

November 2023

Vintage Times

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



Celebrating November

**American Indian Heritage
Month**

International Games Month

Adopt-a-Turkey Month

Día de los Muertos
November 1

Nachos Day
November 6

World Freedom Day
November 9

Veterans Day (U.S.)
November 11

Diwali
November 12

Rock Your Mocs Day
November 15

International Men's Day
November 19

Thanksgiving (U.S.)
November 23

Square Dancing Day
November 29

Thankful for You

November is almost here. Harvest is in full swing, trees are changing colors, and we are starting to plan for the Thanksgiving holiday.

What do you enjoy most about the upcoming holiday? Is it family and friends getting together, filling your belly with turkey or pumpkin pie? Or is it your time to reflect on everything you are thankful for?

Oprah Winfrey said it best in the following quote. "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

Focusing on what we have opens our mind to the good in our life. Good thoughts lead to good moods and that leads to positive interactions. Those positive interactions then can be passed to others. And the mindset and mood changes for all. My challenge for you is to take time each day to write down a thing you are thankful for. And then read that list back to yourself on Thanksgiving Day or a day when you need a reminder of the good things in your life. Were you thankful for a call from a loved one, good health, or that you managed to find two socks, which matched when you got dressed this morning. There are so many people, events, and little things that we can all be thankful for.

Today I will start with I am thankful for you!

Have a Happy Thanksgiving and enjoy those around you.

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Julie Davis, Director

From the Ground Up and Everywhere in Between

By Tom Brokaw

The weather is quickly turning cold and by the time you read this, we are likely to have had our first snow. Most of you have had your heaters running since mid October, but if you are feeling a chill and are worried your heater isn't working properly, please let me know. I will do my best to make sure you are warm and cozy in your apartments.

I have been helping out on overnights, so if you have a concern or need something repaired, feel free to leave a message with any staff member and they will let me know. I don't expect you to track me down late at night. Lol....

Thank you to all the men at Vintag Park who served our country and for the sacrifices that were made to protect our nation and way of life.



Happy November Birthday!

17th Doris Heaton
19th Mary Smisek

What do you get when you cross a shoemaker with an apple?

Apple cobbler

What is a potato's favorite television program?

M*A*S*H

Please Feel Free to Contact Us at Anytime

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Family Not Friends

By Melissa Butler

We have all heard the saying, “You can’t choose your family, but you can choose your friends.” This statement is very powerful as the holiday season approaches and we are forced to reflect on ourselves and family.

For several seniors, the holidays are a bittersweet time as some have no family close by, some have spouses who have passed, and several have watched their friends dwindle as they age. But despite these circumstances, several of our tenants remain grateful and optimistic. They rely on each other for honesty, support, and friendship. In essence, they have become their own family, a family they have chosen to share their joys and concerns with, a family they can feel comfortable with instead of feeling insignificant or like a burden, a family they can laugh and be silly with. When we rely on other people, we recognize that we can’t do everything alone, and that, is a humbling experience for everyone.

This is one of the greatest things about living at Vintage Park, choosing to be family, with those who call this home.



This holiday season, pull out some old-fashioned fun and play a board game instead of simply stuffing yourself to the gills and watching endless hours of television. Utilize your family within the building and have some fun. The coffee shop and theater room cabinets are stocked with numerous board games such as Checkers, Sequence, Dominoes, Kerplunk, Yahtzee, Apples to Apples, Trivial Pursuit, UNO and numerous decks of cards.

Win or lose, games provide social interaction, plenty of laughter, and memories of time well spent.



Board games are currently enjoying a “golden age” of popularity. In 2021 alone, tabletop games earned a whopping \$13.4 billion worldwide.

The Finest Hour



November 12 might be National Happy Hour Day, but on most any day of the week, you can find restaurants offering half-priced drinks and appetizers. The first “happy hours” actually had nothing to do with cheap drinks and apps but were instead a practice initiated by the U.S. Navy to alleviate the boredom of sailors out at sea.

In 1913, a group of navy wives and homemakers who called themselves the “Happy Hour Social” organized weekly parties known as “smokers” aboard the USS *Arkansas*. These social events provided entertainment, such as boxing and wrestling matches, music, dancing, movies, ice cream, cake, and plenty of cigarettes and cigars, yet had nothing to do with alcohol. By the end of World War I, these parties were widely called “happy hours,” and the practice had spread beyond the *Arkansas* throughout the U.S. Navy.

When the 18th Amendment establishing Prohibition was passed in 1920, people were driven to drink in secret, either in their homes or in speakeasies. Before heading out to dinner or a show, people would drop into a speakeasy for an illegal late-afternoon drink. The banning of alcohol during Prohibition led to the invention of the first cocktail hours, and these cocktail hours were eventually called “happy hours,” a coded euphemism used by those wanting to skirt the law and find a place to drink.

By the end of Prohibition, the notion of a “happy hour” was cemented in the public’s imagination. By the 1960s, restaurants recognized that they could cash in on the practice and began to offer discounted cocktails and bar food as a means to lure customers. Over the decades, businesses have offered all kinds of deals: two-for-one, half-price, kids eat free, early afternoon discounts, and late-night discounts. States like Massachusetts, Indiana, and North Carolina, in an effort to rein in customers who might get too “happy,” banned happy hours altogether. But just as during Prohibition, even bans have not dimmed the happiness of a determined public.

Sandbox Artistry



The Siesta Key Crystal Classic, America’s premier sand sculpting competition, will be held from November 11–13 on the island of Siesta Key, near Sarasota, Florida.

This is no regular day at the beach. The sand sculptors are magnificent artists able to sculpt sand like the Renaissance artists of old. Just how do they do it? Professionals often have access to tools that common beachgoers do not. This starts with massive wooden forms used to create giant bricks of wet, compacted sand. More water often means better sand for carving. Next, professionals get creative with their tools. A margin trowel, the kind used to set mortar or lay tile, is common, but some pros resort to forks, knives, credit cards, horse combs, or straws—anything that will work. The final and most important ingredient is creativity!

SMELLS LIKE POPCORN!



We are so excited to have a new popcorn machine in the building. The buttery smell will be drifting down the hallways every Friday, drawing people out of their apartments.

Trial by Fire

By Melissa Butler

They say you don't know the strength of a person until you see how they react under pressure, and let me tell you, the kitchen staff have been feeling that pressure for weeks. The continued challenges and changes seem to keep coming day in and day out, but we are learning to adapt and are working hard at solving problems little by little.

Our first "crisis" since we switched food vendors was a pesky butter packet. Tenants and staff alike twisted, flipped, squeezed and fumbled their way through most meals that required the use of butter, simply to get it open. With time and a little research, we were able to find a product that was more user friendly to us all.

Aware we would be getting new juice and hot chocolate/cappuccino machines, we planned for a lapse in product. What we didn't plan for was a lapse in a new machine. While the old machine lingers around in the coffee shop, we are unable to fill it, as it requires supplies from our previous vendor. In the meantime, we have utilized gallons of juice from local stores, shelf stable concentrates from our new vendor and most recently, frozen concentrates. Some of you might be pondering, "what's the big deal about having to buy some juice from up town?"

The big deal is we go through 2 to 3 gallons of juice a day. Storing 20 some gallons of juice in the fridge is not feasible nor is making constant trips to the grocery store. Hence, we tried the shelf stable OJ. Right away tenants were making comments about the color and taste. This solution was quickly becoming a problem, and unlike the gallons of juice from uptown, we were able to stock cases of it. After numerous complaints, we finally used up the last of this product and received the frozen concentrate. I don't want to get too excited, but I sure hope this is the answer until the new machine arrives.

I have numerous other issues I could share with you about products, delivery times, menus, but that's not the point I want to make. What I want you to know is that we are aware there are issues, we are aware you

have concerns, and we are doing our best to come up with solutions to all of them.

While we work hard to remain positive during these challenges, I encourage you to dig deep and do the same. Positivity is catching, but sadly, so is negativity. It is in our nature to complain and focus on the negative, but let's flip the switch in November and focus on the good. Be as eager to share your praise as you are your complaints. I think we could all benefit from a little positivity and gratitude in November.

We hope you have a blessed Thanksgiving and leave the tables with your bellies full.

Thanksgiving Meal

Turkey

Sweet Potatoes

Green Bean Casserole

Roll

Deviled Egg


Pumpkin or Pecan Pie

If you are having guests join you for Thanksgiving dinner, please let us know by the 15th.

Holiday meals are \$10.00.



November Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Salisbury Steak Baked Potato Buttered Carrots Ice Cream	2. Shrimp Baked Potato California Blend Cheesecake	3. Oven Fried Chicken Cheesy Mashed Potatoes Fiesta Corn Chocolate Chip Bar	4. Beef Stroganoff With Noodles Stewed Tomatoes Pumpkin Bar
5. Roast Beef Mashed Potatoes Gravy Buttered Corn Peach Pie	6. Brown Sugar Pork Chops with Garlic & Herbs Baked Sweet Potato Green Beans Hot Spiced Apples	7. Spaghetti Parmesan Baked Zucchini Breadstick Hawaiian Fruit Cup	8. Fried Chicken Mashed Potatoes Gravy Buttered Corn Roll Pecan Pie	9. Roast Pork Mashed Potatoes Gravy Buttered Carrots Roll Cinnamon Sugar Blondie	10. Chicken Alfredo with Noodles Italian Blend Vegetables Breadstick Angel Peach Dessert	11. Chopped Steak with Peppers & Onions Parslied Potatoes Peas & Carrots Roll Fruit Crisp
12. Oven Roasted Turkey Mashed Sweet Potatoes Green Beans French Silk Pie	13. Beef Goulash Italian Blend Vegetables Tossed Salad Breadstick Ice Cream	14. Swiss Chicken Breast Baked Potato Stewed Tomatoes Roll Pineapple	15. Brown Sugar Glazed Ham Apple Stuffing Creamed Corn Fruit Crisp	16. Chicken & Noodles Mashed Potatoes Green Beans Frosted Fruited Gelatin	17. Beef & Broccoli Stir Fry Steamed Rice Creamy Fruit Salad	18. Chicken Fried Steak Mashed Potatoes Country Gravy Buttered Corn Roll Fruit Cobbler
19. Hot Beef Sandwich Mashed Potatoes Gravy Green Beans Casserole Apple Pie	20. Smothered Chicken Breast Parmesan Garlic Roasted Potatoes Capri Vegetables Roll Pumpkin Bar	21. Glazed Pit Ham Stuffing Sauteed Zucchini & Onions Fruit Cocktail	22. Meatloaf Baked Potato Buttered Carrots Roll Coconut Cream Pie	23. Turkey Sweet Potatoes Green Bean Casserole Roll Deviled Egg Pecan or Pumpkin Pie	24. Fried Fish Cheesy Corn Noodle Casserole Stewed Tomatoes Pudding Parfait	25. Crusted Pork Loin Baked Sweet Potato Winter Blend Vegetables Fruit Cobbler
26. Breaded Chicken Breast Mashed Potatoes Country Gravy Buttered Corn Cherry Pie	27. Autumn Pork Roast Stuffing Broccoli Roll Fruit Cobbler	28. Grilled Sliced Turkey Breast Maple Sweet Potatoes Buttered Peas Roll Fruit Compote	29. Salisbury Steak Baked Potato Buttered Carrots Ice Cream Cup	30. Shrimp Baked Potato California Blend Vegetables Cheesecake		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>Gratitude Calendar</h1> <h2>November 2023</h2>						
5 am grateful for meditation _____ _____ _____	6 am grateful for tradition _____ _____ _____	7 am grateful for new ideas _____ _____ _____	8 am grateful for comforts _____ _____ _____	9 am grateful for modern connections _____ _____ _____	10 am grateful for friends old and new _____ _____ _____	11 am grateful for our spirits _____ _____ _____
12 am grateful for prayer _____ _____ _____	13 am grateful for beautiful vistas _____ _____ _____	14 am grateful for children playing _____ _____ _____	15 am grateful for water _____ _____ _____	16 am grateful for colors of nature _____ _____ _____	17 am grateful for diversity _____ _____ _____	18 _____ _____ _____
19 am grateful for life together _____ _____ _____	20 am grateful for good news _____ _____ _____	21 am grateful for good entertainment _____ _____ _____	22 am grateful for good days _____ _____ _____	23 am grateful for good nights _____ _____ _____	24 am grateful for feeling welcome _____ _____ _____	25 _____ _____ _____
26 am grateful for acts of kindness _____ _____ _____	27 am grateful for farm laborers _____ _____ _____	28 am grateful for truck drivers _____ _____ _____	29 am grateful for designers and builders _____ _____ _____	30 am grateful for staff helpers _____ _____ _____	Type extra information here.	

Find this name, address, and other information about your community/organization here.

Thanksgiving Day

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



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

AMERICA
CORNBREAD
CORNUCOPIA
CRANBERRIES
FALL
FAMILY
GOBBLE

GRATITUDE
HARVEST
HOLIDAY
MAIZE
MAYFLOWER
PIE
PILGRIM

PLYMOUTH
PUMPKIN
SQUASH
STUFFING
TURKEY
WISHBONE
YAMS

The Emu War

After World War I, Australian veterans were granted land in western Australia for farming. When the Great Depression arrived in 1929, the farmers were encouraged to increase their farms and their wheat crops. Vast tracts of land were cleared, irrigated, and cultivated. In October of 1932, the economic hardship of the Depression was compounded by another disaster, this one in the form of 20,000 emus.



Emus—those large, flightless birds native to Australia—migrate to the coast from the Australian interior after breeding. As the birds migrated, they encountered the newly cultivated farmlands and found them an excellent new habitat full of food in the form of wheat and water from irrigation. The massive flocks soon ate and spoiled the wheat crop and left gaping holes in fences that let in other pests, such as rabbits.

The soldier-farmers petitioned the government to save their livelihoods, and the government agreed to send military machine gunners to the area, so long as the farmers provided food and accommodation and paid for the ammunition. On November 2, 1932, the machine gunners declared their “war” on the unsuspecting emus.

By November 8, Major Gwynydd Purves Wynne-Aubrey Meredith had led several attacks on the birds with little success. Over 2,500 rounds of ammunition had been fired and only 50 birds had been killed. Army reconnaissance noted: “Each pack seems to have its own leader now—a big, black-plumed bird which stands fully six feet high and keeps watch while his mates carry out their work of destruction and warns them of our approach.” The military decided to withdraw and regroup. They returned to “battle” the following week but with marginal success. By November’s end, the “Emu War” had ended and had done little to stop the birds. The Australian Army was largely foiled. Today, as many as 700,000 emus still call Australia home.

Ladies’ Choice

Sadie Hawkins Day on November 13 gets its origins from Al Capp’s comic strip *L’il Abner*. In the comic strip, Sadie Hawkins was the daughter of Hekzebiah Hawkins, one of the founders of Dogpatch, the comic’s fictional setting. Sadie was unlucky in love and was destined to become a spinster. On November 15, 1937, the comic depicted Hekzebiah declaring a “Sadie Hawkins Day,” a day when all the eligible bachelors of Dogpatch would participate in a footrace against Sadie. Whichever man Sadie caught would have to marry her.

In November of 1938, Capp revived the storyline. Soon, college campuses across the country began celebrating Sadie Hawkins Days of their own, with young women chasing men across campuses. Over the years, Sadie Hawkins Day has become a day of role reversals, where women ask men on dates, or at Sadie Hawkins Dances, girls ask boys to dance. While the unofficial holiday often falls on November 13, Capp himself used his last *L’il Abner* comic on November 5, 1977, to set November 26 as the “official” holiday.

Offering an Olive Branch



In 2019, the United Nations Educational, Scientific, and Cultural Organization (UNESCO) declared November 26 World Olive Tree Day. Why does the

olive tree deserve such special treatment? The olive tree’s symbolism dates back to ancient Greece. Poseidon, the god of the sea, and Athena, goddess of wisdom, both vied for possession of Athens. Poseidon struck the Acropolis and water ran out. Athena planted an olive tree. The gods granted Athens to Athena due to her superior gift, one that would sustain the people. Ever since, the olive tree—and especially its branches and leaves—have been considered dignified symbols of peace, fidelity, and strength.

Monster Success



On November 3, 1954, the film *Godzilla* premiered across Japan. *Godzilla* remains one of Japan's most enduring pieces of popular culture and has been identified by *Guinness World Records* as the longest-running film franchise in history.

The film and its gargantuan monster symbolize something more sinister, however—a nation's collective terror over nuclear war. In early March of 1954, a Japanese fishing ship was contaminated with radioactive fallout from a nuclear test conducted by the Americans at Bikini Atoll. Soon, fears of nuclear contamination spread across Japan. The film's producer and director deliberately seized on that anxiety when they created a monster that embodied nuclear destruction. Skeptical critics thought the film would be a flop, but time has shown that *Godzilla* has conquered even those critics.

November Birthdays

In astrology, those born from November 1–21 are Scorpio's intense scorpions. Scorpions seek deep connections and nurture deep empathy and commitment. Those born from November 22–30 are Archers of Sagittarius. The Archers have a unique blend of passion, curiosity, and adaptability. Bold travelers, they are unafraid to explore and conquer new terrain.

Will Rogers (cowboy) – Nov. 4, 1879
John Philip Sousa (conductor) – Nov. 6, 1854
Bram Stoker (novelist) – Nov. 8, 1847
Jonathan Winters (comedian) – Nov. 11, 1925
Whoopi Goldberg (comedian) – Nov. 13, 1955
Gloria Foster (actress) – Nov. 15, 1933
RuPaul (drag queen) – Nov. 17, 1960
Allyson Felix (athlete) – Nov. 18, 1985
Robin Roberts (newscaster) – Nov. 23, 1960
Joe DiMaggio (athlete) – Nov. 25, 1914
Tina Turner (singer) – Nov. 26, 1939
Chadwick Boseman (actor) – Nov. 29, 1976