

Lexington Estate

at Buchanan County Health Center



CELEBRATING JANUARY

A glance at the month
ahead...

- 1st- Happy New Year
- 5th- Walmart trip
- 6th- DJ Clay Willie
- 9th- Ron lubbers live
- 12th- Bus Ride
- 17th- Piano with Bonnie
- 21st- Dave Wirtz live
- 23rd- Fun with Old Cereal
Commercials
- 27th- DJ Clay Willie
- 31st- Movie in Oelwein



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

Welcome to the Neighborhood

Dennie A.

Marg D.

Linda D.

Sandy S.





Happy Birthday

CHARLES. B (Jan 16)

EMILY. G (Jan 28)

WILBUR. N (Jan 26)



December Staff Spotlight

I have been here 9 years.

I've been married to my husband Gene for 35 years.

I have 2 boys, both married.

4 grandkids.

I enjoy camping and spending time with my family.



Loretta Myers, CNA
Long-Term Care

REMINDERS

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

December Highlights



Sending A Gift From Heaven

I am sending a dove from
heaven
With a parcel on its wings;
Be careful when you open it
It's full of beautiful things.
Inside are a million kisses
Wrapped up in a million hugs;
To say how much I miss you
And to send you all my love
I hold you close within my
heart
And there you will remain;
So I can walk with you
Throughout your life
Until we meet again.



Donna Marie Masteller
1940 - 2022



LaVonne M. Weber
1924 - 2022

with deepest
Sympathy





Let's Celebrate!

HAPPY
NEW YEAR





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

Easy Apple Carmel Crumble



Ingredients:

- 1 2/3 Cups brown sugar, divided
- 1/2 cup sugar
- 5 Large apples chopped
- 1/4 teaspoon salt
- 2 teaspoons cinnamon
- 2/3 cups oats
- 1/4 cup flour
- 4 Tablespoons butter-room temp
- 1 teaspoon vanilla















Directions:

1. Place 1 cup brown sugar, apples, salt, and 1 teaspoon cinnamon in the bottom of slow cooker. Stir to combine.
2. Combine oats, 2/3 cup of brown sugar, flour, 1teaspoon cinnamon, butter, and vanilla in a small bowl. Sprinkle mixture evenly over apple mixture.
3. Cook on low for 4 hours or high for 2 hours.
4. Turn off slow cooker and allow to sit for 1 hour before serving to allow caramel to thicken.

Serve with ice cream or whipped topping.



JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					30	31 Independent Activities
1  Happy New Year! Independent Activities	2 9:30 Sing & Swing 10:15 Coffee Talk 1:30 Crafting Corner 	3 9:30 Crossword 10:00 Reader's Circle 11:30 Take Out 1:30 Board Games 	4 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	5 9:00 Manicures 10:00 Snack Cart 10:30 Devotional 1:30 Wal-Mart 	6 9:30 Sing & Swing 10:00 Sensory Group 1:30 Pet Visits 10:30 Catholic Communion 1:30 DJ Clay 	7 Snack Cart 10:00 Independent Activities
8 Local Radio Channel 95.3 Un-deck the halls start taking down Christmas Decorations	9 9:30 Sing & Swing 10:15 Coffee Talk 1:00 Ron Lubber 	10 9:30 Chair Yoga 10:00 Reader's Circle 10:30 Sing-a-long 1:30 Game time	11 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	12 9:00 Manicures 10:00 Snack Cart 10:30 Devotional 11:00 Lutheran comm 1:30 Bus Ride 	13 9:30 Sing & Swing 10:00 Non Denom Church 1:30 Pet Visits  10:30 Catholic Communion 1:30 Fontana	14 Snack Cart 10:00 Independent Activities
15 Local Radio Channel 95.3 Christmas Decorations	16 9:30 Sing & Swing 10:15 Coffee Talk 1:30 Amy's Kitchen Happy Birthday Charles	17 9:30 Crossword 10:00 Reader's Circle 11:30 Take Out 1:30 January Modern Trivia 4:30 Piano with Bonnie	18 9:30 Catholic Mass 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	19 9:00 Manicures 10:00 Snack Cart 10:30 Devotional 1:30 Card Club 	20 9:30 Sing & Swing 10:00 Sensory Group 1:30 Pet Visits  10:30 Catholic Communion 1:30 Birthday Bingo 2:30 Birthday Party 	21 Snack Cart 10:00 11:30 Dave Würtz Music 
22 Local Radio Channel 95.3 Activity Professionals Week 23rd-27th	23 9:30 Sing & Swing 10:15 Coffee Talk 2:00 Fun with Old Cereal Commercials	24 9:30 Chair Yoga 10:00 Reader's Circle 10:30 Resident Council 2:00 Tea Time and Trivia 	25 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	26 9:00 Manicures 10:00 Snack Cart 10:30 Devotional 1:30 Cork N Canvas  Happy Birthday Wilbur	27 9:30 Sing & Swing 10:00 Non Denom Church 1:30 Pet Visits  10:30 Catholic Communion 1:30 DJ Clay	28 Snack Cart 10:00 Independent Activities Happy Birthday Emily
29 Local Radio Channel 95.3	30 9:30 Sing & Swing 10:15 Coffee Talk 1:30 Elvis Movie 	31 9:30 Chair yoga 10:00 Readers Circle with Erin 13:30 Load Bus 1:30 Movie in Oelwein			Activities are always subject to change. Bus trips are weather permitting. Outings are in green, music/parties in red Questions or concerns please contact: Kathryn Ciesielski 319-332-0976	

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.



Here are official and unofficial days to celebrate in January.

Jan. 1: New Year's Day



Jan. 5: National Bird Day



Jan. 16: Martin Luther King Jr. Day



Jan. 19: National Popcorn Day



Jan. 27: National Chocolate Cake Day,



Jan. 29: National Puzzle Day



Fun Fact

January is named after Janus, the ancient Roman god of gates and doors symbolizing endings, beginnings, and transitions. He's depicted with two heads: one head looking at the past and the other at the future.