



Vintage Times

May 2022 Newsletter

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

Vintageparkapts.com 641-333-2233

MAY BASKETS

Once upon a time, May baskets were used to commemorate the turn of chilly and rainy months into warmer and happier ones. The tradition dates back to pagan rituals in the 12th and 13th centuries in Germany. Some records date it back even farther, to the goddess of flowers, Flora, in ancient Rome. Regardless of when it began, flowers have remained a symbol of the spring celebration.

The popularity of May Day grew in the late 19th and early 20th centuries. The traditional gift was a small basket, often handmade, with a few flowers and trinkets or other homemade treats, sneakily hung on the front door handle. At one time, it was also common for boys to leave a May basket on the door of the girl they were especially smitten with and then run away. If the recipient opened the door to see her admirer running away, she could chase him down and give him a little kiss.

It's sweet that this tradition was kept for such a long time because its innocence and charm speak of a much simpler time. I remember doing this with my 2 oldest children when they were little, and I continue to do it with my younger boys each May Day. We make little baskets out of red solo cups and pipe cleaner and fill them with popcorn and candy and deliver to a handful of friends and cousins. May Day is a somewhat forgotten holiday except for the few that still partake in the tradition.

I don't know about you, but the innocent giving of a May basket seems like a lovely tradition that could benefit us to hang onto. So, on April 30, consider creating a May basket (or maybe a bunch of them) to hang on your neighbor's door.

Happy May Day and Mother's Day to all!

Kim Morris, Manager.

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

If this Winter weather would ever get done with,
we might be able to think about Spring. At some
point we will be planting flowers and vegetables
outside.

I will also set out the hoses and hose reels and
turn on the fountain in the front entry. We will
soon begin the mowing process as things are
starting to green up a little.

Remember if you have maintenance issues to let
staff know so they can let me know.

Noteworthy Events/Holidays

- **May 1st – May Day**
- **May 6th – 12th – National Nurses Week**
- **May 8th – Mother's Day**
- **May 15th – International Family Day**
- **May 24th – National Scavenger Hunt Day**
- **May 30th – Memorial Day**



Staff Birthdays
STEVEN BROWN - MAY
1ST
MELISSA BUTLER - MAY
18TH

Employment Anniversaries
PAIGE CHRISTENSEN
5 YEARS (MAY 15)
STACY SLIGHT
1 YEAR (MAY 24)
AMANDA MAINS
1 YEAR (MAY 26)



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

Kim Morris, Manager: director@vintageparkapts.com

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

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

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

Odds & Ends with Cindy

WHAT DOES ALL OF THIS MEAN?

By Cindy Cox

I wanted to take a moment to explain how the costs associated with Assisted Living work. I know that the “jargon” we use is confusing—especially if you are not familiar with the terms used in the industry. I will do my best to be brief and clear So, here goes:

BASE RENT...is pretty self-explanatory...it refers to the costs associated with the space you occupy. Vintage Park base rents are priced upon square footage and apartment features (such as washer and dryer in the unit).

BOARD CHARGES (Or “board fees”) ... reflect the apportioned costs of property taxes, building insurance, building and grounds maintenance, utilities, and “base housing staff” to take care of the Vintage Park property. Vintage Park’s monthly Board Charges will increase from \$450.00 to \$500.00 (starting May 1st) This is the first time these have been raised since 2016.

SERVICE CHARGES (Or “service fees”) Includes food, emergency pendants/call system, activities, housekeeping, laundry, transportation, nursing (charting, supervision, monthly health monitoring/vitals), Individual Service Plan set up and monitoring, 24-hour awake staff, etc. The monthly Service Charges will be increased from \$950.00 to \$1000.00/month on May 1st, also. These charges have also not been increased since 2016.

ISP CHARGES (Or “individual service plan charges” or “additional services”) are assessed if additional services beyond the basic services described above, are required, or requested. Medication set-up/administration, assistance with bathing, dressing, etc., are typical ISP charges that might apply to you.

ALL-INCLUSIVE MEMORY CARE RATE –Again, this is pretty self-explanatory. This rate includes rent, board, services, and additional services—along with most supplies (wipes, gloves, incontinence supplies, for example).

ALL-INCLUSIVE CLOSER CARE RATE...Closer care is for those residents who don’t require Memory Care—but require more care than what is provided in Assisted Living. Some examples might be—someone recovering from surgery that has special needs and would benefit from a higher staff-resident ratio. This rate also includes most supplies (as described above).

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ANCILLARY CHARGES (Ala Carte Services/Fees) ...These are optional, discretionary charges that residents can request that are outside of our normal services. Out of town transportation (mileage/staff-time), personal shopping at Wal Mart or Dollar General, guest meals/room trays, Vintage Hair Salon, additional housekeeping, Country Store purchases, and/or RN time, etc.—are all examples of ala carte/ancillary charges.

SECURITY DEPOSIT – Prospective residents’ pay this prior to move-in to secure a place on the waiting list/or to hold a specific apartment for a short time until move-in. The deposit amount is deducted from the first month’s rent—so, residents are, in effect, “credited back” the security deposit once they move in.

MONTHLY STATEMENTS--I understand that our monthly statements are a bit confusing if you try to sort this out on your own.

Unfortunately, the “canned” software package we use to print our monthly statements has a line called “Room and Board Charges”—which really is “Base Rent” for the apartment you live in.

The “Assisted Living Services” line is the service charges/or service fees as described above. This line will read \$1000.00 beginning with the May statement.

The “Board Assisted Living” line is the “Board Charges” / “Board Fees” -- also described above. This line will read \$500.00 beginning with the May statement.

Any Ancillary/Ala Carte Charges will be listed separately, as will any ISP Charges (reflected as “Registered Nurse Time” or “Resident Assistant Time” on the statement).

If you ever have any questions about your bill—please feel free to stop in or give Kim a call – we have nothing to hide and would be happy to explain it to you!

Finally, I want to thank all of our residents and their families for choosing Vintage Park! We understand that there are other options out there—and we appreciate that you have entrusted you/your loved one’s care, to us.

Riddle of the Month...

People make me, save me, change me, raise me. What am I?

Answer: _____

Last 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: You, hopefully.

Straight from the Kitchen Cupboard

By: Culinary Supervisor - Amy Jenkins

Hello everyone and happy May! This weather is so much nicer than last month. Mother Nature just couldn't make up her mind! We have some special food holidays this month like Cherry Dessert Day on May 26th and Brisket Day on May 28th! As you may have already guessed, we will be participating in these holidays, but I would like to focus on Cinco de Mayo! The 5th of May! Cinco de Mayo is an annual celebration commemorates the anniversary of Mexico's victory over the French Empire at the Battle of Puebla in 1862. This celebration is known for its parades, food, music, folkloric dancing, and battle reenactments. Some common foods to have on this holiday are street tacos, churros, and chips and salsa! Below is what I would throw in if I were invited to the fiesta! As always, keep it saucy and play with your food!

STUFFED PEPPERS

INGREDIENTS:

- 12 sweet peppers halved and seeded
- 1 box of Boursin cheese
- 1 bunch fresh cilantro
- 1 lime

DIRECTIONS:

Half and seed the peppers and grill on low for 10 minutes flipping halfway through. Fill grilled peppers with Boursin cheese and grill another 10 minutes on low heat. Top with cilantro and fresh lime juice before serving. Serve with salsa if desired. (Note) a good replacement for Boursin cheese is Babybel brand herb and garlic cheese.



HONEY GARLIC ASIAN CHICKEN KABOBS

Ingredients:

- 1/4 cup oyster sauce
- 2 tablespoons ketchup
- 2 tablespoons honey
- 2 tablespoons chili garlic sauce
- 1 tablespoon Dijon mustard
- 3 cloves garlic, minced
- 2 teaspoons freshly grated ginger
- 2 pounds boneless, skinless chicken thighs, cut into 1-inch chunks
- 1 1/2 tablespoons canola oil
- Kosher salt and freshly ground black pepper, to taste
- 2 green onions, thinly sliced
- 1/2 teaspoon toasted sesame seeds

Directions:

1. In a medium bowl, combine oyster sauce, ketchup, honey, chili garlic sauce, Dijon, garlic, ginger and 1 tablespoon water. Reserve 1/3 cup and set aside.
2. In a gallon size Ziploc bag or large bowl, combine oyster sauce mixture and chicken; marinate for at least 2 hours to overnight, up to 8 hours, turning the bag occasionally. Drain the chicken from the marinade.
3. Thread chicken onto skewers. Brush with canola oil; season with salt and pepper, to taste.
4. Preheat grill to medium heat.
5. Add skewers to grill, and cook, turning occasionally, until the chicken is completely cooked through, reaching an internal temperature of 165 degrees F, about 10 minutes. Brush skewers with reserved oyster sauce mixture, cooking for an additional 1-2 minutes. Serve immediately.



MAY LUNCH SPECIALS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Fried Chicken Mashed Potatoes/ Gravy Capri Vegetables Dinner Roll Pie	2. Pork Chop Sweet Potatoes Green Beans Rhubarb Crisp Ala Made	3. Chicken Alfredo Corn Breadstick Brownie Bottom Cheesecake	4. Roast Beef Mashed Potatoes/ Gravy Carrots Strawberry Shortcake	5. Fajitas Spanish Rice Baja Vegetables Raspberry Jello	6. Tilapia Corn Noodle Bake Broccoli Fresh Fruit	7. Hamburger Potato Salad Baked Beans Ice Cream
8. Pork Roast Stuffing Gravy Cheesy Cauliflower Dinner Roll Pie	9. Meatloaf Mashed Potatoes/ Gravy Mixed Vegetable Dinner Roll Turtle Brownie	10. Chicken Cordon Bleu Roasted Red Potatoes Green Beans Fresh Fruit	11. Ham Scalloped Potatoes Corn Dinner Roll Swirl Cake	12. Ribs Baked Potato Carrots Parfait	13. Philly Sandwich French Fries 3 Bean Salad Strawberry Jello Dessert	14. Fried Chicken Mashed Potatoes/ Gravy Broccoli Blueberry Pie Bar
15. Turkey Mashed Potatoes/ Gravy Asparagus Dinner Roll Pie	16. Lasagna Mixed Vegetables Garlic Breadstick Banana Bar	17. Hot Beef Sandwich Corn Candy Bar Cheesecake	18. Fried Chicken Hashbrown Casserole Green Beans Fresh Melon	19. Pork Chop Sweet Potatoes Mandarin Oranges Peach/ Raspberry Crisp	20. Shrimp Baked Potato Pickled Beets Pineapple Upside-Down Cake	21. Chicken & Noodles Mashed Potatoes Mandarin Oranges Dinner Roll Angel Food cake
22. Roast Beef Mashed Potatoes/ Gravy Peas Dinner Roll Pie	23. Pepper Steak Roasted Red Potatoes Asparagus Strawberry Cobbler Bar	24. Pork Loin Alfredo Carrots Brownie Sundae	25. Hot Turkey Sandwich Corn Apple Crisp	26. Ham Scalloped Potatoes Green Beans Cherry Cake	27. Fish & Chips Coleslaw Cornbread Cheesecake	28. Brisket Potato Salad Baked Beans Berry Cup
29. Fried Chicken Mashed Potatoes/ Gravy Capri Vegetables Dinner Roll Pie	30. Pork Chop Sweet Potatoes Green Beans Rhubarb Crisp Ala Made	31. Chicken Alfredo Corn Breadstick Brownie Bottom Cheesecake				

Do You Hear What I Hear?

By: Melissa Butler

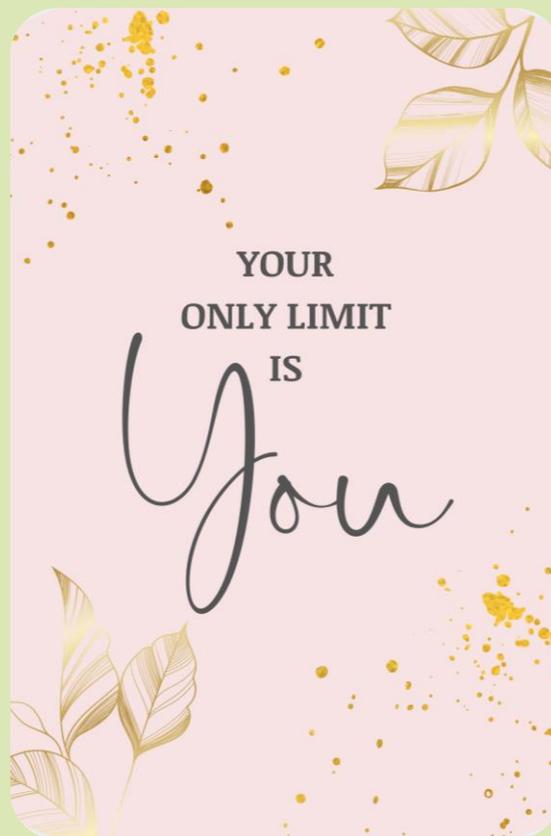
It is the sound of seniors having fun! That is what people are going to be saying next month as we begin our journey with drumming. Our *drumming to the beat* will be held every Friday at 10am beginning on May 13th. That is right, we are going to join the drumming craze and let the good times roll. No experience is necessary to join the class, just an open mind and willingness to have fun.

Benefits of Drumming

- Reduces tension, anxiety, stress
- Offers a distraction from pain
- Releases endorphins that put you in a better mood
- Provides an outlet for self-expression or anger
- Provides an opportunity for laughter and fun

Drumming is an engaging activity that is proven to reduce stress, alleviate pain, and help keep you mentally active. Research shows that drumming is especially beneficial to older adults and can even slow cognitive decline. It is a fantastic opportunity for socialization and fun.

I cannot wait for our first class, hope to see several give this a try!



MUFFINS



with



MOM

Sunday, May 8th

8:00 AM-10:00 AM

Families are invited to enjoy a muffin bar that will be located in the coffee shop. A variety of muffins and spreads will be available as well as coffee, cappuccino, hot chocolate and juice. Families can enjoy the refreshments and visit with their loved ones in the dining room.

MAY IS NATIONAL ASTHMA & ALLERGY AWARENESS MONTH

By: Jamie Brokaw, BSN, RN

Since 1984, the Asthma and Allergy Foundation of America (AAFA) has declared May to be “National Asthma and Allergy Awareness Month.” It is a peak season for people with asthma and allergies and a perfect time to educate patients, family, friends, co-workers, and others about these diseases.

May Is **ASTHMA & ALLERGY**
Awareness Month

31 days of action for the
over 65 million people
in the U.S. affected
by asthma and allergies

aafa.org



Quick Facts ([Download Fact Sheet](#)):

More than 65 million Americans overall have asthma and allergies. Some people may have one or both of these conditions.

- About 25 million Americans have asthma (20 million adults and 5 million children)
- About 32 million Americans have food allergies (26 million adults and 6 million children)
- About 24 million Americans have rhinitis (hay fever), or nasal allergies (19.2 million adults and 5.2 million children)
 - There is no cure for asthma or allergies.

These numbers paint a picture of how many people in the U.S. are managing asthma and allergies. But they don't paint a picture of the overall impact these diseases have on people, their caregivers, and communities.

newly diagnosed with a food allergy.

Resource: [May Is Asthma and Allergy Awareness Month | AAFA.org](#)

Dr. Freeman will be here on May 19th this month. If you would like to get on his list to be seen, please let a staff member know.



Hello MAY

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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