

Vintage Times

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

Vintageparkapts.com 641-333-2233

Hello, JUNE!

By Manager - Kimberly Morris

June is by far my favorite month of the year! There are so many wonderful things that I love about June. After school dismisses, the month starts with the first baseball/softball games of the season. America's favorite pastime for a reason.... Nothing says summer like watching a close ballgame under the lights, eating popcorn, and cheering for the home team. The weather warms up and the city pool opens. Town kids can ride bikes to the pool and swim all day. It's also the start of camping season. My parents, who like to camp, usually plan a few camping weekends in June. My kids enjoy fishing, kayaking, smores, and stories by the fire.

There are also some very important dates to celebrate in June. My youngest son, Cam, will turn 5 on the 7th, Father's Day is on the 20th, and my birthday is on the 25th! Here at Vintage Park, Melissa has some fun things planned to celebrate Father's Day and we will have our annual Luau party towards the end of the month. Whatever it is you like to do in the month of June, enjoy it! I know the month will fly by.

JUNE IS THE GATEWAY TO SUMMER.....



VINTAGE PARK
A P A R T M E N T S

*An Assisted Living and
Memory Care Community*



From the Ground Up and Everywhere in Between

By: Don Cox

It has been a very busy Spring with a lot of moisture. Plants are being planted and the watering devices are all installed. Landscaping has been replanted and the water fountain is in full operation.

Several apartments have been repainted, recarpeted, had new bathroom floors, and toilets installed. We have several new tenants at Vintage Park, so make them feel welcome and get to know them.

If you have any fix-it concerns in your apartments, please continue to let us know.

Thank you!



Riddle of the Month:

JUNE



Q: The more you take, the more you leave behind.

What Am I?

A: _____

+ Answer to last month's question:

Q: What question can you never answer yes to?

A. Are you sleeping?



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

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Odds and Ends...with Cindy

GOOD NEWS!

I picked up a copy of the Lenox Timetable this week, the May 19, 2021 edition. As I started reading the various articles—I realized that this newspaper was full of GOOD NEWS! Good news about our community, good news about our school, good news about our students—it was so refreshing to read about all of the exciting things happening in LENOX!

Here are a few of the good news items in the paper:

Barbara Barker Rauch--A 1972 Lenox graduate establishes an endowment scholarship in honor of her parents. She is quoted as saying "it is incredibly special to honor my parents and the difference they made in my life".

The Lenox Neighborhood Center received a \$2454.00 grant for food pantry week.

An extension to the Lenox Walking Trail is being planned—with more than \$55,000.00 raised, to date. A group of committed citizens are raising the money and applying for grants to make this project a reality. The extended walking trail would go all the way to the golf course!

The City of Lenox has received a private donation to resurface/upgrade some run down tennis courts. Plans are to resurface the courts—to allow for basketball, tennis, pickleball, shuffleboard and corn-hole/bags; and to repair/upgrade the fencing in the area.

A Sesquicentennial Committee has been established to prepare the community for the 2022 celebration of Lenox's 150th birthday!

The Junior High Boys Track team was the 2021 STATE CHAMPIONS! Kim's son, Gabe—was a state champion in 3 events (long jump and 2 hurdle events) and even set the JH state records in both hurdling events.

The Junior High Girls Track team was the 2021 STATE RUNNER UPS (fell short to the champions by 2 points!). Sadie Cox (yes, she's our daughter!) was a state champion in the 200 meter sprint and anchored the state champion Sprint Medley Relay team. She was 2nd place in the 100 m sprint and 3rd place in the long jump.

Piper Brokaw (Chris Brokaw – Jamie's husband, is her dad) placed 3rd in the shot put and discus, Owen Grundman (Joyce Perry's great grand-son) ran in the 2nd place 4x800 team, and Delaney Funk (Kim Morris' daughter) was on the 4th place shuttle hurdle relay team.

HIGH SCHOOL TRACK sent 14 girls and boys to the State Track and Field Tournament. Ava Junker (Doug and Cindy's daughter) is a freshman on the 4x800 team that went to state. Jake Cox (you might know him, too!) went to state as an alternate on the distance medley relay team. Some of our residents had grandchildren/great grandchildren competing at the State Track meet, also.

I had barely finished reading the paper—when Sheila O'Riley (Lenox Chamber Director) called me and asked if I wanted to hear some "good news". She said she had just received an email that the Leading Ladies of Lenox had been awarded a \$20,000.00 Rural Innovation Grant for the 2nd Pocket Park (east side of Main Street). We now have more than half the money raised to complete that project this summer!

After all of this good news about all of the good things happening in our community—I was struck by the contrast with what we see and hear and read about in the national news/mainstream media. It is so refreshing to read about private donations to repair a public recreational space, children honoring their parents, citizens supporting their community, athletes working together as a team and winning state honors, planning celebrations as a community, etc.

That's what I love about Lenox and why I live here. Great folks live in this town!

Exercising Benefits

Exercising has many benefits to all ages. Do you ever get sick of people telling you exercise can make you feel better? Well, it's true, there are so many benefits to staying active. When exercising and eating healthy are done in combination it can reduce the risk of diabetes in high-risk older adults. Some studies have even found that exercise led to a 71 percent decrease in diabetes in those 60 years of age and older.

Do you have trouble sleeping? Exercising has been found to help people fall asleep quicker, sleep for longer periods, and get better quality of sleep. I am sure everyone enjoys a good night's sleep. I know that I do. Good thing our little one is a good sleeper, well most nights.

If you are having trouble with balance issues exercising helps improve your balance which can lead to a decrease in falls. Falls in the elderly population can cause serious debilitating injuries that sometimes are very hard to recover from, the lower the risk for falls the better. This is something we work very hard on here at Vintage Park. We have many interventions in place to help prevent and reduce falls.

How about walking, do you like to walk? Walking along with strength building exercises can help those who suffer from arthritis by reducing pain and helping maintain function and overall quality of health.

Let's recap the benefits of exercising: It can lower your risk of diabetes, help improve overall sleep, improve balance, and decrease pain. All things that I am sure you can agree with are very important for your overall health. As it starts to get nicer outside this summer, please remember to not overdo it, take breaks from the heat, and make sure to drink lots of water.

LET'S GET MOVING!!

Jamie Brokaw, BSN, RN

Noteworthy Events/Holidays

- June 1st – National Say Something Nice Day
- June 8th – National Best Friend's Day
 - “Let me tell ya bout my best friend!”
- June 14th – Flag Day
- June 18th – International Picnic Day
- June 20th – Father's Day
- June 27th – National Bingo Day

Dr. Freeman will be here on June 3rd and June 17th. 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

Hello everyone! It is officially June. We have a bunch of special dates to look out for this month. Our monthly steak night is going to be held on Saturday, June 12th. Father's Day will be a fun time spoiling the father's that reside here at Vintage Park. We will be having pizza nights on two evenings this month, the 20th and on the 28th. I know that Casey's Pizza is a fun way to switch things up! Around the World with Amy is on June 14th, so come watch and enjoy a tasty dish. On the 25th, we are having our annual Hawaiian Luau theme for lunch along with many fun activities throughout the day. Makes my mouth water just thinking about it. Enjoy yourselves this Summer and as always, keep it saucy and play with your food!

Grilling season is upon us! Try out this Potato Salad when you toss some meat of your choice on the grill!



Honey Dijon Potato Salad

INGREDIENTS:

- **baby red or yellow potatoes (or a combo)**
- **raw honey, or maple syrup**
- **Dijon mustard**
- **fresh lemon juice or white vinegar**
- **avocado oil**
- **Sea salt and black pepper**
- **hard-boiled eggs**
- **paleo friendly bacon**
- **onion**
- **fresh chives**

DIRECTIONS:

Place the potatoes in a large pot and add water so that the potatoes are covered by 1 inch. Cook over medium-high heat until the water reaches a boil. Then reduce heat to medium to maintain the simmer and continue cooking until the potatoes pierce easily with a fork – about 7-10 minutes. Drain and allow the potatoes to cool while you prepare the dressing.

In a medium bowl, whisk together the honey, mustard, lemon juice and oil until well combined and smooth. Sprinkle with sea salt and black pepper and whisk to incorporate.

In a large bowl, toss the cooled potatoes (they can still be slightly warm) with the chopped eggs, crumbled bacon, diced onions and chopped chives. Sprinkle with sea salt and black pepper to taste.

Drizzle on as much dressing as you like and stir to coat. Serve right away and enjoy! Store leftovers in a tightly lidded container in the refrigerator for up to 4 days.

June Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Tuscan Chicken w/ Pasta Sicilian Vegetables Garlic Toast Seasonal Fresh Fruit	2. Grilled Reuben German Potato Salad Creamy Cucumber Salad Ice Cream of the Month	3. Philly-Meatloaf Roasted Potatoes Corn Black Forest Cheesecake	4. Butter Crumb Polluck Macaroni & Cheese Pea Salad Fresh Melon (Chubs Chicken at 11:00)	5. Country Fried Steak Mashed Potatoes Country Gravy Green Beans Carrot Cake
6. Ham Scalloped Potatoes Asparagus Cherry Pie	7. Fried Chicken Mashed Potatoes Chicken Gravy Mixed Vegetables Strawberry Shortcake	8. Baked Sausage Penne Pasta Seasoned Green Beans Garlic Toast Seasonal Fresh Fruit	9. Pork Loin Baked Potato/Marg Roasted Broccoli w/ Bacon Peaches & Cream Cobbler	10. Chicken & Rice Oriental Vegetables Lemon Brownie	11. Mushroom Steak Mashed Potatoes Beef Gravy Corn Mixed Berry Pretzel Dessert	12. Spaghetti & Meatballs Tossed Greens w/ Dressing Garlic Toast Ice Cream
13. Turkey Stuffing Broccoli w/ Cheese Dinner Roll Pie	14. Bacon Wrapped Pork Fillet Baked Sweet Potato Seasonal Vegetable Pound Cake w/ Brown Sugar Peaches	15. Hot Beef Sandwich Mashed Potatoes Beef Gravy Corn Cherry Pie Crisp	16. BLT Macaroni & Cheese Creamy Cucumber Salad Seasonal Fresh Fruit	17. Chicken Breast Roasted Potatoes Steamed Asparagus M&M Pretzel Cheesecake	18. Father's Day Event	19. Glazed Meatloaf Mashed Potatoes Green Beans Seasonal Fresh Fruit
20. Ranch Chicken Potato Salad Baked Beans Dinner Roll Pie	21. Parmesan Crusted Salmon Peas Ritzy Carrot Bake Blueberry Gelatin Dessert	22. Pork Chop Mashed Potatoes Pork Gravy Vegetable Blend Strawberry Shortcake	23. Stuffed Shells w/ Creamy Tomato Sauce Sicilian Vegetables Garlic Toast Pie of the Month	24. Nacho Chicken Spanish Rice With Black Beans Ice Cream Sundae	25. Luau Party	26. Crispy Onion Scalloped Potatoes & Ham Seasonal Vegetable Smores Pudding
27. French Onion Roast Beef Mashed Potatoes Beef Gravy Honey Dill Carrots Dinner Roll Strawberry Pie	28. Honey BBQ Ribs Baked Sweet Potato Roasted Broccoli Toasted Coconut Caramel Dessert	29. Tuscan Chicken w/ Pasta Sicilian Vegetables Garlic Toast Seasonal Fresh Fruit	30. Grilled Reuben German Potato Salad Creamy Cucumber Salad Ice Cream of the Month			

Activities At A Glance

By: Melissa Butler

We have been slowly incorporating volunteers back in the schedule including our ministers, fitness leaders and entertainers. We have reached a point where people are ready to get out and socialize. So, this month we have added back our monthly restaurant outing, a trip to the Opera House and our monthly shopping trips. If you want to attend these outings, please sign up when the sign-up sheet is posted. If you do not feel comfortable being out in public, we encourage you to stay home, as it is your choice! As always, I will be glad to pick up any needed items for you if you do not wish to get out and about.

As a reminder, our country store is available Monday-Friday 8-4pm. Paige or I can get you anything you need from the store and you can pay in cash or have it charged to your monthly bill. The store is inaccessible during the weekend, so check to make sure you have everything you need before the weekend arrives.

We have some fun events planned for this month including a Walk for Alzheimer's, a flag day program, a fun day of events in honor of our fathers and our annual Luau. Be sure to join in on the fun!

Alzheimer's and Brain Awareness Month

June is Alzheimer's & Brain Awareness Month — an opportunity to hold a conversation about the brain and share the fact that Alzheimer's disease and other dementias are a major public health issue. Everyone who has a brain is at risk to develop Alzheimer's, the only leading cause of death that cannot be prevented, cured, or even slowed. During the month of June, the Alzheimer's Association® asks people around the world to wear Purple and use their brains to fight Alzheimer's disease.

Alzheimer's is a fatal disease that kills nerve cells and tissue in the brain, affecting an individual's ability to remember, think and plan. Ultimately, those with the disease will lose their ability to communicate, recognize family and friends, and care for themselves.

Worldwide, there are an estimated 47 million people living with Alzheimer's and other dementias, and without a change, these numbers are expected to grow to 76 million by 2030. But everyone can help to end this epidemic — especially you. During Alzheimer's & Brain Awareness Month, the Alzheimer's Association asks people around the world to go purple and use their brains to fight this devastating disease.

On June Eleventh we are going purple at Vintage Park. The dining room will be decked out in purple, we will be having a purple themed coffee, holding a walk on our walking trail, and having blackberry malts in the afternoon. We encourage everyone to dress in purple and join us in bringing awareness to Alzheimer's and Brain Awareness. Before the day is over, make sure to stop by our photo booth with props to take a selfie!

ALOHA! LET'S PARTY!

**SUMMER
HAWAIIAN
LUAU**

ORDER OF EVENTS

June 25, 2021

12:00 - Hawaiian Themed Meal

1:30 - Staff Summer Gauntlet

- Frozen t-shirt challenge
- Hula hoop challenge
- Water balloon toss
- Beach ball race
- Watermelon eating race

3:00 - Tropical Cocktails

VINTAGE PARK
A P A R T M E N T S

LET'S CELEBRATE OUR SPECIAL FATHER'S
AT VINTAGE PARK

FATHER'S DAY BASH

ORDER OF EVENTS

10:00 A.M. - POKER RUN

1:00 P.M. - MOVIE "WILD HOGS"

3:00 P.M. - BREWS & TATTOOS

3:30 P.M. - BEAN BAG TOSS

6:00 P.M. - OLD CAR LINE-UP

SCOOP THE LOOP PARADE

FRIDAY JUNE 18, 2021

810 EAST VAN BUREN ST.

LENOX, IOWA 50851

VINTAGE PARK

A P A R T M E N T S

GIVE US A CALL AT (641) 333-2233 IF YOU WOULD
BE INTERESTED IN PARTICIPATING IN THE
PARADE!



hello
SUMMER

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**