

# VINTAGE TIMES

Vintage Park Apartments, 810 East Van Buren, Lenox, IA 50851  
Vintageparkapts.com 641-333-2233

## Fighting the Good Fight

By:

Doug Junker

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all of the Lord’s people.” Ephesians 6:10-18

Whether or not you consider yourself a Christian, the fact remains that your life will contain many challenges. Our problems come in many shapes and sizes and they sometimes manifest themselves with such regularity as to make us feel weak and overwhelmed. In his letter to the early church in Ephesus, the Apostle Paul was attempting to prepare the believers for the

challenges of life. His words not only provide clarity as to the nature of our enemy but also the confidence of knowing we are well armed to face that enemy.

As believers, we have access to the full armor of God. We can face the challenges of life knowing that we are protected by the truth of Christ’s sacrifice. We have the assurance that our salvation has been purchased through his love and through his blood, shed for the remission of our sins. We can take comfort in the protection of his righteousness as we are all fully aware of the weakness and insufficiency of our own goodness. We can be ready knowing our feet are firmly planted on the power of God’s word and we can boldly lift the shield of faith to protect us from evil. We can face the world knowing we are protected by the helmet of salvation and we can strive to defeat temptation armed with the sword of the Holy Spirit.

I have always loved the symbolism of this passage. The image of one strapping on his armor and picking up his sword in preparation for battle has always been powerful in my mind. You could easily dismiss Paul’s message as hyperbole, as an overstatement, as an exaggeration crafted to prove a point, but I believe his words should be taken at face value. We need to begin looking at our spiritual walk as a battle. As Christians we readily accept the fact that Christ died for our sins, yet we seem reluctant to accept the fact that the devil is waging a daily war against us. We must be ready to fight, and we must enter every fight knowing that victory is certain if we have faith.

In Corinthians we receive God’s promise that we will never be tempted beyond our faith and therefore, we know that every battle can be won...we only need to have the will to fight.

## May Birthdays

**May 15<sup>th</sup>- Myrtle Terbell**

**May 19<sup>th</sup>-June Park**

**May 28<sup>th</sup>- Gerry Gardner**



## Riddle of the Month....

**Q. What kind of tree can you carry in your hand?**

*Answer to last month's question:*

**Q. Where does the Easter Bunny get his eggs?**

**A. From an Egg Plant!**

## Maintenance Matters

BY DON COX

Spring is here and we are preparing for upright gardens and planters. For those who haven't seen, I have put up a Martin House outside of the dining room doors. Hopefully we will have some feathered friends to look at. Vintage Park is going to be putting assorted pots around the patios and lawn mowing will begin before you receive this newsletter. The five-room expansion is progressing well. We passed our first inspection the third week of April and sheet rock is now being hung. Any concerns or wishes please contact Don. Thank you!



Please feel free to contact us via email at anytime

Doug Junker, Manager: [manager@vintageparkapts.com](mailto:manager@vintageparkapts.com)

Rachael Gard, Health Care Coordinator: [nurse@vintageparkapts.com](mailto:nurse@vintageparkapts.com)

Melissa Butler, Life Enrichment Coordinator: [life@vintageparkapts.com](mailto:life@vintageparkapts.com)

## FIRST EVER VINTAGE PARK YOUTH TRACK MEET...

Sunday, May 5<sup>th</sup> at the Lenox High School track. Walk-Up registration begins at 11 am.

Field Events start at 12:30 and Running Events begin at 2:30pm.

Vintage Park has been a supporter of the Alzheimer's Association for quite some time. We have hosted several fundraisers for the organization, sponsored the Alzheimer's Support Group, the Longest Day and the Walk to End Alzheimer's.

Up until a few years ago, the Walk to End Alzheimer's was held in Creston—just 15 minutes away—and, we would take several staff and residents to this event. Since then, "The Walk" was moved to Council Bluffs—and, it became difficult to support/attend the event like we had in the past.

So, we had some discussions with our staff (they are SO smart!) and managers on and off this past year—about what we could do locally, to raise \$\$ for the Alzheimer's Association. We thought about a golf tournament – but, decided that there are too many of them already (sorry if I offended any of you avid golfers) and our event would probably not stand out, or attract the level of participation for which we hoped.

We decided that we should try a youth track meet—there are a lot of kids who can

participate!) without requiring a lot of practice or putting a team together or finding a date in which there weren't a bunch of other youth track meets in the area. Just lace up your sneakers, slap on some sunscreen and you are ready to go! Plus, when the kids show up to run—we are betting that they will bring Mom and Dad and Grandma and Grampa along, too.

Now, we are praying for lots of volunteers and good weather! We have no idea how many youth or spectators to expect. So, we are just diving in and hoping for the best! Come join us—if you can!

## VINTAGE PARK IS ON TRACK TO BEAT ALZHEIMERS!



Event T-Shirts are \$10.00

## The Lady with the Lamp

The American Nurses Association has declared May 6th-12th as the national week to celebrate the nursing profession. Each year, the celebration ends on May 12, Florence Nightingale's birthday. I thought it would only be fitting to educate everyone on who Florence Nightingale was and how she changed the profession of nursing forever.

Nursing was once an occupation with little respect: people didn't think you needed any special training or skills to do it, and most nurses were poor and uneducated. It was very unusual for someone like Florence, who came from the upper class, to work in this profession. However, after Florence's work, hospitals around the world were changed forever and, caring for the sick became an honorable profession.

Nightingale was born in Florence, Italy on May 12, 1820. As part of an upper-class family, Nightingale was expected to grow up as a proper lady who would "devote herself to her family, husband, society, entertainment and cultural pursuits". She was driven by a different dream. She believed that her attraction to nursing was God's will, or "a calling," and because of that she made many personal sacrifices to pursue her professional life with intensity. Her family disapproved of her decision to take up the nursing profession, which was

seen in her day as a vocation for lower classes, one carried out under harsh conditions in dirty hospital environments. The family's disappointment did not stop her from her goal, she studied nursing for nine years and then Florence began caring for the sick.

In 1853, she was asked to work at the Harley Street Nursing Home. There, she made improvements that included better organization and training for the staff, and she implemented a system that piped hot water to every floor. She also created a lift to bring patients their meals.

When the Crimean War began, the British army was unprepared to accommodate battle injuries and casualties. This led to issues such as outbreaks of cholera, lack of supplies, and inadequate sanitation. British Secretary of War, Sidney Herbert, asked Nightingale to take nurses and help the hospital in Scutari, Turkey. On October 21, 1854 she set out, with the 38 nurses she had trained, to answer her country's call.

The state of the hospital in Turkey was horrendous but even more challenging was the hostile attitude the nurses received from the doctors, many did not even allow nurses inside the wards. It

*The Lady with the Lamp Cont.*

wasn't until the Battle of Inkerman, during which the British suffered many casualties and the hospitals became overcrowded, that the doctors were forced to ask for help. Nightingale used her own money to make the hospital a cleaner, healthier and a more efficient place for patients. She brought in basics including bandages, extra clothes, scrub brushes and better food. She also took all the dirty clothing outside of the hospital to be washed.

She sent reports back to London on techniques to improve conditions and assumed care of the patients at night, moving from floor to floor with a lamp in hand comforting patients. This intimate relationship with her patients earned her the affectionate title of "Lady with the Lamp."

Though the male hospital team often resented her power to affect change, the troops were so grateful to her that they raised a special fund to allow her to continue her work.

Through selfless devotion and sheer determination, Florence Nightingale transformed the profession of nursing forever. She gave dignity and honor to what continues to be a female-dominated profession and revolutionized hospital conditions, making them more organized and above all, sanitary.

Kim Morris, Community Nurse

*"You ask me why I do not write something.... I think one's feelings waste themselves in words, they ought all to be distilled into actions and into actions which bring results."*

— Florence Nightingale

## Dr. Kopp Visits

May 2nd  
&  
May 16th



Vintage Park Nurses  
Kim Morris & Rachael Gard

## Straight from the Kitchen Cupboard

By Amy Jenkins

Did you know that when you meet a Thai person, the first thing they will say to you is “Gin Khao Yung” meaning– have you eaten yet?

Food is a very important part of Thai culture and they believe it should be shared with others. Thai cuisine is a blend of four tastes– salty, sweet, sour and spicy and almost every Thai dish combines these four. For our tasting, I made Pad Thai, which is a noodle stir fry with a sweet, savory, sour, spicy sauce topped with peanuts. The dish proved to be too spicy for most, but those with iron stomachs thought it was delicious! Next month we will travel to Canada!

Spring is in full swing at Vintage Park and the garden boxes are ready. I can't wait to see what vegetables will be planted; fresh produce is always a treat. Within the next few weeks we will be dusting off the grill and getting ready to enjoy the sunshine. If you see me outside grilling, feel free to come out and join me!

Thank you to everyone who joined us for Easter dinner. We had a large number of guests, and the meal service went smooth. I credit that to all the wonderful help we have at Vintage Park and the gracious people who call it home.

Looking forward to May, we have lots of holidays to plan for. Be sure to check the calendar and the menu to see what we have in store. For convenience, please let the kitchen know of any guests that plan to join you for meals.

As always, keep it saucy and play with your food!

### **Mother's Day Brunch**

Saturday, May 11<sup>th</sup>  
7am-10am

#### **Menu**

Sausage Gravy & Biscuits  
Scrambled Eggs  
Fruit

We will not be serving made to order breakfast this day.

No RSVP needed  
Brunch is free to all family

## “The Most Exciting Two Minutes in Sports”

By Melissa Butler

The Kentucky Derby is the longest running sporting event in the United States, dating back to 1875. The Derby came about when Meriwether Lewis Clark traveled to Europe and attended his first horse race.

Meriwether was so inspired by the event that he knew he must create such a race in the United States. Meriwether’s uncles, John and Henry Churchill gifted him the land necessary to build a racetrack. Meriwether then organized the Louisville Jockey Club and raised the funds necessary to build the racetrack. The first Derby was held in 1875 and like Meriwether, spectators in the states were captivated and inspired and the Kentucky Derby grew into the biggest race in the world.

The Derby has been deemed the most exciting two minutes in sports. Its rich traditions including sipping a mint julep, singing “My Old Kentucky Home, donning fancy hats and of course, betting, make it a very popular sport for spectators.

In honor of this great tradition we will have our own Derby Party on Saturday, May 4<sup>th</sup> in the Living Room. Come wearing your Derby attire and join us for snacks, drinks and games. Those who wish to create their own hat for the party, be sure to come to crafts on May 2<sup>nd</sup>.



### National Moment of Remembrance

In 2000, Congress addressed the fact that many Americans simply use Memorial Day as a day to eat burgers. They created the National Moment to make sure our troops are honored. At 3 p.m. on Memorial Day, every American is asked to pause for just one minute to honor the fallen.

Please join us at 2:30pm in the living room for a short program. We will observe the “National Moment” at 3pm.

Refreshments will follow

*An Investment in Knowledge pays the best interest.*

~ Benjamin Franklin

**Teacher Appreciation Week**  
May 5<sup>th</sup>-11<sup>th</sup>

Let your educators know how much you appreciate their hard work in shaping the minds of students today.

## May Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Open Face Hot Beef Sandwich Mashed Potatoes Gravy Glazed Carrots Strawberry Shortcake	2. Smothered Chicken Garden Blend Rice Broccoli Bread Sherbet	3. Battered Fish Fried Potatoes Green Beans Bread Pineapple Upside Down Cake	4. Smokehouse Ribs Potato Salad Baked Beans Bread Seasonal Fresh Fruit
5. Fajitas Rice Baja Blend Vegetables Ice Cream  Cinco de Mayo	6. BLT Sandwich Macaroni Salad Pea Salad Seasonal Fresh Fruit	7. Honey Mustard Chicken Baked Potato Carrots Bread Strawberry Cake	8. Herbed Pork Loin Pasta Salad Broccoli Garlic Toast Fruited Gelatin	9. Meatloaf Vegetable Blend Bread Pudding Parfait	10. Pur Southern Catfish Filet Garden Blend Rice Bread Seasonal Fresh Fruit	11. Beef Pot Roast Roasted Potatoes/Carrots Gravy Roll Pie
12. Fried Chicken Mashed Potatoes Gravy Mixed Vegetables Roll Pie  Mother's Day	13. Lemon Pepper Tilapia Filet Long Grain Wild Rice Parslied Carrots Bread Berry Crisp	14. Swiss Steak Mashed Potatoes Gravy Corn Fresh Baked Bread Frosted Chocolate Cake	15. BBQ Chicken Breast Pasta Salad Yellow Squash Melon Wedge	16. Glazed Ham Baked Potato Green Beans Bread Strawberry Gelatin	17. Herb Roasted Chicken Mashed Potatoes Gravy Seasonal Veggies PB Blondie	18. Honey Garlic Meatballs Scalloped Potatoes Pickled Beets Bread Seasonal Fresh Fruit
19. Roast Turkey Roasted Red Potatoes Gravy Creamed Peas Roll Pie	20. Marinated Pork Loin Baked Sweet Potato Carrots Bread Pudding Parfait	21. Hamburger Potato Feature Baked Beans Seasonal Fresh Fruit	22. Tortilla Crusted Chicken Breast Riesta Rice & Beans Banaa Cream Pie	23. Roast Beef Mashed Potatoes Gravy Corn Cheesecake	24. Pur Breaded Cod Fillet Pasta Alfredo Vegetable Blend Garlic Toast Rainbow Cake	25. Baked Ham Fried Potatoes Broccoli Bread Seasonal Fresh Fruit
26. Fried Chicken Mashed Potaotes Gravy Creamy Coleslaw Roll Pie	27. Grilled Hamburgers & Hot Dogs Potato Salad Baked Beans Ice Cream  Memorial Day	28. Seasoned Pork Chop Candied Yams Vegetable Blend Bread Fruit Crisp	29. Open Face Hot Beef Sandwich Mashed Potatoes Gravy Glazed Carrots Strawberry shortcake	30. Smothered Chicken Garden Blend Rice Broccoli Bread Sherbet	31. Battered Fish Fried Potatoes Green Beans Bread Pineapple Upside Down Cake	

# Electricity Terms

T E C R I E S F U T E S U T E P E  
 N U R M O R U R O N C D I I K Y U  
 E V I T I S O P V R D O G N E L O  
 R E K A E R B T I U C R I C E T U  
 R E S I S T A N C E O L A L I P E  
 U T S T P R L R R U E I L W V M O  
 C R C R E O **E** E N L D A O O O B T  
 G O L M A T A D B N R N L T H A R  
 N T O R K A D I S A E T O I M T E  
 I A S T E L S U P E M R E C S T H  
 T N E R R U C T C E R I D E T E U  
 A R D O F S T S T L O V W C S R O  
 N E I H D N W E I N F I N I T Y R  
 R T O S E I R E S I S T O R R B G  
 E L E C T R O M A G N E T C L E N  
 T A I C D T E D A M A N H U R L M  
 L T H B S Y A L E R R H B I C R E  
 A M P S Y U E W E S T A R T E R N

alternating current	alternator	amps
battery	bulb	circuit
circuit breaker	closed	coil
conductor	diode	direct current
draw	electromagnet	fuse
fusible link	ground	infinity
insulator	leads	motor
ohms	open	parallel
positive	relay	resistance
resistor	series	short
speaker	starter	switch
transformer	voltmeter	volts
watts		

Electrical safety should be a top priority for all people, whether you live in Vintage Park, or in your own home. Simple procedures and a little bit of education could prevent you from experiencing an electrical house fire, injury or death from electrocution. Some electrical hazards to be aware of include; overloading circuits, improper use of extension cords, using inappropriate wattage of bulbs and loose outlets. Visit the Electrical Safety Foundation International website for a free downloadable safety checklist.

<http://www.esfi.org/search?submit=&searchString=Safety+Checklist&submit=>

## Vintage Park Policies Involving Electrical Devices

- All power strips used at Vintage Park must be metal.
- The only items you can plug into a power strip include; televisions, computers and radios.
- If you have any questions regarding these policies please talk to Don Cox.

