

Vintage Times

Vintage Park Apartments | 810 East Van Buren, Lenox, IA 50851 | 641-333-2233 |



Celebrating April

Jazz Appreciation Month

Humor Month

Kite Month

April Fools' Day

April 1

World Party Day

April 3

Passover

April 5–13

Easter

April 9

Scrabble Day

April 13

Earth Day

April 22

Sky Awareness Week

April 23–29

Gathering of Nations

Pow Wow

April 27–29

Arbor Day

April 28

April Fool's Day...What's the deal?

I've been thinking about April Fool's Day...and started wondering where it all began? What are the origins of this "holiday" whereby we play tricks on each other?

So, I did what any reasonable person with a question like this would do...I Googled "origins of April Fool's Day" and... this is what popped up on the History Channel website:

Origins of April Fools' Day

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the [Gregorian calendar](#), as called for by the Council of Trent in 1563. In the Julian Calendar, as in the Hindu calendar, the new year began with the spring equinox around April 1.

People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes and were called "April fools." These pranks included having paper fish placed on their backs and being referred to as "poisson d'avril" (April fish), said to symbolize a young, easily caught fish and a gullible person.

I am not sure if this is where/how it all started...but, I kind of like the idea of placing a paper fish on someone's back (especially if they don't know it's there...)! So... you might not want to turn your back on me on April 1st... I just might have some paper fish ready to stick on an unsuspecting "fool" that day!

From the Ground Up and Everywhere in Between

By Don Cox

Spring is a busy season and always gives me much to do around Vintage Park. The last couple weeks I have been cleaning up around the outside of the building, filling in some dirt around sidewalks, sewing some grass seed, and touching up the chairs in the dining room.

The weather was typical for Iowa, which gave us a few beautiful days and I saw a couple of you outside soaking up some sunshine. It won't be long, and you will be able to enjoy the walking trail or sit on the back patio in the afternoon.

If you get the chance to check it out, we recently purchased a "Lenopoly" game. It features different businesses in the community and was all hand made by the Lenox students in shop class.

If you have some family visiting, feel free to play a game. It's a good excuse to talk about businesses past and present that have shaped our community.

As always, if you have any maintenance issues, let me or any staff member know, and I will address it.



Happy April
Birthday!

5th – Jo Ann Maguire

12th – Deva Lundquist

15th – Marvin Reed

18th – Ethel Dickerson

20th – Wilma Peterson

21st – Edward Sorensen

Please Feel Free to Contact Us at Anytime

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Quite a Pickle

The fastest-growing sport in America already has its own commemorative month. That's right, April is Pickleball Month. What is the source of the sport's cultlike appeal? Perhaps it's the fact that almost everyone can play.



According to the USA Pickleball Association, over half of all regular pickleball players are over age 55, a fact that speaks to the sport's accessibility. Pickleball is a hybrid of tennis, badminton, and table tennis, but it is easier to play than all of them. It's played on a small, tennis-like court where a hard, plastic, wiffle-like ball is batted with short, light paddles. Balls are served underhand, which makes them easier to volley. The court is smaller, which makes ground easier to cover. Paddles are also smaller and lighter, which makes them easier to handle. The game gets even easier when you play doubles. And yet, despite its ease of play, pickleball still offers a good full-body cardiovascular workout.

Not everyone has gotten on the pickleball bandwagon. As the sport has grown at a breakneck pace, communities all over the country are suffering from pickleball-related controversies. Neighbors of parks and courts are getting sick and tired of the endless plastic *thwack* of the pickleball. Some communities are going so far as to call the sound noise pollution. In communities with no dedicated pickleball courts, local parks have become the scene of turf wars. Tennis and basketball players cry foul when their courts are overrun by pickleballers who arrive in masse with their portable nets and painter's tape, monopolizing the courts for hours on end.

Pickleball's international and national governing bodies are also fighting amongst themselves, jostling for control of tournaments, players, and the money that these events bring. Rapid growth of the sport has brought plenty of growing pains, but still pickleball endures. Despite controversy, people love to play the game. Wherever there is a hard court, people arrive undaunted with nets and paddles, eager to play their new favorite game.

From Trash to Treasure



It has become fashionable on Earth Day, April 22, to hold "Trashion" shows—fashion shows where all the clothing is made from recycled trash, such as plastic bags, old mattresses, curtains, cables, wires, CDs, old magazines, and even paper bags. The trend is especially prevalent on college campuses, where students in environmental science or fashion design programs are encouraged to develop sustainable designs. Trashion fashion shows often highlight the massive amount of unrecyclable and uncompostable waste generated by society. Each year, the fashion industry alone creates 92 million tons of textile waste.

Let Your Creativity Shine at **Our "Trash to Treasures" Fashion Show** on April 21st. Family and Friends are welcome to participate in this event!



Straight from the Kitchen Cupboard

By Melissa Butler

As a child, the excitement of finding the first sprouts of asparagus or picking the first ripe strawberry seemed to make the arrival of Spring all the more magical. Often, the asparagus was only a couple inches in length, and the strawberry was more pink than red when I would claim them as the first picking. The sheer excitement of the find was so overwhelming that it had to be shared with my parents, who would inevitably tell me, I should have waited to pick them.

I'm not really sure why I looked forward to finding asparagus so much, as I detested eating it. The only thing that made it bearable was the cheesy white sauce that was often made with it.

As for the strawberries, after the excitement wore off and the weeds and berries became plentiful, they quickly became more of a chore than anything magical.

Perhaps it wasn't about the asparagus or the strawberries at all but rather a beginning of a season spent outdoors, getting dirty, soaking up the sun and watching the fruits of nature develop before my eyes.

As the Spring/Summer menus come out next month, you will be seeing more fresh fruit and different vegetables on the menu.

See you around the table!

REMINDER

As of March 1st, guest meals are \$8.00 and \$10.00 on Holidays.

Spring Birds' Nest



Ingredients:

- ¼ cup butter
- 2 cups miniature marshmallows
- 4 cups chow Mein noodles
- 1 package of assorted jellybeans or chocolate candies

Directions

1. Grease a cupcake or muffin tin.
2. In a medium saucepan, heat marshmallow and butter until melted.
3. Add in chow Mein noodles and stir until well coated.
4. Butter fingers and press into the bottom and sides of muffin tin.
5. Refrigerate until firm. Add jellybeans or chocolate before serving.

Easter Menu

Ham

Mashed Potatoes & Gravy

Green Bean Casserole

Roll

Deviled Egg

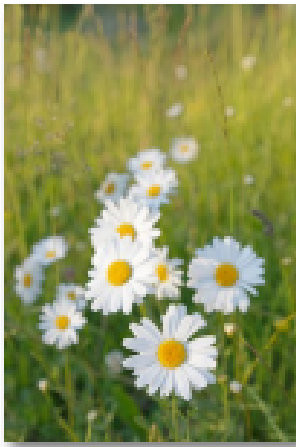
Coconut Cream Pie

April Lunch Specials

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

Searching for April

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



APRIL FOOLS' DAY

ARBOR DAY

ARIES

BASEBALL

BULL

DAISY

DIAMOND

EARTH DAY

EASTER

FOURTH

PASSOVER

PLANTING

RAM

SHOWERS

SPRING

SWEET PEA

TAURUS

TAXES

The Last Laugh

Remember to laugh out loud on April 14, International Moment of Laughter Day. Is laughing always the best medicine?



Research shows that laughter does impart several health benefits. When we laugh, we inhale more air and oxygen, stimulating the heart, lungs, muscles, and brain. A good laugh also stimulates the

body's stress response and then deactivates it, causing heart rates to rise and fall, leaving us with satisfied, relaxed feelings. Laughter not only improves mood, but it encourages the positive thoughts that release *neuropeptides*, chemicals that fight stress and boost our immune systems. Laughter also stimulates chemicals that act as natural painkillers for our bodies. With laughter providing so many health benefits, communities are starting to form various laughter clubs in an effort to laugh more regularly.

While you are probably familiar with yoga, the ancient Indian practice of stretching, breathing, and meditation, are you familiar with laughter yoga? Laughter yoga draws upon many of yoga's foundational principles, such as its deep diaphragmatic breathing. Laughing produces full inhales and exhales. While the laughter is simulated at first, the giggles soon become contagious and real. And we shouldn't overlook the human connections forged by sharing laughter. After a laughing yoga session, participants report feeling their spirits lifted and a greater sense of community.

But fake laughter? Research shows that even fake laughs and forced smiling are enough to boost our moods. While our brains know that we're faking it, our bodies do not. Once the brain sends the signal to the body to laugh, all of the associated physiological actions follow: the relaxation, the mood boost, and the increased energy. Perhaps this is the lesson of the old Chinese proverb: "A hearty laugh makes you ten years younger." Even if you're faking it.

OUR STAFF....

We believe that Vintage Park staff are the best around let me tell you why that is true...

Vintage Park staff care about our residents. Our staff grieve for residents when they pass—like they would grieve for their own family members. They notice if a resident is having a bad day—and will do things to make them smile, or feel better. Taking care of our residents is not just a job for them—it is a mission. You cannot train a person to care about another human being—that comes from the heart. Vintage Park staff go the extra mile. Many times, I come into work and find that someone has cleaned the Annex without being asked or told. Or they have decorated the facility for the holiday (whatever the current holiday is...). Or they have cleaned the staff station – or the vacuum cleaner filters, or folded and addressed the newsletters... If someone on staff is sick—they will help cover for each other.

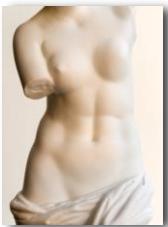
Often, our staff will “pay it forward” and do the room cleans or showers for the next shift. They often do extra—without being asked or expecting anything in return.

We read/hear a lot about the concerning state of the US workforce these days. But I am happy to report that in Lenox, Iowa—at Vintage Park—we have GREAT employees – who show up, who care about the people they serve, and want to do a good job. We are certainly blessed!

Cindy Cox, Owner/Manager



A Beautiful Find



On April 8, 1820, a Greek farmer named Yorgos Kentrotas was searching for stones to rebuild a wall in a field on the island of Milos. The field was the scene of a ruined and ancient theater, and rubble littered the ground.

A French naval officer named Olivier Voutier watched Kentrotas as he heaved up a stone and curiously peered into a hole beneath. Voutier approached and saw that Kentrotas had unearthed a ruined statue—armless, cracked, and dirty, but remarkable. The farmer had discovered the *Venus de Milo*. While many historians believe the statue depicts Aphrodite, the Greek goddess of love and beauty (known as Venus to the Romans), her true identity is unknown. Another guess is that she is actually Amphitrite, goddess of the sea and wife of Poseidon. Her beauty, though, is undisputed, and she is considered one of the Louvre museum's most precious treasures.

April Birthdays

In astrology, those born from April 1–19 are Aries' Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries' charisma and confidence make them effective leaders. Those born from April 20–30 are Taurus' Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences.

Marvin Gaye (singer) – April 2, 1939
Eddie Murphy (comedian) – April 3, 1961
Maya Angelou (poet) – April 4, 1928
Billie Holiday (singer) – April 7, 1915
Omar Sharif (actor) – April 10, 1932
Al Green (singer) – April 13, 1946
Kareem Abdul-Jabbar (athlete) – April 16, 1947
Rick Moranis (actor) – April 18, 1953
Jack Nicholson (actor) – April 22, 1937
Ella Fitzgerald (singer) – April 25, 1917
Carol Burnett (comedienne) – April 26, 1933
Duke Ellington (composer) – April 29, 1899