

Vintage Times

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

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Love Around the World

By Manager - Kimberly Morris

Happy February! We will be spreading the love around here at Vintage Park Apartments as February will be a month filled with special activities. We will have our candlelight Valentine's Day dinner, Super Bowl party and Mardi Gras celebration this month. We are also celebrating National Cupcake Day with a staff cupcake contest.

I thought since it is "LOVE" month, it would be fun to do a little research about Valentine's Day. I found out that it is celebrated across the globe, and many countries have unique holiday traditions that I thought would be neat to share.

Germany: Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

South Korea: Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

Mexico: The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons, and stuffed animals.

South Africa: The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

Peru: Orchids are the flower of choice for valentines since they are native to their nation.

Philippines: Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14th.

I hope all of you take the time this month to spread love to those you care about in some way or another!



Vintage Park's February Birthdays!

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

Winter is definitely here. We have had two big snows. We are working hard to maintain our equipment as the heavy snow is hard on stuff. We purchased a snow blade for the Gator which is helping a lot. We will continue to use salt on the sidewalks and driveway to keep everyone safe. Please be careful if you must travel anywhere.

I am looking forward to warmer Spring days, sunshine, and Spring flowers.

We have been renovating apartments and improving their looks. We have two more to do.

Remember to let our employees know if you have any fix-it issues, and I will get to them as soon as I can.



3rd – Loretta Ritchie

15th – Joan Thompson

25th – Carol Shuler

Riddle of the Month....

**Q. I am a 8 Letter Word.
I am kept Secret from Everyone.
My 2nd, 3rd, 4th Letter Spell an Animal.
My 4th, 5th, 6th, 7th, 8th Letter is a Weapon.
My 1st, 2nd, 8th Letter is used for Writing an Exam.
My 3rd, 4th Letters are the Same.
Who am I?**

Answer to last month's question:

Q. Why did the bed wear a disguise?

A. It was undercover. 😊



Please feel free to contact us via email at any time.

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

Paige Jessen, Administrative Assistant: reception@vintageparkapts.com

“HERD IMMUNITY”

WHAT IS IT AND WHAT DOES IT MEAN FOR VINTAGE PARK?

By: Cindy Cox

herd im mu ni ty (noun)

resistance to the spread of an infectious disease within a population that is based on pre-existing immunity of a high proportion of individuals because of previous infection or vaccination.

"the level of vaccination needed to achieve herd immunity varies by disease but ranges from 83 to 94 percent"

By February 18th-- because our residents will have received 2 doses of “the vaccine” -- Taylor County Public Health is telling us that we have achieved “herd immunity” for Covid 19. That is great news!

But we are not quite sure, as of this writing, what exactly that means for us as far as lifting the restrictions we have had in place for several months. We are awaiting guidance from Public Health (who is awaiting guidance from the Centers for Disease Control) about what exactly we can and cannot/should or should not, “restrict” going forward.

In September, we asked all of our residents to respond to a survey regarding your thoughts and opinions as to how far we should go with relaxing visitation restrictions. Keep in mind; this was PRIOR to our Covid outbreak here—and, the resulting quarantines and tightening of restrictions.

In September 2020, 69% of you supported relaxing visitor restrictions, but felt we should establish visiting hours, limit the length of visits to 2 hours, limit the number of visitors per resident per visit and... visits should only be allowed outside, in residents' apartments, or a designated visitation area. We will probably re-issue this survey in February and see if any of your feelings about this have changed.

Beyond visitation—we will probably continue to require that staff and visitors be screened and wear masks—but, remove the limit on group sizes at activities and events, allow up to 4 people to a dining table again, and discontinue the daily COVID19 screenings of residents. Of course, this is all subject to the direction of the “higher powers”!

We have been on a long, hard journey together these past 10 months. I cannot thank you—and, your families—enough, for being supportive of Vintage Park and such good sports about all the restrictions during this time. Together, we have gotten through it and together we look forward to a happier and healthier time! Thank you.

Maternity Leave Plan

By: Jamie Brokaw, BSN, RN, HCC

Some of you may already know that I will be on leave come the end of January beginning of February. My husband and I are getting ready to welcome the newest member of our family. As we are anxiously awaiting her arrival, I wanted to take the time to fill you in on our plan at Vintage Park in my absence.

I plan to be on leave for 12 weeks and we want to assure you that your loved ones will continue to receive the same services as always. Julie Beck whom most of you already know has been in the nursing office alongside myself for almost a year, she also has previous years of experience at Vintage Park and will continue to keep things moving smoothly while I am on leave. We also have Susie Camden who is an LPN and has been working as a universal worker since July of 2020. In that time, she has gotten to know your family members and will be a great help to Julie with providing nursing services.

There will be a nurse in the building Monday- Friday generally from 8-4pm along with a nurse on call after hours and on the weekends. Kim Morris our manager will also be observing and monitoring to ensure things run smoothly as she has been in the nursing department previously and she knows what needs to be done. Julie and Susie will continue to communicate ongoing updates and changes that occur, but if you should have questions, comments, or concerns, please call Vintage Park and ask to speak with a nurse. We will be happy to answer any questions you may have.

I look forward to continuing to care for your loved ones, they have all been very supportive throughout my pregnancy always checking in on me and asking me how I'm doing. Your families are such wonderful people and I really do enjoy being able to help care for each and every one of them. I will be back in the office mid to late April.

Dr. Freeman will be here on February 4th and February 18th. If you would like to get on his list to be seen, please let a staff member know.

Noteworthy Events/Holidays

➤ Dress Up Days

- 4th National Sweater Day
- 5th Wear Red Day- in honor of American Heart Month, Women's Heart Week
- 11th White Shirt Day- honors automobile workers and the impact of the flint strike
- 24th Pink Shirt Day – Anti-Bullying
- 26th Wear Jeans- Levi Straus Day

➤ Food Days

- 14th -20th Jell-O Week (what's your favorite Jell-O salad?)
- 9th National Pizza Day - We will be ordering Casey's pizza
- 13th National Cheddar Day - cheese and crackers available at afternoon coffee
- 18th National Drink Wine Day – Wine will be offered at mealtime
- 22nd National Cupcake Day – We will be hosting a cupcake contest with the staff. Tenants will be the judge!
- 22nd is Margarita Day so we will be serving margaritas



Straight from the Kitchen Cupboard

By: Culinary Supervisor - Amy Jenkins

Happy February! Steak night has been a success! We really enjoy making a special monthly meal for all of our tenants! With that being said, our Friday night steak night will be on February 12th at noon this month. So, for all my steak and shrimp lovers, we will simply have our steak meal during the day instead! No worries! We enjoyed our 'Around the World' last month with our Superbowl dips! If you haven't joined us for our cooking show, please come and enjoy the smells and tastes of our travels! I've found a simple and delicious Valentine's day dessert recipe for you all to try out. Until next time, keep it saucy, and play with your food!



*Join Us for Around the World with Amy
on
Monday, February 15th at 10:00 in the
Dining Room!*

Valentine Shooters

Ingredients

- Raspberry or Strawberry Jam
- Angel food Cake
- Fresh Raspberries
- Whip Cream
- Fresh Mint Leaves

Instructions

- 1.) In a tall shot glass, place jam of choice in the bottom.
- 2.) Place cubes of angel food on top of the jam.
- 3.) Raspberries next on top of the angel food, then whip cream.
- 4.) Garnish with mint sprig. That's It!

*Note. These are small, indulge. Fruit is good for you!



February Lunch Specials

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

Happy Valentine's Day

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



B Q Q J D F I R S T K I S S N T I U K O
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Chicken Scratch NY



WOULD YOU RATHER?

- 1.) Live on the Beach
OR
 Live in the mountains?
- 2.) Have a Personal Chef
OR
 Have a House Maid?
- 3.) Eat only Italian food forever
OR
 Eat only Mexican food forever?
- 4.) Always have to tell the truth
OR
 Always have to lie?
- 5.) Go back to high school
OR
 Go back to college life?
- 6.) Be sticky for the rest of your life
OR
 Be itchy for the rest of your life?
- 7.) Never be able to speak again
OR
 Always have to say everything on your mind?





Is Your Battery in Optimal Performance?

By Melissa Butler – Life Enrichment Coordinator

The heart beats about 100,000 times a day. It is said to be the hardest working muscle in your body. It is responsible for supplying oxygen, and nutrients to every organ in your body. Without it, all your vital organs would cease to function. In short, it is the battery to your existence. Just like a car's battery, your heart needs to be cared for and have routine check-ups. This month as we celebrate American Heart Month, keep this information in mind and be kind to your heart. Below are some examples of things you can do to mend your heart.

- Pick a day and choose to make it a salt free day
- Schedule an annual physical/check-up
- Wear red the 1st Friday in February to raise awareness
- Make Watching TV more active by doing chair exercises or stretches during commercials
- Try a heart healthy recipe once a week
- Know your numbers- have your blood pressure checked regularly and keep a log
- Treat yourself to some relaxation & Fun
- Challenge yourself to exercise for 30min a day
- Search up recipes for heart healthy snacks
- Challenge a friend to a daily walk together
- Share who inspires you to take care of your heart



A photograph showing two hands, one larger and one smaller, gently holding a bright red, glossy heart. The background is a textured, light-colored surface.

**Happy
Valentine's
Day from
Vintage Park!**

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

Reception



**810 East Van Buren Street
Lenox, Iowa 50851**