

# VINTAGE TIMES

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## Understanding the Iron Law of Oligarchy

By:

**Doug Junker**

The Iron Law of Oligarchy is a sociological term used to describe the process by which organizations, even those formed as democratic, eventually develop into oligarchies (organizations or governments controlled by a small number of people). The term was first developed in 1911 by the German sociologist, Robert Michels, who wondered why no large organizations were able to function as direct democracies. Political parties, trade unions, and social groups all eventually come under control of a “leadership class”. Moreover, Michels argued that this “leadership class” will eventually grow to control access to information and maintain control through their ability to reward loyalty and direct organizational procedures. Inevitably, the role of the leadership class diverts from serving the “masses” to serving themselves.

The propensity to become self-serving has infiltrated the very core of our democracy. The average member of the U.S. House of Representatives serves an average of 9.1 years, or 4.6 terms, while the average Senator serves 10.2 years. This is remarkable when one considers that the approval rating of either political party in Congress has not reached 47% since 1999. In fact, current approval ratings are 22.4%. Given these grim statistics one wonders how any member of Congress is able to gain re-election? Our politicians seem to spend more time blaming the other political party for their combined ineptitude than they do searching for real solutions to our

nation’s economic or social problems.

Governmental bureaucracies are also not immune to Michels’ Iron Law in fact, bureaucracies have proven to be more susceptible. One would be hard pressed to find an example of a government agency or department that could be considered efficient. It often seems as though inefficiency and mismanagement have almost come to be expected, and maybe even accepted, by the American public. The mismanagement of health care in the Department of Veteran’s Affairs hospitals in recent years has resulted in substandard health care for our veterans and serves as an excellent example of what does not work in our government. In addition, the failures should give pause to those considering an expansion of government provided medical care and coverage. Private industries are by no means immune to the effects of mismanagement and self-serving leadership but their dependence on success in the marketplace works to promote efficiency and the provision of quality service.

I am fully aware that this topic might be too complex and deep for the tastes of my average reader and it might seem a bit too political. I want to be clear that mismanagement is not a result of Republican or Democratic leadership but rather an inevitable result of our bureaucratic and political systems. Our only remedy is the ballot; until voters become informed and willing to hold our elected officials accountable there will be no sustained effort by our government to be efficient and improve the services so many in our nation depend on.



## From the Ground up and Everywhere in Between

By Don Cox

The groundhog says we are going to have an early spring. I will pray this is true, as I could sure use some nice weather. Shawn McFee has done a great job with snow removal and salting the sidewalks this Winter. If you see him, please be sure to tell him that.

Winter sports are coming to an end and spring sports are on their way. Encourage your grandchildren to participate, it is good for them. Video games will be the replacement if they aren't active.

If you have anything in your apartments that needs to be fixed or looked at, please let us know, so we can address the issue.

Thank You

Don Cox

## Riddle of the Month....

**Q. Why do leprechauns hate running?**

*Answer to last month's question:*

**Q. What did one boat say to the other boat?**

**A. Are you up for a little "Row-mance?"**

### March Birthdays

Norma Mosman 4<sup>th</sup>

Joyce Kinser 8<sup>th</sup>

Issy Jenkins 19<sup>th</sup>

Donna Burns 21<sup>st</sup>

Margie Wilson 23<sup>rd</sup>



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## March is National Nutrition Month

### What is nutrition and why is it important for older adults?

Nutrition is about eating a healthy and balanced diet, so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need so they can function and grow. They include; carbohydrates, fats, proteins, vitamins, minerals, and water.

Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.

But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein.

### What can make it harder for me to eat healthy as I age?

Some changes that can happen as you age can make it harder for you to eat healthy. These include changes in your

- Home life, such as suddenly living alone or having trouble getting around.
- Health, which can make it harder for you to cook or feed yourself.
- Medicines, which can change how food tastes, make your mouth dry, or take away your appetite.
- Income, which means that you may not have as much money for food.
- Sense of smell and taste
- Problems chewing or swallowing your food.



**To stay healthy as you age, you should eat foods that give you lots of nutrients without a lot of extra calories such as;**

- Fruits and vegetables (choose different types with bright colors)
- Whole grains, like oatmeal, whole-wheat bread, and brown rice
- Fat-free or low-fat milk and cheese, or soy or rice milk that has added vitamin D and calcium
- Seafood, lean meats, poultry, and eggs
- Beans, nuts, and seeds

**Avoid empty calories.** These are foods with lots of calories but few nutrients, such as chips, candy, baked goods, soda, and alcohol.

**Pick foods that are low in cholesterol and fat.** You especially want to try to avoid saturated and trans fats. Saturated fats are usually fats that come from animals. Trans fats are processed fats in stick margarine and vegetable shortening. You may find them in some store-bought baked goods and fried foods at some fast-food restaurants.

**Drink enough liquids,** so you don't get dehydrated. Some people lose their sense of thirst as they age. And certain medicines might make it even more important to have plenty of fluids.

**Be physically active.** If you have started losing your appetite, exercising may help you to feel hungrier.

*March is National Nutrition Month Cont.*

### **What can I do if I am having trouble eating healthy?**

Sometimes health issues or other problems can make it hard to eat healthy. Here are some tips that might help:

If you are tired of eating alone, try organizing some potluck meals or cooking with a friend. You can also look into having some meals at a nearby senior center, community center, or religious facility.

If you are having trouble chewing, see your dentist to check for problems

If you are having trouble swallowing, try drinking plenty of liquids with your meal. If that does not help, check with your health care provider. A health condition or medicine could be causing the problem.

If you're having trouble smelling and tasting your food, try adding color and texture to make your food more interesting

If you aren't eating enough, add some healthy snacks throughout the day to help you get more nutrients and calories

If an illness is making it harder for you to cook or feed yourself, check with your health care provider. He or she may recommend an occupational therapist, who can help you find ways to make it easier.

*NIH: National Institute on Aging*

### **Dr. Kopp Visits**

**March 5<sup>th</sup>  
&  
March 19<sup>th</sup>**

## ***Congratulations***

*Jamie & Chris*



***United in Marriage  
February 22<sup>nd</sup>***

### **An Old Irish Blessing**

May love and laughter  
light your days,  
And warm your heart and home.  
May good and faithful  
friends be yours,  
wherever you may roam.  
May peace and plenty  
bless your world,  
with joy that long endures.  
May all life's passing seasons  
bring the best to you and yours.

## Straight from Cindy's Desk

### *Ahhhh.... February!!*

I am not sure what I think about February....it is usually cold and dreary, right in the middle of winter. I like that it is a short month (this year is a Leap Year—so not as short as usual) and I love Valentine's Day! That is definitely a bright spot...

We are starting to plan for Spring—and, the next project(s) we hope to tackle! The end of March we have scheduled our new kitchen floor to be installed! Amy and the rest of the kitchen crew have waited patiently, for a long time, for us to get this project done. The prospect of serving 150+ meals a day – with the kitchen out of commission for a few days—is just plain intimidating—and, we have put it off far too long! But we are excited about how it will look when it is finished...and, have decided we will have some fun and be creative about serving meals...while the floor is being replaced. Stay tuned!

We are also looking at some landscaping projects—namely the area between the Memory Care addition and Precious People. We have some “ugly” there that we need to address! Not sure what we will end up doing to cover up electrical boxes and other eyesores—but, we will come up with something!



### SCHOOL BOND ELECTION— MARCH 3<sup>RD</sup>

I would like to encourage all of you to vote YES in the upcoming school bond election. Lenox Community School buildings are in need of some repair (to replace the leaky roof and drafty windows) and additional classroom/gym/storage space. The School Board is proposing a \$9.9 million bond issue to address these issues along with some enhancements to the outdoor stadium area and parking lot. The rest of the \$13.3 million project will be financed through sales tax proceeds.

Because the school board will be paying off the last bond issue early—there is both the bonding capacity AND the cash flow to finance this project WITHOUT ANY CHANGE TO THE CURRENT PROPERTY TAX LEVY!

We will be taking the Vintage Park bus to the Community Center that day – for those of you who would like to get out to vote.

Lenox Schools have enjoyed stable (even growing) enrollment the past several years—and, hope to keep up that trend. Updated school facilities are a great step in encouraging families to choose Lenox!





## Straight from the Kitchen Cupboard

By Amy Jenkins

Hello everyone and welcome to March! I hope we all have a little "luck of the Irish" as the year continues to fly by. I would like to thank all of you who took time to speak with me about our upcoming menus. All of your input is important, and I've taken everything into consideration. That being said, I'm hopeful this will be our most enjoyable menu yet! Monday March 2<sup>nd</sup> will be our first order off the menu day, so bring your appetite! We sure seem to enjoy the freedom of our anytime menu, and I ask that you look at it whenever you're hungry for something other than our daily special.

Last month we traveled to Louisiana and enjoyed some Cajun Shrimp Pot. Although I had asked all of you who attended where we should go next, I never got a direct answer, so I made our mind up for us! We will be traveling to Boston! Boston as well as most of the Northeastern states are known for their Asian fusion style food, so let's make Sushi! If you would like to join me on March 16<sup>th</sup> at 10 am and watch me attempt to wrap sushi, then by all means! Oh, boy. As always, keep it saucy and play with your food!

### Sampling the Shrimp Pot



## ***St. Patrick's Day Meal March 17<sup>th</sup>***

***Corned Beef  
Cabbage  
Red Potatoes  
Roll  
Andes Mint Pie***

### Bailey's Irish Cream Brownies

2 (19.8 ounce) packages fudge brownie mix  
1 cup Irish cream liqueur (such as Bailey's)  
2/3 cup vegetable oil  
2 eggs  
1 cup unsalted butter, softened  
5 tablespoons Irish cream liqueur  
4 cups confectioners' sugar  
Directions

1. Preheat oven to 350 degrees F
2. Butter the bottom of a jelly roll pan.
3. Place fudge brownie mix into a large bowl; beat in 1 cup of Irish cream liqueur, vegetable oil, and eggs until the mixture forms a smooth batter.
4. Spread the batter into the prepared jelly roll pan.
5. Bake in the preheated oven until the brownies are set and a toothpick inserted into the center comes out clean, about 20 minutes. Remove pan from oven and allow to cool completely.
6. Beat unsalted butter in a large bowl until smooth; beat in 5 tablespoons Irish cream liqueur until mixture is creamy.
7. Slowly beat in confectioners' sugar, 1 cup at a time, until frosting is desired stiffness; spread frosting on brownies to serve.

## March Lunch Specials

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

## New in Activities...

By Melissa Butler

We are trying to shake things up this month by adding new activities to the calendar and switching some things around. Our men's coffee group has become pretty sparse so I thought we would spice it up with a game of darts. After all, men love a little competition, right?

Some of the other changes include; the addition of beanbag toss so we have it more than every other week, the addition of crafts every other Sunday, a meal outing since the weather is starting to warm up, brain puzzles have been switched to Saturday and we have removed root beer floats for the time being.

If you have any suggestions for activities or ways to improve what we already have scheduled, please let me know, as these things are put in place for your enjoyment.

Casino night is fast approaching, attend as many activities as you can by March 21<sup>st</sup> and remember, you earn an extra five dollars for each exercise class you attend. This year we will not be giving out prizes on casino night, rather, you will cash out your earnings for auction money. If you are one who does not like to gamble, don't worry. All the money you have earned over the past couple months will be turned into auction money.

We will be playing the game "community feud" during our evening game nights and I need your help to pull it off. Community feud consist of survey questions that are answered by the community. During the game, contestants have to guess the most popular answers. I would like everyone who receives a newsletter to answer these questions and return them to Melissa by the 15<sup>th</sup> of every month.



**March 21<sup>st</sup>**  
**7pm-9pm**

**Join us for**

- **Blackjack**
- **Poker**
- **Roulette**
- **Hi/Low**

**Cocktails will be available!**

Located in this newsletter are 5 sun shapes, as we are hoping for sunshine and spring days. Can you find all five?



**This one does not count!**

# St. Patrick's Day



f e e b d e n r o c i s u m

e v g l e p r e c h a u n b

i t r a d i t i o n r i k e

h c e c e l i m e r i c k d

c m e k o o u r e v o l c t

s l n p c l h e r r g i i l

i s s u e c c s m a s r r l

m e w d l u c a e e i t t e

s l o d t d h l n s r d a g

u t b i i s i o h n r a p e

s s n n c c c s g k o o l n

b a i g o s e o g o i n h d

i c a b b a g e n i l b u d

b c r l m d r n k d b d e h

- black pudding
- clover
- emerald
- gaelic
- irish sea
- legend
- music
- scones
- tradition
- cabbage
- celtic
- corned beef
- dublin
- gold
- horseshoe
- leprechaun
- shamrock
- castles
- colcannon
- green
- limerick
- mischief
- patrick
- rainbow

## Word Scramble

Giamc \_\_\_\_\_

Otol \_\_\_\_\_

Dnyac \_\_\_\_\_

Rtaeseru \_\_\_\_\_

