

# VINTAGE TIMES

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

## Endings and New Beginnings

As Doug said his heartfelt goodbyes in the last newsletter, I would like to thank everyone for my warm welcome as the new Manager. I would also like to thank Doug for his years of dedication to the residents and staff of Vintage Park. He has been very patient with me as I train for this new role. I know I have some big shoes to fill! His captivating newsletter articles are one thing I may never be able to match. I'm no history buff so everyone will have to bear with me as I find my writing talents.

As many of you know, I have worked for Vintage Park since 2016, first in the role of Community Nurse then Marketing Coordinator, and most recently Manager of our community. I have enjoyed every position that I have had and each one has expanded my knowledge of assisted living. I accepted my current position with great enthusiasm and am honored to have been given this opportunity. An opportunity that will continue to allow me to serve the great tenants that call this place home.

When taking on a new position it's important to have a vision for success. I feel strongly that success in this job requires a commitment to customer service, building great relationships, and valuing employee contributions. Our mission statement states: "Vintage Park Apartments is committed to providing our tenants with dignity, choice and privacy in a clean, safe and homelike

environment, through a supportive staff team." I want to help lead a team that not only follows this mission statement but also strives to continually improve and enhance the reputation and recognition of Vintage Park as the premier provider of assisted living. You've probably heard the saying "you can please some of the people all of the time, you can please all of the people some of the time, but you can't please all of the people all of the time." While that may be true, it won't stop me from trying to please all of our tenants and their families all of the time. In collaboration with the exceptional staff at Vintage Park and our owners, Don & Cindy Cox, I feel this will be an attainable goal.

If tenants or families ever have questions or concerns, please feel free to stop in my office or give me a call. I'm waiting for the day that we can lift our Covid-19 restrictions and I can visit with more family members in person. I hope you all enjoy some fun, sun, and sweet corn this August!

Kim Morris, Manager



## From the Ground up and Everywhere in Between

By Don Cox

The boys and I have been very busy taking care of the grounds at Vintage Park.

We finished the patio and landscaping by the Annex, and it looks great. Take a look when you get a chance.

Things are very dry right now, so we have been watering trees and gardens on a regular basis. Please pray for rain as it will help things green up again.

Any fix-it concerns please communicate to staff so we can get you on the schedule.

### Dr. Kopp Visits

**August 6<sup>th</sup>  
&  
August 20<sup>th</sup>**

## Riddle of the Month....

**Q. I have branches, but no fruit, trunk or leaves. What am I?**

*Answer to last month's question:*

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

**A. A Mushroom**

## August Birthdays



**6<sup>th</sup> - Illuminada Hartnett  
10<sup>th</sup> - Margaret Gardner  
23<sup>rd</sup> - Rodger Ritchie  
24<sup>th</sup> - Leland Carmichael**

Please feel free to contact us via email at anytime

Kim Morris, Manager: [manager@vintageparkkpts.com](mailto:manager@vintageparkkpts.com)

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

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

## Straight from Cindy's Desk

I don't know about the rest of you—but, I am getting really tired of this Pandemic! I am sick of hearing about it, reading about it, thinking about it, and worrying about it. I am tired of sifting through the endless drivel of statistics, reports, conflicting directives, numbers of cases, death counts...all of it. While my heart breaks for those who have been sick, hospitalized or lost a loved one from it--I JUST WANT THINGS TO GET BACK TO NORMAL!!

So, I decided that I need to look for positives in the situation—and, much to my surprise—there were several things that I appreciate from this health crisis:

- 1) The world seems cleaner! I appreciate that stores, restaurants, public spaces, are being cleaned and disinfected regularly. It is a good thing for people to wash their hands and cover up their coughs and sneezes.
- 2) My schedule is less hectic! Since March, it seems that my calendar has been cleaned up, and me and my family are doing a lot less running around these days.
- 3) My kids are learning some basic life skills! Mowing the lawn, watering flowers, taking out the trash, washing the car, doing the laundry, cooking dinner, cleaning the house, etc., are all things my kids know how to do now.
- 4) Spending time together as a family! Because the calendar is less cluttered – it seems like we have more time to go fishing, eat dinner together, sit on the patio, play with the pets, go boating, or watch TV as a family.

5) An appreciation for rural America! I sure am glad I don't live in a crowded city and had to spend the last few months cooped up in a tiny apartment. I am glad I don't have to worry about riots or looting or burning buildings.

6) Learning new ways to keep in touch with friends and family. Like some of you, I have learned how to ZOOM ... 😊

Our world is changing as a result of this pandemic. Public Education (including higher education) may never be the same. New patterns of shopping, living, working, traveling, spending leisure time, etc., are emerging.

It is tempting to lament the change(s) and the loss of the familiar – I admit I have done a lot of that recently. It might be better to look ahead and embrace the positives in this situation and look for ways to adapt and adjust to what is being called...THE NEW NORMAL!



### Noteworthy Events/Holidays

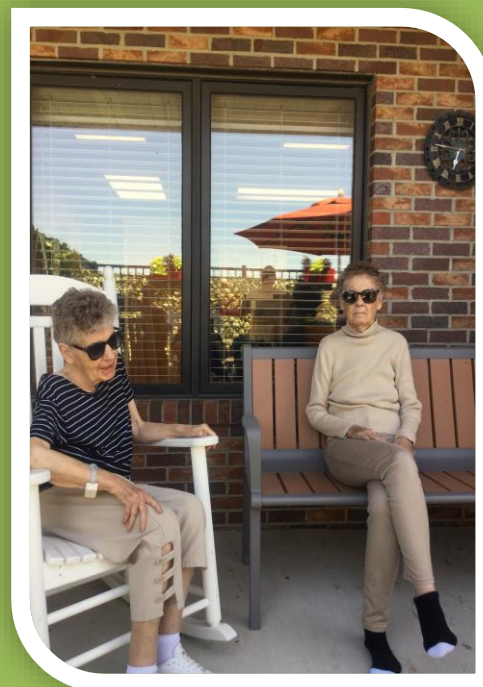
- **August 8<sup>th</sup> - Wii Bowling Tournament**
  - You will be paired with a partner. Playing at 10:00!
- **August 2<sup>nd</sup> - National Coloring Book Day**
  - Come down and give it a try! 😊
- **August 6<sup>th</sup> - National Root Beer Float Day**
  - Floats at 3:30pm
- **August 7<sup>th</sup> - International Beer Day**
  - Beer & popcorn at 3:30

## Loneliness in Aging

By Jamie Brokaw, BSN, RN

Loneliness can have a significant impact on someone's physical and mental health and everyone's experiences are unique to them. If you are feeling that you may be experiencing loneliness please reach out. The impact of visitor restrictions with limited access to friends and family can attribute to feelings of loneliness. Try reaching out to staff, family, and friends. Extra phone calls, Facetiming, and taking advantage of outdoor visits when the weather is nice can help. Going out to activities and socializing in the community are other options as well. Just sitting and visiting with another person can have a greater impact on mental health than most people realize. Having an active social life has many health benefits.

Rose and Jean are enjoying some sunshine while sporting the new sunglasses that were purchased for our memory care tenants.



## Straight from the Kitchen Cupboard

By Amy Jenkins

Happy August! I hope this letter finds you all happy and healthy. We will be having Around the World on August 17<sup>th</sup>, so, I hope you all can make time to come sample a taste. Fair time will be upon us soon, so be looking for special foods during fair week! That being said, read the poem below, written by my Great Grandma Francis Sobotka, about the fair.

What Fun

The men rushed off to see the fair;  
They left me at home.

I stretched out in a cool lawn chair  
With a book, and went to roam  
In places I had never seen.

My day slipped by, cool and serene.

At night the men came puffing home,  
Their faces reddened by the sun.  
Yet they failed to realize  
That it was I who had the fun.

This poem made me giggle. I'm not a fair goer either! Apparently, she had some spunk as most Bohemian women have. Every Bohemian woman except me, of course.... As always, keep it saucy and play with your food!



## Our First Batch of Sweet Corn!

### Cowboy Casserole

Yield: 8 servings

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Course: Dinner

Cuisine: American

*Cowboy Casserole is an easy weeknight family dinner with ground beef, corn, cheddar cheese and sour cream topped with crispy tater tots.*

#### Ingredients

- 1/2-pound ground beef, (85/15)
- 1 cup corn
- 2/3 cup [Condensed Cream of Mushroom Soup](#)
- 1 cup cheddar cheese, shredded and divided
- 1/3 cup whole milk
- 1/4 cup sour cream
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 cup bacon, cooked and crumbled
- 32 ounces tater tots

#### Instructions

1. Preheat oven to 375 degrees.
2. In a large skillet, cook beef over medium heat until browned.
3. Add the corn, cream of mushroom soup, 1/2 cup cheese, milk, sour cream, onion powder, black pepper, and bacon to the skillet and mix well.
4. In a 9x13 pan layer the beef, then the cheese and finally line up the tater tots before baking for **40-45 minutes** uncovered.
5. Sprinkle with remaining cheese and bake another **5 minutes**.

## August Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. Spaghetti & Meatballs Italian Blend Vegetables Garlic Toast Chilled Fruit
2. Tender Braised Roast Beef Spiced Apple Ring Garnish w/ Parsley Mashed Potatoes Pan Gravy Corn O' Brien Dinner Roll Pie	3. Chicken & Veg Stir Fry Steamed Rice Egg Roll Creamy Fruit Dessert	4. Shrimp Tenders 3 Cheese Garlic Scalloped Potatoes Broccoli Bread/Marg Pineapple Dream Bar	5. Spanish Style Steak Citrus Twist Garnish Parslied Red Potatoes Balsamic Glazed Green Beans Bread/Marg Turtle Cheesecake	6. Garlic Parmesan Baked Chicken Radiatore Alfredo Roasted Italian Vegetables Bread/Marg Fresh Melon	7. Pulled Pork on Bun Potato Skins Sour Cream Creamy Coleslaw Root Beer Float Pie	8. Beef Liver & Onions Cheesy Mashed Potatoes Carrots Bread/Marg Angel Food Cake w/ Strawberries
9. Country Fried Chicken Mashed Potatoes Colonel's Gravy Green Beans Almondine Dinner Roll Pie	10. Meatloaf Baked Potato Carrots Bread/Marg Pecan Pineapple Cake w/ Cream Cheese Frosting	11. Pepper Steak Parslied Red Potatoes Brussel Sprouts Dinner Roll Cherry Walnut Crunch	12. Herbed Pork Loin Baked Sweet Potato w. Honey Butter Roasted Broccoli Bread/Marg Banana Pudding Lasagna	13. Old Fashioned Chicken & Noodles Mashed Potatoes Mixed Vegetables Bread/Marg Sliced Strawberries	14. Montreal Seasoned Tilapia Lemon Wedge Garnish w/ Parsley Tator Tot Bake Spring Peas Bread/Marg Mandarin Orange Gelatin	15. Chicken Marsala Rotini Pasta Vegetable Blend Garlic Toast Ice Cream
16. BBQ Ribs Spiced Apple Ring Garnish Baked Potato Steamed Broccoli Dinner Roll Pie	17. Chicken Scampi Garlic Spaghetti Asparagus Bread/Marg Fresh Melon	18. Tender Braised Roast Beef Mashed Potatoes Beef Gravy California Blend Vegetables Classic Strawberry Shortcake	19. Pecan Glazed Pork Chop Baked Sweet Potato Pea Salad Bread/Marg Summer Swirl Cake w/ Citrus Glaze	20. Italian Cavatelli Green Beans Garlic Toast Chocolate Covered Cherry Brownie	21. Beef Brisket Grilled Potatoes Seasoned Squash Bread/Marg Lemonade Cheesecake	22. Country Fried Steak Mashed Potatoes Country Gravy Parslied Sunshine Carrots Bread/Marg Razzleberry Crisp w/ Topping
23. Turkey Pot Roast Orange Slice Garnish w/ Parsley Cranberry Almond Stuffing Asparagus Dinner Roll Pie	24. Glazed Meatloaf Mashed Potatoes Pan Gravy Creamed Peas Bread/Marg Peach Berry Cobbler A La Mode	25. Chicken & Tortellini Alfredo Roasted Broccoli Garlic Toast Tiramisu Dessert	26. Baked Ham Baked Potato w/ Sour Cream & Chives Cream Cheese Green Beans Bread/Marg Ice Cream of the Month	27. Honey BBQ Chicken Macaroni & Cheese Mixed Vegetables Blueberry Oatmeal Blondie	28. Catch of the Day Lemon Wedge Garnish w/ Parsley Onion Roasted Potatoes California Blend Vegetables Strawberry Yogurt Pie	29. Spaghetti & Meatballs Italian Blend Vegetables Garlic Toast Chilled Fruit
30. Tender Braised Roast Beef Spiced Apple Ring Garnish w/ Parsley Mashed Potatoes Pan Gravy Corn O' Brien Dinner Roll Pie	31. Chicken & Veg Stir Fry Steamed Rice Egg Roll Creamy Fruit Dessert					

## Elvis Has Left the Building....

By Melissa Butler

This month we celebrate a man who could cause mass frenzy, the one and only, King of Rock and Roll, Elvis Presley.

Elvis was born in Tupelo, Mississippi on January 8<sup>th</sup>, 1935. His upbringing was very humble with the family having little to no money and traveling from place to place for work. Despite their financial status, Elvis was brought up with a strong faith in God. Elvis attended church with his parents on a regular basis and that is where his love of music, and the gospel in particular, began.

At the age of 11, Elvis was given his first guitar as a birthday present from his mother. Three years after receiving this gift, Elvis won first place at a local talent show. His desire to pursue his musical career was always a top priority, even while working numerous jobs.

Elvis recorded his first demo record at the Sun Studio where Sam Phillips, record label owner, took Elvis under his wing and developed him. It wasn't long and Elvis was touring and had released his first single "That's All Right". From then on, Elvis continued to grow his legacy with his unusual musical style, provocative dance moves and his dangerously good looks. Soon, Elvis was everywhere.... working as a musician and actor. He was a popular guest on a number of variety shows. One show in particular, the Ed Sullivan show, has been dubbed as a key steppingstone on the path to the King's Worldwide Fame. Funny, considering Ed Sullivan first declined to have Elvis on his show for fear of criticism from his family-based audience. Elvis had a reputation of being a bad influence on the youth of America with his bumping, grinding

and gyrating hip movements. Despite this knowledge, and previously turning down an offer to have him perform on the show for \$5,000, Ed Sullivan signed a deal for \$50,000 to have Elvis Presley perform 3 times on his show. The night of the show, 60 million viewers tuned in to watch Elvis's performance.

Elvis Presley died at the age of 42, the night before he was to begin another concert tour. In his final years, Elvis developed a lethal lifestyle filled with greasy food and prescription drugs. When he wasn't on the road touring, he was secluded in his southern Memphis estate. It is believed that this is what led to his heart attack.

Since his death, Elvis has remained one of the world's most popular music icons. He is still referred to as the King of Rock and Roll and acknowledged for popularizing Rock Music. Presley was one of the first performers inducted into the Rock and Roll Hall of Fame. He was also posthumously inducted into the Country Music Hall of Fame and the Gospel Music Hall of Fame.

If you didn't idolize Elvis Presley, you despised him. Either way, it made him the legend that he remains today.

For more information on Elvis visit [www.graceland.com/elvis-news](http://www.graceland.com/elvis-news)



## Smores

B T O T M N N E E A R T R	
A A A A R C A R A M E L O	
I L R C H O C O L A T E D	GRAHAM
P L Y R R E B W A R T S R	CRACKER
E E H C E L T R W S U M U	CHOCOLATE
C N A E I D T E E H B I C	DARK
O B A N A N A K A M I N C	WHITE
O A T R U U N C A E I T M	MILK
S C K D E T L A S L G L E	MARSHMALLOW
N O U R U E L R M L I A K	BACON
M N O M E L S C A O L C E	MINT
M K A E U L C E N W N A R	SALTED
A G R A H A M E S C D A A	CARAMEL