

# VINTAGE TIMES



Vintage Park Apartments, 810 East Van Buren, Lenox, IA 50851  
Vintageparkapts.com 641-333-2233

## Experience is the Greatest of Teachers

By: Doug Junker

The Latin phrase *tabula rasa*, meaning blank slate, is often used to describe the minds of young children. Infants are born into our world with no preconceived notions of right or wrong, good or bad, or of what is beneficial or harmful. Babies need to be protected from danger and taught what to embrace and what to be wary of. This, of course, is where parents come in. As parents, our number one job is to ensure the survival of our offspring. This usually equates to a combination of providing for their physical needs, tending to their emotional needs, and making sure that they don't do anything too dangerous. My wife and I often struggle with the question of whether or not we are too protective. My children, at least the older two, have heard our cautioning tone so many times that they often tune it out and ignore the warnings we have provided. As parents it is difficult to come to terms with the understanding that sometimes we just have to sit back and let them learn from their mistakes.

A couple of weeks ago my wife and kids traveled to South Dakota to visit her parents and her sister, who was coming in from Montana. Our children love Grandma and Grandpa's farm as there is always something to do, someplace to explore, and someone to play with. For Owen, spending time at the farm means he gets to ride four wheelers with his cousins and generally, enjoy a level of freedom he does not have at home. Cindy and I are slowly coming to terms with the fact that our little boy is growing up. Truth be

told, he is now closer to being a man than he is to being a boy and if that fact alone was not frightening enough, knowing he realizes this as well is causing additional trepidation.

In my own adolescence I felt governed by an innate desire to be cautious. I was constantly battling with myself trying to find the correct balance of obedience to my parent's instructions and the desire to take some chances and push the envelope. Although I rarely took things too far, occasionally I made mistakes that caused a lot of hurt feelings, some loss of trust, and a few negative consequences. But looking back on those experiences I realize that I learned more about life and more about myself by making a few mistakes than I ever did being cautious and playing it safe. Knowing this does not make parenting easier. You never want to feel as though you have to let your children get hurt in order for them to understand but essentially, that is often what needs to happen.

Although my wife and I have cautioned Owen hundreds of times about being careful and going slow while driving Grandpa's four wheeler, within an hour of arriving on the farm he had turned too sharp, rolled the ATV, and tore an inch and half long gash in his knee. His reaction was no doubt influenced by a combination of adrenaline and strong dose of fear in the realization that he had disobeyed his mother and had gotten hurt because he tried to pick himself up and carry on as if nothing had happened. It didn't take long for him to come to his senses, walk up to the house, and turn himself into his mother, who after a couple of minutes of chastisement, loaded him in the car and took him to the emergency room to get stitches.

When Cindy called to inform me of the accident I found myself feeling grateful, not grateful of the fact that he had gotten injured, but grateful that it hadn't been worse. I was also surprised by

### *Experience is the Greatest of Teachers Cont.*

the fact that I was not angry with him. It was as if I realized that the pain he was going to endure and the two weeks he was going to have to spend not bending his knee so the stitches would hold was punishment enough. In the end, Owen's accident will probably pay dividends as it has taught him a few things about life, reminded him that sometimes Mom and Dad do know best, and hopefully prepared him to be careful even when Mom and Dad aren't around to nag him to do so.

As I stated earlier, no parent ever wants to see their children get hurt but the truth of the matter is that children learn best from their mistakes. Experience is the greatest of teachers and the lessons taught are essential to our children's ability to live a long and happy life.



## From The Ground Up and Everywhere in Between

By Jim Helm

August is upon us so we will be looking at State Fair time. July was a very hot month so I want to talk about keeping your apartment the way you want it. Thermostats can be hard to set and some are hard to see the numbers, so if you have problems, tell the staff and Don or I will help you. We got the front sidewalks repaired so there won't be any trip hazards. The cement crew did a great job with the sidewalks and memory care patio. We are waiting on the door and

fence and that project will be done. Even though it's been hot and dry the flowers and tomatoes look good with the help of a lot of watering. As I write these newsletters it becomes hard to think of things to write about, without repeating myself month after month. If anybody wants to give me some ideas please share them. Now I am off to the hardware store to pick up some parts. So until next month keep safe and enjoy yourself.

## August is National Immunization Month

Immunization, or vaccination, helps prevent dangerous and sometimes deadly diseases. Most people think of babies or children when they think of vaccines but they are also very important for adults as well. As you age, you become more at risk for certain diseases, even ones you were vaccinated against when you were younger. To stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get vaccinated too. Immunization should be a life-long priority.

The following are recommended vaccines for seniors, 65 and older:

### **Pneumococcal vaccine**

Many deaths from pneumococcal disease in the United States occur among older people. The CDC (center for disease control) recommends 2 pneumococcal vaccines, which should be given at different times, for adults 65 years of age or older

### **Shingles (zoster) vaccine**

Shingles is a painful skin rash, often with blisters that may cause pain even after they've healed. It's most common among people 50 years of age and over and those with weakened immune systems. If you're 60 years of age or older, you should get this vaccine.



### **Flu (influenza) vaccine**

The flu is most deadly among adults 65 years of age and older. Getting a flu shot every fall or winter will help protect you and the people around you.

### **Tetanus/Diphtheria vaccine**

Many seniors aren't protected against tetanus. All adults, with rare exceptions, should get a Td booster for tetanus and diphtheria every 10 years. Diphtheria is a bacterial infection spread through close contact, sneezing, and coughing. The CDC recommends that all eligible adults, including seniors, get a Td booster for tetanus and diphtheria every 10 years.

If you ever have questions about your vaccination history feel free to ask your Physician at your next check-up. They will have records of all the vaccinations you have received.

Kim Morris, VP Nurse

Please feel free to contact us via email at anytime

Doug Junker, Manager: [manager@vintageparkapts.com](mailto:manager@vintageparkapts.com)

Kristy Patton, Health Care Coordinator: [nurse@vintageparkapts.com](mailto:nurse@vintageparkapts.com)

Melissa Kennan, Life Enrichment Coordinator: [life@vintageparkapts.com](mailto:life@vintageparkapts.com)

## Hello from The Vintage Park Café/Kitchen

By Amy Jenkins

Hello everyone! August already? Where has the time gone? I have been doing some food research about food in its peak in August. Some of this I knew, but some is very new to me. For example, grapes, green onions and watermelons are at their peak in August, even summer squash! We all know summer squash is good in soups, salads and even by its self, but did you know you could substitute squash for pasta? Of course there's spaghetti squash that the name implies, but try using it in lasagna. A good rule of thumb is, for a box of lasagna, use 3 medium zucchini! Layer and cook as usual! It will put a dent in those squash that seem never ending and talk about healthy! However if you're like me and crave something sweet after your meal, try the recipe to the right.

Below you will see pictures from our Resident Appreciation Meal. Tenants had the choice of prime rib or smoked salmon. It was delicious!



### Recipe: Lemon Summer Squash Bread


makes 2 loaves

#### Ingredients

- -1 cup melted butter
- 2 ¼ cups sugar
- -¼ cup plus 2 Tbs lemon juice
- 2 tsp lemon zest
- -3 eggs
- 3 cups flour
- -1 tsp salt
- 1 tsp baking soda
- 1 tsp baking powder
- 2 ½ cups grated summer squash (or zucchini)
- ½ cup powdered sugar
- 3tsp of lemon juice

Mix all the wet ingredients then, mix the dry ingredients and mix together. Bake for 1 hour at 350 degrees. Top with icing glaze.

## August Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Paprika Pork Chop Mini Baker Potatoes Parslied Cauliflower Bread German Chocolate Upside Down Cake	2. Fried Chicken Garden Blend Rice Italian Tomato Salad Bread Fresh Melon Cup	3. Spaghetti Seasonal Veggie Blend Garlic Toast Raspberry Cream Cheese Dessert	4. Salmon Patty Creamed Potatoes Coleslaw Bread Lemon Trifle	5. Honey BBQ Chicken Drumsticks Corn Cucumber Pasta Salad Bread Fruit Cup
6. Ham Balls Mashed Potatoes Gravy Carrots Roll Pie	7. Reuben Sandwich Bacon Potato Salad Seasoned Peas Peach Kuchen Bars	8. Rosemary Pork Tenderloin Freid Potatoes Broccoli Glazed Orange Soda Cake	9. Spaghetti Meatballs Garlic Mashed Cauliflower Fresh Melon Cup Bread	10. Mushroom Salisbury Steak Deluxe Crunchy Onion Potatoes Roasted Normandy Grande Classic Veggies Bread Monster Bars	11. Beef & Noodles Mashed Potatoes Green Beans Dinner Roll Strawberry shortcake	12. Scalloped Potatoes & Ham Broccoli Cuts Cornbread Ice Cream
13. Country Fried Steak Mashed Potatoes Gravy Mixed Vegetables Roll Pie	14. Stuffed Chcken Breast Broccoli & Rice Bake Bread Cucumber Melon Salad Lemon Bar	15. Roast Turkey Mashed Potatoes Gravy Green Beans Bread Strawberry shortcake	16. Smoked Sausage Pasta Skillet Peas & Carrots Garlic Toast Banana Split Fluff	17. Fried Pork Chop Mashed Potates Gravy Asparagus Supreme Bread Fresh Fruit	18. Breaded Pork Tenderloin Coleslaw Watermelon Cake	19. Chicken & Veg Stir Fry Rice Corn Seasonal Fresh Fruit Cookie
20. Roast Beef Mashed Potatoes Gravy Carrots Roll Pei	21. Oven Fried Chicken Deviled Egg Potato Salad Green Beans Bread Fresh Melon cup	22. Baked Ziti Dey West Blend Garlic Bread Starawberry shortcake	23. Liver Baked Sweet Potato Springtime Pea Salad Bread Panutbutter choc chip blondie	24. Glazed Brown Sugar Meatloaf Mashed Potatoes Gravy Asparagus Bread Seasonal Fresh Fruit	25. Ham Steak Parslied Potatoes Corn Frosted Brownie	26. Baked Chicken Drumstick Garden Blend Rice Fresh bAKed Bread Dreamsicle Gelatin
27. Baked Ham Parslied Potatoes Scalloped Pineapple Green Beans Almondine Pie	28. Country Fried Steak Mashed Potatoes Gravy Parmesan Roasted Broccoli Bread Cherry Sundae	29. Paprika Pork Chop Mini Baker Potatoes Parslied Cauliflower Bread German Chocolate Upside Down Cake	30. Fried Chicken Garden b;lend Rice Italian tomato Salad Bread Fresh Melon Cup	31. Spagettti Season Veggie Blend Garlic Toast Raspberry Cream Cheese Dessert		 <p style="text-align: center; color: green; font-weight: bold;">Squash</p>

All Menus are Subject to Change....

## Rodeo Week



Above is the picture of the Vintage Park float for the Lenox Rodeo Parade. This year's theme was, "Calling all Super Heroes, Get Here In a Flash to The Lenox Rodeo!" Tenants and staff had a good time getting ready for the parade. We spent many hours wrapping candy bars, coloring our posters and cutting our frilly decorations for the float. Staff, and children of staff, rode the float in the parade. Due to the high heat this week we only had 2 tenants attend the rodeo parade.

On top of the parade we were honored to have the Rodeo Queens stop out for a visit. The ladies signed pictures and talked about their duties as Queens. To the right, Ann Sawyer is more than happy to pose with the ladies. In the photo below Bob Green and Jean Cline cautiously slide in for a photo.

As usual with the rodeo, it was the hottest week we have had all summer. Temperatures were in the high 90's. No one decided to brave the heat for rodeo night, but we still enjoyed the week of festivities!



## Pull Out Your Dancing Shoes...

It's time for another dance at Vintage Park. Find your favorite pair of blue jeans and throw on some boots for the barn dance on August 18th, 7pm. Rodger Burger will be our entertainer/DJ for the evening. Refreshments will be available as you two step the night away! Be sure to invite your friends, family and anyone who likes to have a good time.



**Vintage Park  
Is  
Going to the Circus  
August 28th  
7:30pm**

## String Art

Our craft this month will be String Art. This form of art has become very popular with crafters on Pinterest and Etsy. I myself am new to this form of art, but after some research I found out that String Art became popular in the 1960's. Before that it was used as a way to make math easier for children to visualize. String Art kits can now be purchased online or in art/hobby stores. Designs range from simple shapes to intricate designs. Like many art forms, you can be a trained professional or a novice such as myself and still be able to pull off this craft. If you are interested in this craft please let me know so I can sure we will have enough supplies. Hope to see several of you giving this a try!



**MEET OUR NEW HEALTH CARE COORDINATOR!**

Rachael Gard will be joining the Vintage Park Team on August 28, 2017. Rachael will be familiar to many of you--as she worked as Dr. Kopp's nurse in the CHI Clinic for many years. Recently, she has been Clinic Manager for CHI—overseeing clinics in the SW Iowa area.

Rachael said she always liked the “atmosphere” at Vintage Park—and, when she saw that we had an opening for the HCC—she decided to apply.

Rachael is a Lenox native—some of you may know her as Rachael Grout—who has been living in Corning. Rachael is MOM to 3 young children (twin boys and a girl). We are hoping we can persuade Rachael to move back “home” to Lenox very soon!

Welcome to Vintage Park, Rachael! We are thrilled to have you on board!

**August Birthdays**

Lydia Hartnet - 6th

Ron Davison - 8th

Leland Carmichael - 24th





# Birds

r h c a d f a k c u d o a  
g a c e t e e k a r a p n Cardinal  
i b e n o e i b i t o o e crane  
h u m m i n g b i r d w d duck  
r z b p n f g r n l k l O buzzard  
w z g g r n d g i r c s V Goldfinch  
c a r d i n a l b s w t e hummingbird  
m r e k c e p d o o w a s parakeet  
n d c u k p a l r g g r e starling  
w o l l a w s r e l e l e eagle  
m b l u e j a y e w n i g hawk  
l m k a w p c h c r a n e magpie  
e r k c s r e c u s g g a swallow  
woodpecker  
robin  
dove  
sparrow  
mockingbird  
owl  
bluejay  
geese

