



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!



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, Maintenence

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.

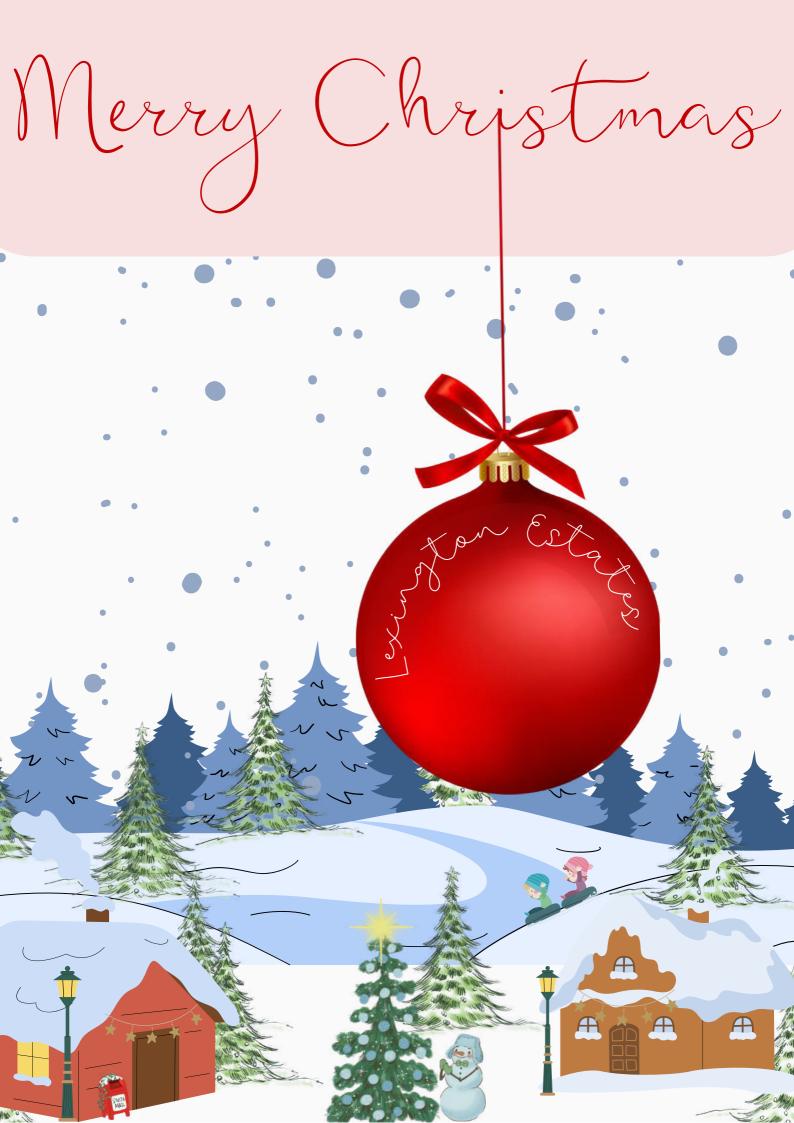
It's such a special parcel.
Please Santa, don't delay.
I would love it to be in heaven
In time for Christmas day.



October 11, 1940-November 12, 2022

Sympathy





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.

Taste of Home

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



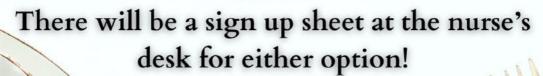
Directions

- Preheat oven to 400°F. Line two baking sheets with parchment paper.
- 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.
- 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.
- Prick the centers of each pastry several times with a fork, avoiding the area within 1/2 inch from the edge.
- Whisk egg and water in a small bowl. Brush mixture over all pastry rectangles.
- 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.
- 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.





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

Flu shots have been given to our residents and staff.

against infections.



DECEMBER 2022

нарру вігті дау Јапісе
1:30 Movie in Oelwein
10:30 Devotional
9:00 Manicures
18
1:30 Holiday Gift Game
9:00 Manicures
Christmas lights.
A-00 Load for
1:30 Amy's Kitchen
9:00 Manicures
1:30 Card Club
11:00 Lutheran Communion
9:00 Manicures 10:30 Devotional
77 2
1:30 Cookie Making
9:00 Manicures
Thursday

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 the 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 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