

VINTAGE TIMES



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Gettysburg Address: A Modern Version

By:

Doug Junker

On November 19, 1863, Abraham Lincoln delivered the Gettysburg Address at the ceremony to dedicate the Soldier's National Cemetery at Gettysburg, Pennsylvania. The previous July, soldiers wearing Union Blue and Confederate Grey converged to do battle. When the fighting subsided, an estimated 60,000 Americans were counted as casualties. 1863 marked the highpoint of the Civil War and the crest in the division between Americans. Lincoln understood the gravity of the situation and his Gettysburg Address was an effort to frame the struggle that had divided his nation. Here are his words.

“Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.

Now we are engaged in a great civil war, testing whether that nation, or any nation so conceived and so dedicated, can long endure. We are met on a great battlefield of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

But in a larger sense, we can not dedicate, we can not consecrate, we can not hallow, this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us

the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us, that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion, that we here highly resolve that these dead shall not have died in vain, that this nation, under God, shall have a new birth of freedom, and that government of the people, by the people, for the people, shall not perish from the earth.”

America now finds itself embroiled in a great political war. In some ways the divisions are deep enough, and the sentiments powerful enough, to equate to an ideological civil war. Words of hate, contempt, and bitterness fill the streets of our greatest cities and the halls of our mighty capital. Politicians angrily fight over the power to impose their political will while lobbying the citizens of every city and town to support their cause. In pondering the nature of our current situation, I found myself considering how Lincoln would frame our current reality. I found myself thinking about his words at Gettysburg, so many years ago, and decided to take the liberty of changing them, as slightly as possible, to provide clarity to our modern dilemma.

“Twelve score and two year ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.

Now we are engaged in a great political war, testing whether that nation, or any nation so conceived and so dedicated, can long endure. We are all walking together, skirting this division and endeavoring to ensure that the great multitude of patriots who have served and perished before us so

Cont.

that we would have the right to disagree, did not sacrifice in vain. It is altogether fitting and proper that we should do this.

But in a larger sense, we can not remember, we can not cherish, we can not honor, our fallen ancestors and this great country when so much of it is at odds. The brave men, living and dead, who struggled for our freedom and our existence, have paid the dear price in blood, sweat, and tears. Their suffering has consecrated this land, far above our poor power to add or detract. May God ensure that the world will little note, nor long remember, the current strife that now infects Lady Liberty, but may our Heavenly Father

guarantee the world never forgets those who gave their life for her. It is for us, the living, rather, to be dedicated to the unfinished work which was begun. It is rather for us, to be here committed to the great task remaining before us, that from these honored dead and patriots, we take increased devotion to that cause for which they gave the last full measure of devotion, that we here highly resolve that their sacrifices shall not have been made in vain, that this nation, under God, shall have a new birth of freedom, and that the government of the people, by the people, for the people, shall not perish from the earth."

Pie Contest

November 25th

2pm

Vintage Park Living Room



All entries must be in the building by 2pm. Trophies will be awarded for 1st 2nd and 3rd place. If you are interested in being a judge, please let Melissa know. Everyone is welcome to enjoy some pie and ice cream after the judging.

Be sure to let family and friends know so they can show off their baking skills!



Halloween
Doors



November Birthdays

6th- Arlene Roether



If anyone has flower pots outside, now is the time to move them for Winter snow removal. If you need help, please let Don know. He will also help you with storing shepard hooks and other outside ornaments, so they are protected from the Winter weather. Thanks for your cooperation with getting prepared.

Riddle of the Month....

Q. Why did they let the turkey join the Thanksgiving band?

Answer can be found in next month's newsletter.

Answer to last month's question: He was washing windows on the inside.

Please feel free to contact us via email at anytime

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

From Cindy's Desk....

We are entering the next-to-last month of 2018! This year has flown by...and, I am wondering where the other 10 months have gone this year.

November is one of my favorite months...it is my birthday month, we get an extra hours of sleep the first Saturday night of the month, elections are held in November (I grew up thinking I was going to be the first woman President of the United States), we celebrate Thanksgiving (a day in which everyone is encouraged to eat more than they should -- plus it reminds me of all of the things I have to be thankful about)...and, after Thanksgiving—the Christmas holiday season kicks off. That is a lot to pack in one month!

Here are a few items of interest about November:

Flower—Chrysanthemum

Birthstone—Topaz

Holidays—Veteran's Day (Nov 11);
Thanksgiving (Nov 22)

Other Highlights—Daylight Savings Time (Nov 3); Election Day (Nov 6); and Black Friday (Nov 23).

November gives us plenty of reminders about the things for which we should be thankful.

Enjoy it!



Straight from the Kitchen Cupboard

By Amy Jenkins

Hello all, and Happy November! Time to reflect on the people and things we are thankful for. I have so many blessings in my life. My wonderful husband, and children, that give me my everyday drive, and my job here at Vintage Park, that gives me the fight to do my very best. I am also very thankful for the tenants and staff that make Vintage Park feel like an extended family of my own. This Thanksgiving noon we will have the traditional meal; turkey or ham and all the fixings. We will not have the salad bar available on Thanksgiving, but we will have a table with a veggie tray and deviled eggs. If you plan on having guests, please let us know. This ensures enough food, and table placements. We will post a sign-up sheet closer to the holiday. Remember holiday meals are \$2.00 more. Thank you in advance. And as always, keep it saucy and play with your food!

Around the World with Amy
November 19th
10:30am

Join us as Amy prepares food from different destinations around the world. She will create the items in front of everyone and you will be able to sample the finished product.

Veteran's Day

Breakfast

Sunday, November 11th

7am-9am

Serving

Biscuits & Gravy

Scrambled Eggs

Hash brown Patty

Ham

Bacon

Sausage

Fruit Blend

Apple Turnovers

Orange Juice

Cranberry Juice

Coffee

Cappuccino

Hot Chocolate

This will be open to all **Veteran's and their** wives. All the tenants of Vintage Park are encouraged to join for breakfast. We will not be serving made to order items.

November Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Lasagna Butter Beans Garlic Toast Mint Chocolate Dessert	2. Salmon Florentine Parmesan Rice California Medley Frosty Topped Gelatin	3. Pepper Steak Au Gratin Potatoes Parsley Sprig Corn Cherry Crumb Pie Bar
4. Herbed Pork Loin Candied Sweet Potatoes Brussels Sprouts Roll Pie	5. Rotisserie Chicken Crispy Fried Potatoes Mixed Veggies Cran-Strawberry Shortcake	6. Country Fried Steak Mashed Potatoes Gravy Carrots Apple Dessert Pizza	7. Honey Soy Glazed Turkey Citrus Rice Broccoli Cherry Cheesecake	8. Italian Style Lasagna Cascade Blend Vegetables Garlic Toast Butterfinger Lush	9. Catchof the Day Baked Potato Green Bean Casserole Raspberry Crumb Bar	10. Philly Sandwich Coleslaw Pasta Salad Parmesan Corn Ice Cream
11. Bruschetta Chicken Breast Sweet Balsamic Pasta Salad Cascade Blend Veggies Pumpkin Pecan Cobbler A La Mode	12. Ziti Green Beans Garlic Toast Peanut Butter Cookie Brownie	13. Tater Crusted Chicken Smoked Paprika Sweet Potatoes Green Beans Cherry Oat Crisp	14. Beef Pot Roast Mashed Potatoes Gravy Harvard Beets Fresh Baked Bread Red Velvet Cake Roll	15. Mustard Glazed Pork Loin Mini Baker Potatoes Brussels Sprouts Raspberry Gelatin	16. Breaded Cod Scrod Macaroni & Cheese Creamy Coleslaw Apple Spice Cake	17. Ham Balls Asparagus Cornbread Pudding Parfait
18. Country Fried Chicken Mashed Potatoes Gravy Peas Roll Pie	19. Cheeseburger Deluxe Potato Salad Baked Beans Ice Cream Sundae	20. Cherry Glazed Ham Hashbrown Casserole Carrots Chocolate Mint Brownie	21. Steak with Mushroom Gravy Mashed Potatoes Seasonal Veggies Oatmeal Apple Butter Bars	22. Turkey/Ham Mashed Potatoes Gravy Sweet Potatoes Stuffing Cranberry Sauce Pie	23. Cheddar Crumb Fish Parsley Buttered Potatoes Broccoli Candy Bar Cheesecake	24. Sweet & Sour Meatballs Baked Potato Coleslaw Frosted Cake
25. Roast Beef Mashed Potatoes Gravy Balsamic Glazed Carrots Roll Pie	26. Pork Chop Cranberry Sauce Macaroni & Cheese Green Beans Pumpkin Earthquake Cake	27. Maple Glazed Meatloaf Mini Baker Potatoes Cascade Blend Peanut Butter Blondie	28. Chicken Breast Cordon Bleu Broccoli Fresh Baked Bread Raspberry Marshmallow Fluff	29. Lasagna Butter Beans Garlic Toast Mint Chocolate Dessert	30. Salmon Florentine Parmesan Rice California Blend Frosty Topped Gelatin	


 Staff
Spotlight


 Winner of
Costume
Contest


Peggy Wilson is new to the Vintage Park team as a Universal Worker. She has completed all her training but still has to learn the ends and outs of Vintage Park, and the people who call it home.

Peggy was born and raised in Creston, Iowa. She currently lives in Corning with her husband Joe. She has one son, Cody, a step son, Rod and a step daughter, Kim. Her children are spread all over the country as they have set their roots in new areas. Peggy has 14 grandkids and 3 great grand kids. **One thing is for sure... she will forever be a grandma.**

Peggy went to school in Creston, Iowa where she graduated high school and then received her CNA and CMA. Peggy put her knowledge to good use in her many years in the healthcare field. She worked at the Afton Care Center for 5 years and Country Haven for 29 years. To say that Peggy comes to us with experience would be an understatement. Truth is, Peggy has seen it all.

In her spare time, she enjoys watching T.V. and going to the Casino. She is always trying her luck with lottery tickets hoping to be the next millionaire.

Her favorite thing about working at Vintage Park is getting to know the tenants and staff.

Thanksgiving

n p t i n d i a n c o r n s s

o o m t e y l i m a f l t e p

l n i k p m u p n t e u d g e

f h r t e w n o t f f a c i a

cranberry
pumpkin

n a g n i r y c p f r s r b s

pilgrim
feast

n r l e i d s u i a r b a l y

leftovers
cornucopia

v v i o t t a n p e r e n e o

family
football

m e p a f d g r v s o n b t c

stuffing
tradition

e s w e e t p o t a t o e s i

giblets
harvest

e t a a u p t c n t r b r r p

turkey
sweet potatoes

n s l r i f y u u d c h r e e

pecan pie
parades

t l k p e c a n p i e s y r c

wish bone
indian corn

b e l l a b t o o f e i f p f

y e b a a u a a e k t w l r i

f o a d e n b e i m m t i t p

November is Alzheimer's Awareness Month

10 Early Signs and Symptoms of Alzheimer's

1. Memory loss that disrupts daily life - One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments but remembering them later.

2. Challenges in solving problems - Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. **What's a typical age-related change?** Making occasional errors when balancing a checkbook.

3. Difficulty completing familiar tasks at home, at work or at leisure - People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game. **What's a typical age-related change?** Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with time or place - People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. **What's a typical age-related change?** Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships - For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving. **What's a typical age-related change?** Vision changes related to cataracts.

6. New problems with words in speaking or writing - People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock"). **What's a typical age-related change?** Sometimes having trouble finding the right word.

7. Losing the ability to retrace steps - A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time. **What's a typical age-related change?** Misplacing things from time to time and retracing steps to find them.

November is Alzheimer's Awareness Month Cont.

8. Decreased or poor judgment. - People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean. **What's a typical age-related change?** Making a bad decision once in a while.

9. Withdrawal from work or social activities - A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They also may avoid being social because of the changes they have experienced. **What's a typical age-related change?** Sometimes feeling weary of work, family and social obligations.

10. Changes in mood and personality - The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone. **What's a typical age-related change?** Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. If you notice any of them, don't ignore them. Let Kim or Rachael know your concerns.

https://www.alz.org/alzheimers-dementia/10_signs



A Very Good Day

by Tim Brennan

Fighting our battles with confusion each day,
Routines are established to keep befuddlement at
bay.

We watch for stress and avoid mental fatigue,
harmonious striving to make mind and body
agree.

We can still make decisions and want to interact
With those called normal; but it's a balancing
act.

Simple is much better and less is okay –
Our motto for having a very, good day.

Activities at a Glance....

By Melissa Butler

The holiday season is upon us and the next two months will fly by leaving us breathless and in a daze as we try to figure out where the time has gone. Before we get caught up in the season, I hope everyone takes some time this month to count their blessings and reminisce about things they are thankful for. Be sure to pay attention to the little things that get taken for granted and pay extra special attention to the people in your life who have made a positive impact.

One of the first things happening in November is the end of daylight savings. The clocks will fall back, and we get to catch an extra hour of sleep, unless of course you work the graveyard shift. The cold days of winter will inch closer and the sun will tuck away a little sooner every evening. If you need help setting your clocks back, be sure to let staff know!

November 6th voters will be casting their votes for a governor, statewide offices, four U.S. House seats, several offices in the state legislature and a host of local seats. The Lenox Community Center will be the polling station for Lenox. Vintage Park will be happy to take anyone who wishes to vote down to the Community Center. Absentee Ballot request forms were provided to all who wanted to vote Absentee here at Vintage Park. Those ballots must be post-marked by November 5th. **Remember... every vote counts!**

We are proud of the many veterans that reside at Vintage Park and want to remember and honor the sacrifices they have made to our country. We hope that you all hold your heads high and know that you are thought of, not only on November 11th, but every day for your courage and loyalty to our country.

Time to dust off the trees and decorations!

We will begin decorating for the holiday season the weekend after Thanksgiving.

I hope to have several volunteers to decorate the trees and set up decorations through-out the building.

We will begin play rehearsals in November for our annual Christmas Play. If you are interested in being a part of the play, please sign up. We are also looking for people who would like to recite a poem, sing or read scripture for our special event.

Lenox High School Veteran's Day Program

November 9th
10am



Come join the Lenox High School in celebrating Veterans Day in the gymnasium with a program put on by the Lenox FFA Chapter.