

VINTAGE TIMES

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Sweet Clover and Sin

By:

Doug Junker

This past July, my family and I took a vacation to Lewistown, Montana where my wife's sister and her family live. The first day we traveled via I-80 from Lenox, through Nebraska, and up to Spearfish, South Dakota where we rendezvoused with my in-laws and stopped for the evening. After Spearfish, my in-laws and my family divided up among the cars and my son, father in-law Leroy, and I ended up together. As we drove through the plains of Wyoming and Montana, Leroy expressed surprise as to the amount of sweet clover that was growing among the prairie grass. Its expanse was so pronounced that its flowers changed the natural hue of the prairie from green to yellow for as far as the eye could see. My father in-laws amazement piqued my interest and I decided to learn what I could about the plant and its effect on the prairie, here is what I learned.

Sweet clover is not native to the Americas. It was imported in the mid 1600's by some of the earliest European settlers to aid in the production of honey. Over the past 400 years the plant has steadily advance westward and now can be found all over the continent. Sweet clover is mostly controlled in the farmlands of the Midwest where the use of herbicides is widespread, but on the prairies of the High Plains Region it has proven much more difficult to control. Sweet clover is a hardy plant that takes two years to grow into maturity. Plant growth during the first year is almost entirely dedicated to the development of a strong root system that will reach depths up to 5

feet. In the second year the stalk begins to grow, eventually reaching heights of 6 feet tall or better. The plant will develop a wide branch system and hundreds of bright yellow flowers, each of which, produces two seeds. The seeds are encased in a hard shell that protects them from the elements and allows them to remain viable for up to 81 years. All these characteristics allow the plant to overrun and dominate the native prairie and forever change the ecology of the High Plains.

As Christians, our sinful natures have a lot in common with sweet clover. Most of our transgressions, our sinful thoughts, desires, and actions, can be traced back to one small seed of temptation or emotion. We let ourselves be exposed to things we should not see or hear, harbor thoughts of anger or resentment towards our neighbor, or lust after another or their possessions. We keep those thoughts buried deep inside our minds and hearts where they remain until the opportunity to sprout presents itself. Once it germinates, our sinfulness begins to grow roots first, anchoring itself within our hearts and minds before maturing into actions, thoughts, or words that are contrary to our Christian character. Many times, like the flowers spread across the prairie, our sinfulness will seem appealing. We may gain pleasure, status, satisfaction, or wealth from things we know in our hearts are wrong and therefore we allow the behavior to continue. Eventually, the sinfulness will produce seeds of sins yet to come and the cycle is repeated.

The answer to this is, and always has been, prayer. As humans we are all born into sin. Our very nature dictates our selfishness and destines us to continual failure. There is no possible way that we can ever do enough to earn our forgiveness or salvation, yet we are all heirs of our Heavenly Father. God, who through his love for us, offers us abundant grace and continual forgiveness, has set us

Sweet Clover and Sin Cont.

free of our sinful natures. The sacrifice of his Son, Jesus Christ, paid the price of our transgressions and has guaranteed the salvation of all who believe and accept it. This knowledge should provide each of us with great comfort as we now know, that although our lives are often wrought with failure and sin, we are still made clean and perfect through his love.

**Staff Pumpkin Challenge Results**

Last month twenty staff participated in the pumpkin decorating contest. The creativity was astounding and made for wonderful conversation pieces. Coming in 1st place was the scarecrow pumpkin decorated by Melissa Butler and 2nd place was the bumblebee decorated by Becky Marshall.

Pictures of the other pumpkins can be found on page 6

**Riddle of the Month....**

Q. What kind of music did the pilgrims listen to?

Answer to last month's question:

Q. Why didn't the mummy have any friends?

A. He was too wrapped up in himself!

Please feel free to contact us via email at anytime

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Maintenance Matters

By Don Cox

Since October was Fire Prevention Month, we decided it was a good time to review our fire policy at our monthly tenant meeting. For any who were not present, or family members who are curious, I have included our fire policy below.

If There Is A Fire:

Resident Responsibilities:

- If there is a fire in a resident's apartment, the resident should:
 - Leave the apartment at once!
 - Push Your Pendant
 - Leave the door closed and unlocked, and drop an article in front of their door to indicate they have vacated. Any object will work as long as it is directly in front of their door.
 - Pull the alarm in their hallway.
 - They should then go to the opposite side of the fire door in the hallway.
- If residents hear the fire alarm, they should:
 - Stay in their apartment.
 - Leave the door closed and unlocked.
 - Wait by the door for further instructions from a staff member.
 - When a staff member knocks on the door, follow their instructions.

- Be Alert:

- Awareness of where the fire is will determine if, when, or where they should exit.
- Be aware if their neighbor is also outside in the group. The "buddy system" is a good plan.

- All Clear:

- Residents should be aware of the "all clear" signal to let them know when it is okay to return to their apartment.
- The fire alarm horns will be shut off identifying the "all clear" signal. Staff should also give a verbal "all clear" signal.

Please review this policy and ask questions if you are unsure about any of this information. In addition to the policy, we hold fire drills once a month in order to practice our procedure. The best way to keep safe is to be prepared. For those of you who have lived at Vintage Park for several years, I am sure the drills seem redundant, but we appreciate your participation in them. It is all of our responsibility to keep ourselves and each other safe by following the proper procedure.

2019 Year in Review...and, a Vision for 2020

(1st in a 3-part series) ...By Cindy Cox

As we approach the end of 2019—I decided to take a look at some things that happened at Vintage Park this past year:

The BIG NEWS in 2019 is the completion of our The Gardens Memory Care expansion project!

This involved the conversion of office and storage space into 5 additional Memory Care apartments and the renovation of the common areas in The Gardens. We replaced the flooring in the Living Room area and Bake Shoppe. We added a new public restroom and a spa room with a ‘state of the art’ whirlpool tub. We mounted a big screen TV and purchased new furniture for the area. We remodeled the Bake Shoppe and created a serving counter and snack bar. New dining room tables, chairs and window treatments have been ordered and should arrive before Thanksgiving. We spruced up the outside entry into Memory Care with fresh paint, a new bench and wall hangings.

In addition to this project—we have completed “make-overs” in 13 apartments (new flooring, painting and other things as needed – like a new refrigerator or microwave or new window coverings, etc.). The plan is to continue the makeovers

when a room is empty and before a new resident moves in.

We replaced some washers and dryers, put in a few new windows, repaired the outdoor fountain, landscaped the area near the entrance to “The Annex”, planted some trees, erected a martin bird house, replaced 11 PTAC units, replaced some furniture and flooring in the lobby area of Assisted Living, added some new key pads and updates to our door alarms and fire systems, and have been replacing our lighting with LED bulbs throughout the building. We upgraded our telephone system (we now have voicemail!) and added some internet “access points” to improve our WiFi service in the building.

Before the end of 2019 – we will have added a new beauty salon in Assisted Living and completed a Kitchen facelift (new flooring, paint, etc.).

And, we built a pond (complete with an island) on the 3 ½ acres to the east of our parking lot—which will soon be stocked with fish and will have a walking bridge across to “Cox Island”.

Our Culinary Services Department (Dining) hosted some fun events and ushered in many enhancements this year. Here are some highlights:

2019 Year in Review... and, a Vision for 2020 Cont.

Order Off the Menu Day—was held every quarter in 2019.

Fancy Coffee events were held regularly – including cappuccino, latte's and other interesting coffee drinks

Around the World with Amy—was held regularly where residents were able to watch Amy prepare, and sample, foreign dishes.

Hosted several meals for friends and family members in the area—Mother's Day Brunch, Father's Day Dinner, Veteran's Day Brunch, Grandparents Day Picnic, Senior Citizens Day, along with Thanksgiving and Christmas meals—which will happen soon.

Implemented resident and family surveys to gather input into new menu items and the entire Vintage Park dining experience.

Added a steam table to make serving residents in The Gardens much easier.

Added variety to our salad bar and snack offerings—especially in Memory Care.

Hosted several resident birthday parties, Card Clubs, etc., throughout the year.

We renovated the Bake Shoppe in The Gardens – to include new appliances, cabinets, flooring, along with a serving counter and a snack bar.

Sadly, we lost Cassie (a long-term kitchen employee) to a new opportunity—but, we were fortunate to have Erika (for the summer) and Sophie join our kitchen staff this year.



Memory Care Addition

Around the World with Amy ~Apple Martini~





Creations
from Our
Staff



Pumpkin Challenge
Accepted

Straight from the Kitchen Cupboard

By Amy Jenkins

Happy Fall, Y'all! I hope this note finds you happy and healthy. This month has some big events in the Kitchen! We have our chili cookoff, Veteran's Day Breakfast and of course Thanksgiving.

Families are welcome to join us for the chili cook-off scheduled for November 1st at noon. If you know your way around the soup pot, bring in a batch of chili for a chance to win \$50.00. If cooking isn't your idea of a good time, come taste what everyone else has created. There is bound to be something you will like. The kitchen will also have potato soup available for those who can't eat chili and an assortment of relishes to go with the soups.

We are proud to offer a free breakfast again this year to honor all veterans in the community. Tenants are welcome to eat anytime between the hours of 7 am and 10 am. Please make all who visit feel welcome and appreciated on this day.

Holiday seating fills up fast, so if you know you are having guests on Thanksgiving, please let us know ASAP to ensure we have enough Turkey and fixings for everyone! As a reminder, holiday meals are \$8.00.

We sipped Apple Martinis last month at our "Around the World" event to celebrate apple month and they were a huge hit! The consensus was, we appreciate festive drinks at 11am! This is the reason you are my people! On that note, we decided as a group, to make Tequila Sunrises next month. So, if time allows you to visit us on November 18th, please do! (Not responsible for bad decisions made after 1130 am on this day) As always, keep it saucy and play with your food!

Veterans Day Breakfast

November 10th

7-10am

Vintage Park Dining Room

Serving

Biscuits & Gravy
Scrambled Eggs
Ham
Apple Turnovers
Fruit
Orange Juice
Coffee
Cappuccino

Breakfast will be served buffet style and is free to all Veterans and their spouses.

Thanksgiving Dinner

Menu

Turkey
Ham
Mashed Potatoes
Gravy
Candied Yams
Dressing
Green Bean Casserole
Cherry Pie
Pumpkin Pie

November Lunch Specials

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|--|---|
| | | | | | 1. Salmon Patty Scallope Potatoes Broccoli Bread Frosted Cake | 2. Swedish Meatballs Noodles Seasonal Veg Bread Applesauce Gelatin |
| 3. Roast Turkey Mashed Potatoes Gravy Stuffing Carrots Pie | 4. Spaghetti Tossed Salad Garlic Toast Peach Crisp | 5. Meatloaf Mashed Potatoes Gravy Peas Bread Frosted Cake | 6. Seasoned Fish Baked Potato Broccoli Bread Lemon Pudding | 7. Chicken Breast Cordon Bleu Macaroni Salad Corn Bread Brownie | 8. Pork Loin Chop Parsley Buttered Potatoes Beets Bread Oatmeal Bar | 9. Salisbury Steak Biscuit Tossed Greens Glazed Angel Food Cake |
| 10. Herbed Pork Loin Gravy Baked Sweet Potato Mixed Veggies Roll Pie | 11. Meatloaf Bake Seasonal Veggie Bread Fruit | 12. Baked Salmon Steak Rice Bread Pumpki Cake | 13. Glazed Ham Corn Casserole Bread Candy Apple Dessert | 14. Beef & Noodles Vegetable Blend Bread Ice Cream | 15. Fajitas Rice Baja Vegetables Fruited Gelatin | 16. Breaded Pork Tenderloin Tater Tots Brussels Sprouts Pudding Parfait |
| 17. Fried Chicken Mashed Potatoes Gravy Beets Roll Fruit Pie | 18. Ham Balls Macaroni and Cheese Green Beans Frosted Cake | 19. Lasagna Creamy Cucumber Salad Ice Cream | 20. Country Freid Steak Mashed Potatoes Gravy Bread Corn Pudding | 21. Herbed Chicken Baked Potato Squash Bread Peach Crisp | 22. Scalloped Potatoes & Ham Vegetable Blend Bread Brownie | 23. Beef Fajitas Rice Vegetable Garlic Bread |
| 24. Pot Roast Vegetables Roll Pumpkin Pie | 25. Fried Chicken Mashed Potatoes Gravy Cascade Blend Vegetables Cherry Crisp | 26. Maple Pork Loin Baked Sweet Potato Corn Bread Cranberry Dessert | 27. Seasoned Steak Cheesy Potatoes Green Beans Bread Emerald Pears | 28. Turkey/Ham Mashed Potatoes Gravy Candied Yams Dressing Green Bean Cas. Pie | 29. Old Fashioned Turkey & Noodles Mashed Potatoes Corn Blondie Brownie | 30. Swedish Meatballs Noodles Seasonal Veggie Bread Applesauce Gelatin |

Dry Skin

By Rachael Gard

Dry skin isn't usually serious. In most cases it's caused by factors like hot or cold weather, low moisture in the air, and soaking in hot water.

You can do a lot on your own to improve your skin, including using moisturizers and avoiding harsh, drying soaps. But sometimes, dry skin happens often or is severe. In these cases, you may need help from a doctor who specializes in skin (dermatologist).

Symptoms - Dry skin is often temporary — you get it only in winter, for example — but it may be a lifelong condition. Signs and symptoms of dry skin depend on your age, your health, where you live, time spent outdoors and the cause of the problem. Dry skin is likely to cause one or more of the following:

- A feeling of skin tightness, especially after showering, bathing or swimming
- Skin that feels and looks rough
- Itching (pruritus)
- Slight to severe flaking, scaling or peeling
- Fine lines or cracks
- Gray, ashy skin
- Redness
- Deep cracks that may bleed

When to see a doctor - Most cases of dry skin respond well to lifestyle and home remedies. See your doctor if:

- Your skin doesn't improve in spite of your best efforts

- Dry skin is accompanied by redness
- Dryness and itching interfere with sleeping
- You have open sores or infections from scratching
- You have large areas of scaling or peeling skin

Causes - Dry skin (xerosis) often has an environmental cause. Certain diseases also can significantly affect your skin. Potential causes of dry skin include:

- **Weather.** Skin tends to be driest in winter, when temperatures and humidity levels plummet. But the season may not matter as much if you live in desert regions.
- **Heat.** Central heating, wood-burning stoves, space heaters and fireplaces all reduce humidity and dry your skin.
- **Hot baths and showers.** Taking long, hot showers or baths can dry your skin. So can frequent swimming, particularly in heavily chlorinated pools.
- **Harsh soaps and detergents.** Many popular soaps, detergents and shampoos strip moisture from your skin as they are formulated to remove oil.
- **Other skin conditions.** People with skin conditions such as atopic dermatitis (eczema) or psoriasis are prone to dry skin.

Dry Skin Cont.

Prevention - Try these tips to keep skin from getting excessively dry:

- **Moisturize.** Moisturizer seals skin to keep water from escaping.
- **Limit water exposure.** Keep bath and shower time to 10 minutes or less. Turn the dial to warm, not hot. Try to bathe no more than once a day.
- **Skip the drying soap.** Try cleansing creams, gentle skin cleansers and shower gels with added moisturizers.
- **Cover as much skin as possible in cold or windy weather.** Winter can be especially drying to skin, so be sure to wear a scarf, hat and gloves when you go out.
- **Wear rubber gloves.** If you have to immerse your hands in water or are using harsh cleansers, wearing gloves can help protect your skin.



Halloween Bash



I won, I won...

Rachael's favorite lotion to use on your body is Aquaphilic ointment and Vanicream for the face. Let her know if you would like to try either one!

<https://www.mayoclinic.org/diseases-conditions/dry-skin/symptoms-causes/syc-20353885>



Dr. Licandro, the foot doctor, will be here on November 18th.

Dr. Kopp Visits

**November 7th
&
November 21st**

Feeling Thankful

By Melissa Butler

As the Thanksgiving season approaches, I can't help but think about the things I am thankful for; a house to come home to, my health and my kids' health, a good job with benefits, and a supportive husband. When the major needs of life are met, the bumps and hiccups (which are plentiful) seem minor.

This month I celebrate my 12th year at Vintage Park. I feel thankful for the opportunity to contribute to Vintage Park's growth and improvements over the years and I look forward to helping Vintage Park achieve its goal of becoming the premier provider of assisted living in the entire galaxy. As the Life Enrichment Coordinator, I get a lot of credit for the liveliness at Vintage Park, but the truth is...we have a great team! All the staff including management and the owners, actively participate in special events and go out of their way to make things happen. Working at Vintage Park is not just a job to any of us... everyone is invested and cares about the people who call Vintage Park home.

This Thanksgiving I am extra thankful for my fellow co-workers who share the desire to bring happiness to those around them. My hope is that others realize how much they are appreciated for their contributions to the daily life at Vintage Park.

It's Picture Time!

We will be taking pictures for the 2020 calendar within the next two weeks. Pictures will be coordinated on days that you see the beauty operator so that everyone can have their hair looking nice. In addition, Paige Jessen has offered to do make-up for those who want to be touched up. Props will be available for pictures but aren't required. Pictures will not be done professionally this year so we can make it leisurely and more convenient to all tenants. I will be approaching everyone to schedule a time that is convenient for them.



Grief Support Group November 7th 10am Vintage Park Library

Led by Kathy Rhinehart, Hospice Bereavement Counselor

This group will meet the first Thursday of every month and is open to the public.

We Remember

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Courage
Battle
Defend
Freedom
Heroes
Protect
Flag
Soldier
Sacrifice
Salute
Veteran
Nation
Prayer
Poppy
Victory



VETERANS DAY

By Cheryl Dyson

On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.
Some have lived, while others died,
And all of them deserve our pride.
We're proud of all the soldiers who,
Kept thinking of red, white and blue.
They fought for us and all our rights,
They fought through many days and nights.
And though we may not know each name,
We thank ALL veterans just the same.



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A Day to Remember Word Scramble

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Check Answers