



March 2022

*Lexington Estate*  
at Buchanan County Health Center

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

**Celebrating March**

**March 3rd– Bus Ride**

**March 7th Wal-Mart**

**March 8th– Piano with Bonnie**

**March 11/25th– Clay Willie**

**March 12th– National Girl  
Scout Day**

**March 14th– Ron Lubbers**

**March 17th– St Patrick's Day,  
Wear Green**

**March 19th– Dave Wirtz**

*Resident  
Fish Fry*

*Friday, March 25th*

*5:00 p.m.*



**Menu**

Oven Fried Fish

Potato Salad

Coleslaw

Roll with Butter

Pie

**Taste of Home**

St. Patty's Day Oreo Bark

**Ingredients:**

2 cups semi-sweet chocolate chips

2 cups white chocolate chips

1 ½ cups crushed Oreo cookies (mint or double stuff) measure after crushed

½ cup green m&m's  
green sprinkles

**Instructions:**

Line a cookie baking sheet with parchment paper.

Microwave semi-sweet chocolate chips in a microwaveable safe bowl at 30- second intervals.

Spread melted semi-sweet chocolate out onto prepared baking sheet.

Sprinkle crushed Oreos over melted semi-sweet chocolate. Allow to cool at least 10 minutes before adding white chocolate.

Microwave white chocolate in a microwaveable safe bowl at 30-second intervals, stirring after each interval (or use a double broiler to melt chocolate.)

Then pour/spread melted white chocolate over the Oreo layer.

Sprinkle the top with M&Ms and sprinkles, then let cool completely.

**March Birthdays**

Theodore Geisel (Dr. Seuss) – March 2, 1904

Knute Rockne (coach) – March 4, 1888

Sam Donaldson (journalist) – March 11, 1934

Billy Crystal (comedian) – March 14, 1948

Vanessa Williams (actress) – March 18, 1963

Spike Lee (director) – March 20, 1957

Joan Crawford (actress) – March 23, 1905

Aretha Franklin (singer) – March 25, 1942



**Welcome to the Neighborhood**



**Marguerite Reeves**



**March Spotlight:**

**Diana Morris**



- ◆ I've been with Lexington 9 years
- ◆ I grew up in Kansas City and love the Chiefs
- ◆ I've been married 30 years this year to Brian
- ◆ 2 adult kids Clint and Shelby
- ◆ 3 grandbabies Cecelia, Landon and Kyler
- ◆ My job title is Support Specialist- I do a little bit of everything-appointments, admissions, payroll, transportation, whatever needs to be done.
- ◆ Thanks Diana for all your hard work and support of our staff and residents.

**New Insurance Cards!**



If you receive a new insurance card in the mail please bring a copy to the nurses desk.

If you are billed for services and you think this is in error please contact the provider who billed you and make sure they have the most current insurance card information as well.

**ST. PATRICK'S DAY**

**Thursday, MARCH 17TH WEAR GREEN**

St. Patrick's Day was first celebrated in America in 1737, organized by the charitable Irish Society of Boston, including a feast and religious service.

This holiday is celebrated every year on March 17th, honoring the Irish patron saint, St. Patrick. People all over the world celebrate St. Patrick's Day, especially those in large Irish communities. Cities that hold large parades are: Boston, New York, Philadelphia, New Orleans, Savannah, and other cities worldwide.

There are many legends associated with St. Patrick. The symbol of the shamrock used for St. Patrick's Day comes from the story of St. Patrick using the shamrock to illustrate the Holy Trinity.

Early celebrations continued after the charitable Irish Society of Boston. In New York, the first celebration took place as a small gathering at the house of an Irish protestant. St. Patrick's Day parades started in New York in 1762 by a small group of Irish soldiers in the Boston military.

Parades and wearing green have always been a traditional part of St. Patrick's Day Celebrations. Chicago dyes its river green for the festivities. The White House fountain is also dyed green.

Have a HAPPY St. Patrick's Day!



# A Rainbow of Colors

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



J	F	Y	Z	J	T	T	E	V	M	S	T	A	R	S
E	F	U	I	M	O	U	H	G	A	A	Q	T	E	C
H	A	Q	C	C	N	G	N	O	N	U	U	X	D	A
K	V	F	I	H	D	I	G	L	A	A	A	V	N	R
V	C	R	I	M	S	O	N	M	E	U	R	W	E	L
C	P	G	G	O	Q	I	A	R	B	Z	O	O	V	E
A	I	V	X	C	R	R	A	U	E	L	A	J	A	T
O	G	I	D	N	I	V	R	X	L	B	X	H	L	T
Y	P	L	U	N	T	N	S	E	P	L	J	G	E	S
G	R	E	E	N	B	F	Y	Q	R	U	H	A	F	B
F	I	G	Y	Y	L	M	W	M	U	E	L	C	S	O
N	Y	O	F	F	A	C	Q	A	P	Y	V	A	N	P
U	O	P	D	P	D	F	M	I	X	E	F	L	S	P
E	S	I	O	U	Q	R	U	T	O	S	F	M	E	N
H	W	H	G	Z	N	L	U	N	M	X	P	S	G	U

APRICOT  
AQUAMARINE  
AUBURN  
BLUE  
CRIMSON  
FUCHSIA

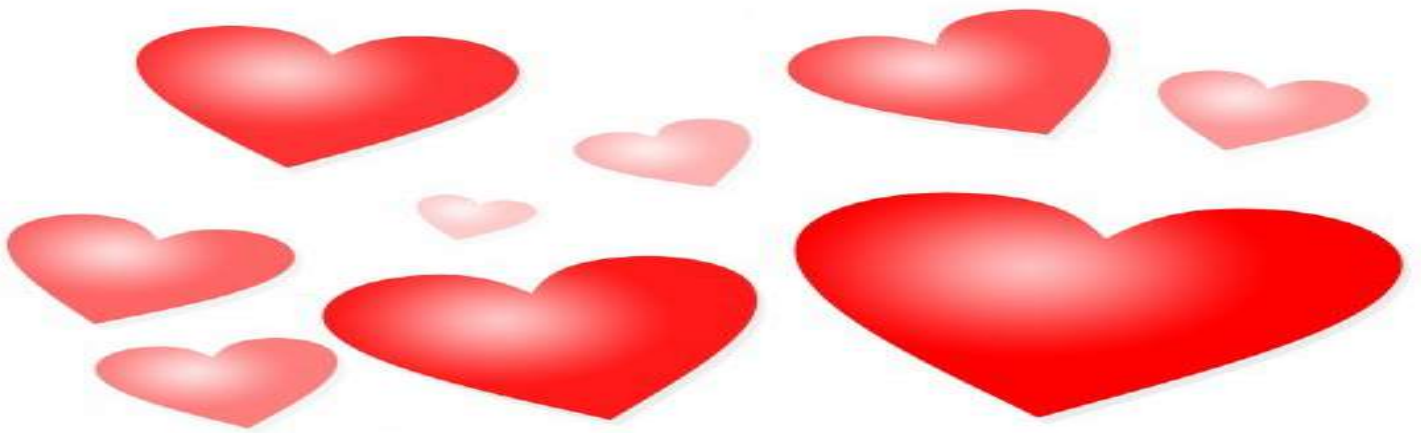
GREEN  
HAZELNUT  
INDIGO  
LAVENDER  
MAUVE  
NAVY

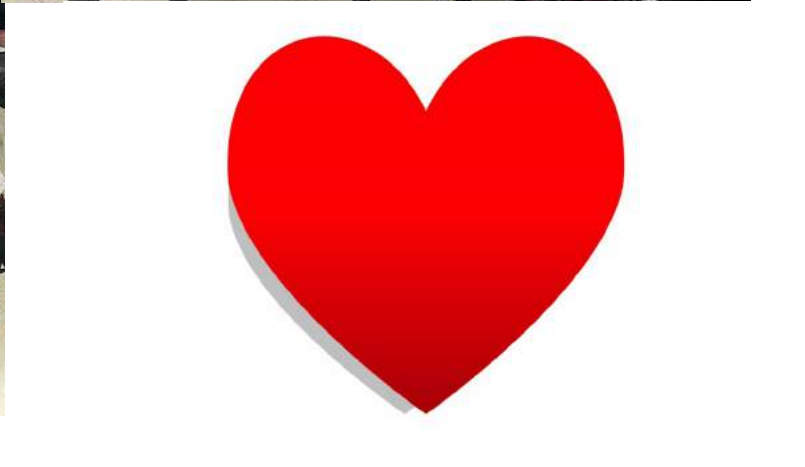
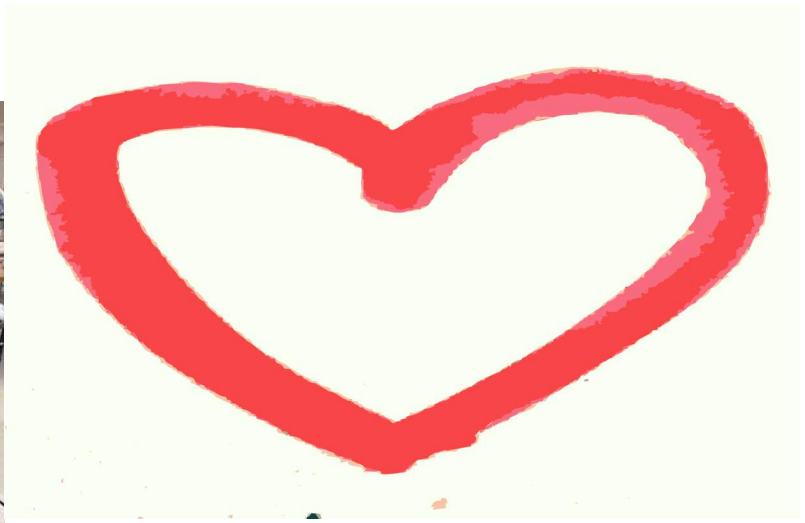
ORANGE  
PURPLE  
SCARLET  
TEAL  
TURQUOISE  
YELLOW

# A Rainbow of Colors

(solution)

J F Y Z J T T E V M S T A R S  
E F U I M O U H G A A Q T E C  
H A Q C C N G N O N U U X D A  
K V F I H D I G L A A A V N R  
V C R I M S O N M E U R W E L  
C P G G O Q I A R B Z O O V E  
A I V X C R R A U E L A J A T  
O G I D N I V R X L B X H L T  
Y P L U N T N S E P L J G E S  
G R E E N B F Y Q R U H A F B  
F I G Y Y L M W M U E L C S O  
N Y O F F A C Q A P Y V A N P  
U O P D P D F M I X E F L S P  
E S I O U Q R U T O S F M E N  
H W H G Z N L U N M X P S G U






We aren't fully aware of the sacrifices you all make during normal circumstances...and when the time comes for you to double down for us, you do it with no questions...THANK YOU SO MUCH! you are appreciated more than you know!! HUGS and prayers are for you every moment...Stay safe and healthy!!

THANK  
YOU



# March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Chair Yoga 10:00 Cookies 1:30 Katelyns 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 Pet Visits 2:00 Bus Ride	4 9:30 Sing & Swing 10:00 Virtual Church 10:30 Catholic Communion 1:30 Travel to Black Forest Germany Ice Cream & Soft Pretzels	5 5:00 Movie and Lucky Corn (Green Popcorn)
6 Local Radio Channel 95.3	7 9:30 Sing & Swing 10:00 Coffee Talk 1:30 Wal-Mart	8 9:30 Word Search 10:00 Cookies 11:30 Take Out 1:30 Crafting 4:30 Piano with Bonnie	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 Lutheran Communion 1:30 Thirsty Thursday Board Games & Beer	11 9:30 Sing & Swing 10:00 Virtual Church 10:30 Catholic Communion 1:30 Clay Willie	12 10:00 Snack Cart Girl Scout Cookies Nation Girl Scout Day
13 Local Radio Channel 95.3 Daylight Savings Turn Clocks Ahead	14 9:30 Sing & Swing 10:00 Coffee Talk 1:30 Ron Lubbers	15 9:00 Chair Yoga 10:00 Cookies 1:30 Magazine Scavenger Hunt	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 Katelyns Kitchen 1:30 Pet Visits	18 9:30 Sing & Swing 10:00 Virtual Church 10:30 Catholic Communion 1:30 Movie & Popcorn	19 1:30 Music with Dave Wirtz
20 First day of Spring 	21 9:30 Sing & Swing 10:00 Coffee Talk 1:30 Card Club	22 9:00 Chair Yoga 10:00 Cookies 11:30 Take Out 1:30 National Ag Day Make Soil Layer Snacks	23 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	24 St. Patrick's Day! 9:00 Manicures 10:30 Sue Ann 1:30 Taste of Home	25 9:30 Sing & Swing 10:30 Catholic Communion 1:30 Clay Willie 5:00 Fish Fry	26 Molly's Birthday 5:00 Movie and Popcorn
27 Local Radio Channel 95.3 Palm Sunday	28 9:30 Sing & Swing 10:00 Coffee Talk 1:30 Birthday Bingo 2:30 Birthday Party	29 9:30 Cross Words 10:00 Resident Council 1:30 March Trivia	30 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	31 9:00 Manicures 10:30 Readers Circle 1:30 Cork N Canvas 1:30 Pet Visits		
Activities Subject to Change						
Contact Molly: 319 332 0976						