

VINTAGE TIMES

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

Happy October!

As I write this article, it is officially Fall! This year is flying by. I always dread Summer ending but there are so many things that I love about Fall. The things I enjoy the most are cool nights (sweater weather), bon fires, pumpkin patches, that first batch of chili, carving pumpkins, falling leaves, and football.

So, when I say I enjoy football, I mean, I love football!! I especially love college football. I'm a huge Iowa Hawkeye fan and I look forward to their football season almost as much as my kids look forward to Christmas morning.

Unfortunately, this is something else that will look a lot different this year due to Covid-19. Up until last week, the Big Ten Conference football teams weren't even going to have a season. The Big Ten Conference just announced that they are going to play a shortened season with the first games starting October 24th.

There will be no Iowa State/Iowa match up which is one I look forward to each year. It is always fun to heckle with Iowa State fans! I'm glad they decided to have a season but with no fans allowed in the stadiums it will not be the same.

My husband and I usually go to a game or two each year at Kinnick Stadium in Iowa City. The tailgating before the game and the walk into the stadium is electrifying. A feeling that is hard to describe! I hope that next year the college football season will resume as normal with a full schedule and stadiums full of fans. Until then, I will watch the shortened season (GO HAWKEYES) and enjoy the other things I love about Fall.

I know that Vintage Park's calendar is filled with fun fall activities!

Kim Morris, Manager



Lenox Tigers Homecoming Parade



From the Ground up and Everywhere in Between

By Don Cox

We are seeing a lot cooler weather now. Therefore, we will be winterizing flowers, gardens, and hoses. Hopefully the mowing slows down a little.

We are preparing for the future cold weather and snow equipment needs to be serviced.

Please continue to let staff know if you have concerns in your apartments.

I have been doing room inspections on a regular basis. Please inform me of concerns with your room cleans.

Enjoy this Fall weather. Set outside and enjoy the afternoons, it has been beautiful.

Riddle of the Month....

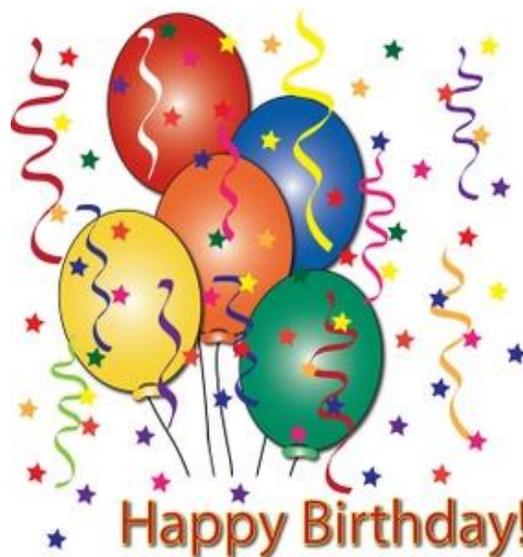
Q. It's been around for millions of years, but it's no more than a month old. What is it?

Answer to last month's question:

Q. What belongs to you, but other people use it more than you do?

A. Your Name

October Birthdays



2nd - Joe Phillips

12th - Lois Wurster

Please feel free to contact us via email at anytime

Kim Morris, Manager: manager@vintageparkapts.com

Jamie Brokaw, Health Care Coordinator: nurse@vintageparkapts.com

Melissa Butler, Life Enrichment Coordinator: life@vintageparkapts.com

We would like to take a moment to highlight a couple of our Extra Services at Vintage Park. Thank you Christy and Jana for everything you both do for our residents!



Christy Douglas, pictured on the left, is a Licensed Massage Therapist. She is a Lenox native and has been practicing massage therapy since 1999. She has training in various types of massage techniques and modalities. The cost for a 30-minute massage session with Christy is \$25.00 for Vintage Park residents.

Jana Jessen, pictured on the right, is a Licensed Cosmetologist. She previously resided North of Corning. Her and her husband Rick just moved East of Sharpsburg to be closer to their two daughters, who live in the area. She has been doing hair at care facilities for 22 years. Her services include Sets- \$10.00, Cuts- \$10.00, and Perm/Cut- \$55.00.



Straight from Cindy's Desk

By Cindy Cox

OCTOBER IN HISTORY...

I was thinking about what to contribute to the October newsletter—and, was having a little trouble finding a topic. I started wondering what sort of historical events happened during the month of October. In my mind, October is dominated by pumpkins, falling leaves and Halloween...so, it was interesting to learn about the following events that happened during October. See how many of these events you remember happening:

October 1, 1908 - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.

October 1, 1979 - After 70 years of American control, the Panama Canal Zone was formally handed over to Panama.

October 2, 1968 - California's Redwood National Park was established. Redwoods are the tallest of all trees, growing up to 400 feet (120 meters) during a lifetime that can span 2,000 years.

October 3, 1863 - President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.

October 4, 1957 - The Space Age began as the Russians launched the first satellite into orbit. Sputnik I weighed just 184 lbs. and transmitted a beeping radio signal for 21 days. The remarkable accomplishment by Soviet Russia sent a shockwave through the American political leadership resulting in U.S. efforts to be the first on the moon.

October 8, 1871 - The Great Fire of Chicago erupted. According to legend, it started when Mrs. O'Leary's cow kicked over a lantern in her barn on DeKoven Street. Over 300 persons were killed and 90,000 were left homeless as the fire leveled 3.5 square miles, destroying 17,450 buildings. Financial losses totaled over \$200 million.

October 12, 1960 - During a debate over colonialism in the United Nations, Soviet leader Nikita Khrushchev took off his shoe and pounded his desk repeatedly.

October 13, 1792 - The cornerstone of the White House was laid by George Washington. The building, located at 1600 Pennsylvania Avenue, is three stories tall with over 100 rooms, and was designed by James Hoban. In November of 1800, President John Adams and his family moved in. The building was first known as the "Presidential Palace," but acquired the name "White House" about 10 years after its completion. It was burned by British troops in 1814, then reconstructed, refurbished, and reoccupied in 1817.

October 14, 1912 - Former President Theodore Roosevelt was shot by a fanatic while campaigning in Milwaukee. Roosevelt was saved by his thick overcoat, a glasses case and a folded speech in his breast pocket, all of which slowed the bullet. Although wounded, he insisted on making the speech with the bullet lodged in his chest and did not go to the hospital until the meeting ended. Roosevelt, a rugged outdoorsman, fully recovered in two weeks.

October 14, 1964 - Civil Rights leader Martin Luther King, Jr., became the youngest recipient of the Nobel Peace Prize. He donated the \$54,000 in prize money to the Civil Rights movement.

OCTOBER IN HISTORY... (Continued)

October 19, 1987 - "Black Monday" occurred on Wall Street as stocks plunged a record 508 points or 22.6 per cent, the largest one-day drop in stock market history.

October 24, 1945 - The United Nations was founded.

October 26, 1881 - The shoot-out at the O.K. Corral in Tombstone, Arizona, occurred between the feuding Clanton and Earp families. Wyatt Earp, two of his brothers and "Doc" Holliday gunned down two Clantons and two others.

October 28, 1846 - The Donner Party departed Illinois heading for California. The group totaled 90 persons, including immigrants, families, and businessmen, led by George and Jacob Donner. Tragedy later struck as they became stranded in snow in the Sierras where famine and cannibalism took its toll. There were 48 survivors by the end of their journey in April of 1847.

October 29, 1929 - The stock market crashed as over 16 million shares were dumped amid tumbling prices. The Great Depression followed in America, lasting until the outbreak of World War II.

October 31st - Halloween or All Hallows Eve, an ancient celebration combining the Christian festival of All Saints with Pagan autumn festivals.



Noteworthy Events/Holidays

- **October 9th - Apple Extravaganza**
 - We'll have a tasting of apple desserts and drinks at 2:00 in the Bake Shop.
- **October 16th - Chili Contest**
 - Choose to make your favorite chili recipe or judge our contestants for lunch! We will begin at 11:30.
- **October 2-16th- Pumpkin Decorating Contest**
 - Please take a moment to judge our staff's pumpkin decorating skills!
- **October 30th - Halloween Path with Precious People Trick-Or-Treaters & Halloween Party**
 - Dress in your costume while we pass out candy to the preschoolers on the back patio at 10:00.
 - Halloween Party at 3:00 in the Coffee Shop.
- **October 31st - Halloween Trick-Or-Treat**
 - Sign up from 5:00-8:00 by the Front Doors.

Dr. Jim Licandro, the Podiatrist, will be here sometime in October. Please let a staff member know if you'd like to be on his list.

Dr. Kopp Visits

**October 1st
&
October 15th**



Let's talk about the Flu Vaccine...

By: Jamie Brokaw HCC

Everyone 6 months and older should get a flu vaccine every season with rare exceptions. Vaccination is particularly important for people who are at high risk of serious complications from influenza. People at High Risk of Developing Flu-Related Complications has a full list of age and health factors that confer increased risk.

The flu vaccination has important benefits. It can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

There are many vaccine options to choose from. CDC does not recommend one flu vaccine over another. The most important thing is for all people 6 months of age and older to get a flu vaccine every year.

If you have questions about which flu vaccine to get, talk to your doctor or other health care professional.

You should get a flu vaccine before flu viruses begin spreading in your community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu.

Make plans to get vaccinated early in fall before flu season begins. CDC recommends that people get a flu vaccine by the end of October. However, getting vaccinated early (for example, in July or August) is likely to be associated with reduced protection against flu infection later in the flu season, particularly among older adults. Vaccination should continue to be offered throughout the flu season, even into January or later.

VINTAGE PARK FLU SHOT CLINIC

Monday, October 5th

Employees: 10:00 AM

Residents: 10:30 AM

**Medicare Part B, Medicaid, &
WellmarkBCBS Insurance
Accepted Private Pay \$30**

**Protect yourself & those around
you! Masks are Required!**

**Provided by Taylor County Public
Health**

-Prevent. Promote. Protect.

Content source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)



Straight from the Kitchen Cupboard

By Amy Jenkins

Hello everyone and happy October! Fall is famous for all its brilliant colors and flavors. One of my favorite fall flavors is fresh apples! And what's the best thing to do with apples? Apple Pie of course! I could eat apple pie all day long! But, how do you get away with eating apple pie all three meals you ask? You turn it into apple crepes of course! I'll sneak the recipe in below.

Be sure you join us for Around the World on October 19th at 10:00. It's always a good time. As always, keep it saucy, and play with your food!



Healthy Fruit Smoothies

Ingredients

- 8 ounces of milk or juice of any kind
 - 4 ounces of yogurt of any kind
 - 4 ounces of fruit of any kind

Frozen fruit works best, but if using fresh fruit, add a few cubes of ice to the blender.

Apple Cinnamon Crepes

Filling

- 3 apples cored and peeled
- 3 Tbs brown sugar
- 1 tsp cinnamon

Crepe Batter

- 2 cups milk
- 1 1/3 cup flour
- 1 egg
- 1 tbs vegetable oil
- 1/2 tsp baking powder
- 2 tbs sugar

Dice apples and sauté with brown sugar and cinnamon for about 5 minutes. The apples will release their own juices, no need for liquid here. While apples are cooking, mix batter ingredients together and cook on a hot oiled pan. Crepes will be thin. Fill with apples as soon as crepes are cooked. Eat and enjoy!

Pro Tip! Top with ice cream! (This is acceptable on pancakes, waffles or crepes only)



October Lunch Specials

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

Left Brained Vs. Right Brained

By Melissa Butler

There is a common theory that people are either left-brained or right-brained. No ...I don't mean their brain is either on the left or the right, it means one side is more dominant. If you're mostly analytical and methodical in your thinking, you're said to be left-brained. If you tend to be more creative or artistic, you're thought to be right-brained.

This theory is based on the fact that the brain's two hemispheres function differently.

The left brain is more verbal, analytical, and orderly than the right brain. It's sometimes called the digital brain. It's better at things like reading, writing, sequencing, and computations.

The right brain is more visual and intuitive. It's sometimes referred to as the analog brain. It has a more creative and less organized way of thinking. It's connected to things like art, rhythm, imagination, intuition, nonverbal cues, daydreaming and holistic thinking.

We know the two sides of our brain are different, but does it necessarily mean that we have a dominant brain just as we have a dominant hand?

A team of neuroscientists tested this theory and found no proof that the human brain favors one side or the other. In fact, they found that they work together and complement each other. In essence, you use both sides of your brain to perform any function. One side might be receiving the information, but the other side is helping you understand and interpret the information.

Although this information means we as humans are not left-brained or right-brained, we each have our own personality traits, preferences, and learning styles that make us different and unique.

Tips for keeping your brain sharp

- Spend some time each day reading, writing, or both.
- Never stop learning. Take a class, go to a lecture, or try to acquire a new skill.
- Tackle challenging crossword and sudoku puzzles.
- Play memory games, board games, card games, or video games.
- Take on a new hobby that requires you to focus.

In addition to thinking exercises, your brain benefits from a good physical workout. Just 120 minutes of aerobic exercise a week can help improve learning and verbal memory.

Avoid junk food and be sure to get all the essential nutrients you need through diet or dietary supplements. And, of course, aim for a full night's sleep every night.



RESULTS OF OUR VISITATION POLICY SURVEY:

RECENTLY WE ASKED EACH OF YOU TO RESPOND TO THE QUESTION OF WHETHER OR NOT WE SHOULD RELAX OUR VISITATION POLICY.

Here are the results of our survey:

- 1) Do you support relaxing our visitor restrictions at Vintage Park?

18 Yes

8 No

- 2) If you circled Yes—please answer the following questions below:

a. Should we establish visiting hours? **13 Yes** **7 No**

b. Should we limit the length of visits to 2 hours? **14 Yes**

5 No

c. Should we require visits be scheduled in advance? **5 Yes**

13 No

d. Should we limit the number of visitors per resident per visit? **11 Yes** **8 No**

e. Should visits/visitors only be allowed outside of the building and/or inside residents' rooms? (This would mean that visits are not allowed in the Common areas)

16 Yes **1 No**

*All visitors would be required to be screened (temperature taken, screening questions asked, wear a face mask, sign in and out, etc.).

**** Please note that not all respondents answered every question!**

THANK YOU FOR RESPONDING TO THIS SURVEY. We are taking all of this into consideration and will let you know about any changes to our visitors' restrictions. Hopefully, very soon!

Autumn

Word Search

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

ACORN
 APPLE CIDER
 AUTUMN
 BONFIRE

FAMILY
 HAYRIDE
 LEAVES
 PUMPKIN

SCARECROW
 SMORES
 TURKEY
 THANKS

In the photo to the right, Elsie Preston is showing off her purple fancy nails!



The picture on the left is Rose Pfander putting together her sensory leaf painting. Happy Fall!



To the right, Margie Wilson is snuggled in reading a book on a cold, gloomy day.

