

Lexington Estate

at Buchanan County Health Center



CELEBRATING

FEBRUARY

A glance at the month
ahead...

2nd- Walmart

7th- Making Valentines

9th- Casino & Southtown Bar
& Grill

10th- DJ Clay Willie

13th- Ron Lubbers

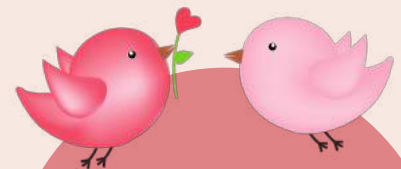
14th- Valentines Day

16th- Movie in Oelwein

18th- Dave Wirtz Live

24th- DJ Clay Willie

27th- Lunch @ Buttermilk



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

The background features several overlapping watercolor hearts in various shades of pink and red. The hearts have a soft, painterly texture with some darker edges and lighter centers. The largest heart is in the foreground, and others are layered behind it, creating a sense of depth.

Janice .0

Jean. K

Welcome
to the
Neighborhood

February Staff Spotlight

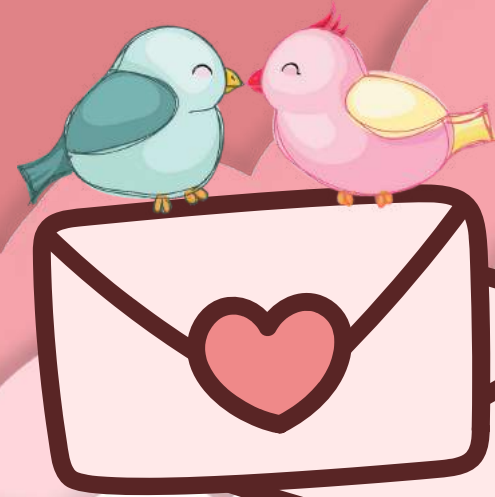
My family is everything to me! The residents at Lexington are why I work here. They deserve the absolute best we can give them! Smile and be happy with life ... not everyone is as lucky as we are!



**Sharon Bainbridge,
Nutrition Services**

REMINDERS

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



January 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.



Emily J. Gudenkauf
1995-2023



Margaret I. Fischels
1932 - 2023

with deepest
Sympathy





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.

Delightful Cherry Pie Bars

Ingredients:

- Cooking spray
- 1 cup butter, room temperature
- 2 cups sugar
- 4 eggs
- 1 1/2 teaspoons vanilla extract, divided
- 3/4 teaspoon almond extract, divided
- 3 cups flour
- 1 teaspoon salt
- 1 (21-ounce) can cherry pie filling
- 1 cup powdered sugar
- 2 tablespoons milk





Directions

1. Preheat oven to 350°F. Spray a 9 X 13-inch baking dish with cooking spray.
2. Cream butter and sugar together in a medium bowl. Beat in eggs, 1 teaspoon vanilla extract, and 1/4 teaspoon almond extract.
3. Combine flour and salt in a large bowl. Stir in creamed mixture until well incorporated.
4. Scoop 3 cups of the mixture into the bottom of the prepared baking dish, spreading evenly.
5. Cover the bottom layer evenly with pie filling. Drop tablespoonfuls of remaining batter on top of the pie filling.
6. Bake 30-35 minutes. Allow to cool on a cooling rack.
7. Combine powdered sugar, 1/2 teaspoon vanilla extract, 1/2 teaspoon almond extract, and milk in a small bowl. Drizzle glaze over the bars.
8. Cut and serve.

Makes 32 servings



February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	31	1 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	2 9:00 Manicures 10:30-11am Devotional 1:15 Load the bus 1:30 Wal-Mart	3 9:30 Sing & Swing 10:00 Virtual Church 10:30 Catholic Communion 10:30 Pet Visits 1:30 Taste of Home	4 Independent Activities	
5 Local Radio Channel 95.3	6 9:30-10am Sing & Swing 10am-11am Coffee Talk 1:30 Amy's Kitchen	7 9:30-10am Crown Ward 10:00 Cookies 10:30 Readers Circle 11:30 Take Out 1:30 Making Valentines	8 9:30 Catholic Mass 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	9 9:00 Manicures 10:30-11am Devotional 11:30 Load the bus Southtown Bar & Grill 1:00 Casino	10 9:30 Sing & Swing 10:00 Sensory Group 10:30 Catholic Communion 10:30 Pet Visits 1:30 DJ Clay Willie	11 Independent Activities	
12 Local Radio Channel 95.3	13 9:30-10am Sing & Swing 10am-11am Coffee Talk 1:30 Ron Lubbers Live	14 9:30-10am Chair Toss 10:00 Cookies 10:30 Readers Circle 1:30 Valentines Party Valentine's Day Katelyn's Birthday	15 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	16 9:00 Manicures 10:30-11am Devotional 11:00 Lutheran Communion 12:45 Load Bus 1:30 Movie in Oelwein	17 9:30 Sing & Swing 10:00 Virtual Church 10:30 Catholic Communion 10:30 Pet Visits 1:30 Birthday Bingo 2:30 Birthday Cake	18 11:30 Music with Dave	
19 Local Radio Channel 95.3	20 9:30-10am Sing & Swing 10am-11am Coffee Talk 1:30 Movie & Popcorn	21 9:30-10 Treat Making 10:30 Resident Council 11:30 Take Out 1:30 February Trivia	22 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour 4:50 Piano with Bonnie	23 9:00 Manicures 10:30-11am Devotional 1:30 Card Club 2:00 Ice Cream Sundaes	24 9:30 Sing & Swing 10:00 Sensory Group 10:30 Catholic Communion 10:30 Pet Visits 1:30 DJ Clay Willie	25 Independent Activities	
26 Local Radio Channel 95.3	27 9:30-10am Sing & Swing 10am-11am Coffee Talk 11:30 Load the bus 12:00 Lunch at Buttermill	28 9:30-10 am Chair Toss 10:30 Readers Circle 1:30 Amy's Craft					
		<p>Activities are always subject to change.</p> <p>Outings are in pink Entertainment is in red</p>		<p>Please contact Katelyn with any questions or concerns.</p>			

FEBRUARY

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.



“Reader’s Circle”

Tuesday Mornings Activity

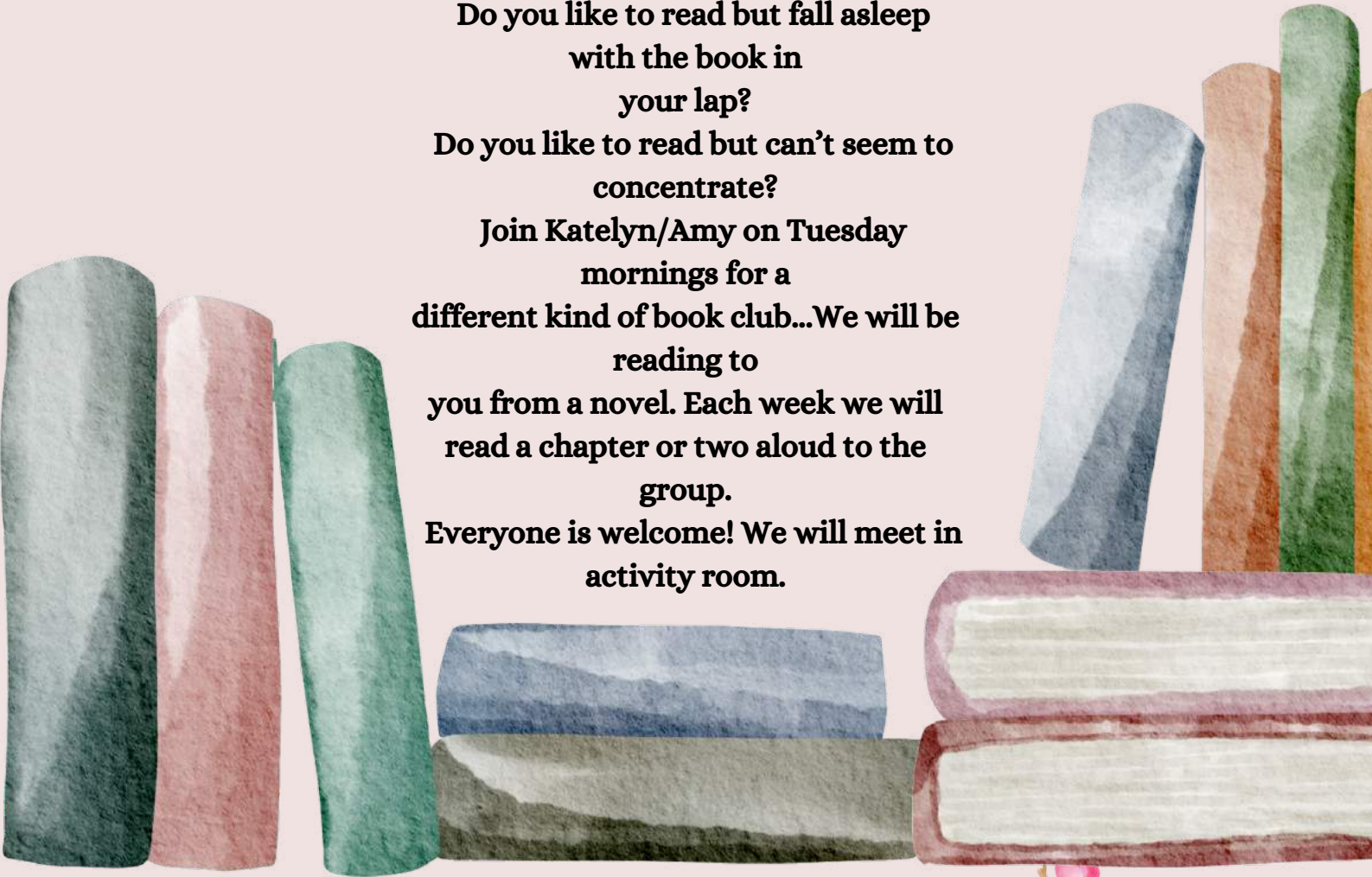
10:30 am

**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/Amy on Tuesday
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
activity room.**



*Happy
Valentine's
Day*



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 9th - February 14th.



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We have a puzzle table out in the activity room! Please feel free to put pieces in and help complete the puzzle!

