

Vintage Times

January 2022 Newsletter

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

Vintageparkapts.com 641-333-2233

HAPPY NEW YEAR

By: Kim Morris, Manager

I hope you have all had a wonderful holiday season! I can't believe that we are flipping our calendars to January. It's the time of the year when many of us re-assess our busy lives and think about what we want to accomplish or change in our lives during the next year.

This month, hundreds of thousands of people will challenge themselves to a New Year's Resolution. Some will try to quit smoking, save money, get more sleep, lose weight, etc. I wish everyone luck with whatever goal it is you are working on, I'm sure are some easier than others. I do have a resolution we all can try to fulfill, which is to be kind to one another. In a world facing so many challenges, it is one thing we can all do to help. Start with a positive attitude each day, be polite to everyone you meet, help someone in need and understand that people may be facing battles you can't see. These small things are contagious behaviors and will radiate to your neighbor's, your community, and your world!

I WISH ALL OF YOU A HEALTHY AND HAPPY 2022!



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

I hope everyone enjoyed their Holiday this 2021. We didn't get a white Christmas this year. The New Year is approaching quickly and will be upon us in a few days.

When I look back at 2021, I see many positives at Vintage Park. There have been many updates to our facility that continue to make it a beautiful home for all of you. We have many goals in 2022 to continue this trend. We will be replacing three exterior doors, about ten new windows, face lift to our coffee shop, and new paint in some areas. We may even update our wander guard and fire alarm systems.

Please remember to communicate any issues in your apartments. Thank you. Happy New Year!

Noteworthy Events/Holidays

- **Brain Teasers Month – Trivia and Word Search Puzzles throughout the month**
- **Gourmet Coffee Month – Watch for some fun ways to switch up your coffee throughout the month at Coffee & Chat at 3:00 every day!**
- **Get Organized Month- Make a weave basket to organize small items on the 28th**
- **January 20th - Penguin Appreciation Month-Watching March of the Penguins**
- **Bowling Month-Two-man Wii Bowling Tournament on the 15th**
- **National Soup Month - Friendship Soup Craft on the 21st**



18th JoAnn Phillips
20th Henry Heaton
20th Joyce Perry
26th Howard Stoaks
27th Bill Shuler
31st Betty Donaldson
31st Wilma Bloom



Staff Birthdays

RILEY WILKINSON
JANUARY 8TH

Employment Anniversaries

SHELLY MARSHALL
2 YEARS (JAN. 31)
ABBY KENNAN
1 YEAR (JAN. 29)

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

Kim Morris, Manager: director@vintageparkkpts.com

Jamie Brokaw, Health Care Coordinator: nurse@vintageparkkpts.com

Melissa Butler, Life Enrichment Coordinator: life@vintageparkkpts.com

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

Odds & Ends with Cindy

2021–IT’S A WRAP!!

Another year is in the record books! They just keep flying by...365 days at a time. Someone once told me...the days seem long but the years are short. There’s truth in that statement.

As we look back over the past year—there have been ups, and some downs, and a lot of just plain “life” in between. We have lost some old friends and gained some new ones. We have had vaccines...and booster shots. We have enjoyed much laughter and shed some tears. Some parts of our bodies feel better and other parts just hurt. We’ve all had another birthday and celebrated other milestones together.

At Vintage Park we have been planning for 2022...and are excited about what the New Year will bring. We hope to update the coffee shop in January, replace some doors and windows and living room furniture, and update our fire panel, in the next 12 months.

We will say “goodbye” to our beloved Nurse—Julie Beck...and, “hello” and “welcome” to Jeri Smith as Community Nurse.

In spite of our best planning—there will be some surprises in store for us next year, I am sure! And, when those unexpected things happen—we will trust God to lead us through and provide us what we need to respond as best we can.

We are thankful for our wonderful residents and their families, our devoted staff and their families, the amazing community we live in, and for all of the blessings we enjoy.

We wish all of you a happy, healthy, and fulfilling 2022!

jan uary Daily Challenge!

1. What was your first meal of the year?
2. Choose a word for this year and explain why
3. This time next year I will be:

4. Write about one thing that you love about yourself
5. Make a list of books you want to read this year
6. Write about your current home: describe how it looks, feels, what you like about it, etc.
7. Make one tangible goal that you can accomplish in the week ahead
8. Make an anagram of your name
9. Write a haiku about your day
10. Describe your current self in 4 words
11. If you could live inside of any movie it would be _____
12. What is your ideal morning routine?
13. What is your ideal nighttime routine?
14. Write down 10 things you're thankful for right now
15. What is one thing you can do to take care of yourself today? Write it down and make it happen.
16. What is something you achieved last year that you're proud of?
17. Make a list of 5 of your favorite songs right now
18. Write down your favorite memory from today
19. Find a verse, poem, or quote that inspires you in your current situation and write it down
20. Describe your future self in 4 words
21. Make one tangible goal that you can accomplish in the week ahead
22. Where is the most inspiring place you've ever been?
23. You're doing better than you think you are! Give yourself 3 sincere compliments.
24. I feel like my best self when

25. Describe your partner or closest friend in 4 words
26. Clear your head! Free write or skip.
27. I am proud of myself for

28. What is your favorite smell? Why?
29. Write down 10 things you're thankful for right now.
30. What have you accomplished this month?
31. Write down one word to describe this month for you (expand if you like).

**all the
delights**

Straight from the Kitchen Cupboard

By: Culinary Supervisor - Amy Jenkins

Hello everyone and happy 2022! It sounds so strange. I hope this year is full of new and exciting things for everyone. With every new year, comes new goals or resolutions, if you will. The majority focus on self-improvement like exercising more, losing weight, getting organized or working on a new skill or hobby. My New Year's resolution is to come up with a resolution by February. My last year's resolution was to stop procrastinating, and as you can tell, it clearly worked! I've come to a startling conclusion that most people, especially women, are usually more focused on weight goals. I am also concluding that scales were made solely to make us feel bad! However, if you are one of the millions of people that have started a 'healthier you' year, I applaud you. As you may know, starting a healthier lifestyle can get overwhelming and let's face it-boring! So, amid your newly found rabbit-like habits, try this recipe out. It's no fun eating the same food or the same way everyday which is how this punchline came to be. So, as always, keep it saucy and play with your food!

Chickpea Pilaf

1 T Olive Oil

1 Can Reduced Sodium Chickpeas Drained

½ Red Onion Chopper

2 Cups Water

1 Package Rice Pilaf

1 Tomato Diced

½ Bunch Parsley Roughly Chopped

1 Lemon

½ Cup Walnuts

3 T Crumbled Feta Cheese

Sautee chickpeas and onions in oiled pan. Add water and rice. Bring to a simmer on medium heat. Add tomato, parsley, and the juice from the lemon.

Stir and top with walnuts and feta. Enjoy!

SLOW COOKER CRACK POTATO SOUP

Equipment:

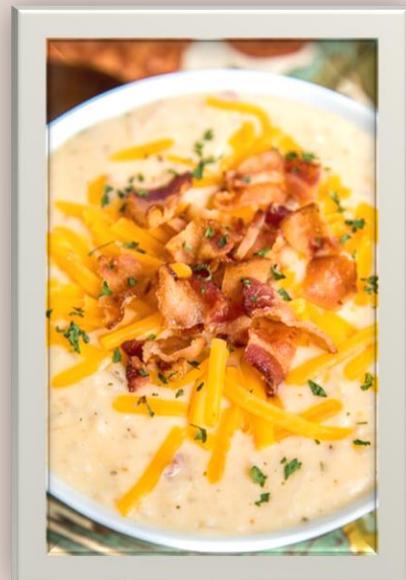
- **6-quart slow cooker**

Ingredients:

- **1 (30 to 32-oz) bag frozen shredded hash browns**
- **3 (14.5-oz) cans chicken broth**
- **1 (10.75-oz) can cream of chicken soup**
- **1 (1-oz) package Ranch Salad Dressing mix**
- **1 pound bacon, cooked and chopped**
- **2 cups shredded cheddar cheese**
- **1 (8-oz) package cream cheese, cubed**

Instructions:

1. **Combine hash browns, chicken broth, cream of chicken soup, Ranch dressing mix, and bacon in a 6-quart slow cooker.**
2. **Cover and cook on LOW for 8 hours.**
3. **15 minutes before serving, stir in cheddar cheese and cream cheese until melted. Use a whisk to get cream cheese incorporated into soup.**



JANUARY LUNCH SPECIALS

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

SMELLS LIKE CHRISTMAS SPIRIT

By: Melissa Butler

We spent the last month squeezing in all the Christmas spirit we could handle in the Gardens. Throughout the month, different staff lead the following fun events; door decorating, Christmas crafts, decorating cookies, making candy, Christmas caroling, Christmas bingo, Christmas minute to win it games, grab bag game, reading of the Christmas story, rides on the bus to see the lights around town, special entertainers, and so many more. Just like it takes a village to raise kids, it takes a village to get everyone into the Christmas Spirit. Please enjoy some of the photos from our fun filled month.



Write your Personal History

1. Write about your name. Where did it come from? What does it mean?
2. When and where were you born?
3. Write about your mom. What would you like people to know?
4. Write about your dad. What would you like people to know?
5. Do you have siblings? Write about them.
6. Where did you grow up? What do you remember about this place?
7. Think about your house growing up. What was it like?
8. What was your childhood bedroom like?
9. What was your favorite activity as a child?
10. What was your favorite place as a child?
11. Who were your friends as a child?
12. Did you travel as a child? What were your favorite places to visit?
13. What did a typical day look like as a child?
14. What did a typical day look like as a teen?
15. What was high school like for you?
16. What world events were significant to you as a child?
17. Write about your grandparents.
18. Write about your aunts.
19. Write about your uncles.
20. Write about your cousins.
21. Write about your early school memories.
22. What was your favorite subject in school?
23. Who was your favorite teacher as a child?
24. Did you move as a child? Write about it.
25. Who taught you to drive?
26. What was your favorite food as a child?
27. Write about your most memorable birthday?
28. How did you typically celebrate your birthday?
29. Write about your favorite holiday memory.
30. What was the hardest part about growing up?
31. What was the best part about growing up?
32. When did you first leave home? Write about the experience.
33. What did your parents do for work?
34. What was your first job?
35. What is your favorite family story?
36. Write about a funny story that has been passed down through the generations.
37. What were you most proud of as a child?
38. What did you want to be/do when you grew up? Did you become it?
39. Who inspired you as you matured?
40. What job has been your favorite?
41. What was the best part of your 20s?
42. What was the best part of your 30s?
43. Are you in a relationship? How did you meet your significant other?
44. Did you have any boy/girlfriends as a youth? Write about them.
45. Do you have kids? Write about them.
46. What are you most proud of as an adult?
47. Where is the most fascinating place you've visited?
48. What is one thing about today that you never want to forget?
49. What item will you cross off your bucket list next?
50. What advice would you give your younger self?

Just a reminder that we will be hosting a retirement party for Julie Beck who has been the Community Nurse for Vintage Park on January 7th, at 1:30pm in our dining room. We wish her well and congratulate her on her retirement!

Jeri Smith our new Community Nurse has been getting to know Vintage Park and how our day-to-day operations are conducted. She has jumped right in and will be a great asset to Vintage Park and for our residents.

I hope everyone has had a wonderful holiday season spending time with loved ones. As we enter a new year most will take time to reflect on things and what they would like to accomplish in the upcoming months. Staying healthy is my top priority for our residents.

Some tips for staying healthy year-round:

- Get active. Physical activity is an immune system booster.
- Take supplements as necessary.
- Eat a healthy diet.
- Wash your hands frequently.
- Learn how to manage stress.
- Get plenty of rest.

By: Jamie Brokaw, BSN, RN



10 Bath Safety Tips for Seniors

Did you know that 1 in 4 seniors aged 65 and older fall at least once a year? According to the National Institute on Aging (NIA), 80% of these falls occur in the bathroom. New York Times also reported that the number of bathroom injuries peak after the age of 85.

Bathrooms consist of hard floor surfaces, potentially sharp edges of counters and solid fixtures like the bathtub, sink and toilet that can lead to painful injuries when a fall occurs.

These statistics are alarming. January is National Bath Safety Month, and we collected some tips to safe proof your bathroom!

1. Reduce Clutter in Bathroom

2. Keep Things at Arm's Reach

3. Hand-held Showerhead

4. Weighted Shower Curtain

5. Grab Bar Installations

6. Non-slip Bathmats

7. Non-slip Shower/Bathtub Chair

8. Consider a Walk-In Tub

9. Get Support from a Caregiver

10. Keeping the bathroom pathway clear

Dr. Freeman will be here on January 6th and January 20th.

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

Dress Up Days this Month

- 4th Dress in your favorite Decade
- 6th Wear Your pajamas
- 19th Dress Like a Twin
- 20th Dress in Black & White
- 21st Wear Sweatpants
- 26TH Wear Green
- 27th Wear Strange Socks



VINTAGE PARK IS CURRENTLY TAKING INQUIRES FOR THOSE INTERESTED IN OUR COMMUNITY. IF YOU HAVE ANY QUESTIONS,

PLEASE CONTACT US @ (641) 333-2233.

Reception

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