap?
- ◆ Do you like to read but can’t seem to concentrate?
- ◆ Join Katelyn on Thursday mornings for a different kind of book club...We will be reading to you from a novel. Each week we will read a chapter or two aloud to the group.
- ◆ Everyone is welcome! We will meet in the activity room.



It’s “still”
Covid & Flu Season...
Do Them a Favor
Stay Home until you are better!



If you are feeling under the weather we would ask that you please stay home. Cancel your indoor visit.

Likewise, if we are experiencing widespread illness we may restrict visitors in our visiting room.

We are happy to report that most of our employees have received a covid vaccine. All residents who are able and consented also have received their second vaccination.

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

February is National Heart Month



The American Heart Association has designated February as National Heart Month. The first Friday in February is “**Wear Red Day**” to signify the prevalence of heart disease in women. Great strides have been made in the diagnosis and treatment of women with heart disease.

Things you can do today to reduce your risk:

Quit smoking-We know smoking is bad for our health, [research shows quitting smoking reduces your heart risk](#).

Exercise- Doing aerobic exercise — using large muscles of the legs and arms — several days a week for 30 to 60 minutes helps your heart work more efficiently.

Manage stress- Understand stress triggers. Learn how to respond to stressful situations at home and at work.

Eat healthy- Eat more fruits, vegetables, whole grains, low-fat dairy, poultry, fish & nuts. Avoid red meat, and sugary and processed foods. Avoid foods high in sodium.

All BCHC associates are encouraged to “**Go Red**” by wearing **RED** on February 4th!

Calling all Cupids!

Send Valentine's Day wishes to the residents of Lexington Estate!

We'll play postman to our 39 residents
and deliver your valentines!
No need to personally address.

Please deliver to Lexington Estate
between February 8th - February 12th.





Lexington Estate
at Buchanan County Health Center

John Deere Green...on a cold winter day.



FEBRUARY 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|---|
| | | 1 9:00 Feb Word Search 11:30 Take Out 1:30 Katelyn's Craft | 2 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour | 3 9:00 Manicures 10:30 Sue Ann 1:30 Wal-Mart | 4 Wear Red For Women's Heart Health 9:30 Sing & Swing 10:00 Virtual Church 10:30 Catholic Communion 1:30 Taste of Home | 5 Independent Activities |
| 6 Local Radio Channel 95.3 | 7 9:30 Sing & Swing 10:00 Coffee Talk 1:30 Katelyn's Kitchen | 8 9:00 Feb Cross Word 10:00 Cookies 11:30 Take Out 1:30 Making Valentines | 9 9:30 Catholic Mass 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour | 10 9:00 Manicures 10:30 Reader's Circle 11:00 Immanual Lutheran Communion 1:30 Card Club | 11 9:30 Sing & Swing 10:00 Virtual Church 10:30 Catholic Communion 1:30 DJ Clay | 12 Independent Activities |
| 13 Local Radio Channel 95.3 | 14 9:30 Sing & Swing 10:00 Coffee Talk | 15 Happy Birthday Nilla 9:00 Chair Yoga 10:00 Cookies 1:30 Ron Lubbers Live Music | 16 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour | 17 9:00 Manicures 10:30 Reader's Circle 1:30 Movie in Oelwein | 18 9:30 Sing & Swing 10:00 Virtual Church 10:30 Catholic Communion 1:30 Birthday Bingo 2:30 Birthday Cake | 19 1:30 Music with Dave |
| Superbowl 5:30pm | 1:30 Valentines Party Katelyn's Birthday Valentine's Day | | | | | |
| 20 Local Radio Channel 95.3 | 21 9:30 Sing & Swing 10:00 Coffee Talk 1:30 Movie & Popcorn | 22 9:00 Snack Cart 10:00 Resident Council 11:30 Take Out 1:30 February Trivia | 23 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour | 24 9:00 Manicures 10:30 Sue Ann 1:30 Ballkon Volleyball | 25 9:30 Sing & Swing 10:00 Virtual Church 10:30 Catholic Communion 1:30 DJ Clay | 26 Independent Activities |
| 27 Local Radio Channel 95.3 | 28 | 29 | 30 | 31 | | |
|  <p>Activities are always subject to change.</p> | | <p>Please contact Molly with any questions or concerns.</p> | | | |  <p>FEBRUARY</p> |