

# VINTAGE TIMES

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## Seeing the Good

I have always considered myself a positive person. I believe the more you focus on the positive things in your life the more likely you are to have a sense of well-being. This is easier to do when things are going well, but what about when things aren't? Positivity is the ability to meet challenges and face situations in life that are tough with a "things will work out", "I can get past this", "I'll figure out a solution" attitude. Everyone faces the same disappointments, challenges and stressors in life that everyone else does. It is choosing to react in a productive and positive way.

Unfortunately, a positive mindset is hard to have all the time. Just like everyone, I suppose, I have days where this is hard. Really hard. I'm guilty of throwing myself a pity party or grumbling to someone, if something doesn't go the way I want it to. But, as a Mom, I try to make sure that I set a positive example for my kids. I want my children to look for the good each day, face challenges with a great attitude, and most of all be HAPPY. Boy, what a challenge 2020 has given me.

How do you stay positive in the world we live in today? How do you shelter your kids from the bad and have them see the good? The news is all doom and gloom. There have always been bad people and ugly situations but for some reason both have been magnified lately. You start to fear that something may happen to your kids because our big world is no longer safe. It is hard to teach children to mute the bad and only hear the good things. The COVID-19 pandemic has added even more layers and continues to have a ripple effect on what our children's lives

"should" look like. Their normal world stopped abruptly when schools were shut down, activities were cancelled and shelter in place orders were encouraged. This left the whole nation in dismay.

So much is out of our hands, isn't it? It is hard for the most optimistic person to stay positive. But I know that focusing on the bad is not going to help. It will leave us feeling depleted and helpless. We have to put our energy into the things that we can control. It is important now more than ever to make sure we stay positive. For ourselves, our children, and our world. Yes, negative events occur; people inflict harm, make poor choices, cause pain. We must remember the world we live in is also filled with promise, opportunity, kindness, generosity, and love. We need to look for the good!

As I write this article, school is getting ready to start. I'm seeing the excitement start to build in my children's faces. Cam is nervous for his first day of preschool (so is his Mom) and wants Mommy and Daddy to come with him. Bruin is looking forward to meeting his 1<sup>st</sup> grade teacher, seeing his friends and playing on the new playground equipment. Delaney has her first day of school outfit ready and is eager for her first year of junior high volleyball. Gabe is more excited for 8<sup>th</sup> grade football to start then school but is excited to see some friends he hasn't seen all summer. I pray that the school year will go on as normal, our nation will come together, and my children will see a world filled with promise opportunity, kindness, generosity, and love.

Kim Morris, Manager



Our Back to School Fundraiser was a success!

We donated \$1,322.00 and a box of supplies to Lenox Community Schools.

In the photo on the right, some of our former teachers posed with the supplies that were donated.



## From the Ground up and Everywhere in Between

By Don Cox

Fall is quickly approaching it seems. The mornings seem to be getting cooler. The boys and I are keeping up with the mowing and yard work. I hope you are all enjoying the tomatoes and peppers from our upright gardens.

School will be starting soon, and I will lose my Summer help. Also, Fall sports will begin and we parents at Vintage Park will be traveling to events. Cindy and I have finally been able to start our house project, so that will make things even more busy. The fish in our pond are growing and you can see them from the bank. The kids are enjoying all of that. Remember, if you have fix it items in your apartments to let us know so we can remedy them for you.

### Dr. Kopp Visits

**September 3<sup>rd</sup>  
&  
September 17<sup>th</sup>**

## Riddle of the Month....

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

*Answer to last month's question:*

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

**A. A Bank**

## September Birthdays



- 10<sup>th</sup> - Doris Schuelke**
- 15<sup>th</sup> - Dean Larimer**
- 15<sup>th</sup> - Ann Cooper**
- 18<sup>th</sup> - Ann Sawyer**
- 28<sup>th</sup> - Jean Cline**
- 28<sup>th</sup> - Rose Pfander**

Please feel free to contact us via email at anytime

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## Straight from Cindy's Desk

By Cindy Cox

### September 13<sup>th</sup> is Grandparents Day.

In 1979, President Jimmy Carter proclaimed the first Sunday after Labor Day each year as National **Grandparents Day** (September was chosen to signify the "autumn" years of life). While I think of Grandparents Day as a "new" holiday—I realized that it has been around for 41 years already! Geesh! Time flies...

Looking ahead to Grandparents Day made me think about my Grandparents. Until I was about 12 years old, I had all 4 of my grandparents—plus 2 great grandmothers -- living! I remember many details about each of them and treasure many memories of time spent with them.

On my Mother's side (the Senf side of the family), I had my Grandpa Victor ("Vic" is what everyone called him"). Grandpa Vic was a good-natured guy who always wore striped bib overalls with a package of Swisher Sweets in his front pocket. My Grandma Elfrieda was a hard-working, tough lady—and, she lived to be almost 103! In fact, she lived in her own home until she was 100 years old. Then there were my Great Grandmothers—Martha Glienke who lived over 100 years and Marjorie Senf, too! Growing up, there was always a Grandma around—as they all lived within a mile or two from us.

On my Father's side (the Junker's) was Grandpa Ben and Grandma Katherine. They were farmers and I have wonderful childhood memories of gathering eggs, milking cows by hand, picking potato bugs off the plants in the garden—when I stayed with them. They were salt of the earth type of people—hard working Germans!

Unfortunately, my children don't have the same grandparent experience that I had as a kid—as they only have one living grandparent—my Mom. Grandma Judy (or "FA FA", as Jake called her when he was a toddler) lives in Minnesota, and we only get to see her a few times a year.

I know that most of our residents are Grandparents—and, this day is meant to honor you! I know you all treasure your grandchildren and great-grandchildren...and, I enjoy seeing the pictures that you have hanging on your doors and refrigerators of them. And, many of you are like grandparents to my kids, too!

Have a wonderful Grandparents Day!

*Grandparents*  
are a delightful blend of  
*laughter, caring*  
wonderful deeds,  
*stories,*  
and  
*Love.*



### Noteworthy Events/Holidays

- September 5<sup>th</sup> - National Tailgating Day
  - Wear your favorite team outfit!
- September 7<sup>th</sup> - Labor Day
  - Reminisce about work life in honor of Labor Day.
- September 13<sup>th</sup> - Grandparents Day
  - Join us for an ice cream social!
- September 18<sup>th</sup> - Lenox Tigers Homecoming
  - Parade at 2:00 P.M.

## Fall Prevention

By Jamie Brokaw, BSN, RN

September is National Falls Prevention Month. Here at Vintage Park, we want to avoid the risk of falling as much as we possibly can. Falls happen to be the leading cause of injury related emergency department visits for older adults, the major cause of hip fractures, and responsible for more than half of fatal head injuries.

According to the Centers for Disease Control and Prevention (CDC, 2002), one of every three adults, 65 years or older, falls every year. Also, studies found that about 50 % of older adults 80 years and older will fall each year.

What are some things that we can do to prevent this, you may ask? Exercising routinely will help maintain your strength, balance and flexibility. Another thing you may want to do is discuss with your Primary Care Physician about an assessment to test your risk of falling. You may want to review your medications with your Physician or Pharmacist, as well. Getting your vision checkup annually. Keeping your home safe is a must. Increasing the lighting and removing any tripping items would help.

Illah's sporting her new outfit!





## King and Queen of Vintage Park



Marvin Reed was born in Taylor County Iowa on April 15<sup>th</sup>, 1933. After marrying his wife, Norma, they moved to Lenox. Marvin's proudest achievement was when Norma said "yes." Marvin also notes having his children and grandchildren as very proud moments.

Marvin worked at the Skelly Service Station in Lenox for 18 years, Dale's clothing store for 10 years and then for his son at Reed's Service until he retired. When asked who he admires most, Marvin stated, there were three people he admired in his life, his father, father-in-law and his first boss, who was like a father to him. Marvin stated that his father taught him to always be kind and treat others as he would want to be treated.

Marvin believes that the automobile was the best invention of his lifetime. Marvin stated that the best thing about living at Vintage Park is, "they do everything for you." Marvin admires everyone who works at Vintage Park because they put up with him and everyone else who calls Vintage Park

Loretta Ritchie was born in Marion County on February 3<sup>rd</sup>, 1935. On February 25th, 1956 she married Roger Ritchie, whom she had dated for three years. Loretta and Roger called many places home over the years and settled in Taylor County for the last time in 1998. Loretta and Roger have 4 kids, 9 grandkids and 18 great grandkids.

It is no surprise with a family of this size that Loretta's proudest achievement is being a wife and mother, and, the thing that she cherishes the most, is her family. Loretta stated that her parents taught her to be kind and considerate growing up.

When asked to name one person she admires, Loretta answered, "my father." "He was a good, honest, kind and friendly man to everyone."

Loretta moved into Vintage Park with her husband due to health reasons and partially due to Don Cox. Loretta knew Don as a kid and stated that Don came to visit often to check on us. She remembers telling Don that when she was ready to go somewhere, Vintage Park would be the place she would go. Loretta's favorite thing about Vintage Park is the tenants and staff. Everyone here is so friendly. For those considering assisted living, she would tell you, "Whatever you need, they have, and the price is right!"

When asked what the biggest problem facing her generation was, she stated, "Other than the virus of course, I believe it is a lack of socialization."

During her interview Loretta stated that she couldn't understand why people chose her for the Queen of Vintage Park, but after interviewing her, I can tell you exactly why... Loretta is a humble, kind and considerate woman.

## Straight from the Kitchen Cupboard

By Amy Jenkins

Hello everyone! First off, I hope this little note finds you all well. I'm in love with this weather! I've added our Yeast less Donut Hole recipe below. I would like to thank everyone who has come to our Around the World show. The last two shows have featured donut holes, both chocolate and cinnamon sugar per our tenants' request.

I'm taking it back to an Around the World extravaganza! Crab Rangoon is on our agenda for September 21<sup>st</sup>. Please join us for a taste. September is the peak month for Apples. During our cooking show, we will try a fried apple pie as well. Until next time, keep it saucy and play with your food!

Vegetable oil for frying  
2 cups flour  
1 Tbsp baking powder  
1 tsp salt  
5 Tbsp cold butter  
 $\frac{3}{4}$  cups milk

Add all ingredients to a chilled mixing bowl. Mix just until all ingredients are incorporated. Knead dough until smooth and pliable. Preheat oil to 350. Roll dough into 1-inch balls. Fry on both sides and roll in cinnamon sugar or glaze of your choice. Best if served warm.



## Come Eat Lunch with your Loved One

Monday September 14<sup>th</sup> - Friday September 18<sup>th</sup> we are allowing family to come eat lunch with their loved ones, outside.

You will need to RSVP by Friday Sept. 11th, so we can have tables and chairs set up for you. We will have limits on how many guests we can accommodate each day so, be prepared to choose an alternate day to visit.

We want to make this a special week for everyone so check your calendars and give us a call. Your loved one would love to see you!



## September Lunch Specials

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

## Poetry Writing Contest

Please help us pick a winner by choosing your favorite poem!

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*I once was a Poet,  
But did not know it,  
So there goes my claim,  
And end all my fame!*

*Roses are red,  
Violets are blue,  
No matter how old,  
I will still love you!*

*Roses are red,  
Violets are blue,  
We are all getting older  
So, what else is new!*

*Roses are red,  
Violets are blue,  
A skunk's butt stinks,  
And so do you!*

*Roses are red,  
Violets are blue,  
Beer costs less,  
Than a vacation for two!*

*Roses are red,  
Violets are blue,  
A pig pen stinks,  
And so, do you!*



*Roses are red,  
Violets are blue,  
I'm stuck on you,  
Just like glue.*

*Roses are red,  
Violets are blue,  
My feet stink,  
And so, do you!*

*Roses are red,  
Violets are blue,  
Your eyes are like starlight,  
And give off a lovely hue.*

*Roses are red,  
Violets are blue,  
I can't rhyme,  
Banana!*

*Roses are red,  
Violets are blue,  
A face like you,  
Belongs in a zoo!*

*Roses are red,  
Violets are blue,  
I'm pug ugly,  
And so are you!*



## National Assisted Living Week

By Melissa Butler

It's time to celebrate Vintage Park and all the wonderful people who live, work and contribute to the way of life at our wonderful community. National Assisted Living Week begins on September 13<sup>th</sup>, Grandparents Day, and ends on September 19<sup>th</sup>.

Each year we celebrate this week by holding fun events and activities that highlight our residents, staff, family members and the community. We want everyone to recognize the importance of assisted living in caring for America's seniors and educate others about the benefits of assisted living.

This year's theme, "Caring is Essential" reflects the hard work and dedication of all the essential caregivers in assisted living facilities across the country. It is evident now more than ever, during our Covid-19 Pandemic, that our staff have stepped up and gone above and beyond the call of duty, to ensure everyone they care for is safe, healthy and happy.

I encourage you all to celebrate this week by participating in the fun events that are planned, talking to friends and family about Vintage Park and thanking the dedicated staff who have kept Vintage Park running smooth during this challenging and unpredictable time.

I would also like to thank each tenant who has chosen to live at Vintage Park, you are the heart and soul of our beloved community!



# Fall Word Search



ACORN  
APPLE  
AUTUMN  
CHESTNUTS  
CHILLY  
CIDER  
COBWEB  
FALL  
FOOTBALL  
GOURD

HALLOWEEN  
HARVEST  
HAY BALE  
HAYRIDE  
LEAVES  
MAIZE  
NOVEMBER  
NUTS  
OCTOBER  
PUMPKIN

QUILT  
RAKE  
SCARECROW  
SEPTEMBER  
SLEET  
THANKSGIVING



Doris Schuelke is crushing the Nail Driving Contest!



We had many contestants for our Orange Peeling Contest on Pajama Day!



We aren't clowning around about safety during this pandemic!

