

# VINTAGE TIMES

VINTAGE PARK APARTMENTS, 810 EAST VAN BUREN, LENOX, IA 50851  
VINTAGEPARKAPTS.COM 641-333-2233

## Happy October!

By: Manager, Kim Morris

I hope everyone had a wonderful end to summer and is as excited as I am to usher in the fall season. One thing I will say is that we are lucky to be able to experience the changing of all four seasons here in Iowa. There are so many beautiful things about fall and they kick off the beginning of the holiday season. October will be busy here at Vintage Park as our calendar is filled with fun fall activities.

As much as I had hoped we wouldn't still be talking about Covid-19 almost a year from our outbreak here at Vintage Park, it seems that the virus is flaring up again. Fortunately, the vaccine is doing its job and is continuing to keep our residents protected. We appreciate and continue to stress the importance of following protocols in order to keep everyone as safe as possible. We know the value of families staying connected, and we couldn't do this without you.

We are so blessed as a community and we owe that to each resident as well as their loved ones, friends, and support systems. Despite the challenges we have faced together as a country, we have made a lot of great memories and look forward to many more in the months to come.



## From the Ground Up and Everywhere in Between

By: Don Cox

Starting October 1<sup>st</sup>, we will no longer be watering flowers. We will start winterizing that day. Hoses will be put away; the water fountain and outdoor water hook ups will be shut off.

It has been beautiful outside as the fall weather has been pleasant. We just hope this nice weather sticks around through December.

The ducks and geese have been showing up on the pond. Take a look if you are feeling up to it!

I will also be draining the dry pipes in our fire system. If you have an apartment with a drainpipe, I will be visiting you soon.

Here is a friendly reminder to let our community staff know if you have any fix it concerns and I will get you on the schedule.

Thank you!

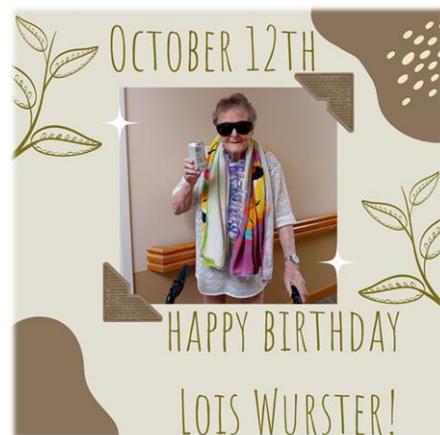
## Riddle of the Month...?

**Q:** A man is trapped in a room. The room has only two possible exits: two doors. Through the first door there is a room constructed from magnifying glass. The blazing hot sun instantly fries anything or anyone that enters. Through the second door there is a fire-breathing dragon. How does the man escape?

**+** **Answer to last month's question:**

**Q:** What has cities, but no houses; forests, but no trees; and water, but no fish?

**A:** A map.



## Noteworthy Events/Holidays

- **October 6<sup>th</sup>** – Pumpkin Seed Day – We are making our own seeds!
- **October 13<sup>th</sup> & 20<sup>th</sup>** – Bake & Decorate Month - Decorating cookies on the 13<sup>th</sup> & 20<sup>th</sup>
- **October 20<sup>th</sup>** – Annual Chili Cook-Off for Lunch
- **October 22<sup>nd</sup>** – Apple Extravaganza!
- **October 29<sup>th</sup>** – Tenant Halloween Party at 2:30pm. Wear your costumes!
- **October 31<sup>st</sup>** – Halloween
- **National Cookbook Month**- Submit your favorite recipes for the Vintage Park Cookbook

## VISITORS – WE LOVE THEM!

We are so thankful that we can continue to entertain visitors – family & friends are always welcome at Vintage Park!

However, we do ask if you are planning to host an event that involves our kitchen, that you try to give us an accurate number of guests to ensure we have prepared enough food to feed everyone! If you could call a day or two ahead of the event to confirm the number of guests, we would appreciate it!

Thank you for your support of Vintage Park. We appreciate all of you.



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

Kim Morris, Manager: [director@vintageparkapts.com](mailto:director@vintageparkapts.com)

Jamie Brokaw, Health Care Coordinator: [nurse@vintageparkapts.com](mailto:nurse@vintageparkapts.com)

Melissa Butler, Life Enrichment Coordinator: [life@vintageparkapts.com](mailto:life@vintageparkapts.com)

**Follow us on our Facebook page:** <https://www.facebook.com/vintageparklenox/>

## Odds and Ends with Cindy

### IT'S FALL... (OR IS IT?!?!?!)

*It's summer. It's winter. It's fall;  
In the course of one week we've had all  
Of those seasons and more.  
What's a calendar for?  
I once knew, but no longer recall.*

That about sums it up, huh? We can go from 90 degrees and blistering sunshine to 40 degrees with a cold rain...in a matter of hours.

Homecoming and National Assisted Living Week are both behind us! Even though they both happened at the same time—and it was really busy—we got through it and managed to have a lot of fun.

As all of you are aware—Covid is circulating again. Case rates are up in our area as well as the rest of Iowa. At the time of this writing—we have had one fully vaccinated resident test positive (with mild symptoms) and a few unvaccinated staff have tested positive as well.

Any resident who tests positive will be asked to stay in their room for 10 days – while any staff who test positive are off work for 10 days. We are monitoring residents for symptoms, screening visitors in the building and asking everyone to wear masks. If you are not feeling well - please let the staff or Nurse know as soon as possible.

It sounds like the Moderna Vaccine (the one we all got at Vintage Park) is holding up the best against this new round of Covid and its variants. We will keep you posted about a booster – if and when it becomes available.



## The Flu Vaccine

Jamie Brokaw, BSN, RN

Influenza (flu) can be a serious illness, especially for older adults. **FACT:** People 65 years and older are at higher risk of developing serious complications from flu, compared with young, healthy adults. This risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, it's estimated that between 70 percent and 85 percent of seasonal flu-related deaths in the United States occur among people 65 years and older, and between about 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group.

An annual flu vaccine is the best way to reduce your risk of flu and its potentially serious consequences. **FACT:** While flu vaccine can vary in how well it works, vaccination is the best way to prevent flu and its potentially serious complications. Flu vaccination has been shown to reduce the risk of flu illness and more serious flu outcomes that can result in hospitalization or even death in older people. While some people who get vaccinated may still get sick, flu vaccination has been shown in several studies to reduce severity of illness in those people.

For more information, visit: [www.cdc.gov/flu](http://www.cdc.gov/flu) or call 1-800-CDC-INFO

**FLU SHOT CLINIC @ VINTAGE PARK IS OCTOBER 15, 2021.**



*Dr. Freeman will be here on October 7<sup>th</sup> and October 24<sup>th</sup>.*

*If you would like to get on his list to be seen, please let a staff member know.*



# LEADING A HEALTHY LIFESTYLE

**Good nutrition and physical activity are important parts of leading a healthy lifestyle. A balanced diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases, and promote your overall health.**

## EXERCISE REGULARLY



*As a general goal, aim for at least 30 minutes of physical activity every day!*

Get at least **150 minutes** a week of moderate aerobic activity or **75 minutes** a week of vigorous aerobic activity. You also can do a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week.

## DRINK LOTS OF WATER



*Aim for 8-10 glasses of fluid per day*

It helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing **tiredness, low energy, and headaches**. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

## HEALTHY FOOD CHOICES



*Healthy Gut, Healthy Mind!*

Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and **keep your heart beating, your brain active, and your muscles working**. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.

**Rest and refresh.** Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body. Allow yourself some unfocused time each day to refresh, let your mind wander, go daydream. It's okay to add 'do nothing' to your to-do list!

Sources:

[www.fitness.gov](http://www.fitness.gov), [www.mayoclinic.org](http://www.mayoclinic.org), [www.helpguide.org](http://www.helpguide.org), [www.livelifewell.nsw.gov.au](http://www.livelifewell.nsw.gov.au), [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

**Straight from the Kitchen Cupboard**  
*By: Culinary Supervisor - Amy Jenkins*

Happy Fall, Ya'll! I hope this note finds you all happy and healthy. I am loving this weather! Fall is my favorite season with the tastes, smells and colors.

October 4<sup>th</sup> is our order off the menu day, so if you haven't utilized our anytime menu, now is your chance to find something new that you may enjoy. Our Around the World is October 18<sup>th</sup> where we will be having some baked apples. I hope you all come for a taste! I'll leave you a recipe for an easy, tasty pumpkin dip that goes well with the season. Hope you get a chance to make it. As always, keep it saucy and play with your food!

**Pumpkin Dip**

1 cup canned pumpkin

½ cup confectioner's sugar

1 package cream cheese

½ teaspoon ground cinnamon

1 tub cool whip

- ❖ Combine everything but the cool whip in a bowl and mix with a hand mixer until smooth. Fold in cool whip and enjoy! Use with graham crackers, apple or pear slices.

**Apple Extravaganza**

Friday, October 22<sup>nd</sup>



Join us as we spend the day playing, creating, guessing, and tasting, all things apples.

**Apple Bread with Cinnamon  
Apple Crunch**

***Ingredients***

- ***1 3/4 cups all-purpose flour***
- ***2 1/2 teaspoons cinnamon***
- ***1/4 teaspoon nutmeg***
- ***1/4 teaspoon salt***
- ***1 teaspoon baking powder***
- ***2 eggs***
- ***3/4 cup sugar***
- ***1/3 cup vegetable oil***
- ***2 tablespoons applesauce***
- ***2 cups finely chopped peeled apples***
- ***1 cup chopped toasted pecans***
- ***1 tablespoon sugar for sprinkling the top***
- ***1/4 teaspoon ground cinnamon***

***Instructions:***

1. Preheat oven to 350 degrees. Grease a loaf pan.
2. In large bowl mix together flour, cinnamon, nutmeg, salt and baking powder.
3. In medium bowl mix together eggs, sugar, vegetable oil and applesauce.
4. Add wet ingredients to dry and mix just until incorporated. Fold in apples and half of the pecans. Combine remaining pecans, 1 tablespoon of sugar, and 1/4 teaspoon ground cinnamon: sprinkle over loaf.
5. Bake in the preheated oven until a toothpick inserted in the center of the bread comes out clean, 55 to 60 minutes. Invert to remove loaf as soon as possible.

## October Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Beef Liver w/ Onion Cheesy Bacon Potatoes Brussel Sprouts & Carrots Cherry Chocolate Cake	2. Pulled Pork on Bun Apple Bacon Coleslaw French Fries Pistachio Dessert
3. Buttermilk Fried Chicken Mashed Potatoes Country Gravy Battered Green Beans Dinner Roll Apple Pie	4. <b>ORDER OFF THE MENU DAY!</b>	5. Baked Pork Chop Mashed Potatoes Pork Gravy Candied Carrots Strawberry Shortcake	6. Chicken & Veg Stir Fry Brown Rice Egg Roll Banana Split Ice Cream	7. Beef & Noodle Casserole Mashed Potatoes Corn Dinner Roll Pineapple Angel Lush	8. Battered Haddock Broccoli & Rice Bake Biscuit Apple Snicker Salad	9. Baked Chicken Fried Steak Mashed Potatoes Country Gravy Mixed Vegetables Pudding Parfait
10. Glazed Ham Balls Party Potatoes Green Beans Dinner Roll Apple Pie	11. Beef Taco Spanish Rice Refried Beans \$300 Cake	12. Baked Spaghetti Pie Butter Beans w/ Bacon Garlic Breadstick Chocolate Ice Cream	13. Honey BBQ Chicken Drumsticks Mac & Cheese Broccoli Citrus Jello Parfait	14. Apple Cider Pork Loin Candied Sweet Potatoes Green Bean Casserole Dinner Roll Strawberry Shortcake	15. Breaded Shrimp Baked Potato 3 Bean Salad Cherry Cheesecake	16. Baked Steak w/ Gravy Mashed Potatoes Cheesy Cauiflower Vanilla Ice Cream
17. Oven Roasted Turkey Baked Sweet Potato Lima Beans Dinner Roll Peach Pie	18. Philly Beef Sandwich Ranch Tater Tots Coleslaw Rainbow Sherbet	19. Brown Sugar Meatloaf Country Fried Potatoes Corn Pudding Parfait	20. <b>Chili Cook-Off Ham and Cheese Sandwiches Carrot Sticks Chips Cinnamon Roll</b>	21. Beef Fajitas Spanish Rice Refried Beans Cinnamon Ice Cream	22. <b>Apple Cider Glazed Pork Chops Apple Walnut Stuffing Roasted Apples &amp; Squash Apple Cake</b>	23. Battered Haddock Macaroni Salad Spinach Fresh Fruit
24. Beef Pot Roast Buttermilk Mashed Potatoes Beef Gravy Corn Dinner Roll	25. Baked Chicken Drumstick Cheesy Party Potatoes Green Beans Pineapple Angel Lush	26. Lasagna Creamed Spinach Breadstick Citrus Jello Parfait	27. Apple Butter BBQ Ribs Country Fried Potatoes Baked Bean Casserole Diced Watermelon	28. Chicken & Noodles Mashed Potatoes Green Beans & Caramelized Onions Dinner Roll Ice Cream of the Month	29. Beef Liver w/ Onions Cheesy Bacon Potatoes Brussel Sprouts & Carrots Cherry Chocolate Cake	30. Pulled Pork on Bun Apple Bacon Coleslaw French Fries Pistachio Dessert
31. Buttermilk Fried Chicken Mashed Potatoes Country Gravy Battered Green Beans Dinner Roll Apple Pie						

# THE EPITOME OF FALL

By Life Enrichment Coordinator: Melissa Butler

When we think of Fall, we often think of bright oranges, brassy reds, aromatic spices, and of course, pumpkins.

Pumpkins are a form of Winter Squash and are one of the oldest domesticated plants. They are native to North America and are widely grown all over the world for a variety of reasons ranging from agricultural purposes to commercial and ornamental sales.

The pumpkin is a very versatile plant that has little waste, as most of its parts are edible. In North America, the flesh of the pumpkin is very popular and is often turned into a puree and used in pies, bars, breads, and soups. Pumpkins that are small and green can be eaten the same way as zucchini or summer squash. The leaves of the pumpkin plant are used as vegetables in China and Korea and often added to soups. The pumpkin flowers are a popular dish in the Southwest and Mexico. They are dredged in flour and deep-fried. The pumpkin seeds are a popular snack with children and adults, and they are full of nutrients such as protein, magnesium, copper, and zinc. The shell is used as a vessel for desserts, dips, soups and so much more. As you can see, there is hardly any waste when it comes to pumpkins.

Another use for pumpkins is for livestock feed. That's right, cows, horses, goats and sheep love pumpkins and they are a great source of Vitamins A & E, as well as folate and fiber. So, if you find yourself with a surplus of pumpkins, reach out to a local farmer and donate them. The worst-case scenario is that next spring they might see a few pumpkin plants spring up from the processed or unprocessed seeds. Lol....

The other obvious use for pumpkins is decoration. Whether it be a splash of color on your front porch or a well-lit Jack-O-Lantern for Halloween, pumpkins are universally loved by children and adults.

## Annual Staff Pumpkin Decorating Contest

*Pumpkins must be in the  
building by October 15<sup>th</sup>.*

*Winner will be announced  
At Tenant Halloween Party  
October 29<sup>th</sup>*

**Voting for your favorite pumpkin may be done in the  
building or via our Facebook page!**

Every year in October the air gets crisp, and the breeze turns cold, which makes it the perfect time to warm up with a bowl of chili.

I don't know about the rest of you, but chili is a fall and winter staple at my house. Growing up as a kid I would wake up to the smell of chili, weird right? My dad would wake up around 4am and get chili in the crockpot so it could simmer all day. While most people woke up to the smell of coffee, we woke up to the smell of chili. The taste of the chili was pretty much always the same as a kid, and it always had our own stewed tomatoes in it, the recipe never changed. As an adult, my chili has evolved and is different every time. If it was up to my husband, it would be sickening sweet. If it was up to my youngest daughter, it would have no tomatoes, onions, or peppers. So, to please everyone, we switch it up. Sometimes it's loaded with different beans and vegetables, sometimes its basic with beans and meat and sometimes it's so hot you must wipe the sweat from your brow. No matter which version is served, our family is always eager to dish up a bowl of chili.

If you are a chili enthusiast, we are looking for judges for our annual chili cook-off, which will be held on October 20<sup>th</sup>. Judges will be responsible for sampling all the entries and scoring them on a scale of 1 to 10. After the entries have all been judged and a winner selected, the chili will be available for everyone who wishes to have a sample. The kitchen will be serving ham and cheese sandwiches, carrot sticks, chips, and a cinnamon roll on this day so that you have room to sample some of the chili!

**Please let Melissa know if you are interested in being a judge!**

## Chili Cook-Off

**Wednesday, October 20<sup>th</sup>**



Chili must be in the building by 11am

Judging begins at 11:30am

First place wins \$50 in chamber bucks

Second place wins \$25 in chamber bucks

Third place wins \$10 in chamber bucks

## Vintage Park Cookbook

We are gathering recipes for a Vintage Park Cookbook. If you have a recipe that you love and would like to share, please write it down and give it to Paige. Once we have enough recipes gathered, we will proceed ahead with compiling a cookbook.



# Recipe for

NAME OF DISH

FROM THE KITCHEN OF

INGREDIENTS

SERVES

PREP TIME

TOTAL TIME

OVEN TEMP

DIRECTIONS





HELLO  
AUTUMN

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