

# Vintage Times

*April 2022 Newsletter*

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

*Vintageparkapts.com 641-333-2233*

## **SPRING IS HERE**

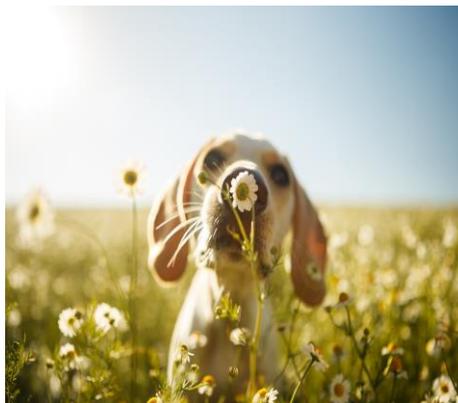
I am so excited to be in the month of April! The weather is getting warmer, days are getting longer, and flowers will be starting to bloom. Easter is also upon us! Take a moment to remember that this is a time of new beginnings in life. As you reflect on this, perhaps you will feel renewed. We wish for our residents to have a great outlook on life and all the opportunities it holds. I hope you will join me in being active and vibrant with the new beginnings of spring and to live each day to the fullest. We look forward to the warmer days to come, enjoying outside entertainment, and other outdoor activities.

It is also with much excitement that I announce a change to our Covid restrictions. Due to the decrease in cases across the state, especially in our area, we feel it is safe to make some changes at this time. Visitors will no longer be required to screen at our main entrance. It is also no longer required to wear a mask. We will continue to offer masks at our main entrance if you choose to wear one.

We are so thankful to be able to see some light at the end of the tunnel with this pandemic.

Happy Easter!

Kim Morris, Manager



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

Spring is finally here. We will begin planning for flowers and upright gardens. We have a family of geese on the pond. Take a look if you can.

Harold Park donated a nice bench in memory of his wife June Park, which is out on the back patio if you want to look at it. Thank you, Harold.



Noteworthy Events/Holidays

- April 1<sup>st</sup> – April Fool's Day
- April 7<sup>th</sup> – World Health Day
- April 10<sup>th</sup> – Palm Sunday
- April 14<sup>th</sup> – National Reach as High as You can Day
- April 15<sup>th</sup> – Good Friday
- April 17<sup>th</sup> – Easter
- April 20<sup>th</sup> – Earth Day



Marvin Reed - 15th Wilma Peterson - 20th Ed Sorensen - 21st



APRIL

Happy  
Birthday

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

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

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

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

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

## Odds & Ends with Cindy

### A PICTURE IS WORTH A THOUSAND WORDS...

(If that's true—you are looking at about a 5000-word essay!)

This month, I thought I would share some photos from the recent Manager's Trip to Destin, Florida. Don and I like to show our appreciation to all of our staff—through creative and fun things, like this. Our managers' jobs are often stressful and call for long hours. Spending a little time with some "fun in the sun" is a way to get away—and re-charge!

I thought I would share some photos of our trip—so, you might experience some of the Florida trip highlights, too!



## Something is Always Better than Nothing.....

By Melissa Kennan

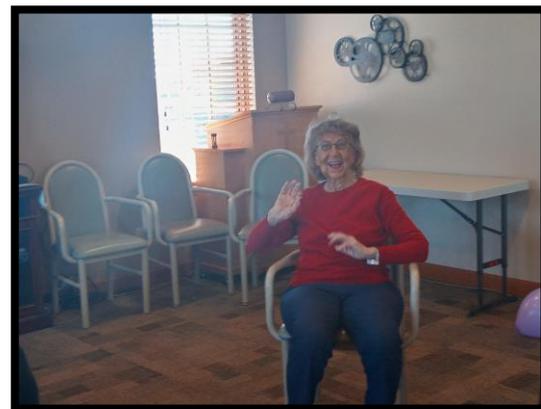
With all the information we are privileged to these days, it is hard to dispute the importance of physical activity. This is especially true as we age, and it is never too late to start living a healthier lifestyle.

The key to staying fit, is finding the right physical activity for you. We all have different social preferences, physical conditions/limits, schedules, and we all enjoy different things. Exercise comes in many forms, and you must find what works for you and your lifestyle. If it isn't enjoyable, you aren't going to stick with it. To help you get a sense of what your exercise preferences might be, ask yourself some of the following questions.



- Do you like things organized or do you prefer more casual activities?
- Do you like to do things on your own or do you prefer to be a part of a group?
- Do you prefer to spend time indoors or outdoors?
- What are your movement constraints?

No matter what your answers are to these questions, Vintage Park has you covered. We have long open hallways for those who enjoy walking indoors, we have a paved walking path outdoors if you enjoy being outside, we have exercise equipment indoors if you prefer to exercise alone, and we have group exercise classes five days a week.



On Mondays and Wednesdays our exercise class is led by a certified trainer who holds fitness classes in the Lenox community. Her sessions at Vintage Park are open to the community which allows us to socialize with folks from outside of Vintage Park.

On Tuesdays, Thursdays and Fridays, our exercise class is led by the activity director. This class ranges from simple stretching, to learning a themed chair dance, to playing balloon volleyball or going on a scavenger hunt around the building.... We do our best to keep exercise fun and exciting!



So... what are you waiting for? Pick an activity that sounds enjoyable to you, and remember, something is always better than nothing, when it comes to staying active!

## Riddle of the Month...

**You walk into a room with a rabbit holding a carrot, a pig eating slop, and a chimp holding a banana. Which animal in the room is the smartest?**

**Answer: \_\_\_\_\_**

**Last Month: What runs but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?**

**Answer: River**

## Straight from the Kitchen Cupboard

By: Culinary Supervisor - Amy Jenkins

Hello everyone and happy Spring! I'm loving this weather! We have some food holidays this month, so let's talk about them. April 4<sup>th</sup> is National Cordon Bleu Day, April 14<sup>th</sup> is National Pecan Day, April 20<sup>th</sup> is National Pineapple Upside-down Cake Day, and April 28<sup>th</sup> is National Blueberry Pie Day just to name a few. We will be adjusting our menu accordingly to go with the days theme! A day we will miss out on is National Cheeseball Day, but below I've added a simple cheeseball recipe I hope you all try.

As always, keep it saucy and play with your food!

### Cheeseball

#### INGREDIENTS:

8oz bacon chopped

¼ cup sour cream

16oz cream cheese room temp

1 ¾ cup shredded cheese

¼ cup green onion chopped

3Tbsp ranch seasoning

½ cup walnuts chopped (optional)

#### DIRECTIONS:

Cook chopped bacon until cooked and drain. Add all ingredients and mix until well combined. Form into a ball shape. Roll in walnuts if desired and let set in refrigerator for at least an hour. Serve with chopped vegetables or your favorite crackers and enjoy!



## Fruit Fluff Salad

### Ingredients:

- 1 large 16 oz. container of cool whip (make sure its frozen, or slightly defrosted)
- 2 8 oz. cans of pineapple tidbits (drained well)
- 3 small cans of mandarin oranges (drained well)
- 1 3 oz. package of orange jello
- 1 and 1/2 container of reduced fat cottage cheese (the largest containers 24 oz.)
- 2 cups of mini pastel marshmallows (but I eyeball the marshmallows and please add more if you choose)

*(Optional ingredient- coconut about 1 cup as it gives a good texture.)*

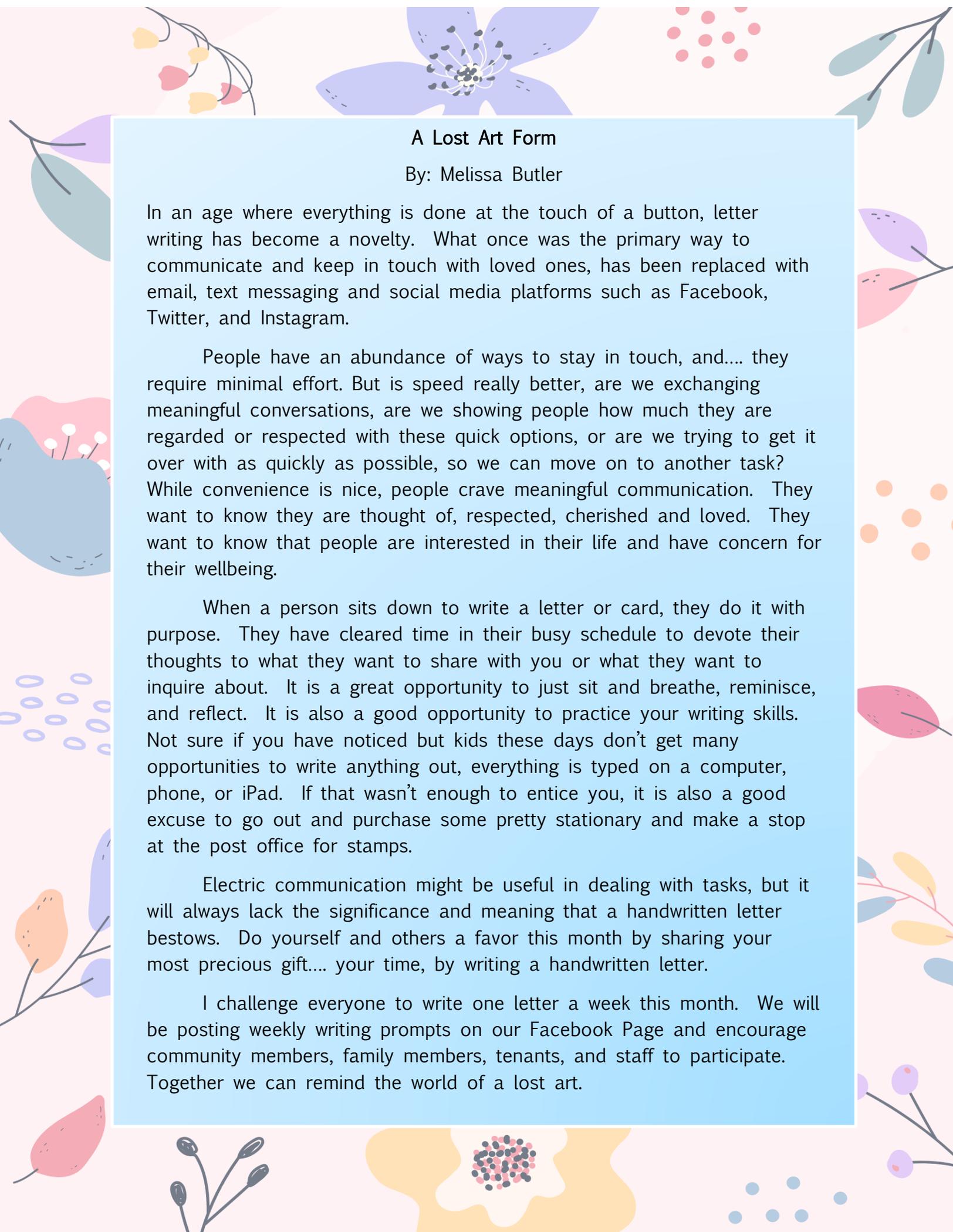
### Instructions:

- In a large bowl combine cottage cheese and the package of orange jello powder, mix these two together well. Next add in your semi thawed semi frozen cool whip (if its fully thawed then the salad won't set up when chilled in the fridge) mix the cool whip in. Then drain your canned fruit and add all cans of fruit.
- Be sure to fold the fruit in, making sure you don't destroy the mandarin oranges. Once the fruit is all mixed in, you can fold in your marshmallows. Smooth out the top of your bowl, wipe down the inside top edges for a clean look, cover it and let it chill in your fridge for at least 2 hours or more. Enjoy!



APRIL LUNCH SPECIALS

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



## A Lost Art Form

By: Melissa Butler

In an age where everything is done at the touch of a button, letter writing has become a novelty. What once was the primary way to communicate and keep in touch with loved ones, has been replaced with email, text messaging and social media platforms such as Facebook, Twitter, and Instagram.

People have an abundance of ways to stay in touch, and.... they require minimal effort. But is speed really better, are we exchanging meaningful conversations, are we showing people how much they are regarded or respected with these quick options, or are we trying to get it over with as quickly as possible, so we can move on to another task? While convenience is nice, people crave meaningful communication. They want to know they are thought of, respected, cherished and loved. They want to know that people are interested in their life and have concern for their wellbeing.

When a person sits down to write a letter or card, they do it with purpose. They have cleared time in their busy schedule to devote their thoughts to what they want to share with you or what they want to inquire about. It is a great opportunity to just sit and breathe, reminisce, and reflect. It is also a good opportunity to practice your writing skills. Not sure if you have noticed but kids these days don't get many opportunities to write anything out, everything is typed on a computer, phone, or iPad. If that wasn't enough to entice you, it is also a good excuse to go out and purchase some pretty stationary and make a stop at the post office for stamps.

Electric communication might be useful in dealing with tasks, but it will always lack the significance and meaning that a handwritten letter bestows. Do yourself and others a favor this month by sharing your most precious gift.... your time, by writing a handwritten letter.

I challenge everyone to write one letter a week this month. We will be posting weekly writing prompts on our Facebook Page and encourage community members, family members, tenants, and staff to participate. Together we can remind the world of a lost art.



# Spring Word Search



Find the words below in the grid to the right:



April  
 April Fool's Day  
 bloom  
 bud  
 Buddha's Birthday  
 cherry blossom  
 crops  
 daffodil  
 Earth Day

Easter  
 farmer  
 flower  
 grow  
 June  
 May  
 melt  
 Mother's Day  
 new leaves

plant  
 plow  
 seed  
 shower  
 sprout  
 thaw  
 tulip  
 wake up  
 warm

## IT'S SPRINGTIME!

By: Jamie Brokaw, BSN, RN

Spring has sprung — finally! It is time to get outside and enjoy the fresh air, chirping birds and prolific flowers!

### Getting Prepared for Seniors to go Outside

Family caregivers have so many details to organize and things to occupy their minds every day and really don't want to worry about more things. But when spring hits and our seniors start to venture into the great outdoors, we will have to plan for what could happen and how to prevent and treat what might occur.

### Heat

*Problem:* As the temperature rises, your senior loved one can become a victim of heat-related injury. Spending too long outside in the heat or not taking proper precautions to limit exposure can lead to illness.

*Prevention:* Be sure your senior is getting adequate water during the time they are out in the heat. Be sure they wear loose fitting clothing and a sun hat. Encourage them to seek shelter from the sun, sit under a shade tree or umbrella and come inside during the hottest portion of the day.

### Sun Exposure

*Problem:* Too much time in the hot sun can lead to injury for our seniors.

*Prevention:* Wear sunglasses for eye protection, use appropriate sunscreen protection with SPF on exposed skin to prevent sunburn, stay hydrated. Lip balm and makeup with SPF would be helpful to use. Be aware of the time spent in the sun and limit exposure to early morning or late afternoon when the sun's rays are not as damaging.

### Unsafe Pathways

*Problem:* Going outside and enjoying walks in nature can put our senior loved ones at risk for injury from falling on uneven walkways.

*Prevention:* When walking in the yard or on the nature path, it is important to wear properly fitting shoes that can provide appropriate traction and protect them from injury. If necessary, use a walking stick to navigate the rocky road. If the path is too dangerous, find another nature view to enjoy the outdoors without injury.

<https://seniorcarecorner.com/springtime-seniors-playing-great-outdoors>



Dr. Freeman will be here on April 7<sup>th</sup>  
and April 21<sup>st</sup>.

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





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

HAPPY AND PEACE OF MIND

# EASTER

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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«AddressBlock»