

VINTAGE TIMES



Vintage Park Apartments, 810 East Van Buren, Lenox, IA 50851
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Stand Watie and Ely S. Parker

By:

Doug Junker

On June 23rd, 1865 Confederate Brigadier General, Stand Watie, became the last Confederate general to surrender to Union forces. His surrender took place in the small settlement of Doaksville, which was located within the Choctaw Nation in present day Oklahoma. Stand Watie was born in the Cherokee Nation lands located around Calhoun, Georgia in December of 1806. His father was a full-blooded Cherokee and his mother was half-Cherokee and half-white. Her father was a white settler who had taken up with and married a Cherokee woman, an act that was common in the frontier landscape of early 19th century Georgia. Stand Watie was not unlike other Cherokees with mixed blood in the fact that he received a formal education, which afforded him ample opportunities to gain comfort within white society and the plantation culture of the Deep South. When he matured into adulthood these experiences would find him ideally suited to bridge the gap between the Southern and Cherokee way of life and allow him the ability to find success in these opposing cultures.

As a tribal leader, Stand Watie had advocated, and agreed to, the relocation of the Cherokee to the western lands of Oklahoma following the discovery of gold upon the Cherokee lands in Georgia. He knew enough to understand that the desire to mine gold would inevitably lead to the expulsion of the Cherokee and therefore he urged his tribe to negotiate and gain as much as possible for their land. His viewpoint was not popular and was rejected by other tribal leaders

who vowed to oppose any effort by the government to take their lands. In view of this, Stand Watie left them behind and relocated his family to Oklahoma. A few years later he would be joined by the Cherokee who would survive the forced march that became known as the “Trail of Tears”. Once in Oklahoma he went on to establish a large plantation and became a slave holder. When the Civil War broke out, both sides approached the Native American leaders located in the frontier lands that bordered the conflict. Fearful of the federal government and convinced of its desire to confiscate the Cherokee Nation lands in order to form the new state of Oklahoma, Stand Watie embraced the Confederate cause and was commissioned as Colonel of the 1st Cherokee Mounted Rifles, thus beginning his military service to the Confederacy. Watie and his men would see action at the Battle of Pea Ridge and numerous other smaller engagements and played a significant role in preventing Union forces from establishing a foothold in the Oklahoma territory. Regardless of whether you agree with his politics or are dismayed by the fact that he, as a member of a persecuted and subjugated race, enslaved others, you cannot discount the fact that he overcame much to rise to prominence and is notable as the last fighting general of the Confederacy.

Ely S. Parker was born into a prominent Seneca Indian family in Indian Falls, New York. The Seneca tribe was one of the Six Nations of the Iroquois Confederacy, a group of tribes who were associating with European and American culture. The Seneca, like most of the tribes in the Iroquois Confederacy, had lost most of its historical land to the expansion of colonial America and had therefore, made a strong effort to assimilate into white culture. Ely himself was a product of this assimilation. His father, became a Baptist minister and urged all his children to receive a formal

Stand Watie and Ely S. Parker Cont.

education. Ely was sent to one of the many missionary schools that dotted the frontier; there he became fully bilingual and proved himself an excellent student. As he grew to adulthood he pursued a career in law but was denied the bar exam due to his native heritage and therefore he turned his attention toward becoming an engineer. It is within this career that he would form the bonds and allegiances that would serve as the backbone of his entrance into history.

As an engineer Ely worked on, and supervised, improvements to the Erie Canal. Eventually he was transferred to Galena, Illinois where he would oversee government projects and meet and befriend Ulysses S. Grant. When the Civil War broke out he tried to raise a regiment of Iroquois volunteers to fight for the Union but was turned down by the Governor of New York. Next, he attempted to join the Union army as an engineer but was turned down due to his race. Frustrated and out of options he contacted his friend U.S. Grant, whose army was suffering from a lack of engineers. Grant had him commissioned as a captain in May of 1863. Parker served with Grant throughout the Overland Campaign and the Siege of Petersburg, after which he was appointed military secretary for Grant and received a promotion to lieutenant colonel. Throughout the war, Parker served with distinction and as Grant's forces pressured the Confederate Army of Northern Virginia into surrender, Parker traveled with Grant to Appomattox Courthouse to discuss terms with Confederate General Robert E. Lee. Parker aided in the formation of the surrender documents which were written by his hand and signed by Grant and Lee. Following the war, Ely Parker would continue in public service and after mustering out of the army, would eventually be named the first Native American Commissioner of Indian Affairs, a position he used as a platform to advocate for fair treatment of the Indians and peaceful settlements to disputes.

The 19th Century was a time of great change and many challenges as our nation continued along the path of political maturity and economic and geographic expansion. The turmoil of the times was felt more keenly by the African Americans, whose toil under bondage played a major role in the expansion of American trade and wealth, and the Native Americans whose traditional homelands, once rich in game and timber, had been confiscated, cleared, and subdued by the blade of the settler's plow. You really must admire these two individuals for the deftness and determination they employed in balancing between two cultures while rising to levels of prominence. It would have been easy, and altogether forgivable, for either of them to allow their lives to be destined by bitterness and enmity, to give up and fade away, but that did not happen and their strength and faith in themselves should inspire us.

We often speak of the "American Spirit", the underlying grit, determination, and unassailable pride that defines our nation and the people that inhabit it. In many ways it embodies what it means to be an American. After the war ended Ely Parker was reported to have told friends about meeting General Lee at the signing of the surrender at Appomattox. Parker stated the following: "At the time of the surrender, General Lee stared at me for a moment, he extended his hand and said, 'I am glad to see there is one real American here'; I shook his hand and said 'General, we are all American's here'." If his account is true, this exchange formed a fitting end to a great conflict and illustrated the clearest path toward reconciliation, a path that is still being walked to this day.



Pictures from the Icarian Tea



Did You Know

1. There are 4 major types of tea- black, green, white and oolong. They all come from the same plant, *Camellia Sinensis*. The way the leaves are treated is how the different types of tea are created.
2. Herbal Teas are not actually teas because they do not contain leaves from the *Camellia Sinensis* plant. Instead, they are infusions made from the roots, leaves, flowers, seeds and/or fruit of various plants.
3. Legend has it that tea was discovered by Chinese Emperor Shen Nung in 2737 BCE, when a tea leaf accidentally fell in his bowl of hot water.
4. The art of reading tea leaves is called tasseography.



SUMMER HELP!

We are going to have some extra help around here this summer! You will notice some familiar little faces in the building and on the grounds for the next couple of months.

Landyn and Aydan Brokaw (Amy Jenkins' boys), along with Jake and Sadie Cox (Don and Cindy's), Owen and Ava Junker (Doug's), Gabe and Delaney Funk (Kim Morris' kids) and Ava Kennan (Melissa Butler's daughter) will be helping out with the following tasks:

Memory Care Aide—reading, doing puzzles and playing games

Dining Room Aide—serving drinks, setting tables, clearing tables, wiping down tables and chairs

Kitchen Aide—rinsing and washing dishes, rolling silverware, filling drink glasses, taking out the trash

Housekeeping Aide—vacuuming hallways, offices, common areas, taking out trash

Landscaping Aide—pick up litter, clean rock gardens, weed pulling, and watering plants

May 29th is our start date—and, our goals are:

- 1) keep these kids busy during the summer
- 2) teach them employment skills such as: showing up for work and on-time; staying busy when you are working for someone; taking direction from a supervisor; appropriate work attire (no flip flops or tank tops!); cooperating with co-workers; and being courteous and respectful to co-workers, residents and guests

Please feel free to give them some feedback and encouragement when you see them here! If they are sitting on the couch staring at their phones when they should be pushing a broom—you can gently remind them to get busy if you are so inclined. And, if you see them doing something especially well—I am sure you take the opportunity to pat them on the back as well. And...please don't offer them any tips. They can't accept them anyways!

Let's have some fun with them and enjoy having them around here for the next few months.

Straight from the Kitchen Cupboard

By Amy Jenkins

June is the start of fresh fruit and vegetable season. We had the privilege of snatching up fresh oranges, apples and grapefruit the middle of last month and how wonderful they were! This got me thinking about how different fresh things taste rather than store bought. Let's be honest. Is there really anything better than a BLT with a couple slabs of fresh garden tomato on it?

So, I did some research. Not only the taste has been changed, but in a lot of vegetation, the size and shape as well! Here's what I've found:

- Originally, an ear of corn, which is native to Mexico, was the size of one green bean.
- The peach used to resemble a cherry and it was originally salty.
- Eggplant used to be yellow white and blue and the size of an egg. That's how it got its name.
- Strawberries were sweeter than today's strawberries, and the seeds on a strawberry are tiny fruits of their own.
- Originally tomatoes used to be the size of a berry and were called the "golden apple" as the color was yellow.
- Carrots are native to Persia and they used to have a bitter taste. The carrot's color was changed to orange from its white original color after William of orange.
- Cucumbers used to have only four seeds and they were considered toxic. Cucumbers used to be round and covered in spikes up to 8 in Long.
- Bananas grow upside down and they are originally from New Guinea. Today's bananas are said to be three times the size of the original fruit.
- Watermelon is native to Egypt and the biggest watermelon 5000 years ago was 2 inches around and the taste was bitter. Imagine a bitter watermelon!

I guess it's true. Some things do change for the better! As always, keep it saucy and play with your food!



Father's Day BBQ

Saturday, June 16th

Help us celebrate Father's Day. Each tenant can invite 2 guests for free. If you have more than 2, the usual meal charge will apply for each additional guest.

Menu

Grilled Hamburgers
Brats
Macaroni Salad
Baked Beans
Chips
Ice Cream

Please RSVP by June 13th

Luau

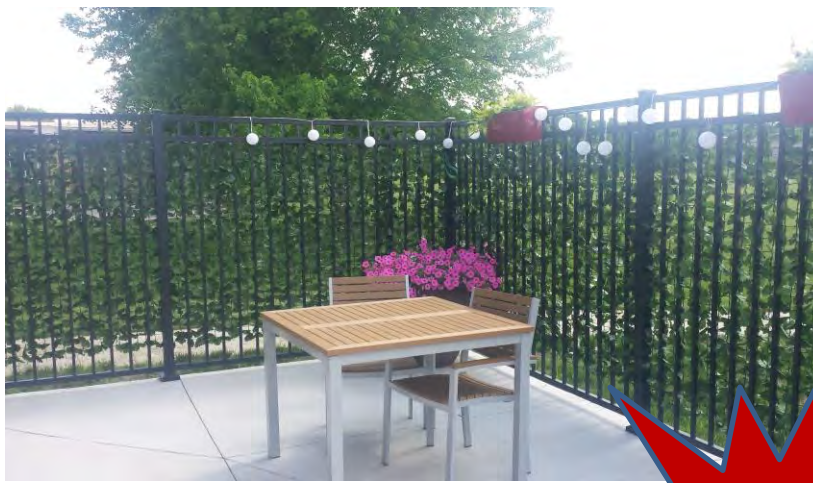
June 21st
Noon

We are bringing in the first day of summer with style. Come in your most colorful attire as we enjoy a hog roast.

June Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Grilled Pork Chop Fried Potatoes Coleslaw Banan Cream Cheesecake	2. Chicken Stir Fry Rice Egg Roll Ice Cream Sundae
3. Garlic Ginger Pork Loin Parmesan Scalloped Potatoes Green Beans Roll Cherry Pie	4. Fried Chicken Mashed Potatoes Gravy Broccoli Bread Caramel Pretzel Blondie	5. Savory Meatloaf Mashed Potatoes Gravy Chuckwagon Corn Strawberry Marshmallow Dessert	6. Broccoli Cheese Chicken Breast Baked Potato Catalina Carrots Bread Season Fruit	7. Hot Beef Sandwich Mashed Potatoes Gravy Asparagus Frosted Brownie	8. Herb Baked Chicken Long Grain Wild Rice Vegetable Casserole Bread Lemon Poke Cake	9. Lasagna Tossed Salad Garlic Toast Oreo Rice Krispie Square
10. Roasted Chicken Stuffing Sweet Potatoes Roll Pie	11. Philly Sandwich Potato Chips Coleslaw Chef's Choic Dessert	12. Parmesan Crusted Pork Chops Caesar Pasta Salad Vegetable Blend Ambrosia Cake	13. Fried Chicken Mashed Potatoes Gravy Asparagus Bread Strawberry Cake Roll	14. Beef Stroganoff Broccoli Fresh Baked Bread Blueberry Cream Pie	15. Grilled Ham Steak Potatoes Summer Squash Cheesecake	16. Father's Day BBQ
17. Beef Pot Roast Mashed Potatoes Gravy Asparagus Roll Pie	18. Baked Chicken Breast Baked Sweet Potatoes Green Beans Seasonal Fruit	19. Country Fried Steak Mashed Potatoes Gravy Mixed Veggies Spiced Apple Dessert	20. Liver & Onions Mashed Potatoes Gravy Sunshine Carrots Turtle Pudding	21. Hog Roast Luau	22. Boneless BBQ Ribs Cheese & Potato Casserole Key West Blend Jello	23. Salisbury Steak Mashed Potatoes Pickled Beets Bread Fruit Cup
24. Smoked Paprika Chicken Cheddar Sour Cream Mashed Potatoes Mixed Veggies Roll Pie	25. Spaghetti Italian Blend Veggies Garlic Toast Snickerdoodle Fruit Crisp	26. Swedish Meatball Bake Green Beans Biscuit Seasonal Fruit	27. Country Fried Steak Mashed Potatoes Gravy Sunshine Carrots Angel Food Cake	28. Roast Turkey Stuffing Broccoli Bread Frosted Blueberry Gelatin Dessert	29. Grilled Pork chop Fried Potatoes Coleslaw Bread Banana Cream Cheesecake	30. Chicken Stir Fry Rice Egg Roll Ice Cream Sundae

Memory Care Patio



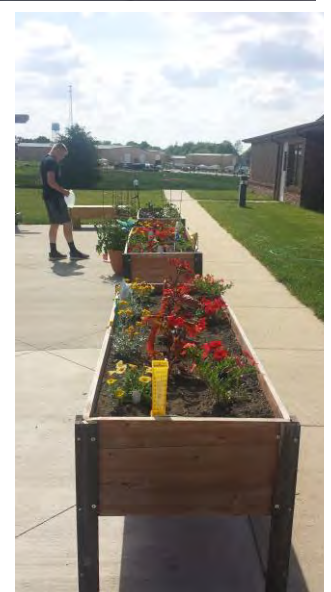
Dining Room Patio



Spring is in full bloom on the patio.



The perfect place for family to gather.





Staff Spotlights



Paige is a Universal Worker at Vintage Park and works day shift. Paige Jessen was born in Corning, Iowa. Her parents are Rick and Jana Jessen. She has a younger sister, Regan. Paige graduated from Corning High School in 2013. Paige currently lives outside of Lenox with her boyfriend, Austin Christensen.

In her spare time she enjoys camping, fishing and spending time with family and friends. Some of her hobbies include playing cards, walking, listening to music and checking out Pinterest.

Paige's favorite thing about working at Vintage Park is connecting with the tenants and being able to help them with their needs. Hearing about their life and the things they enjoyed doing is always interesting to Paige. Sometimes she hears some pretty incredible stories. All this helps us connect and grow. She also enjoys working with her awesome coworkers.

We are so lucky to have young dependable workers like Paige on our team!



Becky is a Universal Worker who mainly works second shift. Becky has lived in numerous places including; Florida, Massachusetts, Nebraska, California, Kansas and Iowa. She currently lives in Lenox with her husband, Mike Marshall.

Becky was raised by a single parent and did not meet her siblings until she was 23. Of her 2 sisters and 2 brothers, Becky is the oldest. Becky graduated Mt. Ayr High School in 1985. Becky was blessed with 5 children; Kaseie, Bridget, Michael, Jamie and John. She has 4 grandchildren; Riley Jo, Carson, Jaxson and Everly with whom she loves spending time.

Becky started working at the young age of 8 delivering the Des Moines Tribune after school until the age of 15. Her work history has been extensive and includes; selling membership to campgrounds, driving truck, working as a nurse aid, laundry aid and sales clerk.

In her free time, she enjoys reading, gardening, taking care of her flowers and spending time with her grandchildren. Her favorite things about working at Vintage Park are getting to know the tenants, the great people she works with and the fact that **she is only 2 minutes from work. You can't beat the commute!**

Important Dates

June 7th - Picnic at Lake of Three Fires (sign up required)

June 8th - Page County Museum & Sonrisers (sign up required)

June 15th - Pedicures in honor of National Flip Flop Day

June 16th - **Father's Day BBQ**

June 21st - Luau and Gauntlet

28th - KFC in Maryville Missouri (sign up required)

June Birthdays

2nd Debbie Hogan

14th Phyllis Brokaw

23rd Darlene Peterson



Please feel free to contact us via email at anytime

Doug Junker, Manager: manager@vintageparkapts.com

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

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

Cars

T F S I R M O R O N A I W M T I Y Y B
 O H I T I N I F N I L M D O D G E L U
 O J A A T I H N U Z B O U A L L I Z H
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Acura	Alfa Romeo	Aston Martin
Audi	Bentley	BMW
Bugatti	Buick	Cadillac
Chevrolet	Chrysler	Daewoo
Daihatsu	Dodge	Ferrari
Fiat	Ford	GMC
Honda	Hummer	Hyundai
Infiniti	Isuzu	Jaguar
Jeep	Kia	Lamborghini
Land Rover	Lexus	Lincoln
Lotus	Maserati	Mazda
McLaren	Mercedes-Benz	Mercury
Mini	Mitsubishi	Nissan
Oldsmobile	Opel	Peugeot
Plymouth	Pontiac	Porsche
Renault	Rolls-Royce	Saab
Saturn	Subaru	Suzuki
Toyota	Volkswagon	Volvo

Car Parts

Unscramble the words

realrtoatn
 atgkes
 ruorrbtaec
 riaroadt
 sspnuesoin



Prevent Dehydration This Summer

Summer is almost here! Summer brings warm weather and fun outdoor activities. But, as temperatures soar, warm weather activities can also increase the risk of dehydration. Not getting enough fluids, especially when it is hot outside, can pose serious health problems for anyone, but older adults are more vulnerable.

Dehydration in the elderly can cause cognitive and mental dysfunction. It can also increase the chance of bladder infections, kidney stones, constipation, and low blood pressure.

So, why are seniors at greater risk? There are a few reasons why older adults are more susceptible to fluid and electrolyte imbalances. With age, our body's ability to conserve water is reduced. This can make it more difficult to adapt to things like fluctuating temperatures. Additionally, the sense of thirst diminishes with age. By the time you feel thirsty, essential fluids could already be extremely low. Some seniors, who experience incontinence often purposely limit fluids in order to avoid accidents which greatly increases their risk of dehydration.

For most of us, drinking plenty of fluids and eating foods with high water content is a great way to keep our bodies properly hydrated in warmer weather. Most adults need about 64 ounces of fluid every day, but that amount increases with heat and humidity and can change based on various medications and health conditions. A good rule of thumb is to try balancing fluid intake with output. If you are sweating or urinating more frequently, then your fluid intake should become more frequent as well. Keep in mind that you can become dehydrated in cold weather, too!

Kim Morris, Community Nurse

Try some of our refreshing lemon infused water.



Located in the dining room by the salad bar!

Know the Facts

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Alzheimer's worsens over time. Alzheimer's is a progressive disease. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment.

Alzheimer's disease is the sixth-leading cause of death in the United States and the only cause of death among the top 10 in the United States that cannot be prevented, cured or even slowed.

Longest Day Gauntlet

Thursday, June 21st

2pm



Join us on the longest day to show Love for all those affected by Alzheimer's disease. On the summer solstice, team up with family, friends, staff and tenants to help end Alzheimer's. Together, we will raise funds and awareness for care and support while advancing research toward the first survivor of Alzheimer's.

Each team must have 5 members. Each member must complete at least one of the events. There will be a total of 12 events. The team with the highest score at the end of the challenges wins!

To register for this event, please fill out and return the form to Melissa by June 11th. There is a \$5.00 fee for each participant.

May the Best Team Prevail!