Vintage Park Apartments 1/1/2021 January Newsletter

Vintage Times

Vintage Park Apartments, 810 East Van Buren, Lenox, IA 50851

Vintageparkapts.com 641-333-2233

Happy New Year

By Manager - Kimberly Morris

I hope you have all had a wonderful holiday season! I would love to start off by saying "what a great year it has been" but I think we can all agree that we are ready to say good-bye to 2020. The challenges we have faced this year with the COVID-19 pandemic have affected us all in some way or another. There have been so many family gatherings, ball games, church services, funerals, etc. that have been missed or cancelled due to the pandemic. There are also so many small businesses and restaurants that may never open back up due to the loss of income during the shutdown. I hope that Vintage Park Apartments and 2021 will hold so much to look forward to- parties, birthday celebrations, anniversaries, new friendships, and new experiences. I will hold onto the good memories I have of 2020 but I look forward to making Vintage Park the best place for our tenants to reside and our staff to work in 2021.

I hope you all have a Happy, Healthy New Year and all the best for you in 2021!

Happy New Year from Vintage Park!

From the Ground Up and Everywhere in Between
By Maintenance: Don Cox

As we all can see and feel, winter is here. We did get a little snow for Christmas. I would like to wish you all a happy new year. I have been remodeling several apartments. It won't be long, and they will be finished. Remember if you have friends who move to Vintage Park, we have deals for the person who refers and move in. Remember if you have fix it problems in your apartment let staff know.

Riddle of the Month....

Q. Why did the bed wear a disguise?

Answer to last month's question:
Q. What does a snowman eat for breakfast?
A. Frosted Flakes

Vintage Park's January Birthdays!

Jane Davison – 8th
Mickey Combs – 19th
Henry Heaton – 20th
Joyce Perry – 20th
Howard Stoaks – 26th
Henry Shuler – 27th
Betty Donaldson – 31st
Wilma Bloom – 31st

Please feel free to contact us via email at any time.
Kim Morris, Manager: director@vintageparkapts.com
Jamie Brokaw, Health Care Coordinator: nurse@vintageparkapts.com
Melissa Butler, Life Enrichment Coordinator: life@vintageparkapts.com
Paige Jessen, Administrative Assistant: reception@vintageparkapts.com

COVID VACCINE… A SILVER BULLET? …. Maybe??

By: Cindy Cox

I am sure you have all heard about "OPERATION WARP SPEED" …. the governments' effort to fast-track a coronavirus vaccine. This effort seems to have been effective as there are 3 varieties of the vaccine coming available—all touting 90+% success rates in preventing the virus.
Taylor County Public Health has told us that they will be offering the "Moderna" vaccine to our staff first—on December 28th and 30th. Residents will be offered the vaccine in mid-January, according to TCPH estimation. The vaccine is a series of 2 shots given about 3-4 weeks apart.
We have a short video (less than 15 minutes long) that discusses the vaccine and the process by which it was developed. If you wish to watch it—let Kim or Paige know and we will get it set up for you.
Here are some questions that you may be asking:

1) Should I get the vaccine if I have already had/recovered from Covid?
    a. TCPH is recommending that you wait 90 days after recovering from Covid to get the vaccine. They will be offering another round of vaccines in the future to get anyone who must decline the first round.
2) Will I still have to wear a mask if I take the vaccine?
    a. For now, the answer is YES…. more details to follow, I am sure ☺
3) Will I suffer any side effects from the vaccine?
    a. So far, reports are that the first shot brings relatively mild side effects (similar to the flu vaccine) and, the second shot can bring Covid-like symptoms (headache, fatigue, muscle aches, fever, etc.) for 24-48 hours.
4) Is Vintage Park going to "mandate" that staff and/or residents take the vaccine?
    a. The answer is NO—we are not going to mandate anyone take the vaccine. Rather, we are going to ENCOURAGE folks to take it.
    b. And, of course, there will be paperwork—releases acknowledging that you are accepting or declining the vaccine ☺
5) If I decline the vaccine, will I still need to wear a face mask and abide by other restrictions (temp-inpg, screening, limits to visitors, etc.).
    a. In short, probably…. but,
    b. We have not finalized these details yet—and will try to develop procedures around these issues that provide the most health protections to our staff and residents. Stay tuned!
6) Is there a cost for the vaccine?
    a. Taylor County Public Health reports that the vaccine itself, is free—but, that TCPH will be billing private insurance (Medicare, etc.) for an "administrative fee". However, they have assured us that if there is a staff person or resident who is not covered by insurance—that will not be a barrier to them getting the vaccine (meaning they will waive any fees).

Of course, we are hopeful that the vaccine will be the answer to nearly 12 months of Covid19 restrictions; and will be just what "the doctor ordered" to get life "back to normal" at Vintage Park, in our community and in the rest of the world.

Just a friendly reminder on what COVID is, how it is spread, and what we can do to prevent the spread.

By: Jamie Brokaw, BSN, RN, HCC

Novel Coronavirus (COVID-19)

A global respiratory illness was discovered in late 2019 that causes very severe illness and death in some, and very minor symptoms in others. There is still a lot to learn about the disease for which there is no known cure. The disease is present in all 99 counties in Iowa. It's important for every Iowan to do their part to help slow the spread of the disease.

Know how it Spreads

The best way to prevent getting the virus is to not be exposed to it in the first place.

- The virus is thought to spread mainly from person-to-person between people who are in close contact with one another (within about 6 feet).

Everyone Should

- Wash your hands often, with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- Use a hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Always stay at least six feet from others.
- Cover your mouth and nose with a mask when around others.
- The mask helps to protect *others* if you are sick and don't know it.
- Everyone should wear a mask when in public settings; especially when social distancing measures are difficult to maintain.
- Continue to maintain social distancing even when wearing a mask.
- Be alert for symptoms. Watch for fever, cough, shortness of breath.

Our first round of staff are receiving the vaccine the last week in December and we hope to have it available for residents in early January. We continue to work with state and local public health in order to keep our staff and residents healthy.

Noteworthy Events/Holidays

- January 1st – New Year's Day
  - Write your new year's Resolution on the White Board.
  - 1:00 – Snowman Crafts throughout the month of January
- January 4th – Trivia Day
  - 11:15 – Trivia Games
- January 15th – Gourmet Coffee Day
  - Choose from a selection of syrups, Creamer, and toppings to Mix up your everyday coffee!
- January 25TH – Opposite Day
  - Swap Breakfast for Dinner and Dinner for Breakfast.
  - Wear your clothes backwards or wear your jacket under your shirt.

Dr. Freeman will be here on January 7th and January 21st. If you would like to get on his list to be seen, please let a staff member know.

Straight from the Kitchen Cupboard

By: Culinary Supervisor - Amy Jenkins

Happy 2021 everybody! Looking back on 2020, I've decided we can forget all about it. This year, I think we need to kick our expectations up a notch! Starting this month, we will have a steak and seafood supper monthly. We are so thankful for all of you and we would like to show our appreciation with a nice monthly supper. Be looking for our first steak night on our weekly calendar. Also, in January we will continue our Around the World. We had some recommendations for a dip to serve for the Superbowl! We'll see what we can do. As always, keep it saucy and play with your food!

Join Us for Amy's Cooking show on Monday, January 18th at 10:00 in the Dining Room!

Oven Baked Cod

Ingredients

- 1 ½ - 2 pounds Cod Fillets
- Salt & Pepper to Taste
- 3-4 Tbsp. Unsalted Butter or Olive Oil
- 2 tsp. Minced Garlic
- ½ Tbsp. Paprika
- 1 tsp. Onion Powder
- 2-3 Tbsp. Basil or Parsley
- 1 Tbsp. more Lemon Juice
- ½ - 1 tsp. Cayenne Pepper (Optional)

Instructions

1. Position a rack in the center of the oven and preheat the oven to 400°F. Spray baking pan with cooking spray or lightly oil. Set aside.
2. Dab both sides of cod fish dry with paper towels, season both sides with salt and pepper.
3. In a small pan set over medium low, heat butter, minced garlic, paprika, onion powder, cayenne pepper and parsley or basil. Stir for about 30 seconds or 1 minute. Let this mixture sit for a little bit about 5 minutes. Add lemon juice to mixture.
4. Brush cod fish with spice mixture, making sure every inch is covered with spice. Add to prepared baking dish or baking sheet.
5. Bake until cooked through, about 10-15 minutes, depending on the thickness of your fish and your preferred doneness. When the thickest part of cod is easily flaked with a fork, then is perfectly cooked.
6. Garnish immediately with lemon & enjoy!

January Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Orange Ginger Salmon Wild Rice Pilaf Broccoli Blueberry Lemon Upside Down Cake	2. Country Fried Steak Parsley Sprig Mashed Potatoes Country Gravy Roasted Beets Fruit Turnover
3. Roast Beef Spiced Apple Ring Mashed Potatoes Beef Gravy Seasoned Peas Roll/Marg Cream Pie	4. Lasagna Parsley Sprig Italian Roasted Cauliflower Garlic Toast Mint Cheesecake Brownie	5. Smoked Pork Chop w/ Cherry Sauce Baked Potato/Marg Sour Cream Fried Cabbage Pumpkin Blondie	6. Chicken w/ Apple & Walnut Stuffing Broccoli Spice Cake w/ Brown Butter Frosting	7. Philly Steak Sanwich w/ Peppers & Onions Sweet Potato Wedges Salted Caramel Pudding	8. Creamy Tuna Pasta Parmesan Seasonal Vegetable Garlic Toast Strawberry Marshmallow Dessert	9. Fried Chicken Spiced Apple Ring Garnish Mashed Potatoes Chicken Gravy Glazed Carrots Bread/Marg Ice Cream
10. Roast Turkey Cranberry Sauce Cornbread Stuffing Broccoli Almondine Pumpkin Pie	11. Apple Butter BBQ Ribs Parsley Sprig Fried Potatoes Caramelized Butternut Squash Bread/Marg Blueberries & Cream Angel Dessert	12. Country Fried Steak Citrus Twist Garnish Mashed Potatoes Country Gravy Brown Sugar Glazed Beets Bread/Marg Cookie Dough Cheesecake	13. Chicken Lo Mein Green Beans w/ Soy Roll/Marg Sherbet	14. Honey Dijon Pork Loin Parsley Sprig Roasted Potatoes/ Carrots/Onions Bread/Marg Cherry Crisp	15. Breaded Cod Scrod Herbed Rice Cauliflower Au Gratin Cranberry Orange Cake	16. Polish Sausage on Bun Sweet Pepper Slaw Potato Salad Tapioca Pudding w/ Topping & Cherry Garnish
17. Roast Pork Mashed Potatoes Pork Gravy Brussel Sprouts w/ Craisins Roll/Marg Pie	18. Spaghetti w/ Meatsauce Riviera Vegetables Garlic Toast Pumpkin Bar	19. Cider Glazed Chicken Whipped Sweet Potatoes Green Beans Bread/Marg Flamingo Cake	20. Balsamic Roasted Beef Citrus Twist Garnish Onion Roasted Potatoes Broccoli Caramel Apple Crisp	21. Smoked Sausage Creole Parsley Sprig Corn Garlic Toast Ice Cream of the Month	22. Catch of the Day Baked Potato/Marg Lemon Glazed Carrots Bread/Marg Mint Fluff	23. Salisbury Steak w/ Mushroom Gravy Spiced Apple Ring Garnish Mashed Potatoes Country Trio Vegs Bread/Marg Cake Roll
24. Cranberry Glazed Ham Baked Yam Souffle Green Beans Dinner Roll Peach Pie	25. Fried Chicken Mashed Potatoes Chicken Gravy Country Trio Veggies Bread Strawberry Cheesecake	26. Italian Cannelloni w/ Blushed Sauce Riviera Vegatbales Garlic Toast Chocolate Toffee Dessert	27. Maple Balsamic Pork Loin Scalloped Potatoes Roasted Brussels Sprouts & Squash Bread/Marg Autumn Gelatin Parfait	28. BBQ Meatloaf Mac & Cheese Parslied Carrots Caramel Apple Bar	29. Orange Ginger Salmon Wild Rice Pilaf Broccoli Blueberry Lemon Upside Down Cake	30. Country Fried Steak Parsley Sprig Mashed Potatoes Country Gravy Roasted Beets Fruit Turnover
31. Roast Beef Spiced Apple Ring Mashed Potatoes Beef Gravy Seasoned Peas Roll/Marg Cream Pie						

WORDS

1. ANTHEM
2. BIRTHSTONE
3. COFFEE
4. CONVENOR
5. DUES
6. EVENTS
7. FEES
8. FLOWER
9. FRIENDS
10. GATHERING
11. GREETERS
12. HISTORIAN
13. LADIES
14. MEETINGS
15. MEMBERSHIP
16. MESSAGE
17. NATIONAL
18. NEWSLETTER
19. PASTPRESIDENT
20. PHOTOGRAPHER
21. POSITIONS
22. POSTDATED
23. PRESIDENT
24. PROGRAM
25. PUBLICITY
26. REGULATIONS
27. RULES
28. SECOND
29. SECRETARY
30. SOUTHPACIFIC
29. SPEAKER
30. STYLES
31. TREASURER
32. WINNER
33. WRITING

HAVE FUN!

Things people do to have fun Word Search

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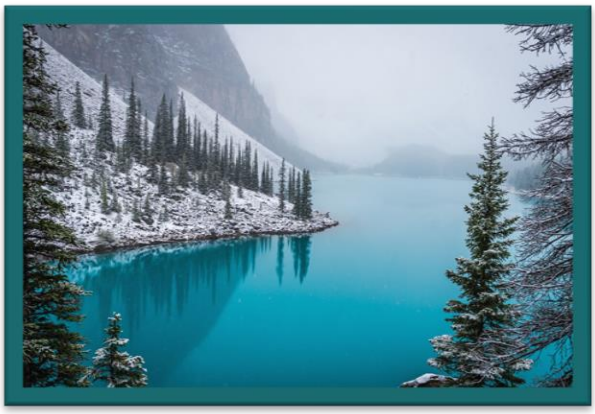

Settling into Winter
By Melissa Butler – Life Enrichment Coordinator

Most of us who live in Iowa, are accustomed to the change of seasons. Whether you are a fan of Spring, Summer, Fall or Winter, you always find yourself waiting for a change. Some can't wait for it to happen, while others dread it and complain as soon as it does. To me, the change of seasons is a chance to reset, adjust and experience something new. Now that Winter has officially begun, I find myself looking forward to a little frost and snow. After a blanket of snow falls, the scene across the countryside is so peaceful and serene. It's like mother nature's way of telling us all to slow down and take it in. With everything laden in snow, the sun cascades off every surface, bringing forth a great light, that illuminates the countryside and our spirits. While I revel in the beauty of Winter and its crisp, bright, fresh air, I don't love all that comes with it. When the blankets of snow turn into drifts, my peaceful and fun-loving attitude towards Winter turns to dread. The scooping, scraping, and slow driving, make it a chore to even begin the day. Lucky for me, the Farmer's Almanac predicts that we will have a warmer than normal Winter with below average snowfall. Looks like maybe, just maybe, we will be able to enjoy the beauty of Winter without dealing with all the consequences.

To celebrate the Winter season, we will be making two different snowman crafts. I hope to see several of you take part in bringing a little Winter, indoors.

VINTAGE PARK IS CURRENTLY TAKING INQUIRES FOR THOSE INTERESTED IN OUR COMMUNITY. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT US @ (641) 333-2233.

Reception

VINTAGE PARK
APARTMENTS

810 East Van Buren Street
Lenox, Iowa 50851