

VINTAGE TIMES

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Understanding Impeachment

By:

Doug Junker

Now that formal impeachment proceedings against Donald Trump have begun, I thought it would be prudent to provide my readers with a short explanation of the process, its history, and the potential outcomes one can expect. Although this topic may not be as entertaining as some of the others I have written about, I feel it is important for all of us to understand exactly what is happening and why. So, let's start at the beginning.

Article 1, Section 2 of the United States Constitution gives the U.S. House of Representatives the “sole power of impeachment”. This means that the House of Representatives has the authority to draw up articles of impeachment for offenses deemed to be impeachable in nature. Article 2, Section 4 of the Constitution limits the grounds of impeachment to the following offenses, “Treason, Bribery, or other high Crimes and Misdemeanors”. One should note that the Constitution does not provide a precise explanation for the phrase “High Crimes or Misdemeanors”. This omission has provided an avenue for Congressional interpretation and therefore, Congress has identified three general types of conduct that constitute grounds for impeachment.

1. Improperly exceeding or abusing the powers of the office
2. Behavior incompatible with the function and purpose of the office
3. Misusing the office for an improper purpose or for personal gain

If evidence of an impeachable offense is found a three-step process is initiated. First, Congress, typically the House Judiciary Committee, conducts an investigation into the suspected offenses. Secondly, the House of Representatives reviews the findings of the initial investigation and may initiate impeachment if the vote to do so passes with a “simple majority”. Finally, the Senate then tries the accused. In the case of the impeachment of a president, the Chief Justice of the United States presides over the proceeding. Conviction requires a “two-thirds supermajority vote” of those present. If convicted, the result is removal from office.

So, what should we expect in regard to the impeachment of Donald Trump? The key details of this case are still developing and there seems to be little agreement between Democrats and Republicans as to whether there is sufficient evidence of wrongdoing. The initial vote in the House of Representatives was split down party lines with no Republicans voting in favor of impeachment and all but two Democrats voting to do so. Although the House vote met the “simple majority” criteria, it seems unlikely, given the evidence that has been provided up to this point, that the “two-thirds supermajority vote” needed to impeach is a realistic expectation in the Republican controlled Senate. So, unless indisputable evidence of “Treason, Bribery, or other High Crimes or Misdemeanors” is presented, Donald Trump’s presidency will continue and the Democrat’s push to impeach will fail.



Maintenance Matters

BY DON COX

The Winter weather is upon us. I wasn't expecting the cold weather this quickly, but we are all winterized and ready to go.

Shawn McFee will be doing the bulk of our snow removal again this year. We will do our best to keep the path clear and salted to allow you and your families to come and go as needed.

We may have to move your vehicles to clear snow from between and around the cars. We appreciate your cooperation with this.

Thanksgiving and Christmas are just around the corner. I hope you enjoy the holidays.

December Birthdays

17th - Norma Reed

18th - Harold Park

31st - Joleen Nelson



Riddle of the Month....

Q. Why are Christmas trees bad at knitting?

Answer to last month's question:

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

A. Plymouth Rock!



Please feel free to contact us via email at anytime

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Mark Your Calendar

December 4th - Lenox Recipe Night

Local Businesses will be handing out samples of different holiday treats. This is the perfect opportunity for you to see what Lenox has to offer. Stores will have extended hours so you can shop while you sample. Vintage Park will be set up in ISSB and be serving chocolate Lime Tortilla Chips. Maps of businesses participating in this event can be picked up at The Depot starting at 5 p.m.

December 5th - Tenant/Family Meeting

Join us at 10 a.m. in the Vintage Park Dining Room as we review 2019 and discuss what lies ahead in 2020. Families are encouraged to attend if they have any concerns or suggestions.

All managers will be present for this meeting to talk about the highlights from their departments.

December 10th - Memory Care Open House

Our memory care expansion is complete, and the rooms are all filled! We are proud of this expansion and the opportunity to provide memory care services to the community. Come see the improvements we have made!

December 18th - Tenant Christmas Party

Before folks start leaving for the holidays we are going to celebrate with some games, food and music at 3 p.m. in the dining room.

December 21st - Family Soup Supper/ Christmas Program

The kitchen will have 3 different soups available, finger sandwiches and relishes on the salad bar. After the meal join us for our Christmas Program.

December 25th - Special Appearance by Santa Claus

Join us Christmas morning for coffee and a visit from Santa as we sing some carols, read the *Christmas Story* and pass out gifts.

December 31st - Toast at Two

Ring in the new year with us as we share fond memories of 2019.

May Your New Year Be Full of Blessings!

New at Vintage Park

We now have two salons in the building... our existing salon in memory care and our new one in assisted living. The newest salon can be found on the north side of the east hall where the exercise equipment was previously located. This new area is also home to our massage therapist, Kristy Douglas. Our beauty operator will still be available on Mondays and Tuesdays and massages will be scheduled on days when the salon is available.

Joy...

By Rachael Gard

When I think of Christmas, I think of joy. "Joy to the World" is one of my favorite Christmas songs. Joy is described of a feeling of great pleasure and happiness. What brings you joy? My kids and my family bring me joy. The residents and staff at Vintage Park also bring me joy. You may be thinking – YA RIGHT! But you really do!

Some of my favorite Bible verses also have the word joy in them.

"The joy of the Lord is my strength." Nehemiah 8

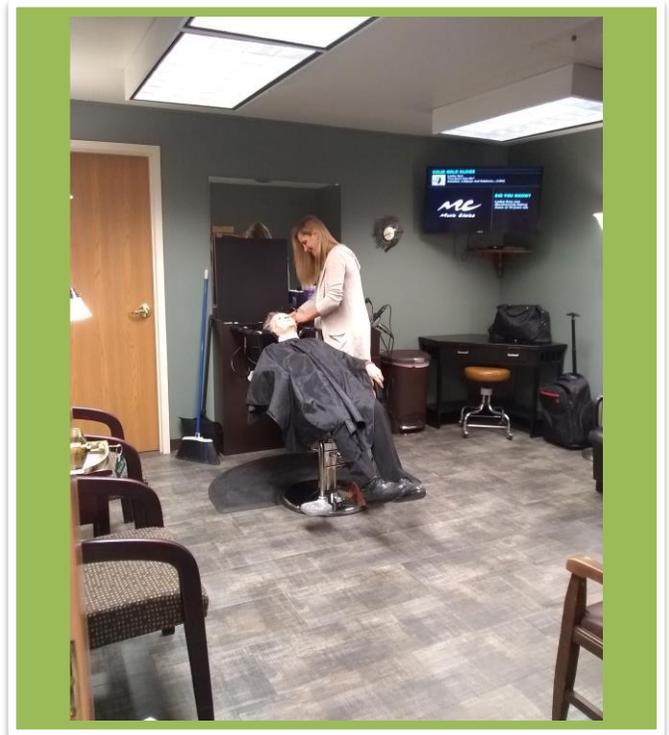
"A joyful heart is good medicine," Proverbs 17:22

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18

"Be joyful in hope, patient in affliction, faithful in prayer." Romans 12:12

"Rejoice in the Lord always. I will say it again: Rejoice." Philippians 4:4

Joy is something we should share with each



other no matter what the season! Find things in your daily life that bring you joy! These are the people and things that get us through the hard days and remind us of the hope we have for the future!

Merry Christmas – Rachael



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

(2nd in a 3-part series) ...By Cindy Cox

As we approach the end of 2019—I decided to take a look some things that happened at Vintage Park this past year. Last month we reviewed the Memory Care Expansion and Kitchen/Dining events. This month we will look at the rest of our Departments:

We saw some changes in our Nursing Department in 2019 as well. Most notably, Kim Morris accepted a new position at Vintage Park – which led to our efforts to find another nurse. We have hired Jamie Marshall (BSN) who has many years of nursing experience and will bring a lot of knowledge and skills to our team. Jamie will begin around Thanksgiving and will be up and running in no time!

In addition, we have had the good fortune of having Julie Beck (Consulting RN) pitching in to help cover some nursing duties and help Rachael keep up with the documentation requirements. Julie is also very experienced—in fact, she was the Health Care Coordinator at Vintage Park several years ago.

We added some great staff to our Universal Worker ranks in 2019—Shelly Wilkinson, Becky Marshall & Alexis Johnson (returned!), Nanja Wilmoth, Amylynn Lewis and Kapri Wilmoth, all joined our team this year. Sadly, we said goodbye to Mildred and Hannah—both of whom moved away from the Lenox area.

In 2019—we welcomed 9 new residents into our Memory Care program (the 10th new resident will be here by the end of October) and 8 new

residents into Assisted Living (#9 will arrive in a few days). We mourned the loss of several residents this past year, as well—some of whom had called Vintage Park home for several years.

Vintage Park continues to offer a wide variety of fun and interesting activities for our residents. Melissa (and her part time helpers and a few volunteers) organized the Snowflake Dance, art classes (every Saturday in Feb), made lots of candy bouquets for Valentine's Day, hosted a Super Bowl party, Mardi Gras event, History with Doug classes, Around the World with Amy, The Gold Hunt and Shamrock Shakes for St. Patrick's Day, Casino Night, Mock Auction, Kentucky Derby Party, Mother's Day Brunch, Vintage Park Alzheimer's Fundraiser—Youth Track Meet, Memorial Day program, Flag Day program, Father's Day BBQ, Luau and Talent Show, 4th of July Parade, Fireworks show (with S'mores and popcorn) Fun in the Sun Day, National Root Beer Float Day, Weird contest week, National Senior Citizens Day meal and program, Grandparents Day picnic and carnival, National Assisted Living week events, with several more planned for the holidays and before the end of the year.

In addition to these “big events” there are many regularly scheduled events that happen every week--including a variety of local musical performers, Friday afternoon movies and popcorn, Men's and Women's coffees, Fancy Nails, Massage Therapy, Bingo (with prizes), Live2BHealthy exercise classes, Bible Study and Prayer Groups, and Grief Support group, to name a few.

We also participated in, and supported, many school and community projects/events—we

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

entered floats in the Rodeo Days and Homecoming Parades, participated in the Rotary and Chamber of Commerce, held a school supply/backpack drive, yearbook sponsor, donation to the walking trail project, etc.

We enjoyed the help of our summer interns again this year—and, hope we can continue having them around for a long time.

Many of our managers and staff members volunteer their time outside of work to coach, participate in local groups and organizations or church events. Vintage Park desires to be a good community supporter and contribute to Lenox in many ways.

We are expecting our every-other-year certification review by the Iowa Department of Inspections and Appeals in December. We have been working to update our Policy Manuals, Employee Handbooks—and, reviewing our procedures to make sure that we pass with flying colors (again!).

We continue to look for ways to make Vintage Park better—a better place for our residents to live, a better place for our staff to work, and better ways to contribute to the Lenox community. Our goal is to be “THE PREMIER PROVIDER OF ASSISTED LIVING AND MEMORY CARE SERVICES IN THE ENTIRE GALAXY”.

I hope you will agree that we are on our way to reaching that goal!

**THANK YOU FOR CHOOSING TO LIVE AT
VINTAGE PARK. WE APPRECIATE EACH AND
EVERY ONE OF YOU!**



Marketing Update

By Kim Morris, Marketing Coordinator

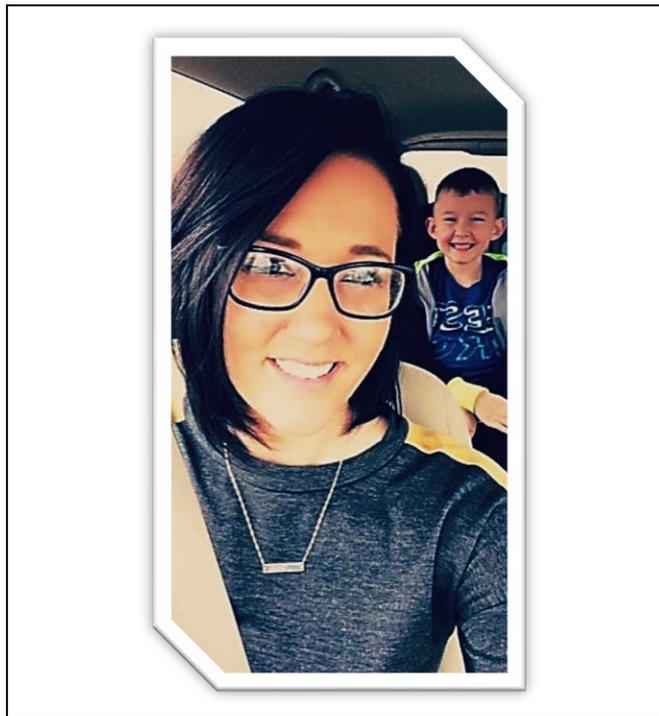
On December 10th we will be having an open house to celebrate the expansion and remodel of our Memory Care. When Vintage Park decided to expand, the goal was to be able to serve more people that suffer with a dementia or Alzheimer's diagnosis. I didn't realize how great the need was in our small community. Within 2 months of opening the expansion, the 5 apartments were occupied.

The assisted living community has also had a lot of movement over the last couple months. In the months of September and October we had a total of 8 move-ins. It's been a busy, couple months. We have been very fortunate to welcome some great tenants into the Vintage Park Community. As hard as it is to lose tenants due to declining health or death, we take pride in the care and lifestyle we were able to provide them. We continue to strive to be the best assisted living facility in the entire galaxy, and the happiness of our tenants and their families is our #1 goal. We currently have one assisted living apartment available. So, if you know anyone that I should be talking to about living at Vintage Park, let me know!

Dr. Kopp Visits

**December 5th
&
December 19th**

Meet Our New Community Nurse



Our new community nurse, Jamie Marshall, started learning the ropes during the week of Thanksgiving.

Jamie is engaged to Chris Brokaw, whom she will be marrying in February. Together they have four children; Riley, Piper, Morgan and Carson. They live here in Lenox with their three dogs, who are like family.

Jamie enjoys being active with the kids and the many activities they participate in.

In her spare time, she enjoys playing board games and cards with the kids, hunting and anything that involves being outdoors.

Jamie is excited for this new transition and looks forward to meeting and getting to know everyone at Vintage Park.

When you see her, make sure you introduce yourself and welcome her to the Vintage Park Family.

Straight from the Kitchen Cupboard

By Amy Jenkins

As I stand in line at the grocery store, I see magazines flooded with healthy holiday alternatives. Folks are searching for ways to enjoy their holiday meals without feeling guilty about consuming the calorie laden sweets and comforting casseroles of the past.

But to me, the recipes of the past carry with them a certain nostalgia. Each recipe reflecting a time when things were a little easier, time moved a little slower and people cared a little more. To me, the traditional meals and sweets taste like home.

This holiday season I hope you are all able to reflect back to a time that brings you comfort and peace as you celebrate the holidays.

To kick off our holiday celebration, I will be making spiced eggnog. The exact origin of eggnog is a bit sketchy, but it is believed that the hot, milky ale drink originated from Medieval Britain. In the 1700s this drink became popular in the Americas due to the high number of farms with cows and chickens. Despite its sketchy past, one thing is for sure.... You either love this drink or you hate it.

Be sure to join me on December 16th at 1pm to find out if this creamy concoction is for you!

We will be having our big family soup supper on the 21st. This is a free meal; however, families are encouraged to let the kitchen know if you will be attending, so we can have enough food for everyone and plenty of seating.

We have a delicious meal planned for Christmas Day and are excited to see who will be joining us.

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

Family Soup Supper

December 21st

5pm

Soups

Chili

Potato

Oyster

**Finger Sandwiches and
Salad Bar will be available**

Christmas Dinner

Menu

Roast Beef

Mashed Potatoes

Gravy

Glazed Carrots

Roll

Apple or Pecan Pie

December Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Roast Turkey Mashed Potatoes Gravy Stuffing Carrots Pie	2. Spaghetti Tossed Salad Garlic Toast Peach Crisp	3. Meatloaf Mashed Potatoes Gravy Peas Frosted Cake	4. Seasoned Fish Baked Potato Broccoli Bread Lemon Pudding	5. Chicken Breast Cordon Bleu Macaroni Salad Corn Bread Brownie	6. Pork Loin Chops Parsley Buttered Mashed Potatoes Beets Bread Oatmeal Bar	7. Salisbury Steak Butter Beans Biscuit Tossed Greens Glazed Angel Food Cake
8. Herbed Pork Loin Baked Sweet Potato Mixed Veggies Roll Pie	9. Meatloaf Bake Seasonal Veggie Scalloped Potatoes Bread Fruit	10. Baked Salmon Rice Mixed Veggies Bread Pumpkin Cake	11. Glazed Ham Corn Casserole Green Beans Bread Candy Apple Dessert	12. Beef & Noodles Mashed Potatoes Vegetable Blend Bread Ice Cream	13. Fajitas Rice Baja Vegetables Fruited Gelatin	14. Breaded Pork Tenderloin Tater Tots Brussels Sprouts Pudding Parfait
15. Fried Chicken Mashed Potatoes Gravy Beets Roll Fruit Pie	16. Ham Balls Macaroni & cheese Green Beans Frosted Cake	17. Lasagna Creamy Cucumber Salad Breadstick Ice Cream	18. Country Fried Steak Mashed Potatoes Gravy Bread Corn Pudding	19. Herbed Chicken Baked Potato Squash Bread Peach Crisp	20. Scalloped Potatoes & Ham Vegetable Blend Bread Brownie	21. Beef Fajitas Rice Vegetable Garlic Bread Pears
22. Pot Roast Vegetables Roll Pumpkin Pie	23. Fried Chicken Mashed Potatoes Gravy Cascade Blend Cherry Crisp	24. Maple Pork Loin Baked Sweet Potato Corn Bread Cranberry Dessert	25. Roast Beef Mashed Potatoes Gravy Glazed Carrots Roll Apple or Pecan Pie	26. Old Fashioned Chicken & Noodles Mashed Potatoes Corn Blondie Brownie	27. Salmon Patty Scalloped Potatoes Broccoli Bread Frosted Cake	28. Swedish Meatballs Noodles Seasonal Veggies Bread Applesauce Gelatin
29. Roast Turkey Mashed Potatoes Gravy Stuffing Carrots Pie	30. Spaghetti Tossed Salad Garlic Toast Green Beans Peach Crisp	31. Meatloaf Mashed Potatoes Gravy Peas Bread Frosted Cake				

Tis the Season

By Melissa Butler

I had a surprising wake-up call a week or so ago when someone pointed out that I was taking Christ out of Christmas. Immediately I ran a million scenarios through my head trying to figure out what I could have done. Befuddled I finally asked, “what do you mean I am taking Christ out of Christmas?”

The lady informed me that I put x-mas crafts on the daily activity board instead of Christmas crafts.

I giggled to myself at how minute this was and defended the statement with, “I only did that because Christmas wouldn’t fit in the space allotted.”

As the day rolled on, I kept thinking about that statement and however little it might have seemed, she was right.

How simple it is to find a short cut or take the easy road in all the decisions we make, not only during the hustle and bustle of the holidays, but at all times of the year.

It just goes to show... the little things do matter. This holiday season I hope that we can all remember the true reason for the season and take the time to make the right decisions about all our life choices, no matter how small and insignificant they may seem.

Big Changes are a Foot

Starting December 1st, I urge everyone to pay close attention to their activity calendar. A lot of our regularly scheduled activities will be changing dates and times. One of the major changes is to our exercise programs. We will still have Live 2B Healthy every Monday and Wednesday, but it will be held at 10:30 a.m. instead of 10 a.m. We will also have “Exercise with Melissa” on Tuesdays and Thursdays at 10:30 am. Fridays will be the only day that exercise will be at 10 am due to church services at 10:45 am. I hope that these changes will allow more of you to attend exercise class, as it is vital to your health and well-being.

For those of you who need a little incentive, five dollars in auction money will be awarded to everyone who attends each exercise class during the month of December.

Mock Auction Coming in January

During the month of December be sure to attend as many activities as you can to earn auction money. For those of you who are new to Vintage Park, auction money is fake money that you earn by attending activities. This money can be spent at our mock auction. Items that are typically found at the auction include; snacks, blankets, pillows, home décor, toiletries, and much more.

Don’t miss your chance to earn some free items in January. Get out there and stay active this December!



Merry Christmas

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Angels	Bethlehem	Blitzen
Blizzard	Candy cane	Cards
Chimneys	Christmas	Christmas carols
Christmas Eve	Christmas lights	Christmas tree
Comet	Cookies	Cupid
Dancer	Dasher	Deck the hall
Decorating	Donner	Elves
Family	Frosty	Fudge
Giving	Ho ho ho	Holly
Jesus	Jingle bells	Joseph
Mary	Mistletoe	Mrs Claus
North pole	Nutcracker	Ornaments
Prancer	Presents	Reindeer
Rudolph	Santa Claus	Silent night
Silver bells	Sleigh	Sleigh bells
Snow	Snowman	Stockings
Tinsel	Vixon	Winter
Wrapping paper	Wreaths	Yuletide

