

# VINTAGE TIMES



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

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## Wit & Wisdom

*"I find that the harder I work, the more luck I seem to have."*

~John Heywood

*"Luck is what happens when preparation meets opportunity."*

~Thomas Jefferson

*"The only thing that overcomes hard luck is hard work."*

~ Harry Golden

*"Do not wait to strike 'til the iron is hot; but make it hot by striking."*

~ William Butler Yeats

*"Ordinary riches can be stolen; real riches cannot. In your soul are infinitely precious things that cannot be taken from you."*

~Oscar Wilde

*"Men of action are favored by the Goddess of luck."*

~ George S. Clauson

## MARCH MADNESS

As I was thinking about what I should write my March newsletter article about...I couldn't help but think about the term "March Madness." It seems like it might be a good description of the upcoming month!

As you all probably know...Jamie Brokaw (Health Care Coordinator) will be on 12 weeks of Maternity Leave. We expect her back in late May/early June. 12 weeks doesn't seem like a long time....unless you are trying to cover the Health Care Coordinator responsibilities at Vintage Park and 40+ residents!

Fortunately—we have Lisa Richards (RN) and Kaitlyn Pemberton (LPN) on staff. They are both quite capable of taking good care of our residents—however, they are both new to the HCC role/responsibilities! They are learning...and, there is a LOT to know 😊

So.... please be patient and understanding of our situation for the next 12 weeks. We promise to take good care of our people—but, it might take us a little longer and we may have to dig a little deeper to find things when you call.

I am sure these 12 weeks will fly by...just like the previous 12 weeks have flown by....and, Jamie will be soon be back! We wish her and the rest of the Brokaw family a blessed time with their precious newborn (who will probably already be born and named by the time you read this!).

Thank you for your patience and support! We appreciate it very much.

Cindy Cox, Owner/Manager

## From the Ground Up and Everywhere in Between

By Don Cox

Thank God the weather is warming up a bit. I am ready for spring to be here, even though that means lots of outdoor work.

For those who are new to Vintage Park, we will have several planters on the back patio for flowers and vegetables. If any of you are avid gardeners, it shouldn't be long before you can get your hands dirty. I know several of you look forward to the colorful flowers of spring.

I have noticed geese are beginning to come back, but I am yet to see any robins. Hopefully, they will bless us with good luck and renewal very soon.

If you have any maintenance requests be sure to let me know or tell a staff member so they can write it on my clipboard.

I will leave you with a riddle.

What can be seen in the middle of March and April but can't be seen in the beginning or end of either month?

# March Birthdays

**4<sup>th</sup> - Norma Mosman**

**8<sup>th</sup> - Larry Haggerty**

**27<sup>th</sup> - Lowell Scott**



### Please Feel Free to Contact Us at Anytime

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## The Results are In.....

In February we distributed a food survey to get some feedback about our food and dining services. Tenants were asked to give their honest opinion on questions regarding customer service and likes/dislikes regarding our current menus.

According to the survey, 55% of our tenants said they usually or always were greeted by staff when they entered the dining room or were seen by staff. 85% of our tenants said they were usually or always offered hot drinks or other cold drinks by staff at every meal. When asked if staff have a pleasant tone of voice when taking orders, special requests or when taking complaints, tenants responded, usually or always, 90% of the time. 70% of tenants felt that staff usually or always knew what the special of the day was and what the alternates were. 70% of tenants stated that staff usually or always informed them of the soup of the day or offered them the anytime menu. Eighty percent of tenants usually or always felt like they had enough time to finish their meal without feeling like they were rushed. When asked if hot food was hot, tenants stated usually or always 75% of the time. When asked if their cold foods were cold tenants stated, usually or always 70% of the time.

Tenants rated all of the above questions on a scale of 1 to 5 with 1 being never and 5 always. As you can see, most people were satisfied with our services but we do have room for improvement. We will be sharing these results with staff at our upcoming in-service so we can all work on items that can be improved upon.

The rest of the survey contained opinion-

based questions, and as you will see, what one person states is their favorite item, another person states is their least favorite. This is what makes meal planning so difficult at Vintage Park. We all have different likes and dislikes, and with 40 different opinions floating around out there, not everyone will be happy all the time. We ask that you keep that in mind when you are complaining about something you think we have too often or too much of because not everyone has the same opinion as you.

Favorite meals according to the survey are; Caseys Pizza, chicken from the bowling alley, Roast Beef, Hot Beef Sandwiches, Beef Tips, Shrimp, Green Beans, Any Breakfast items, Baked Potato, Hamburgers, Fried Chicken, Philly Sandwiches, Chicken Cordon Bleu, Meatloaf, Lasagna, Stir Fry, Squash, Cheese Soup, Spaghetti, Sweet and Sour Chicken, Chicken & Noodles, Beef & Noodles, Fried Potatoes, Brats, Potato Soup, Liver, Chili.

Least favorite meals according to tenant responses are broccoli, pork, beans, chili, sweet and sour chicken, alfredo, meatballs, brussels sprouts, biscuits and gravy, breadsticks, spaghetti, pasta, Mexican, Chinese, French fries, chicken strips, chicken of any kind, rice, lima beans, cheese on everything.

Items that tenants would like to see more of on the salad cart include pickled beets, applesauce, fruit, mandarin oranges, yogurt, crab salad, fruit salad, grapes, pickles.

According to the survey you would like to see more of the following desserts served; chocolate cake, meringue pie, coconut pie,

*The Results are in... Cont.*

peach pie, fruit salad, ice cream sundae, cookies, pudding, breakfast muffins, glazed lemon cake, cream pies, my recipe for lemon cake, cake, ice cream.

Tenants were then asked to circle any of the listed ethnic meals they would like to see on the upcoming menu. We had 11 votes for taco salad, 10 for chicken stir fry, 8 for chicken enchiladas, 7 for teriyaki chicken, 7 for orange chicken, 6 for steak fajitas, 5 for sweet and sour pork, and 4 for beef and broccoli.

To wrap up the survey, tenants were asked for any other concerns/suggestions we should know about. The suggestions were, the hot chocolate is not hot enough, tired of cheesecake, would like to have onion rings once in a while, tired of all the pasta, would like pan fried meat and real gravy, fruit crisps are bland and need cooked longer, would like to share a recipe with the kitchen for my lemon cake.

While we can't please everyone all the time, we do try our best to provide quality meals and a pleasant dining experience. These surveys are one of many tools that help us constantly improve, so thank you to those who took the time to fill it out. We appreciate your feedback and will work on all the areas that can be improved and will take your likes and dislikes into consideration when making the spring/summer menus.

Melissa Butler, Culinary Supervisor

**Do you Like the  
Following Items?**  
Unscramble them to find out!

hikcecn  
atpsa  
aglensa  
crnfryeh f  
gphisttae  
pshmri  
aalotfme  
rbcilcoo  
eardlof  
slaebmlat  
fusfnmi  
ndanmria  
bsitscdaker  
zpazi  
mahuregbr  
ssauhq  
veirl  
eceehs

Drinks



# Mardi Gras Fun



Snacks



GAMES



Prizes



## March Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Spaghetti Broccoli Breadstick Brownie	2. Philly Steak Sandwich French Fries English Pea Salad Jello Cake	3. Boneless BBQ Ribs Deviled Egg Potato Salad Baked Beans Apple Cobbler	4. Fried Chicken Mashed Potatoes Chicken Gravy Brussels Sprouts Roll Pudding
5. Glazed Ham Balls Hashbrown Casserole Stewed Tomatoes Roll Apple Pie	6. Chicken Alfredo California Blend Breadstick Citrus Jello	7. Chicken Cordon Bleu Au Gratin Potatoes Spinach Roll Apple Crisp	8. Beef Tips & Gravy Mashed Potatoes Vegetable Blend Strawberry Shortcake	9. Baked Pork Chop Candied Yams Broccoli Pumpkin Bar	10. Sweet & Sour Chicken Chicken Fried Rice Egg Roll Vegetable Blend Frosted Lemon Cake	11. Lasagna Broccoli & Cauliflower with Cheese Breadstick Frosted PB Bar
12. Beef & Noodles Mashed Potatoes Corn Roll Apple Pie	13. Boneless BBQ Ribs Deviled Egg Potato Salad Baked Beans Apple Crisp	14. Fried Chicken Mashed Potatoes Gravy Asparagus Roll Jello Cake	15. Turkey & Stuffing Turkey Gravy Green Bean Casserole Andes Choc Mint Pie	16. BBQ Meatloaf Mashed Potatoes Country Gravy Broccoli Cream Cheese Cobbler	17. Corned Beef Red Potatoes Cabbage Roll Grasshopper Dessert	18. Spaghetti Cauliflower with Cheese Breadstick Butterscotch Pudding
19. Hot Roast Beef Sandwich Mashed Potatoes Gravy Corn Apple Pie	20. Baked Pork Chop Creamed Peas & Potatoes Biscuit Peach Crisp	21. Lasagna California Blend Garlic Breadstick Glazed Lemon Cake	22. Chicken & Noodles Mashed Potatoes Vegetable Blend Fruited Gelatin	23. Fried Chicken Mashed Potatoes Chicken Gravy Roll Stewed Tomatoes Cream Cheese Cobbler	24. Baked Fish Sandwich Fried Potatoes Coleslaw Spiced Apple Ring Strawberry Dessert	25. Swedish Meatballs Angel Hair Pasta Vegetable Blend Pudding
26. Turkey & Stuffing Gravy Candied Yams Roll Green Beans Boston Cream Pie	27. Beef & Noodles Mashed Potatoes Corn Candy Bar Cheesecake	28. Applewood Smoked Pork Loin Country Style Fried Potatoes Cauliflower with Cheese Roll Ice Cream Sundae	29. Spaghetti Broccoli Breadstick Brownie	30. Philly Steak Sandwich French Fries English Pea Salad Jello Cake	31. Boneless BBQ Ribs Deviled Egg Potato Salad Baked Beans Apple Cobbler	

# **Casino Night**

## **March 24<sup>th</sup>**

### **7pm**



# **Vintage Park**

## **Dining Room**

**Come with a winning attitude, sip on some drinks, and leave with some fun prizes!**

### **It's National Craft Month**

Join us as we create spring door decorations Fridays in March. Our first project will be a luck of the Irish door hangar using paint sticks. Our second craft will be a smashed tin can flower basket, which involves painting, mod podge and flower arranging.

Come get your hands dirty and tap into your creativity!

**May your pockets be heavy  
And your heart be light.  
May good luck pursue you  
Both day and night.**

**~traditional Irish blessing~**

The Best of Times March Puzzle  
Fred Zimmerman, Puzzle Master

H	T	N	E	E	T	N	E	V	E	S	L	K	R
L	E	U	E	L	P	E	N	L	P	C	I	C	E
E	D	A	R	R	E	O	O	C	I	A	R	O	O
G	N	H	C	R	A	M	T	L	P	B	A	R	E
N	R	C	C	F	E	F	S	O	E	B	I	M	M
B	L	E	J	L	L	O	Y	V	F	A	N	A	E
E	U	R	E	E	B	N	E	E	R	G	B	H	R
H	E	P	G	N	D	L	N	R	U	E	O	S	A
F	E	E	B	D	E	N	R	O	C	S	W	L	L
E	N	L	L	S	T	P	A	T	R	I	C	K	D
D	E	O	V	B	L	F	L	L	U	C	K	Y	O
J	S	R	Y	E	R	N	B	E	E	L	E	A	O
P	I	G	C	E	S	T	O	P	A	R	A	D	E
C	F	G	C	F	U	B	E	E	I	R	I	S	H

blarney stone	cabbage	clover
corned beef	elf	elves
emerald	Green	green beer
Ireland	irish	jig
legend	leprechaun	lucky
March	parade	pipe
pot of gold	pub	rainbow
seventeenth	shamrock	St Patrick