June 2020

VINTAGE TIMES

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

A Boy of Summer

By:

Doug Junker

Unless the COVID-19 restrictions are lifted, 2020 will be the first summer since 1876 when Americans have not been able to enjoy watching professional baseball. The prospect of no baseball spurred my decision to dedicate this month's article to one of the sports lesser known greats, Rube Waddell.

Baseball had established itself as one of the favorite hobbies for soldiers on both sides of the American Civil War and in the years following the conflict, the sport grew in popularity. In 1876, the same year Rube Waddell was born, professional baseball leagues were formed and as Rube was growing into manhood, professional baseball in America was maturing into the sport that would become our National Pastime. Rube Waddell's professional career began in 1897, when he signed a contract to pitch for the Louisville Colonels and ended in 1910, when he pitched his last professional game as a member of the St. Louis Browns. Rube never pitched in one place for very long, in fact in an era were management basically owned players, Rube pitched professionally for 5 different teams. Baseball historians consider Rube to be one of the most dominant pitchers of all time, in fact many feel he possessed one of the game's best fastballs and one of hardest thrown, and sharpest breaking curveballs. Rube could also throw a screwball, flutter pitch (which I assume would be called a knuckleball today), and a fadeaway pitch (known nowadays as a changeup). It seemed the only thing that matched his remarkable talent was his eccentrical nature.

Rube Waddell was unpredictable at best and early on during his professional career was known to leave in the middle of games to go fishing. Rube also had a longstanding fascination with fire engines and on numerous occasions, had run off the field during a game to follow them. Rube was also easily distracted by opposing fans who held up puppies, which would cause him to run over to play with them, and shiny objects, which seemed to put him in a trance. On more than one occasion, Rube disappeared for months at a time only to be discovered wrestling alligators for a traveling circus. And, to top it off, he was an alcoholic. In fact, due to his immense physical talent, just about every team he played for tried to take steps to accommodate his odd behavior, but his drunkenness would inevitably cause hardships in the locker room and his propensity to pass out in-between innings would force teams to let him go.

His eccentric nature and his drinking problem were magnified by a series of unsuccessful and volatile marriages and at one point he was arrested for bigamy, having forgotten to divorce before marrying again. Waddell himself claimed that he was unsure of exactly how many wives he had had over the years; historians know of 3. By 1906, his drinking, odd behavior, and a series of injuries derailed his professional career. Out of the majors for good, Rube pitched for a number of independent teams including the Minneapolis Millers and the Minneapolis Rough Riders. In 1912, while partaking in spring training with the Millers, Rube helped save people from a flood in Hickman, Kentucky. The exposure to the cold and damp led to a case of pneumonia, which removed what remained of his physical strength. In 1913 he developed tuberculosis and he was forced to move to Arizona under the care of his sister. On April 1, 1914 he passed away at the age of 37.

From the Ground up and Everywhere in Between

By Don Cox

Spring is finally here! We are still organizing plants and upright gardens. Hoses are out and ready to go. The cold weather slowed me down a bit, but I was able to get it done.

Our new asphalt is complete and looks great. We will be painting lines soon. We have 3 boys helping take care of the yard, Walon Cook, Owen Junker and Jake Cox. Please thank them when you see them.

June Birthdays

13th - Eleanor Cantieri
26th - Velma Peterson

Dr. Kopp Visits

June 4th
&
June 18th

Riddle of the Month….

Q. What kind of shoes does a lazy person wear?

Answer to last month's question:
Q. **What sickness to cowboys get from riding wild horses?**
A. Bronchitis

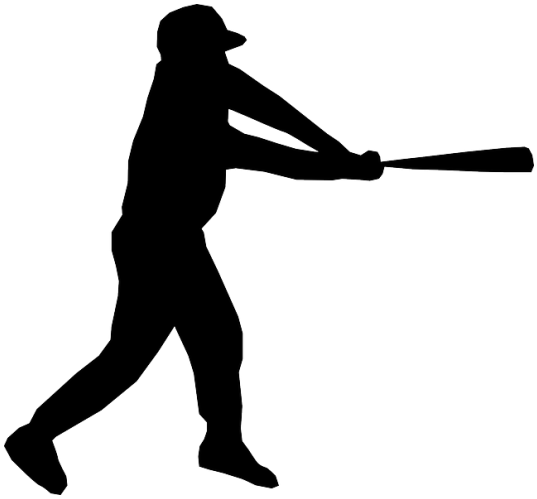
Please feel free to contact us via email at anytime

Doug Junker, Manager: manager@vintageparkapts.com
Jamie Brokaw, Health Care Coordinator: nurse@vintageparkapts.com
Melissa Butler, Life Enrichment Coordinator: life@vintageparkapts.com

A Boy of Summer Cont.

Rube Waddell's story harkens back to a time when baseball was young and fan support for the game made it possible for a character like Rube Waddell to exist. Outside of the drinking, his behavior was childlike in nature and there seemed to be an innocence to it. His unpredictability did not cause frustration with fans, but rather seemed to draw them closer to him. He was one of baseball's first superstars and although he was elected into the Baseball Hall of Fame in 1946, his election was based as much on the notoriety his eccentricity brought to the game than it was his professional accomplishments. Regardless, he remains one of baseball's hidden treasures and one of the most interesting men to ever play the game.

*Full disclosure, a great deal of the information provided in this story was gleaned from the Wikipedia page dedicated to Rube Waddell.



Never allow the fear of striking out keep you from playing the game.

~ Babe Ruth~

The Things Dads Say

- Go ask you mother
- Don't tell your mother
- When you're my age you will understand
- I'm not your chauffer
- I'm not sleeping, I'm just resting my eyes
- Money don't grow on trees round here.
- Were you raised in a barn?
- Stop crying or I'll give you something to cry about.
- When I was your age….
- They sure don't make them like they used to.
- Don't back talk your mother.
- It's a long way from your heart, you'll be fine.
- A little hard work never hurt anybody.

Kentucky Derby Party

Keep Calm
And
Drink Tea

A woman's emotion is her greatest strength and her greatest weakness.

Straight from Cindy's Desk

Change (definition)

/CHānj/

make or become different

take or use another instead of

the act or instance of making or becoming different

Someone named HERACLITUS is quoted as saying: *"The Only Thing That Is Constant Is Change".*

We have certainly been reminded of that truth in the past couple of months. COVID 19 has turned our world upside down! Things that seemed "constant" in our lives—fully stocked shelves at the grocery store, sporting events, playing at the park, inviting guests into our homes, being able to find a job when you want one, getting your hair cut, kids going to school…the list goes on…have changed.

Everything seems different now. Our world is changing…whether we like it or not. We don't have much choice—except to make the best of it!

We are going through a change at Vintage Park, also. Many of you know that Doug Junker – our Community Manager for the past 5 years—is resuming his teaching career this fall. Doug will teach HISTORY—a subject about which he is passionate, and has studied extensively Those of you who have attended "History with Doug" lessons at Vintage Park—or read his monthly newsletter articles--will agree with me when I say that LCSD is extremely lucky to have Doug as a teacher next year.

A resident recently asked me how we could possibly replace Doug. The answer is…. we can't! Don't get me wrong—we will be able to replace the tasks that Doug performed as Manager…the paperwork, filing, record-keeping, scheduling, billing, purchasing, training, etc., without too much trouble. But we will never be able to fill Doug's shoes when it comes to the quick wit, tender heart, loving, caring, teasing, and all-around goofy-ness that Doug brought to Vintage Park every day. Doug needs that 6-foot 5-inch super-sized frame to carry around his extra-large personality!

Fortunately, we have very capable leadership at Vintage Park—and, our Department Managers are very experienced. We were able to find a qualified and well-suited Community Manager from within our ranks! Kim Morris will be promoted to Community Manager and Marketing Director as of July 1, 2020. Kim has been here for a few years and knows Vintage Park very well. Kim is smart and professional and will do a great job of leading Vintage Park through 2020 and beyond. She is currently training with Doug, and will continue to do so, over the next 2 months, and she has already completed the State of Iowa Assisted Living Managers Course.

As part of the transition in leadership, we are going to make a few other adjustments, too. We have re-purposed some empty space in the vestibule (main entry) to accommodate a small office for Kim. We are going to station our new Administrative Assistant, Paige Jessen, behind a Reception Counter, inside the front door to greet visitors as they come in. Paige will work with Kim and the rest of the Management Team to provide administrative support. Finally, we are

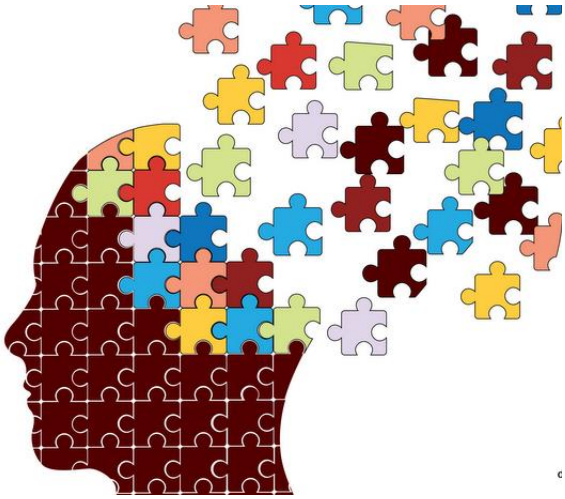
Straight from Cindy's Desk Cont.

moving Jamie Brokaw, Health Care Coordinator, into Doug's old office. Julie Beck, Community Nurse, will continue to work out of the current Nursing Office.

Vintage Park continues to adapt to a changing marketplace in a changing world. While it is not easy, or comfortable, it is necessary. This quote attributed to Henry Ford, kind of says it all:

"If I'd asked my customers what they wanted, they'd have said…

'Don't change anything.'"



June is Alzheimer's & Brain Awareness Month

By Jamie Brokaw, BSN, RN

How Seniors can Boost Brain-Health

- Practice using your memory. Regularly engaging in memory exercises can help improve both short and long-term recall. ...
- Play 'thinking' games. ...
- Learn something new. ...
- Seek out social interaction. ...
- Keep stress under control. ...
- Maintain physical fitness and a healthy diet. ...
- Know where to get help if you need it.

If you or a loved one are concerned with memory loss, changes in behavior or the ability to process information, I encourage you to discuss this with either of the nurses at Vintage Park. We understand that you might be uncertain about your worries/concerns, but it is important to take action and figure out what is going on. As a nurse at Vintage Park, I can help you assess the situation, start a conversation with your family, seek professional help and provided resources for more information.

All the staff at Vintage Park have received dementia training upon hire and continue their Alzheimer/Dementia training on a monthly basis. It is our mission to provide the best level of care for all cognitive levels. We know how scary and overwhelming it can be when you are faced with the reality that you or a loved one might be suffering from some form of dementia. That is why we are committed to learning everything we can about Alzheimer's/Dementia and ways to provide the best support and care possible.

If you have any questions or would like more information about Alzheimer's or other forms of dementia, feel free to visit with one of the Vintage Park nurses or visit the Alzheimer's website where you can find an abundance of information.

www.alz.org

Straight from the Kitchen Cupboard

By Amy Jenkins

JUNE

June came- she helped the fairies
Redden their lips with wild strawberries.
She let them dance on her velvet lawn
And sip sparkling dew in the pale dawn.
June loved the fairies.

June smiled- she painted buttercups gold.
She taught the warm breeze to unfold
Silk dandelion seeds in the air,
And let them rest in young lovers' hair.
June days were pure gold.

Just another poem my Great Grandma wrote. It is so fun for me to rummage through this book of poems! Happy June! I sincerely hope this month helps us get back to some normalcy. This month we have around the world on June 15th and I welcome all of you to come have a taste and watch me cook. And, given the word Strawberries are in Grandmas poem, we can assume it will be a dessert-based show! Don't forget our grilling Fridays! If you would like something special grilled for you Friday evenings, we will cook whatever you bring us!

Father's Day Brunch

Sunday, June 21st
7-9am

Menu

Biscuits & Gravy
Ham
Cinnamon Rolls
Fruit

*We will not be serving made to order breakfast.

Room Trays

Starting June 1st, we will resume room tray charges as per the Vintage Park policy.

Did you know…

- Strawberries are the only fruit with seeds on the outside.
- Their botanic name *Fragaria* means fragrance.
- Strawberries are most flavorful from April to July.
- Fresh Strawberries should be eaten in 2 to 3 days.
- Frozen Strawberries should last 8-12 months.
- Rinse your berries under running water, soaking them can cause the berries to lose their natural flavor.
- Flash freeze individual berries before storing in bulk.

June Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Glazed Meatloaf Mashed Potatoes Gravy Creamed Peas Peach Berry Cobbler	2. Chicken & Tortellin Alfredo Roasted Broccoli Garlic Toast Tiramisu Dessert	3. Baked Ham Baked Potato Cream Cheese Green Beans Ice Cream	4. Honey BBQ Chicken Macaroni & Cheese Mixed Vegetables Blueberry Oatmeal Blondie	5. Catch of the Day Onion Roasted Potatoes California Blend Strawberry Yogurt Pie	6. Spaghetti & Meatballs Italian Blend Veggies Garlic Toast Chilled Fruit
7. Tender Braised Roast Beef Spiced Apple Ring Mashed Potatoes Pan Gravy Corn O'Brien Roll Pie	8. Chicken & Veg Stir Fry Steamed Rice Egg Roll Creamy Fruit Dessert	9. Shrimp Tenders 3 Cheese Garlic Scalloped Potatoes Broccoli Bread Pineapple Dream Bar	10. Spanish Style Steak Parslied Red Potatoes Balsamic Glazed Green Beans Bread Turtle Cheesecake	11. Garlic Parmesan Baked Chicken Radiatore Alfredo Roasted Italian Veggies Bread Fresh Melon	12. Pulled Pork Sandwich Potato Skins Creamy Coleslaw Root Beer Float Pie	13. Beef Liver & Onions Cheesy Mashed Potatoes Carrots Bread Angel Food Cake with Strawberries
14. Country Fried Chicken Mashed Potatoes Colonel's Gravy Green Beans Almondine Roll Pie	15. Meatloaf Baked Potato Orange Carrots Bread Pecan Pinapple Cake with Cream Cheese Frosting	16. Pepper Steak Parslied Red Potatoes Brussels Sprouts Roll Cherry Walnut Crunch	17. Herbed Pork Loin Baked Sweet Potato Roasted Broccoli Bread Banana Pudding Lasagna	18. Old Fashioned Chicken & Noodles Mashed Potatoes Mixed Vegetables Bread Sliced Strawberries	19. Montreal Seasoned Tilapia Tater Tot Bake Spring Peas Bread Mandarin Orange Gelatin	20. Chicken Marsala Rotini Pasta Vegetable Blend Garlic Toast Ice Cream
21. BBQ Ribs Baked Potato Steamed Broccoli Roll Pie	22. Smoked Brisket Sandwich Grilled Potatoes with peppers & onions Grilled Pineapple Fresh Melon	23. Tender Braised Roast Beef Mashed Potatoes Beef Gravy California Blend Strawberry Shortcake	24. Pecan Glazed Pork Chop Baked Sweet Potato Pea Salad Bread Summer Swirl Cake	25. Italian Cavatelli Green Beans Garlic Toast Chocolate Covered Cherry Brownie	26. Baked Ham Baked Potato Seasoned Squash Bread Lemonade Cheesecake	27. Country Fried Steak Mashed Potatoes Country Gravy Parslied Sunshine Carrots Bread RAzzleberry Crisp
28. Turkey Pot Roast Cranberry Almond Stuffing Asparagus Roll Pie	29. Glazed Meatloaf Mashed Potatoes Pan Gravy Creamed Peas Bread Peach Berry Cobbler					

The first week of June we will be remodeling the kitchen floor. In order to do this, the kitchen will be out of service for 3-5 days. During this time, we will utilize local restaurants to cater our meals, do some grilling and use crockpots to complete our meal service. We are unable to tell you exactly what we will be serving on those days, but we can assure you that you will be fed, and it will be tasty! Thank you for your patience and understanding during this process.

Hello Summer…

By Melissa Butler

Spring was pretty hit and miss this year, but hopefully summer will be in full swing by June 20th. With that in mind, I thought it was a good time to talk about sun exposure. We all know that too much exposure to the sun and UV rays can be dangerous, but we often forget that sunlight can be beneficial. Listed below are 10 benefits of moderate sun exposure.

- Lowering blood pressure
- Improving bone health
- Improving brain function
- Improving mild depression
- Improving sleep quality
- Lessens Alzheimer's Symptoms
- Heals some skin disorders
- Boosts growth in children
- Enhances the immune system
- Reduces the risk of certain cancers

While sunshine does have its benefits, it is still the number one cause of skin cancer, so you must use caution. Experts recommend no more than 15 to 20 minutes of direct sunlight daily for a healthy adult. After that, apply sunscreen with a minimum Sun Protection Factor (SPF) of 30.

We are planning to kick off summer with our annual Luau on Monday the 22nd. We will dine on smoked brisket, grilled pineapple and other summer vegetables while being entertained by amazing hula dancers and Hawaiian chants. Be sure to pull out your Hawaiian shirts and shorts so we can celebrate in style. If all goes well, you will be able to dip your toes in water out on the patio and soak up some sun!

While we are still restricting visitors, we have scheduled some patio visits for our musical entertainers. The weather should be nice, so come out and enjoy the sun and tunes whenever they are available.

Beauty Salon to Open

Monday June 1st

We are excited to begin offering beauty services again in the Vintage Park Salon. Please be aware that there will be precautions and restrictions, but we know that you will be patient and comply with these restrictions, so that we can have this service available.

Outside Visitors

Visitors are allowed to visit with our tenants outside of the building. We have a lovely large patio outside the dining room as well as a sitting area outside the north wing. We do ask that you comply with the social distancing guidance of staying 6 ft. apart while visiting any tenant on our community patios. We love that people are eager to visit, but we still want to minimize our risk at Vintage Park.

Hawaii

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surfing
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swimming
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springbreak
swim suits
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kowabunga
flip flops
hikes
volcanoes
palm trees
sunset
tan
burnt
sun screen