

# VINTAGE TIMES



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

## The Four Chaplains

**By:**

**Doug Junker**

During the early morning hours of February 3, 1943, the SS Dorchester, a transport ship ferrying US soldiers from New York Harbor to Greenland, was steaming through the Labrador Sea. Like much of the North Atlantic, the depths of the Labrador Sea were known to hide the German U-boats that patrolled the cold waters searching for targets of opportunity. With 904 men on board and a large payload of war material stored below deck, the SS Dorchester was a prime target. Those aboard knew that the night was the most dangerous time. Darkness provided the U-boats with the best environment to hunt as the lack of light afforded them with the cover they needed to move into the perfect position from which to spring their attack. On this night the darkness provided cover for U-223 and its prey was the SS Dorchester.

It is quite possible that those on board the Dorchester knew they were in danger. As stated earlier, U-boats were common, so common in fact that many sailors left port expecting to be attacked and ships traveling in convoys would often receive radio warnings if U-boats were operating in their area. We will never know if the SS Dorchester had received a warning because the torpedo fired from U-233 struck its main boiler at 12:55 am, causing an instant loss of power that disabled its radio. The ship was sinking fast as the crew scurried to follow protocol. The loss of the boiler also meant a loss of the steam power used to sound the alarm from the ship's whistle. In addition, the

rapid list of the ship, as it took on water, made the firing of the warning flares impossible as they, along with half of the lifeboats, were already under water. Within 20 minutes of being hit, the SS Dorchester, and 674 of those who sailed her, were lost.

The fate of the SS Dorchester was not unique, many ships fell victim to the enemy during the war and many sailors found their death in the cold waters of the Atlantic. What gives this ship's loss a special spot in history are the stories the survivors told of the Four Chaplains. There were four army chaplains that had joined those soldiers sailing to Greenland and on the night of the February 3, 1943 their acts of kindness, sacrifice and bravery would become well known. Methodist minister George L. Fox, Rabbi Alexander D. Goode, Roman Catholic priest John P. Washington, and Reformed Minister Clark V. Poling each found a young soldier to give his life jacket too, before joining the effort to load the life boats. When there was nothing left to be done, when all who could be saved were, these four joined arms, prayed, and sang hymns until they passed under the surface. In doing so, they provided inspiration, comfort, and an example of faith to the hundreds of men now fighting for survival while waiting to be rescued.

Above all, the story of the "Four Chaplains" is a story of faith and love. Their example proves that true love and true faith do not leave us when we face times of peril, but rather, times of peril provide the greatest opportunity for faith and love to be displayed.

## From The Ground Up and Everywhere in Between

By Don Cox

By the time you read this--the first month of 2018 will be behind us! It was a coooold January—it reminded me why we put insulation in the attic here a couple of years ago!

The extremely cold weather caused an issue in our fire system “hub” (the room with all the pipes, gauges and valves, etc.) resulting in a long and unannounced fire drill at 5:30 am one morning 😊. The extreme cold has also messed with the batteries in the keypads for the door alarms—some of which had to be replaced several times in January!

We are working very hard to stay ahead of the ice and snow. Please remember to let staff know if you plan to leave the building—and, if you need a little extra help warming up your car or walking

outside— we will get someone to help you!

We are having some cabinets built for the west wall of the Theater/Activity room. We have picked out a new counter top and sink, too. Once the cabinets arrive (they are being custom built by Burton Roberts) –We will install the counter and sink, and touch up the paint. We should be “good to go” very soon.

Despite the cold temperatures—we are thinking about warmer weather! In fact, we ordered some new patio furniture recently. We have a new patio table and 6 chairs coming for the outdoor area outside of the dining room. Plus—we are adding 4 outdoor rockers to that area—so, you can soon enjoy the flowers and sunshine while rocking your cares away!

Happy Valentine’s Day!

## February Birthdays

15<sup>th</sup> - Joan Thompson

21<sup>st</sup> - Sandy Johnston

26<sup>th</sup> - Hyatt Rice

27<sup>th</sup> - Irene Miller



# Snowflake Dance 2018





Sharing your kindness with others may be the single most important thing you do! Don't just save your kindness up for special days such as birthdays, anniversaries, or other special occasions! Sharing your kindness not only benefits the person receiving the act of kindness, but it benefits the person giving as well by giving you a sense of purpose or knowing that you helped brighten another person's day.

“Kindness is a language which the deaf can hear and the blind can see.” (Mark Twain)

“No act of kindness, no matter how small, is ever wasted.” (Aesop)

“Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.” (Scott Adams)

“Kind words and actions can seem so small, but their effects are truly endless.” (Author Unknown)

Please feel free to contact us via email at anytime

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

Rachael Gard, Health Care Coordinator: [nurse@vintageparkapts.com](mailto:nurse@vintageparkapts.com)

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

## Straight from the Kitchen Cupboards

By Amy Jenkins

Hello everyone.... I thought I would talk to you about Mardi Gras this month. A lot of people associate the holiday with beads and parades, but I associate it with the rich decadent food that goes with Mardi Gras. Two of those foods are the King Cake and Jambalaya.

The King Cake tradition is thought to have been brought to New Orleans from France in 1870. A King Cake is an oval-shaped bakery delicacy, that is part coffee cake and part French pastry. It is as rich in flavor as it is in history. It's decorated in royal colors of purple which signifies "justice", green for "faith" and Gold for "power". These colors were chosen to resemble a jeweled crown honoring the Wise Men who visited the Christ Child on Epiphany. In the past such things as coins, beans, pecans, or peas were hidden in each King Cake.

Today, a tiny plastic baby is the common prize. At a party, the King Cake is sliced and served. Each person looks to see if their piece contains the "baby". If so, then that person is named "King" for a day and bound by custom to host the next party and provide the King Cake.

The other dish is Jambalaya, which originates from Louisiana and consists mainly of meat, vegetables and rice. Traditionally, a smoked sausage, such as andouille, is featured. Occasionally, other meats such as pork, chicken, crawfish or shrimp, are also added. The vegetables are usually a soffritto like mixture known as the "holy trinity" in Creole and Cajun cooking. It consists of onion, celery and green bell pepper. Other vegetables such as carrots, tomatoes, chilis and garlic are also used. After browning the meat, all ingredients are added and cooked together until the rice is done.

After talking about all these wonderful foods, I can't wait for Mardi Gras! Until next time, keep it saucy and play with your food.

### Valentine's Day Candle Light Dinner

Ribeye or Shrimp  
Baked Potato  
Key West Vegetable Blend  
Cheesecake

If you plan to have guests for this day please let us know in advance. Thank you!

### Jambalaya Recipe

- 1 tbsp. oil
- 1 lb. boneless skinless chicken breast cut into 1-inch cubes
- ½ lb. smoked sausage, sliced ¼ inch thick
- 1 medium onion
- 1 tbsp. McCormick Perfect Pinch Cajun Seasoning
- 2 ½ cups chicken broth
- 1 can stewed tomatoes
- 1 cup long grain rice

Heat oil in large heavy skillet on medium-high heat. Add chicken and sausage; cook and stir 5 minutes. Remove from skillet.

Stir onion into skillet; cook and stir on medium heat 2 minutes or until onion is softened. Stir in Seasoning. Return chicken and sausage to skillet.

Stir in broth and tomatoes; bring to boil. Stir in rice. Reduce heat to low; cover and cook 20 to 25 minutes or until rice is tender, stirring occasionally.

## News from Cindy

In case you haven't heard—Vintage Park had a PERFECT Certification Review in December. Every 2 years the Iowa Department of Inspections and Appeals visits our community to complete an inspection. They review everything from food service to fire drills and maintenance to medical charts.

The licensing monitor told us what we already know—that Vintage Park is a great place to live and a great place to work! A big HATS OFF to the Vintage Park staff – who take pride in their work and love our residents like their own family. I also appreciate the fact that nearly all our tenants showed up for the meeting with the DIA monitor—in fact, she said she has never seen such a great turn-out!

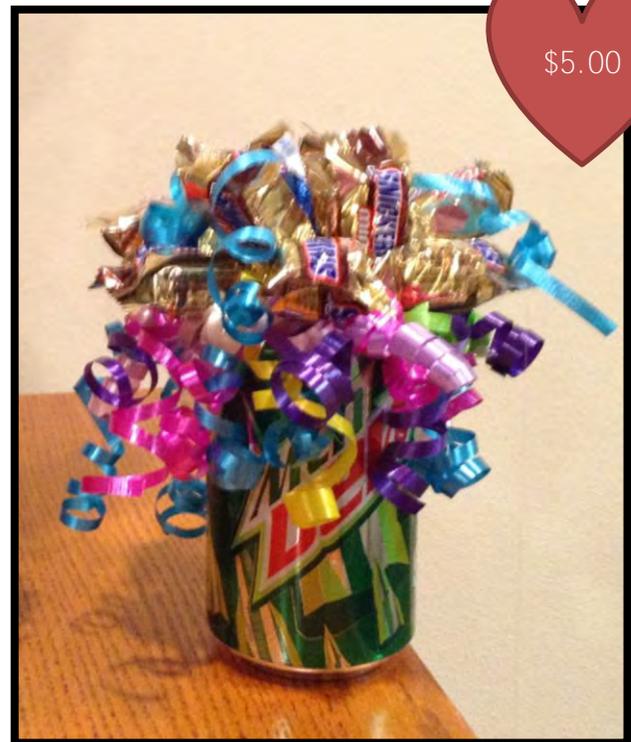
Have a Happy Valentine's Day—I am looking forward to buying one of the candy gift baskets for my special sweethearts again this year!

Candy Bouquets will be available starting on February 5<sup>th</sup>. If you have special requests please get your orders in early.

Prices are as follows:

Pop Bouquet = \$5.00

Mug Bouquet = \$15.00



\$5.00



\$15.00

## Staff Spotlights



Chelsea Christensen celebrates her 1-year anniversary with Vintage Park in February. Chelsea is a Universal Worker on our day shift.

Chelsea was born in Papillion, Nebraska and has three brothers who keep her on her toes. She is currently working on getting her EMT and finishing her associates degree. She is always busy.

In her spare time, she enjoys fishing, bow hunting and riding her horse. Her brothers also keep her busy watching their many sporting events that they are involved in. GO TIGERS!!!

**Chelsea's favorite thing about working at Vintage Park** is the friendly atmosphere and the team effort that we have.

Chelsea is a hard worker and her initiative and drive make her a valuable team player!



Mildred Loe celebrates her fourth year at Vintage Park in February. Mildred is a Universal Worker who can be found on day and evening shifts, along with offering a helping hand with activities.

Mildred was born and raised at the base of the Big Horn Mountains in Wyoming. Mildred was president of her graduating class at Mt. Ellis Academy, a Seventh-day Adventist private boarding academy in Bozeman Montana.

Mildred married her husband Rob 30 years ago in a simple ceremony at the cabin where she was born.

She has had the opportunity to live in several places **because of her husband's teachings** and Bible work including the United States Virgin Island in the Caribbean and Castle Valley, near Arches National Park in **Southern Utah**. **Settling in Iowa in '99**, they were privileged to raise two of her husband's nephews at their home seven miles NE of Lenox.

Still on her **"to do list"** is to stay at **Phantom Ranch** and Old Faithful Lodge.

Mildred loves getting to know all the interesting tenants and working with such a capable and friendly staff. She likes the fact that VP is locally owned and operated by such caring and dedicated people. Mildred believes that Vintage Park is the premier Assisted Living Community in Southwest Iowa.

## Winter Olympics

The Olympic Winter Games is a major international sporting event held once every four years. The host of this year's games is PyeongChang, South Korea. Opening Ceremony takes place on February 9<sup>th</sup> and the games continue thru February 25<sup>th</sup>. This year there will be a total of 102 Gold Medal Events, which is the most ever contested at an Olympic Winter Games. You can enjoy the competition from the comforts of home on NBC. They will be airing nightly during the games as well as streaming live, on the internet.

In the spirit of the Olympics we will be having our own Olympic Events at Vintage Park. Be sure to take part in the fun!

## VP Olympic Events

February 12<sup>th</sup>  
Bobsled Racing

February 21<sup>st</sup>  
Snowball Throw

February 22<sup>nd</sup>  
Tabletop Curling

## Women's Heart Week

National Women's Heart Week February 1st-7th promotes prevention, education, symptom awareness and early intervention.

Heart Disease is the number one killer of American women. Recognizing symptoms and risks, making lifestyle changes and getting timely care can save a woman's life. Women's Heart Week is a national outreach campaign aimed at improving women's outcomes from this deadly disease. Women's Heart Foundation (WHF) recognizes that women are busier than ever as they juggle career, family and care-giving responsibilities. Now, more than ever, women need to take time out for themselves and be given the reminder: *Take Care of Your Heart*.

Each day this week will have a theme and a dress code. Let's have fun and raise our awareness about heart disease!

**Feb. 1<sup>st</sup>- Awareness and Symptoms**  
(everyone wear red)

**Feb. 2<sup>nd</sup>-Exercise and Fitness**  
(everyone wear workout attire)

**Feb. 3<sup>rd</sup>-Nutrition and Supplements**  
(hats off to our cooks, wear a hat)

**Feb. 4<sup>th</sup>-Holistic Health/Stress Management**  
(wear your pjs)

**Feb. 5<sup>th</sup>-Medication Safety**  
(dress like your superhero)

**Feb. 6<sup>th</sup>-Health Care Self-Management**  
(wear a tie)

**Feb. 7<sup>th</sup>- Positive Self Image**  
(dress up day)

## Activities at a Glance...

By Melissa Butler

This month is jam packed with special events. Be sure to pay close attention to **your calendars so you don't miss out!**

We will be celebrating Groundhog Day by making groundhog cupcakes and watching the movie *Groundhog Day*.

On Saturday, February 3<sup>rd</sup> be sure to decorate your mask for our masquerade parade to celebrate Mardi Gras. You can pick up a mask and work on it in your room or as a group. The parade will be on the 13<sup>th</sup> with snacks and refreshments following. Dressing in the Mardi Gras spirit is encouraged.

Sunday February 4<sup>th</sup>, we will host a Super Bowl Party in the living room. Snacks and refreshments will be available during the game.

We begin making candy bouquets on February 1<sup>st</sup>. I would love to have all of you that helped last year, as you are my seasoned helpers. We had a hard time keeping up with orders last year so we have dedicated more time to making these this year.

**To celebrate Valentine's Day, we will be** having our annual candle light dinner, making valentines for the nursing home and the preschool kids will be singing.

On February 16<sup>th</sup> we will travel to Maryville, MO to eat lunch at the Joy Wok Buffet.

Sunday February 18<sup>th</sup> will be our spa day. You can get a pedicure, manicure and facial. To conclude the afternoon, we will have wine and chocolates.

## Mardi Gras

Mardi Gras — which means Fat Tuesday in French — is the one-day culmination of a very long Carnival season. It is the last night of eating richer, fatty foods before the ritual fasting Lenten season. This year Mardi Gras is Tuesday, Feb. 13.

Carnival is the actual season, this year 39 days' worth. Carnival begins Jan. 6 every year and is called Kings Day, or Twelfth Night or the Feast of the Epiphany, a holy day of obligation in the Roman Catholic Church. Carnival ends at midnight Fat Tuesday.

Celebrating Mardi Gras means parades, masks, beads, rich food, jazz music and a general good time. The day is themed around 3 specific colors.

Purple – which represents justice

Green- for faith

Gold- which signifies power

Mardi Gras has a moveable date and may occur on any Tuesday from February 3<sup>rd</sup> to March 9<sup>th</sup>. It is always the day before Ash Wednesday and always falls 46 days before Easter.

Be sure to pick up your mask on February 3<sup>rd</sup> so you will be prepared for Mardi Gras!

# Chinese New Year

U L U N A R C A L E N D A R  
X L E Y F I A G E U D T O C  
A U C E L C L O I A N A N A  
H C E A E E L O S D F N N D  
L K L R M A A D E R L G E R  
L Y E O I N N L E A A E W U  
A M B F L D T U S G A R Y M  
F O R T U N E C O O K I E S  
A N A H G O R K C N A N A R  
S E T E A O N T H R S E R N  
N Y I O O D S C I E I S N S  
R A O X O L I O N D A N C E  
G U N G H E Y F A T C H O Y  
P A N D A S P A R A D E N A  
F I R E C R A C K E R E A T

asia	new year	lucky money
celebration	panda	fortune cookies
china	rice and noodles	good luck
dragon	year of the ox	lion dance
firecracker	lanterns	drums
parade	gung hey fat choy	lunar calendar
tangerines	leisees	

## February Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Beef Pot Roast Potatoes Carrots Bread Banana Blondie	2. Battered Fish Baked Potato Veggie Blend Biscuit Strawberry Sundae	3. Beef & Noodles Mashed Potatoes Broccoli Fresh Baked Bread Pumpkin Fluff
4. Fried Chicken Mashed Potatoes Gravy Country Veggies Roll Pie	5. Spaghetti Green Beans Garlic Breadstick Brownie Batter Cheesecake	6. Smokehouse Pork Sandwich Fried Potatoes Fruited Gelatin	7. Cornbread Cruled Pork Chop Baked Sweet Potato Broccoli & Caulif. Cheese Sauce Caramel Apple Cake	8. Creamy Swedish Meatball Bake Noodles Brussels Sprouts Bread Fluffy Strawberry Dessert	9. Fish Roasted Potato Peas Bread Cherry Cobbler	10. Sweet & Sour Chicken Rice Vegetable Blend Bread Ice Cream
11. Roast Beef Mashed Potatoes Gravy Cabbage Roll Pie	12. Carnitas Enchilada Spanish Rice Brownie	13. Glazed Meatloaf Baked Potato Country Veggies Bread Dirty Snow Cake	14. Baked Chicken Potato Salad Baked Beans Fresh Baked Bread Double Strawberry Sundae	15. Hamburger Steak Mashed Potatoes Gravy Peas Caramel Apple Pretzel Dessert	16. Seafood Pasta Alfredo Green Beans Garlic Bread Chef's Choice Dessert	17. Savory Chicken Drumstick Mashed Potatoes Gravy Corn Fruited Gelatin
18. Roasted Turkey Mashed Potatoes Gravy Stuffing Roll Pumpkin Pie	19. Lasagna Roll Up Riviera Veggies Bread Peanut Butter Brookie	20. Pork Loin Baked Sweet Potato Country Veggies Bread Sherbet	21. Swiss Steak Garlic Parmesan Mashed Potatoes Peas Bread Orange Mist	22. Fried Chicken Macaroni & Cheese Carrots Bread Cherry Crunch	23. Open faced Meatloaf Sandwich Mashed Potatoes Gravy Green Beans Mixed Fruit	24. Stroganoff Biscuit Corn Fruited Gelatin
25. Molasses Glazed Ham Au gratin Potatoes Brussels Sprouts Roll Pie	26. Chicken Parmesan Pasta Bake Green Beans Garlic Bread Chocolate Mousse	27. Country Fried Steak Mashed Potatoes Gravy Riviera Veggies Bread Boston Cream Poke Cake	28. Stuffing Topped Pork Chops Squash Bread Cherry Gelatin Dessert			