

VINTAGE TIMES



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Making the Change

By:

Doug Junker

On January 24, 1972 Shoichi Yokoi, one of the last Japanese holdouts from World War II, was captured on the island of Guam. Shoichi Yokoi was drafted into the Japanese Imperial Army in 1941 and had served in combat in China before being transferred to Guam in 1943 as part of a reinforcement force sent in anticipation of an American attack. In August of 1944, when the Americans captured the island, Shoichi and nine others fled into the forest to evade detection and continue the fight. Over the next 20 years, seven of Shoichi's group wandered away into the forest and never returned, their whereabouts are unknown. In 1964, the last two of Shoichi's friends were killed in a flood and he was left to survive alone until his capture 7 years later.

The irony in this story is that Shoichi, and the others, had known since 1952 that the war had ended. He and his men still held firm to the notion that it was a dishonor to be captured by the enemy and therefore had remained in hiding to avoid this shame. After his capture and return to Japan, Shoichi Yokoi, a man who had clung to his honor, refused to give up, and had survived 28 years in the jungles of Guam issued the following statement; "It is with much embarrassment that I return." Shoichi became a minor celebrity; he eventually married and settled into a quiet existence and was known as a strong advocate for austere living. Even in his old age Shoichi never let go of the past and never relinquished his sense of duty. In my opinion, although honorable, his

sense of duty and his dedication were sadly misguided. As evident by his willingness to remain loyal and the resourcefulness he needed to survive his years in hiding, he was a man with many admirable traits that would have led to success in many aspects of life had he not chose to spend the majority of it in hiding.

Most of us would consider ourselves to be blessed. We are fortunate to find ourselves surrounded by people we love and cherish and as Americans we enjoy levels of freedom and comfort unknown in much of the world. That being said, I do believe we all have avenues in our lives that could be improved but we often struggle with making changes that would make our lives better. In some respects, we all are a little like Shoichi Yokoi. It is not uncommon for us to remain loyal or dedicated to people, causes, or habits that limit our ability to enjoy life or find success. January is always a month for change. The beginning of a new year is symbolic of the possibility to refocus our goals and redirect our efforts. But like Shoichi, most of us never let go of what we have always known and as the new year unfolds we forge a future that differs little from our past. Change is difficult, but it is not impossible. The key to making positive changes in our lives is being willing to be honest about who and what we are. Personally, it is not uncommon for me to give myself a pass and accept failures I would criticize others for. I think pride, more than anything else, limits our ability to accept our failures and move to improve on them.

As this new year begins, let us give thanks for our health and our happiness and let us pray for the humility to accept our shortcomings and for the courage to correct them. Have a Blessed and Joyful 2018!

From The Ground Up and Everywhere in Between

By Don Cox

Vintage Park had a recent visit by the Fire Marshal. He was very nice and quite helpful. He did find a few things in the building that we need to address. I have summarized his findings that apply to resident rooms below:

1. Discontinue using extension cords to supply power to the Christmas decor in rooms (**can't** use extensions cords for anything anymore -sorry about that!)
2. In addition, only metal multi plug (power) strips can be used-but, only for appliances (like TVs, computers and radios) they cannot be used for **lamps or smaller items. Don't ask me why- I don't get to write the fire codes** 😊
3. **Oxygen concentrators need to be turned off when a resident leaves their room.**

He found a couple of other minor things we need to address before he comes back next year-but, overall his visit went very well.

Winter is here....

Be sure to park your cars away from the curb to allow for snow removal.

If you notice a slick spot please let staff know so they can take care of it.

Most importantly... if you don't need to go out... don't!

Below is a picture of the plaque that was placed in the back yard this fall. Along with the plaque 6 fruit trees were planted. The money for this project was donated by **Elaine Adamson's Family in her honor. What** a lovely gift to give Vintage Park in remembrance of Elaine. Not only will they provide some lovely scenery and shade, but the fruits they bear will be enjoyed by everyone for years to come.



Looking Back Over 2017



Snowflake Dance



Vintage Park Takes Home Trophy at Chili Contest



Casino Night



Life Flight Lands at Vintage Park



Renewal of Vows



Watering Hole at the Barn Dance

Dealing with Dry Skin

As skin ages it becomes thinner, more fragile, less elastic, and drier. Dry skin is a common problem among the elderly, affecting 75% of people over the age of 65. The main cause of dry skin is due to the loss of oil glands which naturally moisturize the skin and keep it soft.

Dry skin is especially common in the winter months, when the humidity level outside drops and the air outside is cold and dry. If the skin becomes too dry, it is prone to cracking and dermatitis (inflammation of the skin), which allows for penetration of bacteria that can result in infection.

Because dry skin can lead to other skin complications, it's important to treat and monitor carefully. If you ever have skin concerns you should let us know and we can assess your skin. If you do suffer from dry skin there are a lot of easy things that you can do to help.

- Use a cleansing soap that has moisturizer or is formulated for dry skin
- Use body lotion that doesn't contain perfume.
- **Take fewer baths or showers.**
- Check water temperature. Water that is too hot can dry out the skin
- Choose cotton clothing, rather than polyester or other synthetic fabrics and avoid tight clothing
- Use a soft washcloth for bathing and showering
- Drink a lot of water to keep the skin hydrated
- Use humidifiers and vaporizers to get more moisture in the air

Happy New Year from the Nurses!

Please feel free to contact us via email at anytime

Doug Junker, Manager: manager@vintageparkapts.com

Rachael Gard, Health Care Coordinator: nurse@vintageparkapts.com

Melissa Kennan, Life Enrichment Coordinator: life@vintageparkapts.com

Hello from The Vintage Park Café/Kitchen

By Amy Jenkins

I can't think of a better thing to celebrate in the blistery cold of winter than National Soup Month. There is nothing like a warm bowl of soup that has been cooking in the crock pot all day, infusing the air with its enticing aromas. Below are a few interesting facts about soup for you to chew on.

- Soup can be dated back to about 6000 B.C. and was first made with hippopotamus.
- Boiling was not a common cooking technique until the invention of a waterproof container, which started out as clay vessels.
- Prior to clay vessels Animal Hides and watertight baskets were used along with heated rocks.
- In France, around the 16th century, a highly concentrated and inexpensive soup, sold by street vendors was advertised as an antidote to physical exhaustion.
- In 1897, Doctor John T. Dorrance, a chemist with the Campbell Soup Company, invented condensed soup.

The Many Different Types of Soup

Dessert soups

Fruit soups

Cold soups

Fish soups

Noodle soups

Bisques

Chowders

Cream Soups

Other broths

BLUE VELVET SOUP

1 cup finely chopped carrots
 1 cup finely chopped celery
 ½ cup minced onion
 2 tablespoons butter or margarine
 1 tablespoon flour
 1 cup milk
 8-ounce package cream cheese
 13 ½ ounce can chicken broth
 8 ounces blue cheese, crumbled
 1 tablespoon chopped parsley

In a saucepan, sauté carrots, celery and onion in butter until tender. Blend in flour. Gradually blend in milk and cream cheese until smooth. Add broth, blue cheese, and parsley. Heat and serve hot. Yield: About 5 ½ cups.



January Birthdays

- 1st - Dot Reynolds
- 8th - Jane Davison
- 10th - Elsie Preston
- 10th - Sheila Wildermuth
- 16th - Marjorie Mellott
- 28th - Boyd Mellott
- 29th - Mary Hoffman
- 31st - Wilma Bloom
- 31st - Betty Donaldson



2nd Grade visits Vintage



Class Averages for Live 2B Healthy

From May to October 2017

Balance 29% improvement

Upper Body 24% improvement

Lower Body 14% improvement

Flexibility 0 inches

Looking Back Over 2017



Grandparents Day Carnival



Nail Driving Contest on 4th of July



Mad Hatters Day



St. Patrick's Day Party



Picnic at Lake of Three Fires



Longest Day Gauntlet

REMEMBER THIS? It's time to check to see how accurate Cindy's Predictions for 2017 were!

CINDY'S Predictions for 2017... (as published in the January 2017 Newsletter)

SUPER BOWL—the New England Patriots will win the Super Bowl. It won't even be close.... doesn't matter who the other team is. I was mostly right about this one! The New England Patriots were the 2017 Super Bowl Champions, defeating the Atlanta Falcons 34-28 in overtime! I concede—the part about "it won't even be close" was not the case.

PRESIDENT TRUMP—Will continue to defy conventional wisdom and "politics as usual" as he deals with Congress, the federal bureaucracy and foreign governments. I don't think anyone can take issue with this! President Trump—in between tweeting, and draining the swamp—continues to befuddle the experts!

Interest rates will go up—Prime lending rates were at 3.64% In January of 2017 and as of December 19, 2017 they stand at 4.25%. Passbook savings rates stayed the same all year...a whopping .06%! It looks like I was half- right about this prediction!

Unemployment will come down—I called this one, too! Unemployment in the US was 4.8% in January and as of the end of Nov 2017 it fell to 4.1%.

The deficit will go up—As of today the federal debt tops \$20 Trillion. The US annual budget deficit at the end of FY 2016 stood at \$585 Billion. At the end of FY 2017 - another \$666 Billion was added to the federal debt. Another accurate prediction for Cindy.

Income tax rates will come down—It looks like this will happen before the end of 2017! I will claim this as an accurate prediction as I am confident that tax reform will pass before 12/31/17.

The media will be beside themselves as they cannot predict or control this man.... Unless you have been in a coma in 2017—you have to agree that I am right about this one, too! The Main Stream Media and their daily dose of "Fake News" have become a joke this past year.

THE CURSE OF OAK ISLAND—The treasure will be found! Okay—this one I may have to concede. While they have found a few trinkets and an occasional bone - the only "treasure" I've seen so far is a whole lot of mud and a bunch of hype. But, I still tune in - just in case 😊

GAS PRICES - Will stay relatively low (mostly below \$2.50 per gallon) in 2017 as the domestic oil, ethanol and shale

Cindy's 2017 Predictions Cont.

industries will be encouraged by a more receptive business climate in the US. *Cindy was correct here, too. As of today a gallon of gas will cost you an average of \$2.425 in Iowa compared to \$2.221 one year ago. While it is closer to \$2.50 than it was a year ago—the average is less than \$2.50 per gallon.*

ROBOTS— are coming! It might take a few years for them to move into Lenox—but, automation will become more mainstream in 2017... *a little web research will verify this,*

but—"2017 Was the Year the Robots Really, Truly Arrived" according to Matt Simon of "Wired"; Greg Nichols of ZD NET wrote "Tipping Point: 2017 was a Record Shattering Year for Robotics". This article claims that in the first 9 months of 2017 "North America saw 27,924 orders of robots valued at approximately \$1.473 billion, by far the highest level ever recorded".



Staff
Spotlights

Doug Junker, Manager of Vintage Park celebrates his 3rd year with the community. Doug was born in St. James, Minnesota and graduated from Vermillion High School in South Dakota. Doug is married to Cindy and has three children; Owen, Ava and Addison. Doug earned a B.S. from the University of South Dakota in History Education with a minor in Sociology. **Doug's hobbies include** target shooting and watching my children play sports. **Doug's** favorite thing about working at Vintage Park are the wonderful people who live and work at Vintage Park.



Jeff Beason celebrates his 2nd year at Vintage Park this month. Jeff is part of our dedicated night crew making sure Vintage Park runs smooth thru the midnight hours. Jeff lives in Lenox with his wife Debbie. They have two fur babies, Chico and Scooby Doo. Jeff graduated from Creston High School and has lived in Taylor County most of his life. In his spare time, he enjoys camping, fishing working in the garage and just being outside in general. Some of his hobbies include doing body work on cars and working on old lawnmowers. His favorite thing about working at Vintage Park is being able to help the tenants who call Vintage Park home and helping keep the place clean.

Activities at a Glance...

By Melissa Butler

I can officially say we have survived the year. It has been full of wonderful events, lasting memories and new experiences. Thank you to everyone who has participated or helped with activities throughout the year.

December about wore me out, but I look forward to the new year with enthusiasm. It's always nice to wipe the slate clean and start fresh.

We will be adding new things to the activity calendar and removing activities **that don't spark as much interest.** If you have ideas about things you would like us to try, feel free to share them with me. I am always open to ideas.

One of the new activities that are being added to the calendar on a monthly basis is Arm Chair Travels. It will be a video journey to a new location each month. We will then taste snacks that are prevalent from that area or play games or look at relics related to our journey.

Shuffleboard will be a new game this year and I hope several of you come out and give it a try. I have talked with some of you and learned that you use to be on shuffleboard teams. What fun it would be to get a few teams going!

Be looking at your calendars for other new activities. I would hate for you to miss out!

With Winter keeping us indoors I just want to remind everyone about the importance of getting out and socializing. It is all too easy to get the winter blues when you feel cooped up with nowhere to go, so get out and try one of the many activities we have planned.

Put'n On a Ritz

Monday January 1st

2pm

Vintage Park

Richard Staples will be making the piano dance in our very own living room. Join us afterwards for some hordorves.

Snowflake Dance

January 13th

7pm

Vintage Park Dining Room

Come sparkle and shine in your finest clothes as we dance the night away. Local talent Rodger Burger will be our DJ/Entertainer for the evening and refreshments will be available. Be sure to invite someone to be your date for the dance and invite your friends and families to attend.

NEW YEAR

u a f e b a l l o o n s e r
r o g a r t n n f m r s f t
t o c c m s s i e e g i r h
e a r t c i r r k r i t i t
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i t e n g d n g n s c t i i
n r n a e c i o j e r t n e
g n l t n e h m i t o t g j

NOISE MAKERS	CONFETTI	BALLOONS
CELEBRATIONS	REJOICE	LAUGHTER
TOASTING	RESOLUTIONS	NEW BIRTH
GLITTER	MUSIC	FIRE WORKS
MIDNIGHT	NEW YORK	CAB
SINGING	FAMILY	FRIENDS

January Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Chicken Parmesan Bake Green Beans Garlic Bread Chocolate Mousse	2. Country Fried Steak Mashed Potatoes Gravy Riviera veggies Bread Boston Cream Poke Cake	3. Stuffing Topped Pork Chops Squash Bread Cherry Gelatin	4. Beef Pot Roast Roasted Potatoes/ Carrots/ Onions Bread Banana Blondie	5. Battered Fish Baked Potato Vegetable Blend Biscuit Strawberry Sundae	6. Homemade Beef & Noodles Mashed Potatoes Broccoli Fresh Baked Bread Pumpkin Fluff
7. Fried Chicken Mashed Potatoes Gravy Country Veggies Roll Pie	8. Spaghetti Green Beans Garlic Breadstick Brownie Batter Cheesecake	9. Smokehouse Pork Sand. Fried Potatoes Fruited Gelatin	10. Cornbread Crusted Pork Chop Baked Sweet Potato Broccoli & Cauliflower Caramel Apple Cake	11. Creamy Swedish Meatball Bake Noodles Brussels Sprouts Bread Fluffy Strawberry Dessert	12. Fish Roasted Potato Medley Peas Bread Chery Cobbler	13. Sweet & Sour Chicken Rice Vegetable Blend Bread Ice Cream
14. Roast Beef Mashed Potatoes Gravy Cabbage Roll Pie	15. Carnitas Enchilada Spanish Rice Brownie	16. Glazed Meatloaf Baked Potato Country Veggies Bread Dirty Snow Cake	17. Baked Chicken Potato Salad Baked Beans Fresh Baked Bread Double strawberry Sundae	18. Hamburger Steak Mashed Potatoes Peas Caramel Apple Pretzel Dessert	19. Seafood Pasta Alfredo Green Beans Garlic Bread Chef's Choice Dessert	20. Savory Chicken Drumstick Mashed Potatoes Gravy Corn Bread Fruited Gelatin
21. Roast Turkey Mashed Potatoes Gravy Stuffing Roll Pumpkin Pie	22. Lasagna Roll Up Riviera Veggies Bread Peanut Butter Brookie	23. Pork Loin Baked Sweet Potato Country Veggies Bread Sherbet	24. Swiss Steak Garlic Parmesan Mashed Potatoes Peas Bread Orange Mist	25. Fried Chicken Macaroni & Cheese Carrots Bread Cherry Crunch	26. Open Face Meatloaf Sand. Mashed Potatoes Gravy Green Beans Mixed Fruit	27. Stroganoff Biscuit Corn Fruited Gelatin
28. Molasses Glazed Ham Au Gratin Potatoes Brussels sprouts Roll Pie	29. Chicken Parmesan Bake Green Beans Garlic Bread Chocolate Mousse	30. Country Fried Steak Mashed Potatoes Gravy Riviera Veggies Bread Boston Cream Poke Cake	31. Stuffing Topped Pork Chops Squash Bread Cherry Gelatin Dessert			

Cindy's Predictions for 2018

United States:

Trump and Russia— I believe we will hear less and less about this as 2018 goes along. The media will NOT concede that the alleged collusion never happened— but, they will eventually quit talking about it as it becomes clear that there is no story here...

Trump and the Main Stream Media— as I said, the MSM will stop reporting on “collusion” – however, I don't expect them to champion him as President, either. Rather, I look for them to look for other perceived vulnerabilities (past claims of sexual harassment, fitness for office/mental health, past business decisions, etc.) and pummel him mercilessly – and, completely ignore and/or spin and/or diminish any of his administrations accomplishments.

FBI, CIA and Dept. of Justice— In 2018 we are going to find out just how corrupt these organizations have become as whistleblowers will continue to come forward and expose the shady deals and twisted “justice” of these and other government agencies. The entrenched DC bureaucrats have not been held accountable for quite some time— and, that is starting to change. Strap yourselves in....!!

STOCK MARKET— I think we will see the stock market continue to go up and up the first 3-6 months of 2018...but, the 2nd half of the year will present a different scenario! I think a 10% (or more) correction is overdue— and, probably needs to happen to clear the “fluff” out of the market.

BITCOIN— hmmm, virtual “money” that you can't see or touch – that is not tied to anything “tangible” – or regulated by any government or financial organization--is valued

at 10s of thousands of dollars (according to ???)— and, cannot be traced.... what could possibly go wrong here?

THE CLINTONS will be back in the news. I expect a renewed interest in the email scandal, the Uranium One deal, the Clinton Foundation, etc., in 2018. I am predicting that there will be indictments and criminal charges against them related to one or more of these controversies.

THE NFL— has completely overplayed its hand. Ratings will continue to go down at the same time the NFL “business” officials (owners, coaches, etc.) will try to stuff this genie back in the bottle— or at least put a nice bow on the whole kneeling controversy and repackage it as something other than a protest. They will finally realize that the people who “buy” their “product” – in other words – the FANS, do not appreciate the disrespect shown toward our country, or its' symbols, by a bunch of overpaid and under-informed football players. But, it is too late to fix this one, in my opinion.

THE WORLD:

ISIS and other terrorist groups will be put out of business in 2018. **THE UNITED STATES HAS HAD ENOUGH**— and, has finally gotten serious about dealing with them.

NORTH KOREA— I put the chance of nuclear war with N Korea at 50/50 in 2018. While I think the NK, regime is dangerous and capable of knee jerk reactions— I think the balance of power has tipped in our favor and it is likely we will take care of them first. Time will tell...

OTHER:

CORNING PROJECT: I predict we will break ground in 2018!