

VINTAGE TIMES



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Recollections of Winter

By:

Doug Junker

I have always enjoyed winter. To this day I am not entirely sure if I should attribute my affinity for cold weather to my January birth, the drafty, underheated home in which I spent my formative years, or to some other random factor I have yet to discover; but nonetheless, I would gladly shun the hot, humid days of August for the blustery, cold days of January. As a boy, there never seemed to be a lack of activities to occupy the hours of a winter day; I would like to use this essay to share some of my winter memories with you.

Snow...winters in southern Minnesota always included copious amounts of snow. There was always enough to keep us all busy. For dad, a fresh snowfall meant more hours behind the handle of a scoop shovel or the steering wheel of his trusty 3020 John Deere, the loader tractor he used to clear the driveway. My dad was not prone to cursing, but I recall enough of his sentiments to confidently state that winter was not his preference. Other activities not high on my dad's list of winter pastimes would include crawling under our house with a kerosene heater to thaw our frozen water pipes, shoveling snow from the cattle waters so that the livestock could drink, using block heaters and starting fluid to shock cold tractors to life, and fighting through the snow and cold to ensure the chores were done. For dad, there always seemed to be something stuck, something frozen, or something broke; I guess I can understand his dislike for the cold.

For me, snow provided opportunities. Our farmstead featured numerous hills that afforded fine sledding conditions and my sisters and I rarely missed an opportunity to enjoy a swift run down the hill. There were always large drifts that would form just yards from our house in which we would construct snow forts, some large enough to have two or three rooms. We would spend hours inside them using our imaginations to lead our play and when childhood disagreements would venture beyond words, snowballs became the weapon of choice.

Cold...the Minnesota winters of my childhood were always cold. I have no scientific proof, and I am not a proponent of the theory of global warming, but it does seem to me that our current winters do not match the cold Januarys of my youth. It always seemed to be below freezing and it was quite common for the midday sun to fail to move the mercury over 0°F. We learned to live with the cold; we had to since it shared the spaces of our home. My early years were spent in a farmhouse that was originally ordered from the Sears and Roebuck catalog and constructed on a stone foundation. It was not well insulated and the oil burning furnace in the dining room struggled to keep the cold at bay. We came to rely on warm sweaters, homemade quilts, hot chocolate and mom's "fruit soup" to keep us warm. Mom always made sure our winter meals were hot and hardy and we generally enjoyed more baked goods during the winter as the hot stove provided warmth as well as nourishment. I am sure mom had to work harder during the winter to keep us fed, warm, and content but my memories attest to her success in doing so.

Ice...most of our interactions with ice were not pleasant; the aforementioned frozen pipes and cattle waters come to mind, but there were exceptions. Down past the grain bins was a low-

Recollections of Winter Cont.

lying piece of pasture ground that would flood if fall rains or the melting of the first big snow allowed. When the temperatures dropped, the water would freeze forming a large sheet of ice that made for a decent skating pond. Due to our lack of ability we preferred skating fast in a straight line to making the slow sweeping turns that were necessary to minimize the chance of falling. Our skating was entirely devoid of any tricks or fancy steps but the occasional need to quickly avoid a chunk of wood or piece of wire jutting from the ice would sometimes result in impromptu feats of what could almost be called grace. We always had fun and when we did fall our bodies were dually sheltered by our laughter and the many layers we wore to keep warm.

I do have to admit that for me, winter loses some of it's glory with each year of age I acquire. I seem to be well past the sledding age and I would reckon my chances of earning a fracture from ice skating have now risen to over 50%. In addition, the construction of any snow fort large enough to accommodate my generous proportions would

require a very large drift, mechanical assistance and many hours to construct. Besides, if I am honest, the posture I would need to assume in order to crawl into the type of snow fort I built as a child would probably cause my back to spasm and my sciatic nerve to flare up (if you think I am joking you're wrong). Nonetheless, I still prefer the cold. I have never tolerated heat well and my propensity to sweat easily makes me avoid the heat and humidity whenever possible. We have a lot to be thankful for and I am convinced a variance in seasons is a blessing. Whenever the summer sun becomes too oppressive we have winter to look forward to. If the cold makes our fingers and toes ache and turns our noses red, we can rest assured that in a matter of months the summer sun will again provide warmth.

In giving us the seasons, has God not also given us a lesson in optimism? Life will have its ups and downs and we will have times of feast and famine; but, like the blazing heat of August and the frigid cold of January, they always give way to times of relief. For this we should be grateful.

From the Ground Up and Everywhere in Between...

By Don Cox

We just had a big snow again and the removal process went well. The possibility of more snow is always on the radar and we need to remember to be patient with the snow removal process. We will do what it takes to keep the parking lot and sidewalks cleared for everyone's safety.

Our five-unit expansion is going well. Plumbing was installed Friday, January 18th. New concrete will be poured soon and then we will begin the framing process. Please pray for our continued progress and for our safety during the construction process.

Thank you, Don.



February Birthdays

Feb. 15th- Joan Thompson

Feb. 21st- Sandy Johnston

Feb. 26th- Hyatt Rice

Feb. 27th- Irene Miller



Dr. Kopp Visits

February 14th

&

February 28th

We Have Apartments Available Immediately

Don't miss your chance to join the Vintage Park Community! Our apartments are warm, spacious, and designed to make you feel at home.

Call today for more details or to schedule a tour.

Riddle of the Month....

Q. Why is lettuce the most loving vegetable?

Answer to last month's question:

Q. A rooster laid an egg on top of the barn roof. Which way did it roll?

A. Rooster's don't lay eggs!

Please feel free to contact us via email at anytime

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

CINDY'S PREDICTIONS FOR 2019

LENOX—It seems our community is in a bit of “transition” right now. My prediction is that you will see some new leadership emerge-- bringing with it, some energy and resolve to the Lenox business/Main Street community.

Specifically—I think we will see a new restaurant or two, along with continued efforts to address the shortage of affordable housing in Lenox.

POLITICS—Can things get any weirder? The 2016 Presidential election ushered in a whole new era of uncivilized behavior in the media, the government and in some segments of our society.

Loud and well-organized special interest groups seem to be trying to out-do each other with their obnoxious antics and desire to grab headlines. I suspect this will continue in 2019.

THE WALL—I think President Trump will prevail and the funding for the border wall will be appropriated...one way or another.

VINTAGE PARK—I predict we will have another amazing year together at Vintage Park!

We are on track for a spring opening of this new area in our building and the Memory Care Expansion will bring several new faces to our community.

I want to thank all of you for choosing Vintage Park as your home! God Bless you in 2019!

New Staff at Vintage Park

We have added several new staff members in anticipation of our memory care expansion. By the time the new rooms are occupied, our staff will be well trained, properly delegated, and prepared for a smooth transition.

The new staff include; Joy Coleman, Erika Coleman, Shelly Wilkinson and a special reappearance by Becky Marshall, who just couldn't stay away.

We are glad to have all of these ladies on board as we venture into our new journey. They have been working hard to learn the ins and outs of Vintage Park and we are confident that they will be a great fit for our team. If you haven't had the chance to meet any of these ladies, we encourage you to do so as you welcome them to the Vintage Park Family.

Candle Light Dinner

February 14th
Noon

Menu

Surf & Turf
Baked Potato
Key West Blend
Roll
Cheesecake

Wine will be served with
the meal.

Free Art Classes for those 55+

When: Every Saturday in
February from 10am - Noon

Where: Lenox Community
Center

For more information please contact
Sherri Burger at the Lenox Library.

Vintage Park will provide
transportation to all tenants who
wish to attend these classes

Candy Bouquets For Sale

Pop Bouquets = \$5.00

Vase Bouquets = \$15.00



All proceeds from this
project will be going
toward items for our
“Mock Auction” in April.

Orders can be placed with
Melissa Butler in person,
over the phone or by
email.

Items sell out quickly so
get your orders in early!

Winter Skin Care

Cold weather can take a toll on the skin's moisture, causing itching, cracking and bleeding. The warm, toasty air keeping us warm in our homes also sucks moisture from the air and contributes to drying out skin.

Over time, skin becomes thinner, drier and more fragile, making seniors particularly susceptible to skin issues. Winter weather can also worsen common senior skin issues such as shingles and bruising, making them more prone to itchy skin and rashes.

Consider the following tips to help you avoid dry skin:

Moisturize. Using lotion often is the best way to protect skin. It's especially effective after bathing, when skin is most absorbent. Seniors may require a heavier cream or ointment but should check the ingredients for allergens. Remember to use lip balm to avoid dry lips.

Hydrate. Drinking lots of water isn't just important in the summer. It helps keep senior's cells moisturized from the inside.

Bundle up. When going outdoors, cover as much skin as possible. Fingers and toes are especially susceptible to frostbite and windburn.

Short and warm (not hot) showers. Too much time in hot water can take away the natural moisture from the skin.

Humidify. A humidifier adds moisture to dry, artificially-heated air.

Sunscreen. Sunscreen is just as important on clear winter days as it is in the summer, especially if there is snow on the ground to reflect the sun's rays.

Sometimes elderly need special care to alleviate skin issues from the harsh winter. Notify Kim or Rachael if you have a skin condition that you feel is becoming worse, doesn't heal or you suspect another health issue may be present.

Kim Morris, Community Nurse

The Best Hand Cream Hands Down

16oz. Baby Lotion
8oz. Vitamin E Cream
8oz. Vaseline

Mix all three ingredients and you are done. How simple is that?

Come see for yourself as we mix up a batch in the Vintage Park Theater Room. Everyone will leave with their own sample.

Straight from the Kitchen Cupboard

By Amy Jenkins

Hello everyone and happy February! I hope this note finds you all happy and healthy. Seems like its been a long Winter. I'm ready for it to warm up so I can head to the pond!

Our "Around the World with Amy" class has been going wonderfully. We always seem to have a few minor glitches here and there, but you all help me laugh it off, which is appreciated. I always ask where we should go next month as this class is something fun and different for you. We had suggestions of Belgium, Greece, the Netherlands and cook's choice. So, I have some decisions to make! We decided on making something sweet next time so that will be my focus. Will it be the Rum Omelet from Belgium, Diples, Fried Turnovers from Greece, or will it be Stroopwafels from the Netherlands? I'm not going to give you any hints, so you'll have to join us on February 18th to find out! I hope to see an even bigger crowd this time!

Super Bowl Sunday is scheduled for February 3rd. Usually our Super Bowl Party happens after supper, but we are going to start the party early in the dining room. For a bit of added fun come to supper in your team's colors, so we can see who everyone will be rooting for.

Pepperoni Pizza Football Cheese Ball



Ingredients

- 16 oz Challenge cream cheese, softened
- 1 tsp Italian seasoning
- 8 oz finely shredded mozzarella cheese
- ½ cup shredded Parmesan cheese
- 2 5 oz bags mini pepperoni slices divided
- 3 green onions thinly sliced
- ½ cup chopped, cooked bacon
- 1 4 oz jar diced pimientos drained and patted dry

Instructions

1. Beat the cream cheese until light and fluffy. Beat in the Italian seasoning, mozzarella cheese, and Parmesan cheese.
2. Mix in half of the pepperoni slices, green onions, bacon, and pimientos.
3. Line a small bowl with plastic wrap. Spoon cheese mixture into bowl. Press mixture into bowl so that it takes on the shape of the bowl. Use the ends of the plastic wrap to wrap up the cheeseball firmly. Transfer the wrapped cheese ball to a cutting board and use your hands to shape it into a football.
4. Refrigerate for at least 2 hours and up to 48 hours.
5. Remove the cheese ball from the fridge and cover with remaining pepperoni, pressing gently to adhere.
6. Serve with pretzels, bread sticks, crackers, and veggies.

February Lunch Specials

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

The Thousand Synonyms of Love

| | | | |
|---------------------------------------|--------------|-------------|------------|
| n s e n t i m e n t n e m y o j n e e | love | devotion | partiality |
| y r r t l e n a r d e n c y t e i p n | emotion | enchantment | pash |
| y f u n h t t c f o e n t c i i n t m | adulation | enjoyment | passion |
| a e t a t s u l l f f n d s r n m p w | affection | fervor | piety |
| i r p d a a i t t i e d w e o u r a e | allegiance | fidelity | rapture |
| n v a u h t o l n m n c l i r f s s a | amity | flame | regard |
| f o r l a p p r e c i a t i o n s h k | amorousness | fondness | relish |
| c r i a s d f v m r h a t i w s e m n | amour | friendship | respect |
| p a r t i a l i t y u n l i o a n s e | appreciation | hankering | sentiment |
| i e f i o o a v n t e n f t o n d r s | ardency | idolatry | soft spot |
| h o c o v m m c a m o r o u s n e s s | ardor | inclination | taste |
| s f l n m h e f h e i t h e h o t s e | attachment | infatuation | tenderness |
| r l i s a v n c c e d d z e s p o m n | case | involvement | the hots |
| o t k d o i a g n i r e k n a h v a d | cherishing | like | weakness |
| w h i l e t g d e a a i v s r r e d n | crash | liking | wild for |
| d g n n t l s e g l l m s o c d d f o | crush | lust | worship |
| n i g a i h i e l m n i o h t a l o f | delight | mad for | yearning |
| c l y n i y r t a l o d i u i i s r r | devotedness | mash | zeal |
| r e s p e c t s y n a a n t r n o e h | | | |
| r d t l a n h t i y e a r n i n g n k | | | |

Happy
Valentine's
Day



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 we will have a theme and a dress code. Let's have fun and raise our awareness about heart disease!

Feb. 1st- Risk and Symptom Awareness
(everyone wear red)

Feb. 2nd-Exercise and Fitness
(everyone wear workout attire)

Feb. 3rd-Nutrition and Supplements
(supplement your outfit with accessories)

Feb. 4th-Holistic Health/Stress Management
(wear your pjs)

Feb. 5th-Medication Safety
(dress like your superhero)

Feb. 6th-Health Care Self-Management
(Hats off to our Nurses wear your favorite hat)

Feb. 7th- Positive Self Image
(dress up day)

New in February

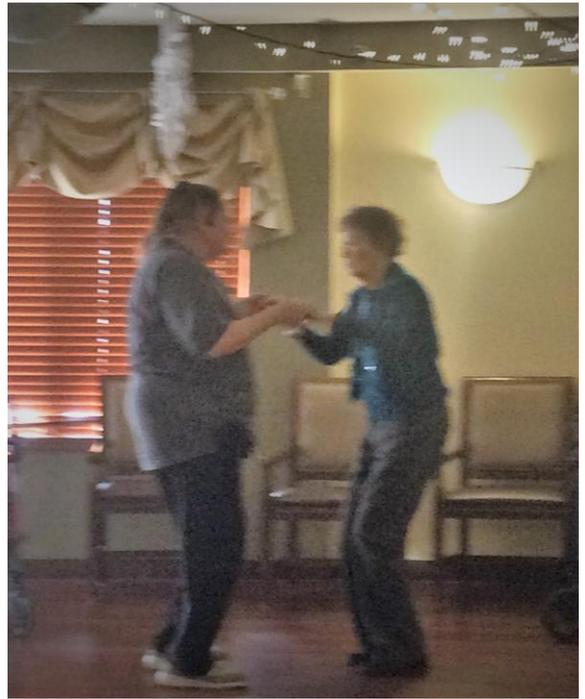
TED Talks
Thursdays, 11:30am
Living Room

TED Talks are short videos that spread ideas and knowledge from top thinkers around the world and spark conversation. Each video is 18 minutes or less and the topics are endless. There is something of interest to everyone. We will watch one video every Thursday before lunch.



History of TED

TED began in 1984 as a conference where **T**echnology, **E**ntertainment and **D**esign converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages.



Snowflake
Dance 2019



Beautiful young
people are accidents
of nature, but
beautiful old people
are works of art.

~

Educating the mind
without educating
the heart is no
education at all.
-Aristotle