

VINTAGE TIMES



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The Human Condition

By:

Doug Junker

In Genesis we learn that God created the earth in seven days. We can read how he gave it light, covered parts with water, and blanketed it with the warmth needed to foster a bounty of animal and plant life. When he had finished, he created Adam and gave him a soul, free-will, and dominion over all he had made. Man was formed in the image of the creator, his body to be nourished by the fruits of the garden and his soul by daily discussions with the Heavenly Father. It was a perfect union of nature, man, and God but it was destroyed by the desires and free-will of man. When Adam and Eve longed for the forbidden fruit, and succumbed to their desires, they fell victim to their humanness. Along with the original sin came feelings of guilt, shame, and a foreboding in the realization that they were no longer worthy of the beauty that God had created for them. Their failure finalized the transformation of man into what we are today and planted the seeds for all future sin and suffering into the hearts of every person that was to follow.

Sin has confused things, it has muddied the water and distracted us from God's intended purpose to the point that we often struggle to divine any meaning to our lives at all. We navigate our existence in a constant effort to balance our own emotions and desires to those of the ones we spend our days with. It often gets confusing and we feel ourselves adrift, floating rudderless at the mercy of what life throws at us. We feel this way because we have separated ourselves from our Heavenly Father and turned

from the peace and safety that faith in him provides us. God loves you and he desires for you to be happy but more so, he desires a relationship with you. He wants us to know him and be comforted by the fact that we know we are loved. It is this realization that instills normalcy and peace in our souls and minds. It is faith in him that provides us with certainty in our value and conviction in the fact that we can overcome our failures through him. It is only through a relationship with God that we gain peace and it is only through faith that we can attain salvation. Faith in him provides us with direction and solidifies our purpose.

I often lose track of my faith and go it alone. I begin to wander aimlessly, distracted by every problem I encounter until I begin to fail as a father, a husband, a brother, a son, and as a man. I continue on this path until God reminds me of what I have been missing....Him. The periods in my life when I have wandered the farthest from the Lord have been the most difficult. Slowly by slowly my struggles remind me that I will fail if I don't seek Him and God is always there to be found. I am not alone in this; we are all His "Prodigal Sons" and just like the parable, we can all be comforted in the fact that God will welcome all of us when we return to Him. This knowledge is essential in removing our guilt, shame, and the foreboding that accompanies the knowledge of our failures.

Having faith does not mean that our lives will be free of trouble, but it does mean that we will be strong enough to handle them when they come. We may never be 100% sure of what it means to be human, but we may take comfort in the undeniable peace that comes with knowing that we are saved.

We Need Your Help!

The theme for NALW is “Capture the Moment” and we intend to do so by playing “Guess Who” with old family photos. Photos can be given to Melissa by mail or email. Copies will then be made, and photos will be returned.

From the Ground Up and Everywhere in Between

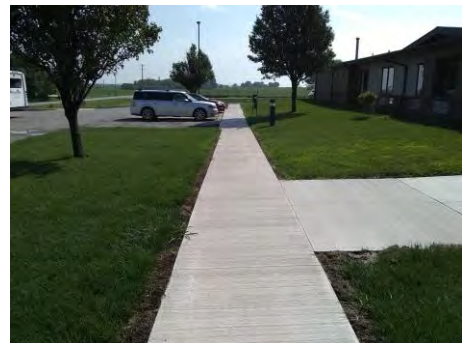
By Don Cox

Summer is wrapping up—and, soon we will be purchasing snow melt and making plans to remove snow. In the meantime—we are using LOTS of water to keep all of our plants and trees alive for the rest of this hot and dry summer.

The sidewalk replacement project is COMPLETE! We have to “seal” some of the concrete yet to prevent damage from the salt we use during the winter. Otherwise—it looks great!

The Summer Aide boys were a big help around here this summer! They did plenty of mowing; weed-eating and deep cleans in the resident rooms. We will miss seeing them around here every day—that’s for sure!

When fall arrives—lots of outdoor critters are looking for a place to spend the winter! If you are seeing any bugs, spiders or other “pests” in your apartments, please let me know. We want to stay ahead of them...Thanks!



Join Us for Walk Day



This year's Walk to End Alzheimer's is scheduled for Saturday, September 22nd. Registration begins at 9am and there will be booths set up for everyone to visit, with all kinds of goodies to give out and fun things for kids. Before the walk there will be entertainment and a short presentation about why we walk.

The 2-mile walk is scattered with volunteers to help spread awareness about Alzheimer's and encourage those who are taking part. A water station is set up at the half way mark of the walk to keep everyone hydrated.

The walk symbolizes our ability as a community to pull together and fight this catastrophic disease. It shows that together we can make a difference.

Vintage Park encourages all who are able on Saturday, to be a part of something bigger than ourselves.

Walk to End Alzheimer's 2018

Council Bluffs

Saturday, September 22nd

9am - Registration

10am- Walk Begins

Location- Tom Hanafan Rivers Edge Park
4250 Rivers Edge Parkway

To support the Vintage Park team, you can make donations online using the following link;

<http://act.alz.org/goto/teamvintagepark>



From Cindy's Desk....

By the time you read this—our kids will be back in school (for almost 2 weeks!). It hardly seems possible that 13 weeks of summer vacation went by so quickly.

Thank you for supporting our school supply fundraiser. Because of your generosity – and the Vintage Park match—we were able to deliver almost \$300.00 in school supplies to Lenox Elementary! There are many families in our community that struggle with purchasing all of the items needed for their kids to attend “free” public school. Your donation will make a big difference for many of those families.



September Birthdays

2nd- Lois Brown
 15th- Dean Larimer
 18th- Ann Sawyer
 28th- Norma Jean Cline
 28th- Rose Pfander

Important Dates

Sep. 9th- Family Day
 Picnic & Grandparents
 Day Celebration

Sep. 15th- Michael Foods
 Breakfast

Sep. 22nd- Walk to End
Alzheimer's



Straight from the Kitchen Cupboard

By Amy Jenkins

The calendar says we still have a couple weeks left of summer, but to me, going back to school means the summer is over. It has been an adjustment for the kitchen with the loss of all the summer aides, but we will get back into the swing of things.

We purchased a new grill for our dining room patio due to an unfortunate event and hope to be able to use it for a while before the weather turns cold.

Some of you might have noticed we are having our "soup of the day" more often. As the weather changes we will begin to add it more frequently until we are back to having it every day.

I thought I would leave you with a delicious salad recipe to add to your end of summer meals. Hope you enjoy the last days of your summer and as always, keep it saucy and play with your food!

Family Day Picnic
Sunday, September 9th
12noon

Grilled Hamburgers/Hot Dogs
Potato Salad
Baked Beans
Chips
Brownie

Please RSVP to the kitchen by
Sept. 4th

BLT PASTA SALAD

INGREDIENTS

- 10 slices bacon *cooked and diced, grease reserved*
- 12 oz pasta *cooked and cooled*
- 1/2 cup mayonnaise
- 3/4 cup ranch dressing *homemade ranch is best*
- 1 1/2 cup diced tomatoes
- 1/2 avocado *diced*
- 1 cup cheddar cheese *shredded*
- 1/3 cup red onion *diced*
- 1 cup romaine lettuce
- fresh parsley for garnish *optional*

INSTRUCTIONS

1. Whisk together mayonnaise, ranch dressing and 1 tablespoon bacon grease (optional).
2. In a large bowl assemble the pasta, tomatoes, avocado, cheese, red onion, lettuce and bacon.
3. Pour the dressing over and toss to combine.
4. Garnish with parsley and serve.



September Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. Lasagna Tossed Salad Garlic Toast Oreo Rice Krispie
2. Roasted Chicken Cornbread Stuffing Sweet Potatoes Roll Pie	3. Philly Sandwich Potato Chips Coleslaw Chef's Choice Dessert	4. Parmesan Crusted Pork Chop Caesar Pasta Salad Italian Blend Veg Ambrosia Cake	5. Fried Chicken Mashed Potatoe Gravy Asparagus Bread Strawberry Cake	6. Beef Stroganoff Broccoli Fresh Baked Bread Blueberry Cream Pie	7. Cheeseburger Grilled Potatoes Summer Squash Cheesecake	8. Ham Steak Mashed Potatoe Gravy Cheddar Corn Casserole Fruited Gelatin
9. Grilled Hamburgers/Hot Dogs Potato Salad Baked beans Chips Brownie	10. Baked Chicken Breast Baked Sweet Potato Green Beans Bread Fresh Fruit	11. Country Fried Steak Mashed Potatoes Gravy Mixed Veggies Spiced Apple Dessert	12. Liver & Onions Baked Potato Sunshine Carrots Bread Turtle Pudding	13. Apple Cider Pork Loin Roasted Red Potatoes Peas Bread Pretzel Dessert	14. Boneless BBQ Ribs Cheesey Potato Casserole Key West Blend Bread Jello	15. Salisbury Steak Mashed Potatoes Pickled Beets Bread Fruit Cup
16. Paprika Chicken Cheddar Sour Cream Potatoes Mixed Veggies Roll Pie	17. Spaghetti Italian Blend Veg Garlic Toast Snickerdoodle Fruit Crisp	18. Swedish Meatballs Green Beans Biscuit Fresh Fruit	19. Country Fried Steak Mashed Potatoe Gravy Sunshine Carrots Angel Food Cake	20. Roast Turkey Suffing Gravy Broccoli Frosted Blueberry Dessert	21. Grilled Pork Chop Fried Potatoes Coleslaw Bannan Cream Cheesecake	22. Chicken Stir Fry Rice Egg Roll Ice Cream Sundae
23. Garlic Ginger Pork Loin Parmesan Scalloped Potatoes Green Beans Roll Cherry Pie	24. Fried Chicken Mashed Potatoes Gravy Broccoli Caramel Pretzel Blondie	25. Savory Meatloaf Mashed Potatoes Gravy Chuckwagon Corn Strawberry Fluff	26. Broccoli Cheese Chicken Breast Baked Potato Catalina Carrots Bread Fresh Fruit	27. Hot Beef Sandwich Mashed Potatoes Gravy Asparagus Frotsted Brownie	28. Herb Baked Chicken Long Grain Rice Veggie Casserole Bread Lemon Burst Cake	29. Lasagna Tossed Sald Garlic Toast Oreo Rice Krispie

Pictures from Weird Contest Week



Corn
Shucking
Contest



Cup
Stacking
Contest



Seed
Spitting
Contest



Mr. Legs
Contest



Skillet
Throwing
Contest


 Staff
Spotlights


Don Cox not only owns Vintage Park with his wife Cindy, but he is also the Maintenance Supervisor. Don keeps everything in tip top shape at Vintage Park.

Don is from Bedford, Iowa and currently resides in Lenox with his wife Cindy, son Jake and daughter Sadie. Don is a mere 50 yards away and keeps a close eye on the community.

Don has a master's degree in Athletic Administration and enjoys coaching young wrestlers.

In his spare time, he enjoys hunting, fishing, boating, camping and eating.

Don's favorite hobby is sports, especially wrestling, as he was a state champion wrestler back in his day. He also enjoys watching Sadie and Jake compete in sports and grow in their athletic abilities.

Don's favorite thing about working at Vintage Park is talking with the tenants and giving the staff a hard time. His main goal is making the place look nice!



Jennifer Hansen is celebrating her third year at Vintage Park. She has been our solid employee on weekends, covering both morning and afternoon shift.

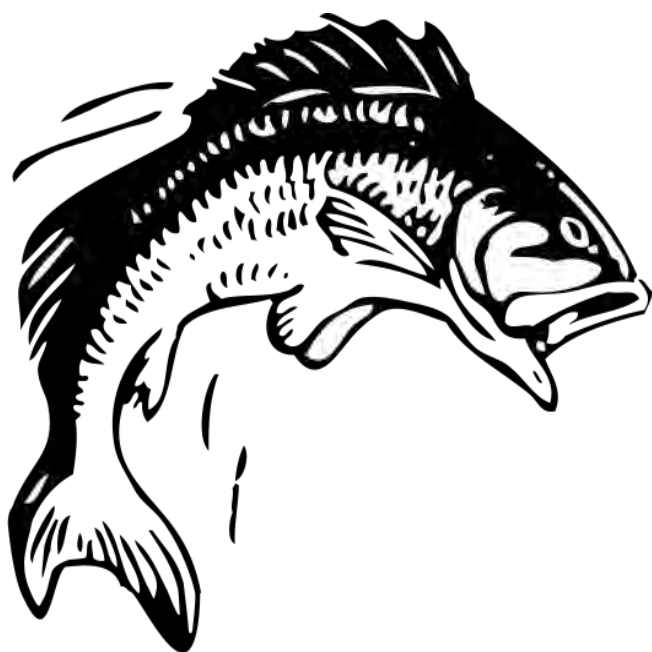
Jennifer was born in Corning, Iowa and attended school in Lenox until her junior year when she transferred to Mt. Ayr, graduation in 2005.

She found the love of her life, Joe Hansen, in 2005 and married him in 2007. Joe had two kids Destiny and Christian, which Jen lovingly accepted as her own. In June of 2006 they were blessed with a child together, and her name is Elexus.

In her free time, she enjoys spending time with her husband and kids.

Jen's favorite thing about working at Vintage Park is the friendly and accepting environment.

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albacore	alewife	anchovy
angelfish	angler	barracuda
bass	carp	catfish
cod	croaker	eel
flounder	fluke	grouper
haddock	hake	halibut
herring	mackerel	mahi-mahi
perch	pike	pollock
pufferfish	rockfish	roughy
salmon	shad	shark
smelt	snapper	sole
sturgeon	tilapia	tilefish
trout	tuna	walleye
whiting		

The Gardens Memory Care Program

Families often ask what they should and should not bring along with their loved one with Dementia, when they move into Assisted Living.

The kinds of items that fall into the “bring” category include:

****Familiar items** (quilts, family pictures, favorite knick-knacks, etc.) that reminds them of special memories and special people in their lives.

****Items that make day-to-day living easier and more comfortable for them** (night lights, television, favorite easy chair, puzzles, picture books, etc.)

Things that should not be kept in a Memory Care residents’ room include:

****Toxic chemicals** (hair spray, nail polish/ remover, air freshener sprays, cleaning supplies, laundry detergent, etc.).

****Sharp items** (scissors, knives, letter openers, tools, etc.)

****Electronic Appliances** (curling irons, fabric irons, toasters, coffee pots, microwaves, etc.)

****Firearms**

****Over the Counter medications** (Pain reliever, stool softeners, cough medicine, etc.)

Items like telephones, make-up and perfume, pets, etc., may or may not be appropriate—depending upon the resident. It is a good idea to discuss your loved one’s situation with Kim or Rachael – and, together we can figure out what will work.



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

Let's Talk About Depression – From the Nurses

Depression isn't a sign of weakness or a character flaw. It can happen to anyone, at any age, no matter your background or your previous accomplishments in life. While life's changes as you age—such as retirement, the death of loved ones, declining health—can sometimes trigger depression, they don't have to keep you down. No matter what challenges you face as you age, there are steps you can take to feel happy and hopeful once again and enjoy your golden years.

Signs and symptoms of depression in older adults and the elderly

Recognizing depression in the elderly starts with knowing [the signs and symptoms](#). Depression red flags include:

- Sadness or feelings of despair
- Unexplained or aggravated aches and pains
- Loss of interest in socializing or hobbies
- Weight loss or loss of appetite
- Feelings of hopelessness or helplessness
- Lack of motivation and energy
- Sleep disturbances (difficulty falling asleep or staying asleep, oversleeping, or daytime sleepiness)

Causes of depression in older adults

As we grow older, we often face significant life changes that can increase the risk for depression. These can include:

- **Health problems** – Illness and disability; chronic or severe pain; cognitive decline;

damage to your body image due to surgery or sickness.

- **Loneliness and isolation** – Living alone; a dwindling social circle due to deaths or relocation; decreased mobility due to illness or a loss of driving privileges.
- **Reduced sense of purpose** – Feelings of purposelessness or loss of identity due to retirement or physical limitations on activities you used to enjoy.
- **Fears** – Fear of death or dying; anxiety over financial problems or health issues.
- **Recent bereavements** – The death of friends, family members, and pets; the loss of a spouse or partner.

If you recognize any of these symptoms in yourself or a loved one, please do not hesitate to talk to Kim or Rachael! We want you feeling your best physically, mentally, and emotionally.

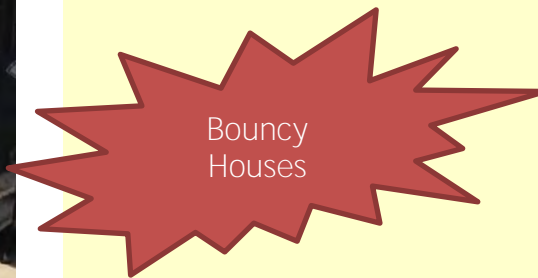


Grandparents Day Celebration

September 9th
2pm-4pm



Face
Painting



Carnival
Games