

August 2023

Vintage Times

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



Celebrating August

Dog Month

Golf Month

Romance Awareness Month

Homemade Pie Day

August 1

Farmers Market Week

August 6–12

Lighthouse Day

August 7

Garage Sale Day

August 12

Senior Citizen's Day

August 21

World Water Week

August 20–24

National Park Service Day

August 25

**Be Kind to Humankind
Week**

August 25–31

Matchmaker Day

August 31

Do you ever feel like you blinked and boom the month is over? For me, the end of June and so far, July, has gone by so fast. We spent the last week of June on vacation traveling in Northwestern Iowa on the Madness Tour watching our son race. It was fun yet exhausting all at the same time.

Then the last couple of days in June I returned to work to prepare for Cindy and Don to retire and for Vintage Park to join the ANew Healthcare family. We are still going through some transitional things but should be smooth sailing in the near future. As some of you have noticed your statement is later than usual this is because we are still transitioning with our electronic medical records system. We are working on getting direct deposit set up for payments with the bank and are asking for the month of August that you pay your statement by check. That gives us time to have the direct deposit form resigned and set up with the bank. I will be reaching out to each of you on this.

On the 4th of July we watched some beautiful fireworks over the Cox's Pond, while enjoying some delicious cookies. Okay I might be partial. Thanks to our bus drivers Jennifer and Peggy we have been on some Sunday drives and were able to attend the rodeo parade. The weather could not have been more perfect.

I am excited to say that Melissa and Lori have returned, and that Kaitlin has successfully passed her boards and is now an RN. We are currently working on hiring a maintenance supervisor to take over Don's position. You should see him in the next few weeks. If there is anything you need fixed, please bring it to the staff's attention as you have always done.

I will wrap it up by saying thank you for supporting me as I take on this new role. The best part of the job is having those we take care of tell us they appreciate us, and we are doing a good job. We look forward to continuing to give you the best care we can provide.

Julie Davis, Director

Watermelon Kiwi Smoothie



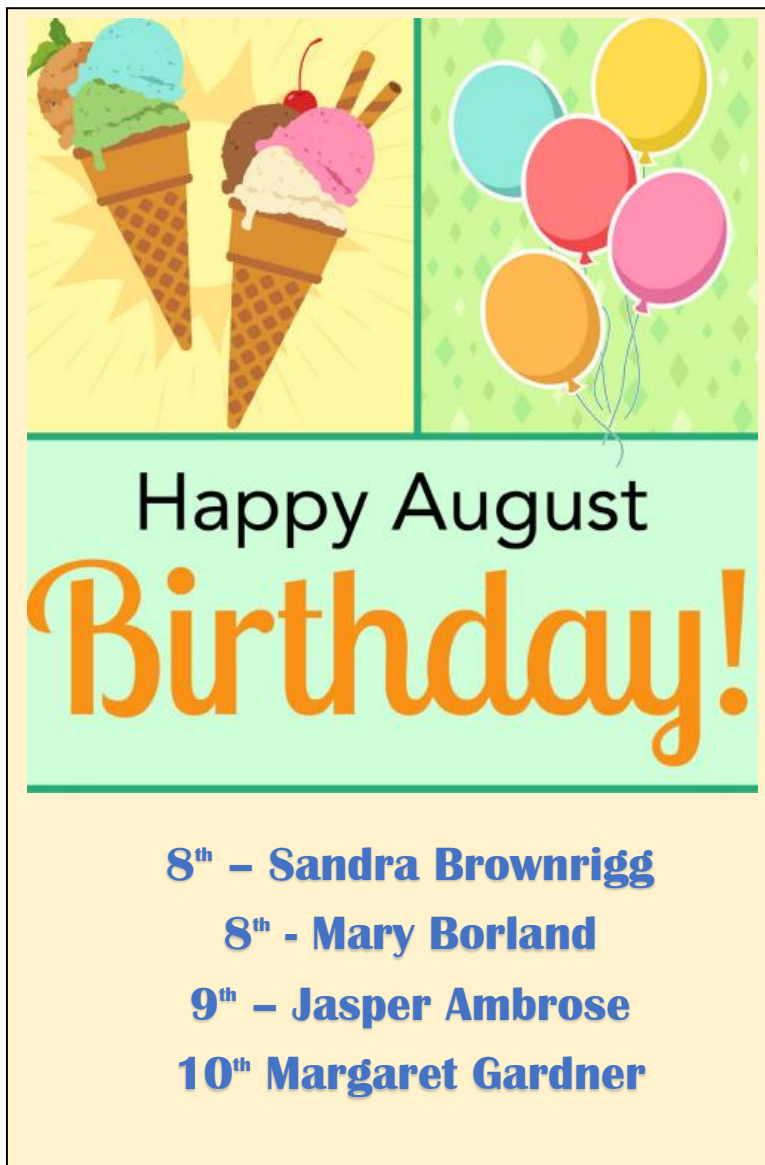
Ingredients:

- 2 cups seedless watermelon chunks
- 2 kiwis, peeled and chopped
- 2 cups vanilla yogurt
- 1 cup ice
- Sprigs of fresh mint for garnish

Directions

1. Place all of the ingredients in a blender and puree until smooth.
2. Pour into two glasses and garnish with a sprig of fresh mint.

Makes two servings.



8th – Sandra Brownrigg

8th - Mary Borland

9th – Jasper Ambrose

10th Margaret Gardner

**Bible Study with Cindy will
Resume on August 30th.**

Please Feel Free to Contact Us at Anytime

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It Takes Two to Tango



Tango is recognized around the world for the drama and passion of its dance steps and music. From August 7–21, the drama will reach a fever pitch as the best dancers in the world convene in Buenos Aires for the Tango Dance Festival and World Cup.

Buenos Aires is a fitting venue for a tango championship because it is considered the city where tango was born. During the 1850s, the working-class people and immigrants of Buenos Aires, Argentina, and Montevideo, Uruguay, developed a new cultural identity. These cities were a melting pot of cultural influences: Europeans, the descendants of African slaves, and *criollos*, the descendants of Spanish colonizers, merged their various customs, religious beliefs, and traditions. Dance was an integral part of this cultural trade, and tango would come to embody this newfound cultural diversity and community.

While no one can pinpoint the exact origins of tango, most historians agree that the first tango song was “Tomá mate, che,” written by Santiago Ramos for the comedy *El Gaucho de Buenos Aires* in 1857. Down in the docks and slums of Buenos Aires, working-class people gathered to dance this new partner dance. Up until the 1850s, partner dances were limited to the waltz and the polka. Tango, as a partner dance, evolved from these European dances and developed its own style, walk, postures, sequences, and embraces.

By the 1930s, tango was more than a dance. It embodied a proud and new Argentine culture. This was the Golden Age of Tango. It had risen out of the slums to gilded dance halls with full orchestras. Elegant dancers wore elaborate costumes. Thanks to its depiction in Hollywood movies, tango was now recognized all over the world. But every August, tango comes home to Buenos Aires for the World Championships. This is not merely a competition but a two-week-long, city-wide festival, a proud cultural celebration that provides a spectacle for all visitors.

Wizard Whereabouts

Oconomowoc, Wisconsin, might seem a strange venue for the world premiere of one of Hollywood’s most beloved classics, but *The Wizard of Oz*, starring Judy Garland, was released at Oconomowoc’s Strand Theater on August 12, 1939. Yet, according to the American Film Institute, Oconomowoc might not officially hold the title. Records show that Green Bay beat them for the honor by two days, opening at the Orpheum Theatre on August 10. The film was scheduled to premiere in Los Angeles on August 9 at the Carhay Circle Theatre but was unexpectedly delayed.

At least two people associated with the film were happy with its Wisconsin premiere. Composer Herbert Strohart, a Milwaukee resident, wrote the score, and Meinhardt Raab, the Munchkinland coroner who declared the Wicked Witch dead, was born in nearby Watertown. While the choice of Oconomowoc might seem strange, it was common for movie executives to arrange screenings in small towns to gauge audience reactions. One thing is certain: both MGM and Oconomowoc acknowledge that the honor belongs to the Strand.

Breaking Free from Boredom



The third Saturday in August is Break the Monotony Day, a day to deviate from routine and try something different. Having a routine is not a bad thing. Routines help us stay organized and allow us to be productive. Sometimes, though, routines put us on autopilot and cut us off from our feelings. Psychologists see tremendous value in breaking the monotony of our regular routines. Trying new things and new experiences kindles feelings of awe, curiosity, and excitement. Studies show that feelings of awe—those paradigm-shifting moments of understanding—create feelings of connectedness and meaning in our lives.

Straight from the Kitchen Cupboard

As you prepare for the dog days of summer, be sure to indulge in some sweet treats of the season such as watermelon, lemonade, popsicles, peaches, pineapples, and pickles. These items are sure to help you beat the heat or curb a sweet tooth. Either way, it sounds like a good reason to partake.

What would August be without the infamous State Fair, an event that highlights agriculture, industry, entertainment, and achievement. The fair is notorious for being held on the hottest days of the summer and one of the most popular reasons for going to the fair is.... the food.

During our Weird Contest Week, we will be featuring a different snack every afternoon in an attempt to bring a little bit of the fair to our doorstep. What's your favorite fair food? Do you see it on the list of what is available this year?

Food You Can Find at the Fair

- Amish Donuts
- Apple Pie Cookie Ice Cream
- Bacon and Sweet Corn Lobster Rolls
- Bacon Cheddar Pretzel Dog
- Bauder's Cherry Dream Ice Cream
- Berry Bowl-Frozen Sorbet
- Birch Beer Soda
- Blueberry Mini Donuts
- Bubble Tea
- Bucket of Soda
- Buffalo Chicken Bacon Ranch Fries
- Burrito Bowl
- Butterbeer Ice Cream
- Byrd Dawg Crispy Chicken Sandwich
- Caramel Apple Cake Pops
- Catfish in a Boat or on a Stick
- Chicken Salad Hoagie
- Chopped Brisket Sandwich
- Chopped Italian Chicken Hoagie
- Chopped Italian Ham Hoagie
- Chopped Italian Roast Beef Hoagie
- Citrus Boost Energy Drink
- Cookie Dough Sundae
- Cotton Candy Art
- Cotton Candy Cheesecake
- Craft Link on a Stick
- Crunchy Cool Ranch Pickle on a Stick
- Deep Fried Bacon Brisket Mac-N-Cheese Grilled Cheese
- Deep Fried Strawberry Shortcake on a Stick
- Deep Fried Sweet Corn Nugget
- Dill Pickle Flavored Cheese Curds
- Dough Crazy (Chocolate Chip, Cake Batter, Brownie Batter, Brookie, CC Dough w/o CC, Monster, Cherry Chocolate Chip, Cookies and Cream) Sweet Stick
- Fried Caramel Apple Cow Tail
- Grilled Shrimp on a Stick
- Grinder Ball
- Hot Stuff Grilled Cheese
- Iowa Sweet Corn Sundae
- Iowa Twinkie-Jalapeno Filled with Pulled Pork, Corn and Cream Cheese, Wrapped in Bacon, Smoked with Sweet and Sticky BBQ, Finished with Ranch
- Korean Bacon Egg Dog
- Korean Egg Dog
- Lamb Gyro Salad
- Made from Scratch Bacon Maple Monkey Bread
- Orange (with Peppermint) Sipper
- Orange Float
- Orange Slush
- Orange-Frosty
- Oreo Brownie Blast
- Peanut Butter Cream Donuts
- Pop Corn Shrimp
- Pork Belly Pinwheel
- Raspberry Chipotle Grilled Cheese
- Shrimp Ceviche
- Shrimp Poke Bowl
- Shrimp Tacos
- Soft Serve Chocolate Chip Cookie Dough Sundae
- Southern Fried Corn on the Cob
- The Ooey Gooley All-American Grilled Cheese
- Ube Funnel Cake

August Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. BBQ Chicken Drumsticks Macaroni & Cheese Buttered Peas Watermelon	2. Beef & Noodles Mashed Potatoes Corn Dinner Roll Peach Pecan Cobbler	3. Creamy Baked Pork Chops Baked Potato Riviera Vegies Strawberry Shortcake	4. Salmon Patty Creamed Peas & Potatoes Biscuit Pears in Lime Gelatin	5. Chicken Fried Steak Mashed Potatoes Country Gravy Green Beans Tapioca Pudding
6. Baked Ham Creamy Sweet Potatoes Asparagus Dinner Roll Lemon Meringue Pie	7. Hot Beef Sandwich Mashed Potatoes Gravy Corn Chocolate Mousse	8. Salisbury Steak Parslied Potatoes Broccoli Fresh Fruit Salad	9. Chicken & Noodles Mashed Potatoes Green Beans Dinner Roll German Chocolate Cake	10. Brown Sugar Meatloaf Baked Potato Sunshine Carrots Strawberry Gelatin with Bananas	11. Beer Batter Fish Fried Potatoes & Onions Coleslaw Glazed Lemon Cake	12. Applewood Smoked Pork Loin Squash Riviera Vegies Dinner Roll Strawberry Rhubarb Crisp
13. Roast Beef Mashed Potatoes Gravy Glazed Carrots Apple Pie	14. Swiss Steak Party Potatoes Broccoli Ice Cream Sundae	15. Fried Chicken Mashed Potatoes Gravy Corn Berry Crisp	16. Spaghetti Garlic Bread Green Beans Brownie	17. Hot Turkey Sandwich Mashed Potatoes Gravy Sunshine Carrots Mandarin Orange Gelatin	18. Baked Salmon Filet Roasted Red Potatoes Asparagus German Chocolate Cake	19. Ham Luau Loaf Hashbrown Casserole California Blend Banana Pudding Dessert
20. Roast Turkey Mashed Potatoes Gravy Buttered Peas French Silk Pie	21. French Onion Pork Chop French Onion Rice Riviera Vegies Peach Pecan Cobbler	22. Baked Ham Sweet Potato Green Bean Casserole Coconut Cream Pie	23. Grilled Chicken Breast Roasted Red Potatoes Asparagus Fresh Fruit Salad	24. Philly Steak Sandwich Potato Wedges Coleslaw Oreo Cheesecake	25. Breaded Shrimp Baked Potato Riviera Veggie Carrot Cake Roll	26. Chicken Parmesan Garlic Buttered Noodles Country Trio Vegies Strawberry Shortcake
27. Beef Pota Roast Potatoes Cabbage & Carrots Dinner Roll Strawberry Rhubarb Pie	28. Bacon Wrapped Pork Filet Baked Potato California Blend Frosted Chocolate Cake	29. BBQ Chicken Legs Macaroni & Cheese Buttered Peas Watermelon	30. Beef & Noodles Mashed Potatoes Corn Dinner Roll Peach Pecan Cobbler	31. Creamy Baked Pork Chops Baked Potato Riviera Veg Strawberry Shortcake		

Looking for Love?



Six months after Valentine's Day, romance returns with Resurrect Romance Week from August 6–12. This holiday week was invented as the antithesis to Valentine's Day, an opportunity to eschew

spending money on tokens and trinkets of love and focus on lavishing time and attention on your loved one. The holiday's motto is: "Real romance comes from the heart, not the wallet."

The notion of "resurrecting romance" begs the question, "Is romance dead?" This is a question that psychologists and sociologists have been asking a lot lately. Studies show that Americans are partnering 50 percent less than they did in 1986, intimacy is at its lowest since 1989, and fewer Americans are celebrating Valentine's Day than ever before.

Most people tend to blame the decline of romance on technology. Is texting ruining how we communicate with each other? Does looking up someone's background on Facebook prevent us from asking questions in person? Does the convenience of video chatting prevent us from meeting in person? Furthermore, our preoccupation with technology often interferes in the locations where we are most intimate: the bedroom and the dinner table.

The news about romance isn't all bad. Some studies suggest that part of the reason there are fewer relationships is that young people have higher standards for partners. They are less willing to enter into relationships that might go nowhere. And Millennials, those born between 1981–1996, are largely responsible for the fall in divorce rates. There are plenty of people who argue that romance isn't dead, it's just evolved. Holidays like Resurrect Romance Week can certainly help. Couples can promise to set aside their cell phones, ignore their social media apps, and concentrate their attention on each other for a week. All generations can benefit from that sort of commitment.

On the Hunt

On August 19, you can participate in a little dose of adventure and discovery on International Geocaching Day. Geocaching is a modern-day version of treasure hunting. Individuals hide their "treasure," the geocache, at any location they choose, sometimes in the woods or sometimes in a city. The cache's GPS coordinates, often with a description of the environs, are then posted to a website. Using these details, it is up to the treasure hunter to track down the cache.

This popular pastime began in 2000, when computer consultant Dave Ulmer hid a bucket in the Oregon woods, hoping to test the accuracy of satellite positioning systems. What followed was an entirely new form of outdoor adventure. Participants typically do not just find a cache but are encouraged to leave a prize for the next treasure hunter. For many, simply finding the cache is reward enough. With over three million geocaches hidden worldwide, there are likely several near you right now. And Dave Ulmer's "Original Stash" still lies in wait in the Oregon woods.

Centuries of Sandwiches



John Montagu, the 4th Earl of Sandwich, is famously credited with inventing the world's first sandwich in August of 1792 when, during a card game, he called for slices of roast beef

to be served between two slices of bread. His new snack became so popular that others began to order "the same as Sandwich." A closer look at history shows that sandwiches were eaten long before the 18th century. One of the earliest recorded sandwich-eaters was Hillel the Elder, a rabbi who lived in Jerusalem during the first century. During the annual Passover Seder, Hillel regularly placed lamb and bitter herbs between slices of matzoh. These sandwiches, mentioned in the Haggadah, have been made for nearly twenty centuries.

Foot Loose and Fancy Free

By Lisa Richards, Health Care Coordinator

Suffice to say, it has been an eventful summer at Vintage Park.

Two things that we need to pay more attention to are our feet! WE seem to not notice them until there is an issue. Stop and think about how many miles those feet have carried us over our lifetimes and all that they've felt underneath them!

Oh, if only they could talk! Unfortunately, sometimes they do by sending us signals that they need attention. This month I would like to give you some tips and tricks to keep your tootsies in fine form!

The first one is about those who may have diabetes. Diabetes causes a condition called neuropathy. It is a feeling of pain that tingles and feels like your foot has fallen asleep. It may be painful to even have sheets cover your feet. Best rule of thumb is to keep your feet clean, dry and wear clean, cotton sock. And have your toenails trimmed regularly.

Batting up at number 2 is Gout! Gout is a type of inflammatory arthritis which appears as a red, tender, hot or swollen joint. This can affect any joint, but the big toe is especially susceptible.



Miscellaneous Tips..

Congratulations



Kaitlin Pemberton

It's a pleasure to watch young nurses work their way up the ladder of success, especially when they work at Vintage Park.

Congratulations Kaitlin, on passing your RN boards. We are proud of all your accomplishments!

Always wear socks and shoes while walking-going barefoot makes our feet susceptible to injuries that may not heal properly.

Keep the blood flowing! When your feet get tired (as in "my dogs are barking"), relax them and put them up for a while. Wiggle those toes, rotate your ankles, and do not cross your legs for long periods of time.

If you use a moisturizer, don't apply it between your toes. Wear clean, soft, absorbent socks made of cotton and change them often.

Here's to many more healthy, happy miles on those feet!

Weird Contest Theme Week

<p>Monday August 14th</p> <p>Pigs in a Blanket</p>	<p><i>Wonderful Wild West</i></p> <p>Shoot the Can Western Attire! Horseshoes</p>
<p>Tuesday August 15th</p> <p>Beach Cocktails</p>	<p>Frisbee Contest Balloon Volleyball</p> <p>Bumming for Summer</p> <p>Dress Like a Beach Bum!</p> <p>Name That Destination</p>
<p>Wednesday August 16th</p> <p>Corndogs</p>	<p>Trash Mix Scavenger Hunt Seed Spitting</p> <p>Hillbilly Holler</p> <p>Dress Like a Hillbilly</p> <p>Hub Cap Hurling Name That Stench</p>
<p>Thursday August 17th</p> <p>Pretzel Bites</p>	<p>Thirsty for Opposition</p> <p>Opposites Day</p> <p>Cup Stacking Contest Pop & Puzzle Challenge</p>
<p>Friday August 18th</p> <p>Gold Nuggets</p>	<p>SHIVER ME TIMBERS, IT'S <u>ARR..GUST</u></p> <p>Spin the Bottle Hook the Treasure Contest</p>

Searching for August

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

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

AUGUST
EIGHTH
GLADIOLUS
GOLF
HOT
LEO
LION (Leo)



PERIDOT
SUMMER
SUNSHINE
SWIMMING
VACATION
VIRGIN (Virgo)
VIRGO

VINTAGE PARK

A P A R T M E N T S

810 East Van Buren
Lenox, IA 50851

Postage
Information

Smoking Success



Since August 9, 1944, Smokey Bear has urged us to prevent forest fires. The story of Smokey begins with World War II. Japanese attacks against America would reach mainland California in 1942, when a submarine fired at an oil field near Santa Barbara, inciting

fears of massive forest fires along the Pacific coast. That same year, on August 9, Disney released *Bambi* and would later authorize the Forest Service to use its animated deer on posters urging forest fire prevention. The campaign was a success for two years until the Forest Service developed its own mascot, a bear in blue jeans wearing a ranger hat. Smokey, as he was called, was first painted by artist Albert Stahl. In 1947, Smokey would adopt the slogan “Only YOU can prevent forest fires.” Then, in 2004, Smokey reunited with Bambi to produce a series of public service announcements on fire prevention.

August Birthdays

In astrology, those born from August 1–22 are Leo’s Lions. Leos are creative and charismatic. These natural-born leaders march to the beat of their own drum and aren’t afraid to take initiative. Those born from August 23–31 are Virgins of Virgo. Virgos, associated with the goddess of the earth, are rooted in the material world. They are considered practical, organized, thorough, and detail-oriented.

P. D. James (writer) – August 3, 1920
Meghan Markle (royal) – August 4, 1981
Charlize Theron (actress) – August 7, 1975
Whitney Houston (singer) – August 9, 1963
Viola Davis (actress) – August 11, 1965
Magic Johnson (athlete) – August 14, 1959
Julia Child (chef) – August 15, 1912
Orville Wright (aviator) – August 19, 1871
Kobe Bryant (athlete) – August 23, 1978
Sean Connery (actor) – August 25, 1930
Maria Montessori (educator) – August 31, 1870