

December 2023

Vintage Times

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



Celebrating December

**Universal Human
Rights Month**

**Safe Toys and Gifts
Month**

Clerc-Gallaudet Week
December 3–9

Dice Day
December 4

Taste of Lenox
December 6

Salesperson Day
December 8

Gingerbread House Day
December 12

Soup Bonanza
December 15

Christmas
December 25

Thank-You Note Day
December 26

New Year's Eve
December 31

*Nothing ever seems too bad, too hard, or
too sad when you've got a Christmas tree
in the living room.
- Nora Roberts*

To me Vintage Park represents our Christmas tree in the living room. We have gone through a lot of changes since I joined the Vintage Park Team in March. We had the retirement of Don and Cindy, we joined the ANew Healthcare family, yet we remained Vintage Park. With the support from each other nothing ever seems too bad, too hard, or too sad, whether it's our long-term tenants welcoming a new tenant, our staff welcoming a new coworker, or probably the hardest part for all of us is letting God welcome those dear to us into his arms.

What are your memories of putting up the Christmas tree? Do you like your real tree or artificial? Are you a traditional green tree person or do you prefer a white or pink tree? Do you like your tree decorated with a theme or with homemade ornaments such as popcorn and cranberry garland? Do you enjoy putting your tree up right away or do you wait until Christmas Eve? I feel like there are some that started putting their Christmas tree up as early as Halloween and I know some that will not take their Christmas tree down until after Valentine's Day and this is okay. Nora Roberts may have been on to something for us all. This year I put mine up the day after our family Thanksgiving and traditionally I take it down on New Year's Day. There is something about how my living room looks and feels when the tree is up.

I am excited to watch as we begin decorating the trees here at Vintage Park and the feelings it will bring to our tenants, staff, and our visitors. From my home to yours Merry Christmas and Happy New Year.

Julie Davis, Director

From the Ground Up and Everywhere in Between

By Tom Brokaw

We received our first substantial snow a couple days after Thanksgiving, it was just enough for me to get a glimpse of what snow removal will be like here at Vintage Park. Lincoln's Lawn Care will be in charge of clearing the parking lot and I will take care of sidewalks. I will do my best to keep the sidewalks clear of snow and ice over the next few months. If you notice a patch of ice or snow that has build up somewhere, feel free to let me know.

With the weather being colder, if you are needing your vehicle started or scraped, I will be glad to help with this task if I am in the building.

If anything needs repaired in your apartments, please be sure to let a staff member know. I will address the issues as soon as I am able.

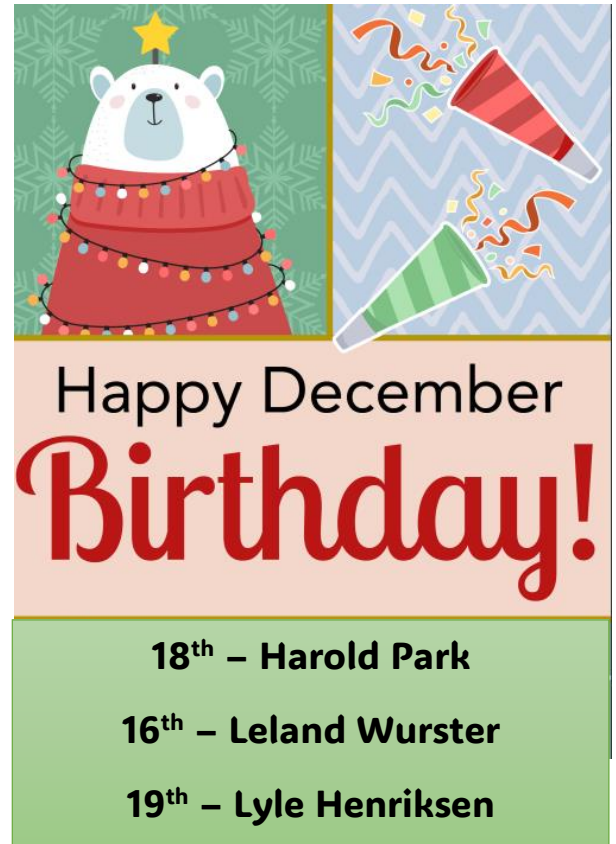
I don't have anything else to talk about so I will wish you all a warm and safe holiday season!



Shhh....

Secret Santas are Afoot

Rumor has it that staff are participating in Secret Santa events for the month of December. Tenants will receive a card, a white elephant gift, a homemade gift and then a gift to open on Christmas morning.



Please Feel Free to Contact Us at Anytime

Julie Davis, Director: jdavis@anewmgt.com

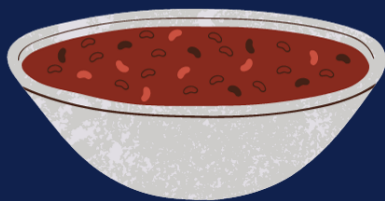
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Follow Us on Our Facebook Page: <https://www.facebook.com/vintageparklenox/>.

Soup Bonanza

Friday, December 15th
Noon



JOIN US FOR AN ARRAY OF SOUPS THAT
ARE SURE TO WARM YOUR INSIDES.
FINGER SANDWICHES, RELISHES AND
CANDY WILL BE INCLUDED. THIS MEAL
WILL BE FREE TO GUESTS!
RSVP REQUIRED

Ugly Sweater Contest

Prizes awarded for funniest, most creative and most original!

Gingerbread House Contest

Following Lunch

Teams of 3 will race to construct a house made out of graham crackers. Vintage Park will provide the graham crackers and icing. Contestants must provide their own candy/decor.

**Winning Team will receive 3 Lenox
Bright Lights Shining Hospitality
Sweatshirts!**



A Bittersweet Note from the Nurses Desk

Happy holidays!! December is upon us and so far, we have been pretty fortunate with the weather! With that being said, flu season is also here. If you are feeling unwell, please stay home and take care of yourself so it is not passed on. Elderly individuals do not have the best immune system and have a harder time fighting off illnesses. We also ask tenants who are not feeling well to isolate to their apartments until they are feeling better. We want everyone to stay healthy over the holidays.

I would like to introduce Tim Boswell, our new community nurse. Tim comes to us with a lot of experience. He has worked in wound care, long term care, and surgery. His knowledge has been very beneficial, and he has taught me things in the process.

With this being said, I feel that it is fair to announce to all that I have decided to step away from the Healthcare Coordinator position and pursue work in the ER. ER has been a passion of mine since I started in health care. This change will take place around the 1st of the year. I want to thank all family members and tenants for welcoming me with open arms. The tenants and family members of Vintage Park have become my own family and I appreciate and love you all. I sincerely appreciate you all from the bottom of my heart. Please know that this decision was very hard for me but being a new nurse, I feel that it is important to continue to learn and grow my skills.

I wish all of you the best during the holiday season. May this season bring you all blessings and love.

Kaitlin Pemberton, RN/HCC

Welcome Tim



Christmas Dinner

Roast Beef

Mashed Potatoes

Gravy

Green Bean Casserole

Roll

Pecan or French Silk Pie

RSVP by Dec. 21st

Almost Time to Time Travel



The idea of a time machine has long captured the imagination of storytellers. Hindu mythology speaks of a king who ventures to heaven and upon his return to Earth finds that thousands of years have passed.

A Japanese tale from the year 720 tells of a man who is transported 300 years into the future. In Charles Dickens' famous novel, *A Christmas Carol*, the despicable Ebenezer Scrooge visits Christmases past, present, and future.

Time travel is not just a fascination for artists. Stephen Hawking, the noted scientist, believed that time travel is possible. It has to do with speed—not just any speed, but the speed of light, the fastest speed in the universe. When things travel at or near this speed, they travel more slowly through time. If you boarded a train traveling at the speed of light for one week, the rest of the world would have traveled 100 years. In this sense, you would step off the train having traveled 100 years into the future. Amazingly, experiments of this kind are being conducted at a giant underground laboratory in Switzerland known as CERN. Scientists shoot tiny atomic particles so fast that they continue living long after they should have disintegrated. They are traveling into the future.

Hawking himself admitted that he would prefer the past to the future, visiting Marilyn Monroe or Galileo. On December 8, Pretend to Be a Time Traveler Day, you too can imagine where (or when) you'd like to visit. Do you want to visit the age of the dinosaurs or watch the pyramids be built? Would you rather see the future? It is interesting to think about how your ancestors may remember you. It is even more interesting to think about a time when we could perhaps visit aliens in outer space. According to Stephen Hawking, we may not have to pretend much longer. Someday, December 8 may just be called Be a Time Traveler Day.

Soup du Jour

It's a dish that earned the name "the soup that won the war." General Washington's Continental Army was starving and frozen one winter at Valley Forge. On December 29, 1777, Washington urged his army chef, Christopher Ludwick, to cook a meal he had once encountered visiting his brother in Barbados. It was a soup that warmed both his troops' bellies and hearts. Ludwick gathered what ingredients he could—tripe, meat, and peppercorns—and mixed up a version of pepper pot soup. Not only did the revolutionaries win the war, but December 29 came to be known as Pepper Pot Soup Day.

You could celebrate the day by recreating Ludwick's hot and spicy dish. Or you could honor Ludwick by rummaging around in your kitchen to concoct a soup made from leftovers and scraps.

Fiddlin' Around



December 13 is Violin Day. On this day in 2010, rock violinist Ben Lee broke the Guinness world record for fastest violin player by playing Nikolai Rimsky-Korsakov's "Flight of the Bumble Bee" in just 58.515 seconds. After breaking the previously unbreakable magic-minute mark, Lee reportedly insured his fingers for over four million dollars.

Violins were once used only in classical music, but they have since become popular in jazz, rock, and pop music. Folk musicians have long played the fiddle, and violin-like stringed instruments have been used in India and the Arab world for hundreds of years. Violin makers, called luthiers, enjoy great renown. Italian luthier Antonio Stradivari's violins are so precious that one 1716 instrument, "The Messiah," is part of a museum collection in England.

Activities at a Glance

By Melissa Butler

Can you believe the year is almost over? While December is full of things to do activity wise, I can't help but reminisce about the year we are about to leave behind. So many changes have taken place, so many people have come and gone.

My house continues to get less and less chaotic as my kids age and leave the house, each wanting to start their own adventures. That reality is setting in pretty hard this year, and I find myself grateful for the busyness at Vintage Park.

Creating moments of joy might be my job, but it really is a life goal, one we should all strive for. We don't know what tomorrow will bring or who will be with us, but we can control how we spend our time. I plan to spend as much time as possible making memories and creating moments of joy at home and work in the following year and I hope you all do the same.

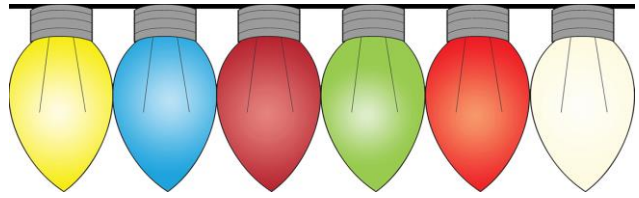
The December activity calendar is jam packed with activities and events so be sure to check it regularly so you can plan to attend what appeals to you. Moments of joy are waiting for you, get out and participate this month, you might just enjoy yourself.

Some new games that are on the schedule for December include the Naughty or Nice Game, All Wrapped Up Game, Christmas Concentration and a reoccurring favorite, reindeer hunting. For those who are unsure what reindeer hunting is, let me enlighten you. Staff willingly put on reindeer antlers, fuzzy tails and run about while tenants get to shoot them with nerf guns. It makes for a perfect afternoon. We squawk at the near misses and chuckle when the shot is dead on.

No Christmas season would be complete without making candy and decorating cookies so we will be doing that throughout the month in preparation of our Christmas Party.

Lastly, we often have carolers in the building this month, but you won't find it on the schedule. We will do our best to let you know when they are coming.

DECEMBER EVENTS



TOUR OF LIGHTS SUNDAYS AT 6:30PM

Hop on the bus as Tom drives you around to see the Christmas lights here in town.



TENANT CHRISTMAS PARTY

WEDNESDAY, DECEMBER 20TH

2PM

Minute to Win it Games

Group Games

Cookies, Candy & Eggnog



CRAFTS FOR GIFTS

Join us as we make the following crafts that can be given away as gifts!

Cocoa Ornaments – Dec. 13th

Yule Log – Dec. 22nd

Straight from the Kitchen Cupboard

By Melissa Butler

We are gearing up for a busy December with extra guests and parties, as the holiday approaches. The building will soon be adorned with evergreen and bright colors of red and gold. Christmas carols will be floating through the air, and we will all have a little joy in our hearts and hopefully, something warm and tasty in our bellies.

Two of the things I look forward to in December are making candy and enjoying some warm hearty soup, especially on Christmas Eve. Vintage Park always serves soup on Christmas Eve, but this year, we have decided to add in a Soup Bonanza. We encourage you to invite up to 2 family members or friends to join you. A warm bowl of soup is nice, but a warm bowl of soup with a friend or family member, is even better. Tables will be set up in the living room and theater room if needed. RSVP's will be required, as we need to make sure we have enough seating. Our theme for the event is "Ugly Sweater" so be sure to dress accordingly. Prizes will be awarded, and photos will be taken.

If you are planning on joining us for Christmas Dinner, we would like to know by December 21st. The kitchen will be serving roast beef, mashed potatoes, gravy, green bean casserole, roll, pecan or French silk pie. As a reminder, holiday meals are \$10.00.

If you have family in the area or they plan to visit, Lenox is hosting a Taste of Lenox on Wednesday, December 6th from 4:30pm-7pm. Local businesses will have different samples of food for you to try. Start the event at the depot to obtain your map of participating businesses and receive a bag to collect all the recipes. Vintage Park will be set up inside the Iowa State Savings Bank and will be serving Bacon Cheese Ball Bites. The weather is usually a bit frigid, so dress warm!

BACON CHEESE BALL BITES



Ingredients

- 8 oz package cream cheese
- ½ cup finely shredded cheddar cheese
- 2 tsp. dry ranch dressing mix
- ½ cup cooked bacon, diced
- 2 green onions, sliced
- ½ cup finely chopped pecans
- 18 mini stick pretzels

Instructions

1. Using an electric mixer, beat cream cheese in large bowl until smooth. Add cheddar cheese, ranch dressing mix, bacon, and green onions. Beat again until well blended.
2. Cover and chill in refrigerator for 20 minutes, or until set up enough to handle.
3. Roll into 1" sized balls. Then roll in chopped pecans.
4. Chill until ready to serve. Just before serving, stick a pretzel stick into each cheese ball bite.

December Lunch Specials

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

A Holly Jolly Christmas

Fill in the missing lyrics and then find the words in the puzzle.
Search vertically, horizontally, diagonally, forward, and backward.

























































































































































































Have a _____, jolly Christmas
 It's the _____ time of the year
 I don't know if there'll be _____
 But have a cup of _____
 Have a holly, jolly _____
 And when you walk down the _____
 Say hello to _____ you know
 And everyone you meet
 Oh ho, the _____
 Hung where you can see
 _____ waits for you
 Kiss her once for me
 Have a holly, _____ Christmas
 And in case you didn't _____
 Oh, by golly, have a holly, jolly
 Christmas this year
 Have a holly, jolly Christmas
 It's the best _____ of the _____
 Have a holly, jolly Christmas
 And when you _____ down the street
 Say hello to friends you know
 And _____ you _____

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





Assisted Living December

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
10:30  31	 Bake Shop  Coffee Shop  Dining Room  Living Room  Library  Memory Care  Precious People Preschool  Theater Room												
2:00  3	10:00  4	10:30  5	10:00  6	9:30  7	9:00  8	10:00  9							
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Home Sweet Home



Gingerbread House Day, December 12, brings a touch of magic to the holiday season. It's the perfect occasion to indulge in a time-honored tradition: building and decorating gingerbread houses.

This charming holiday observance offers a sweet escape from the busyness of the season.

The history of gingerbread houses has roots in medieval Europe, where gingerbread was initially reserved for special occasions and celebrations. It was often used to create intricate works of edible art, including gingerbread houses. These delectable structures gained popularity in Germany during the 16th century when the Brothers Grimm published their fairy tales, including the famous story of Hansel and Gretel, who discover a house made of gingerbread and candy deep in the forest.

Notable gingerbread houses have become a source of fascination and wonder. The White House has a longstanding tradition of creating a gingerbread replica of the executive mansion during the holiday season. These intricate confections often include detailed icing decorations and miniature furnishings.

Another impressive example is the annual National Gingerbread House Competition in Asheville, North Carolina. This event attracts pastry chefs and artists from around the world who craft astonishing gingerbread creations, from charming cottages to elaborate castles.

In modern times, gingerbread houses have evolved from simple, rustic structures to intricate architectural marvels. They continue to be a beloved holiday tradition, a sign of the enduring appeal of this spicy-sweet treat. This year on Gingerbread House Day, unleash your creativity, and see what kind of edible masterpiece you can create with family and friends.

Goodbye Gluten

Lately you may have heard the term *gluten-free*. Gluten is a protein commonly found in wheat, barley, rye, and triticale (a combination of barley and rye). For those with celiac disease, gluten causes inflammation of the small intestine. For this reason, they must avoid bread, cookies, and anything else made with wheat flour. Many others believe that a gluten-free diet can be healthful and help prevent milder food allergies.

Gluten-Free Baking Week, the week before Christmas, provides people with the opportunity to try many different gluten-free ingredients in place of traditional wheat flours for their holiday baking. Almond, coconut, hazelnut, potato, teff, and corn flour offer interesting and flavorful flour substitutes. Even if you don't have any gluten allergies, this is your chance to impress your friends and family by using ingredients you've never baked with before.

Cold Hard Facts

On December 1, 1959, twelve countries signed the Antarctic Treaty, which proclaimed that all countries would use the land of Antarctica for peaceful purposes



only. All scientific discoveries must be shared and used in a spirit of cooperation. Since 1959, the number of countries signing the treaty has grown to 56. Many significant discoveries have been made on Earth's coldest continent. Research has detected the rise of global carbon dioxide levels, which contributes to global warming. Scientists have discovered fossils of plants, animals, and dinosaurs, as well as four new species of fish. This treaty has helped warm the spirit of international cooperation. Over time, the treaty advanced science, embodying global commitment to preserve and steward this pristine environment.



810 East Van Buren
Lenox, IA 50851

Postage
Information

Spectacular Soda



With its hundreds of uses, bicarbonate of soda certainly deserves its own day on December 30. Baking soda, as it is commonly called, is used for far more than baking. Make homemade toothpaste

by mixing baking soda with hydrogen peroxide. Mix a 3-to-1 ratio of baking soda and water to create a gentle exfoliant for your skin or to relieve the itch of insect bites. Add a sprinkle of baking soda to your shampoo to add extra cleaning power. Out of deodorant? Just apply a thin dusting of baking soda under your arms.

Even the ancient Egyptians were wise to the uses of baking soda. They found natural deposits of bicarbonate of soda and used them to create soaps. It's time to put that box of baking soda front and center in the cupboard.

December Birthdays

If you were born from December 1–21, you are a Sagittarius, the Archer. Archers are not only confident but also lucky, so they often find success. Their enthusiasm is infectious, so people often help them achieve their ambitious goals. Those born from December 22–31 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps.

Andy Williams (singer) – Dec. 3, 1927
Dave Brubeck (pianist) – Dec. 6, 1920
Buck Henry (writer/actor) – Dec. 9, 1930
Rita Moreno (entertainer) – Dec. 11, 1931
Christopher Plummer (actor) – Dec. 13, 1929
Betty Grable (actress) – Dec. 18, 1916
Branch Rickey (manager) – Dec. 20, 1881
Louis Chevrolet (engineer) – Dec. 25, 1878
Donna Summer (singer) – Dec. 31, 1948