

# Lexington Estate

at Buchanan County Health Center



## CELEBRATING DECEMBER

### A glance at the month ahead...

- DEC. 6TH - PIANO WITH BONNIE
- DEC. 9TH - CHRISTMAS CAROLERS
- DEC. 9TH - DJ CLAY WILLIE
- DEC. 11TH - CHRISTMAS HOPE WESLEYAN CAROLERS
- DEC. 12TH - RON LUBBERS LIVE
- DEC. 14TH - AUXILLARY BINGO
- DEC. 15TH - CHRISTMAS LIGHTS
- DEC. 16TH - EAST BUCHANAN SCHOOL CAROLERS
- DEC. 16TH - WALMART OUTING
- DEC. 17TH - CHRISTMAS PARTY
- DEC. 20TH - CHRISTMAS LIGHTS
- DEC. 23RD - DJ CLAY WILLIE & PARTY
- DEC. 29TH - MOVIE IN OELWEIN
- DEC. 30TH - NEW YEARS EVE PARTY

View our  
activities calendar  
to see what we're  
up to this month!

# Happy Birthday





# November Staff Spotlight

I have been here for 9 years. I have 3 sons, 3 grand kids and 1 on the way. When I am not working I am looking for or working on Studebakers and spending time with Monica and Lilly, my dog.



## REMINDERS

Outings are marked on the calendar often in a different color. Please note outside activities are weather pending.



**Kevin Roberts,  
Maintenance**

## October Highlights



## Sending A Christmas Gift To Heaven

Santa, do you know where heaven is?  
Maybe your reindeer know the way.

For I have a special present  
I need delivered on Christmas day.

For Christmas is a time for sharing  
With those we hold so dear.  
Please take this gift, with all my love  
For an angel who's no longer here.

It's wrapped up in all our memories  
We once shared from the past.  
The ribbons and bows are all our  
dreams.

Inside there's a broken heart.

It's such a special parcel.  
Please Santa, don't delay.  
I would love it to be in heaven  
In time for Christmas day.



October 11, 1940–November 12, 2022

with deepest  
*Sympathy*







**Thank You  
Veterans**



**William Reed  
Wilbur Nielsen  
William Offerman**



# Merry Christmas





Lexington Estate  
Cordially invites Families to  
"Christmas Open House"  
Saturday, December 17th, 2022

1:30-3 pm

Location: BCHC Cafeteria

Music with Dave Wirtz

&

Santa @ 2:45pm

Please provide a wrapped present  
for your family member by  
December 14th so Santa has a gift to  
give them. We will collect gifts in the  
activity office.

**Remember to have the residents  
full name attached to the gift!**

**Label presents:**

**"For December 17th party."**

**Reservations are appreciated!**

**Call: 319-332-0914**

*RVSP to the activity department by  
Dec.14th. We may have limited  
seating.*



### 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. appointment or other outing is necessary.

A warm winter coat is a must!

It's a good idea for seniors to get out for some fresh air when possible, layered loose-fitting clothing and water-proof gloves or mittens are best. Wearing a hat & scarf protects against heat loss, as close to half of body heat is lost through the head.

We plan to go out 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.





## Blueberry Cheese Pastries

### Ingredients:

- 1 (8-ounce) package cream cheese, room temperature
- 1/3 cup sugar
- 1 teaspoon lemon juice
- 1 teaspoon vanilla
- 1 cup frozen blueberries
- 1/2 cup blueberry preserves
- 1 (17.3-ounce) package frozen puff pastry sheets, thawed
- 1 egg
- 1 tablespoon water



### Directions

1. Preheat oven to 400°F. Line two baking sheets with parchment paper.
2. Whip cream cheese in a small bowl with a hand mixer until smooth. Add sugar, lemon juice, and vanilla until combined. Set aside.
3. Combine blueberries and preserves in a small bowl. Set aside.
4. Roll out each pastry on a floured surface to a 10 X 10-inch square. Cut into 12 equal rectangles and place on prepared baking sheets.
5. Prick the centers of each pastry several times with a fork, avoiding the area within 1/2 inch from the edge.
6. Whisk egg and water in a small bowl. Brush mixture over all pastry rectangles.
7. Spoon equal amounts of the cream cheese mixture in the center of each rectangle, again avoiding the edges. Top each with equal parts of the blueberry mixture.
8. Bake 15–18 minutes until golden. Allow to cool on cooling racks before serving.

*Makes 12 servings*



If you will be taking your loved one out for Christmas Eve or Christmas Day would you let us know.

There will be a sign up sheet at the nurse's desk for either option!



### **The Gift of Giving: Resident Angel Tree**

Every year Lexington Estate sets up a gift giving tree that has name tags for all Lexington residents in the facility. **The names on the tree are chosen by staff.** There will be a tree to choose from located at the Lexington nurses' desk beginning the day after Thanksgiving.

There will also be a clipboard by the tree for you to sign your name, the resident's name(s) that you have chosen and a phone number that you can be reached at. It is VERY important that you fill this information out so we can be certain that every resident has been picked. **The gifts need to be turned into Activities by December 19th.** The gifts will then be given to the residents on Christmas morning.





## **THE FLU AND COLD SEASON**

The Flu and Cold Season is fast approaching. Buchanan County Health Center would like to stress that if you're not feeling well or have been exposed to the flu, COVID, etc.,

Please **DO NOT** come to visit your family member until you are healthy.

When visiting, please use the hand sanitizer (all resident rooms are equipped with sanitizers at the door) upon arrival and before you leave.

This protects you and our residents.

Proper hand washing is the best defense against infections.

Flu shots have been given to our residents and staff.





# DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Sing and Swing 11:30 Whats New in The News 1:30 Bingo 3:00 Happy Hour	1 9:00 Manicures 10:30 Devotional 1:30 Cookie Making	2 9:30 Sing and Swing 10:00 Non Denominational Virtual Church 10:30 Sensory Group 1:30 December Trivia	3 Independent Activities 1:30 Christmas Movie Katelyn's Wedding Day
4 Independent Activities	5 9:30 Sing and Swing 10:00 Coffee Talk 1:30 Holiday Baking	6 9:00 Chair Yoga 10:00 Snack Cart 10:30 Readers Circle 11:30 Take Out 1:30 Amy's Craft 4:30 Piano with Bonnie	7 9:30 Mass with Father Dave 11:30 Whats New in The News 1:30 Bingo 3:00 Happy Hour	8 9:00 Manicures 10:30 Devotional 11:00 Lutheran Communion 1:30 Card Club	9 9:30 Sing and Swing 10:30 Sensory Group 1:30 DJ Clay 5:45 Christmas Carolers	10 Independent Activities
11 Independent Activities	12 9:30 Sing and Swing 10:00 Coffee Talk 4:30-5pm Christmas Carolers Hope Wesleyan Church	13 9:00 Creative Club 10:00 Snack Cart 10:30 Readers Circle 1:30 Taste of Home	14 9:30 Sing and Swing 11:30 Whats New in The News 1:30 Auxillary Bingo 3:00 Angel Food Cake & Gifts	15 9:00 Manicures 10:30 Devotional 1:30 Amy's Kitchen 4:00 Load for Christmas lights.	16 9:45 Christmas Carolers 10:00 Non Denominational Virtual Church 10:30 Sensory Group 1:15 Load the bus 1:30 Walmart	17 11:30 Music With Dave Wirtz Family Christmas Party
18 Independent Activities	19 9:30 Sing and Swing 10:00 Coffee Talk	20 9:00 Crosswords 10:00 Snack Cart 10:30 Readers Circle 11:30 Take Out 4:00 Load for Christmas lights.	21 9:30 Sing and Swing 11:30 Whats New in The News 1:30 Bingo 3:00 Happy Hour	22 9:00 Manicures 10:30 Devotional 1:30 Holiday Gift Game	23 9:30 Sing and Swing 10:30 Sensory Group 1:30 DJ Clay Willie to kick off Christmas Eve Christmas Party Meal, music & gifts.	24 Independent Activities FROM OUR HOME TO YOURS
Happy Birthdaya Fran	1:30 Birthday Bingo Birthday Party	27 9:00 Chair Yoga 10:00 Resident Council 10:30 Readers Circle 1:30 Amy's Craft	28 9:30 Sing and Swing 11:30 Whats New in The News 1:30 Bingo 3:00 Happy Hour	29 9:00 Manicures 10:30 Devotional 12:30 Load the bus 1:30 Movie in Oelwein	30 9:30 Sing and Swing 10:00 Non Denominational Virtual Church 10:30 Sensory Group 1:30 NYE Party & Happy Hour	31
MERRY CHRISTMAS	26 9:30 Sing and Swing 10:00 Coffee Talk 1:30 Card Club			Happy Birthday Janice		
Activities are always subject to change. outings are in green music/parties in red						

If you have questions/concerns please contact  
Katelyn DeWald, Activity Coordinator  
319.332.0976



November 30, 2022

To our Family Members, Friends, and Residents,

The holiday season is here! It is an exciting time of year filled with many special traditions that bring joy to all, especially the residents of Lexington Estate. Unfortunately, all of this beauty and magic can bring some unintended consequences. As you bring in your holiday decorations, we ask that you follow a few simple rules to ensure Lexington Estate remains a safe place for your loved one.

**Decorations:**

1. All combustible decorations are required to be certified Class A fire and smoke retardant. These items include Christmas trees, garland and wreaths.
  2. Live trees, garland and wreaths are prohibited.
  3. No string lights.
    - a) Christmas trees that are pre-lit can be used as long as they meet the requirements in #1.
  4. No items on top of the closets or hung from the ceiling.
5. Extension cords, surge protectors (power strips) and plug-in adapters are prohibited from being brought into the facility.
6. Doors and walls cannot be covered with wrapping paper, cards, photos or any other décor.
  - a) A maximum of 20% of any door or wall is allowed to be covered at any time.
- b) Fire doors are prohibited from being decorated; these are doors that automatically close when the fire alarm sounds.
7. Décor or other items that prevent any door from closing or latching are prohibited.

**The Use of Surge Protectors:**

Do not bring in your own surge protector, we will provide you with a surge protector upon your request. All surge protectors found that are not provided by the facility will be removed.

1. Items that can be plugged into a surge protector
  - a) Computers
  - b) Copiers
  - c) DVD Players
  - d) Stereo Systems
  - e) Televisions
- 2) Items that cannot be plugged into a surge protector
  - a) Clocks
  - b) Lamps
  - c) Telephones
  - d) Electric razors or toothbrushes
  - e) Cell phone or battery chargers
  - f) Motor driven items, such as electric recliners
  - g) Oxygen Machines, Nebulizers or C-Pap Machines

3) Some resident beds have a plug-in located under the bottom end of the bed; this plug-in can only be used for items approved for a surge protector.

All electrical items brought into the facility must have an electrical check, completed by maintenance, prior to use; this does not apply to personal grooming devices or electrical toothbrushes.

All information listed is from the Life Safety Code. The Life Safety Code is a set of federal regulations that helps to keep the residents of long-term care facilities safe from fires and other emergencies. These requirements apply year-round to minimize the risk of harm to residents and also apply to other buildings and structures.

**Other Items Prohibited:**

1. Space heaters
  2. Candles with wicks- does not matter if they are not being lit.
  3. Heating Blankets
  4. Scentsy Warmers or other similar warmers
  5. Plug in air fresheners
- a. If you would like to bring in a different type of air freshener that is not listed above, maintenance will need to approve prior to use.

**Gifts**

1. All personal, nonperishable, items must be labeled and added to each individual's inventory list; this includes soaps, lotions, electronics, etc.
2. All clothing, blankets, coats, hats and gloves must be added to each individual's inventory list and labeled with a waterproof permanent marker or a laundry safe clothing label.
3. Perishable food items must be labeled and dated.

If you would like, simply turn these items in at the Nurse Station or to any staff member and we will be happy to label them for you. Unless you request differently, we will use laundry safe clothing labels and return to the resident within 3 days; all other items will be labeled and returned the same day.

Please contact Angel Decker with any questions or concerns at [adecker@bchealth.org](mailto:adecker@bchealth.org) or (319) 332-0995 or feel free to stop in my office when you are visiting; my office is located across from the visitor room.

We wish you all a safe and happy holiday season.

Angel Decker BSN, RN      Dave McLaren  
Executive Director of Senior Operations      Maintenance Director