

# VINTAGE TIMES

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

## With Sincere Gratitude

**By:**

**Doug Junker**

In the five and a half years I have served as manager of Vintage Park I have written over 50 articles for the newsletter, but I fully expect this one to be the hardest to compose. As you probably already know, I will be leaving Vintage Park at the end of July and therefore, this will be my last article. My thoughts as I sit down to write are centered upon just how much Vintage Park, and those that call it home, have done for me and I find myself filled with an enormous sense of gratitude. My only hope is that I can use this article to accurately express just how thankful I am and that my words will serve their intended purpose.

So, what is Vintage Park? For me, Vintage Park is a community, or more accurately, a family consisting of staff, residents, and management working together towards the common goal of making Vintage Park a great place to live and work. Our residents serve as the foundation of our community and I am grateful for the kindness they have shown me over the years. I have learned so much from those that call Vintage Park home and I have benefited from their wisdom, patience, and understanding. When I look back at those I have gotten to know, those that have passed and those that are still with us, I do so with a full heart. It would be impossible to express my gratitude for the kind words I have been given or the simple smiles and rolls of laughter that have brightened my days; and, I could never repay the compassion I received when my father passed away or the countless prayers that have been offered on my

behalf. Thank you for all you have done for me and my family.

I would also like to take a few moments to thank the staff at Vintage Park. First off, I would like to thank the Universal Workers for their dedication to our residents. We have been blessed with great staff and I want you to know how appreciative I have always been for what you do every day and every night. In addition, I would like to thank the members of our management team, in specific I would like to thank Melissa Butler for always being willing to pitch in and help where needed and for her consistent ability to tolerate me, Amy Jenkins for her consistency, her kind heart, and for being my friend, Jamie Brokaw for her commitment to our residents and her solid leadership of our staff, and Kim Morris for her willingness to share her considerable talents with our staff and tenants and for providing me with the comfort that comes from knowing Vintage Park will be in good hands. I could not have been successful without such a wonderful and talented team. Thanks to all of you.

Finally, I need to express my gratitude to Don and Cindy Cox. As owners they have always been committed to making sure our staff and residents have everything they need to be successful and happy. Their consistent leadership, along with their willingness to roll up their sleeves and pitch in, has been instrumental to the success we have enjoyed over past years. I have no doubt they will continue to do everything they can to maintain the level of excellence we at Vintage Park have grown accustomed to.

Thank you for 5 ½ wonderful years...I will miss you all!

## From the Ground up and Everywhere in Between

By Don Cox

Lots going on in the area of Maintenance. Taking care of gardens, lawn care and keeping up with things inside.

Our new driveway and parking lot looks great. We continue to strive to keep Vintage Park looking good. We have a new tree out front that is very nice. And.... The "bridge plank patio" (outside of The Annex) is completed now too!

Remember, to let me know about repairs needed in your apartments.

### Dr. Kopp Visits

July 2<sup>nd</sup>  
&  
July 16<sup>th</sup>

## July Birthdays



July 20<sup>th</sup> - Illah Brown  
July 27<sup>th</sup> - Ann Votava

## Riddle of the Month....

Q. What kind of room has no doors or windows?

*Answer to last month's question:*

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

**A. Loafers**



Please feel free to contact us via email at anytime

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

Jamie Brokaw, Health Care Coordinator: [nurse@vintageparkapts.com](mailto:nurse@vintageparkapts.com)

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

# Fireworks Display

Thursday, July 2<sup>nd</sup>

9:15pm



Join us on the back patio for popcorn, smore's, drinks and our very own fireworks display!

## Straight from Cindy's Desk

### DON TURNS 60....

I have been laboring over what to write this month for my newsletter article. I guess you could say that I was suffering from “writer’s block” ...until I realized that my husband is celebrating a MAJOR MILESTONE this month! Yep! Don Cox Jr is turning SIXTY YEARS OLD!

It made me wonder—what in the world was happening 6 decades ago—when he arrived! So, I did a bit of internet research—and, I am guessing that most of you will remember these events in history.

As most of you know, Don was an athlete – like many others in his family. **In the sporting world—1960 was noteworthy in the following respects:**

- October 13 – 1960 World Series Game 7 at Forbes Field – Pittsburgh Pirates player Bill Mazeroski becomes the first person to end a World Series with a home run, and still the only player to do it in the decisive seventh game.
- June – Floyd Patterson recovered the world heavyweight title from Ingemar Johansson, becoming the first-ever boxer to do so.
- September 5 – Cassius Clay wins the gold medal in boxing at the Rome Olympic Games.
- 1960 Summer Olympics held in Rome, Italy and the USSR wins the most medals (103), and the most gold medals (43)
- 1960 Winter Olympics held in Squaw Valley, United States, again the USSR wins the most medals (21), and the most gold medals (7)

**In the world of politics, 1960 was an important year....**

Things were beginning to heat up in Vietnam, with the Viet Cong emerging as an armed coalition of communists and insurgents in South Vietnam, in December of 1960.

The Soviet Union shot down a US spy plane, May 1, 1960--and detained Pilot Francis Gary Powers for 2 years.

The first televised presidential debate aired September 26, 1960 and 70 million viewers tuned in to watch Richard Nixon and John F Kennedy square off.

November 8, 1960—John F Kennedy wins the presidency in the closest election since 1884.

**Culturally, the world was changing, too....**

Elvis Presley received an honorable discharge from the US Army after 2 years.

The pill was introduced and made available only to married women, in December of 1960.

And, a group of students launched a sit in protest against segregation at a “white’s only” lunch counter at a Woolworth store in Greensboro, NC.

The rest of the 1960’s decade saw social unrest related to the hippie movement, Watts Race Riots, protests against the Vietnam War, the Cuban missile crisis, President Kennedy was assassinated, Malcom X was assassinated, and there was a wave of campus uprisings and sit-ins throughout the US. Marilyn Monroe died, the Beatles became insanely famous, the first Super Bowl was held, Star Trek debuts on television, Apollo 11 lands on the moon, Woodstock provides 3 days of “Peace, Music and Love” (ahem...) and, Martin Luther King wins a Nobel Peace Prize, and Sesame Street is first broadcast.

Happy Birthday, Donny. You are halfway to 120 years old!



## Noteworthy Events/Holidays

**1<sup>st</sup> - National Postal Workers Day**- Thank your postal worker with a note or treat!

**10<sup>th</sup> - Pina Colada Day** - Join us for pina coladas at 3:30pm in the dining room!

**11<sup>th</sup> - Make Your Own Sundae Day**- Sundae bar in dining room!

**16<sup>th</sup> - Get to Know Your Customers Day**- Tenant Trivia for staff!

**29<sup>th</sup> - National Lipstick Day**- Wear your favorite shade with pride!

**31<sup>st</sup> – Back to School Party** – Be on the lookout for more details.

## Bring on the Heat

By Jamie Brokaw, BSN, RN

Summertime is a great time to be outdoors and enjoy the beautiful weather, but heat can be dangerous when proper precautions are not taken.

### Tips to help stay safe and cool in the hot weather:

Watch for signs of heat stroke, these include flushed face, high temperature, nausea, and confusion. If you develop these symptoms report them right away.

Stay hydrated by drinking plenty of water.

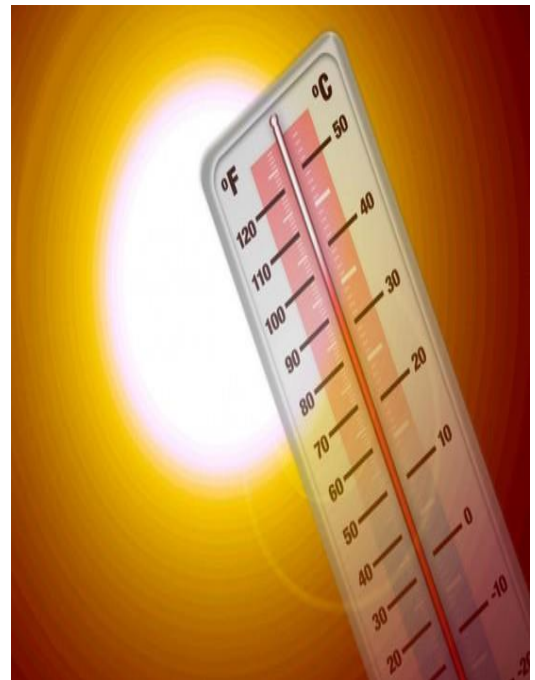
Manage caffeine intake. Caffeinated beverages like coffee can dehydrate you.

Plan your exercise time or outdoor activity early in the morning or evening.

Stay cool.

Apply sunblock when outdoors.

Cool down after being outdoors, take a cool shower or hold a cool towel on your neck.





## Straight from the Kitchen Cupboard

By Amy Jenkins

Hello everybody and Happy July! Our kitchen staff has really enjoyed having our new flooring. What a week! We all got through the installation with flying colors and I would really like to take a moment to thank all of you for your patience during our remodel. We got a chance to taste food from all our restaurants in town and I believe we enjoyed all of them! Don was a trooper and got a fresh coat of paint on the walls as well, so if you haven't peeked in, I encourage you to do so! The 4<sup>th</sup> of July noon meal will be a cookout including hamburgers, hot dogs and watermelon and I'm hoping to have Iowa sweet corn as well, crops pending! We will be having our around the world on July 20<sup>th</sup>, so please join us for a taste! As always, keep it saucy and play with your food!

### Order off the Menu Day July 6<sup>th</sup>

The purpose of this is to remind you about what is available on our anytime menu and encourage that it be used when you don't like what is being served for the day. It is also a good refresher for all of us who work in the kitchen!

We will not have a special on this day as we want you to "order off the menu."



### RAZZA COLADA

A refreshing tropical drink accented with coconut and enhanced by the addition of red raspberry.

Serves 4

#### INGREDIENTS

3 cups (about 12 oz. wt.) whole frozen raspberries  
 1/4 cup sugar  
 1/2 cup (4 fl. oz.) Rum  
 1 cup (8 fl. oz.) pineapple juice  
 1/2 cup (4 fl. oz.) Creme de Coconut  
 About 2 cups crushed ice - enough to make slushy  
 1 lemon, sliced

#### DIRECTIONS

Combine all ingredients except lemon slices in blender and blend until slushy, adding more ice if necessary. Pour into glasses and garnish with lime wheel slices.

(Other garnish options might be whole partially thawed berries and/or fresh sliced pineapple on a cocktail skewer.)

For non-alcoholic drink, replace rum with reconstituted orange juice.

## July Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Baked Ham Baked Potato Cream Cheese Green Beans Bread Ice Cream	2. Honey BBQ Chicken Macaroni & Cheese Mixed Vegetables Blueberry Oatmeal Blondie	3. Catch of the Day Onion Roasted Potatoes California Blend Strawberry Yogurt Pie	4. Grilled Hamburgers & Hot Dogs Watermelon
5. Tender Braised Roast Beef Mashed Potatoes Gravy Corn O'Brien Roll Pie	6. Order off the Menu Day	7. Shrimp Tenders 3 Cheese Garlic Scalloped Potatoes Broccoli Bread Pineapple Dream Bar	8. Spanish Style Steak Parslied Red Potatoes Balsamic Glazed Green Beans Turtle Cheesecake	9. Garlic Parmesan Baked Chicken RADIatore Alfredo Roasted Veggies Bread Fresh Melon	10. Pulled Pork Sandwich Potato Skins Creamy Coleslaw Root Beer Float Pie	11. Beef Liver & Onions Cheesy Mashed Potatoes Carrots Bread Angel Food Cake
12. Country Fried Chicken Mashed Potatoes Gravy Green Beans Almondine Roll Pie	13. Meatloaf Baked Potato Orange Carrots Bread Pecan Pineapple Cake	14. Pepper Steak Parslied Red Potatoes Brussels Sprouts Roll Cherry Walnut Crunch	15. Herbed Pork Loin Baked Sweet Potato Roasted Broccoli Bread Banana Pudding Lasagna	16. Old Fashioned Chicken & Noodles Mashed Potatoes Mixed Veggies Sliced Strawberries	17. Montreal Seasoned Tilapia Tater Tot Bake Spring Peas Bread Mandarin Orange Gelatin	18. Chicken Marsala Rotini Pasta Vegetable Blend Garlic Toast Ice Cream
19. BBQ Ribs Baked Potatoe Steamed Broccoli Roll Pie	20. Chicken Scampi Garlic Spaghetti Asparagus Bread Fresh Melon	21. Tender Braised Roast Beef Mashed Potatoes Gravy California Blend Classic Strawberry Shortcake	22. Pecan Glazed Pork Chop Baked Sweet Potato Pea Salad Bread Summer Swirl Cake	23. Italian Cavatelli Green Beans Garlic Toast Chocolate Covered Brownie	24. Beef Brisket Grilled Potatoes Seasoned Squash Bread Lemonade Cheesecake	25. Country Fried Steak Mashed Potatoes Gravy Parslied Sunshine Carrots Bread Razzleberry Crisp
26. Turkey Pot Roast Cranberry Almond Stuffing Asparagus Roll Pie	27. Glazed Meatloaf Mashed Potatoes Gravy Creamed Peas Bread Peach Berry Cobbler	28. Chicken & Tortellini Alfredo Raosted Broccoli Garlic Toast Tiramisu Dessert	29. Baked Ham Baked Potato Cream Cheese Green Beans Bread Ice Cream	30. Honey BBQ Chicken Macaroni & Cheese Mixed Veggies Blueberry Oatmeal Blondie	31. Catch of the Day Onion Roasted Potatoes California Blend Strawberry Yogurt Pie	

## National Parks and Recreation Month...

By Melissa Butler

Did you know that the entire month of July is considered National Parks and Recreation Month?

If you are like me ... the answer is no. It was interesting to find out that Americans have been celebrating National Parks and Recreation Month since 1985. I'd like to say I was surprised, but honestly there are hundreds and hundreds of proclaimed holidays that I never even knew existed. I find a vast majority of weird and wacky ones from a website called Brownielocks.com. Anyway.... After doing a little research, it seemed like a worthy thing to highlight in the newsletter.

What is Parks and Recreation Month?

- It is a time to recognize the importance of parks and recreation in establishing and maintaining quality of life and in contributing to the physical, economic, and environmental well-being of communities.
- A time to promote the benefits of local parks and recreational opportunities.
- A chance to encourage people to get outside, explore local parks, learn new things, take part in conservation.

Now that we have an idea of what Parks and Recreation Month is about, what exactly can parks provide for us?

- A safe space for people to connect, unwind, learn, and express themselves.
- Wildlife Refuges
- Conservation Opportunities
- Memorials that remind us of the past.
- Outlets for physical engagement
- Culture
- Spaces for civic gatherings and commerce

Having Parks and Recreation opportunities in our community helps us maintain our quality of life and increase the economic and environmental well-being of our community. If that wasn't reason enough, it has been proven that spending time outdoors reduces stress and improves our mental health.

The Lenox Community has many examples of Parks and Recreation that make it a great place to call home.

- City Park with shelter and picnic tables, play equipment, monuments, basketball court, pool.
- Paved walking trail
- Sports complex with multiple fields, concession stand, community center
- Fitness Center
- School playground
- School baseball/softball fields
- Football Fields
- Golf Course
- Lenox Lake
- Shooting Range
- Wilson's Lake
- Coming soon, "a Pocket Park" on main street

At Vintage Park we have a paved walking path, several outdoor patios, raised flower beds and a shimmering pond across the way that is frequented by geese. We are so blessed to have all these opportunities to soak up nature close to home.

In honor of this holiday, we will be taking Sunday drives through local parks/lakes and have a picnic or two scheduled for the month.

If you are thinking.... Is it safe for us to do that? My answer is... do what you are comfortable with doing. We won't be around other people; we have masks if you want to wear one and hand sanitizer readily available. So, sign up and get a dose of fresh air and take in some new scenery.



## 4th of July

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

AMERICA	BASEBALL	BEAUTIFUL	SUMMER
BEER	BLUE	CARNIVAL	Sunburn
CELEBRATION	COOKOUT	FAMILY	Swimming
FESTIVAL	FIRECRACKER	FIREWORKS	White
FRIENDS	GAMES	HOMETOWN	STRIPES
HOT	INDEPENDENCE	JULY	STARS
MOSQUITOES	MUSIC	PARADE	
PARK	PICNIC	RED	