

February 2024

Vintage Times

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



Celebrating February

Bird Feeding Month

Spunky Old Broads Month

Women Inventors Month

Engineers Week

February 18–24

Change Your Password Day

February 1

Liberace Day

February 4

Periodic Table Day

February 7

**Chinese Lunar New Year's
Day**

February 10

Galentine's Day

February 13

Valentine's Day

February 14

Presidents' Day

February 17

For Pete's Sake Day

February 26

Leap Day

February 29

What's for Breakfast?

February is a month that brings with it an array of breakfast-themed celebrations, making it a time for food enthusiasts to indulge in their morning cravings. Let's take a quick tour of some of these scrumptious occasions.

Hot Breakfast Month in February reminds us of the warmth and comfort that a steaming bowl of oatmeal, a plate of scrambled eggs, or a hearty breakfast burrito can bring to a chilly winter morning. It's a time to appreciate the heartiness of hot breakfast options, even if they take a bit longer to prepare.

Bagel and Lox Day (Feb. 9) caters to lovers of this classic combination. With a bagel as the sturdy base and lox (smoked salmon) as the star, this day is all about the savory and satisfying flavors that have become a breakfast staple for many.

Mardi Gras, which is French for "Fat Tuesday," marks the culmination of the festive Carnival season on February 13. While the day is famous for its lively parades and vibrant masks, it's also an opportunity to savor some delicious breakfast treats. Traditional dishes like beignets and king cakes take center stage, offering a sweet and hearty start to the day.

Fat Tuesday is also Pancake Day, an event celebrated worldwide with fluffy stacks of pancakes drizzled with syrup or piled high with fresh fruits and whipped cream. Observers relish the simple pleasure of this beloved breakfast food.

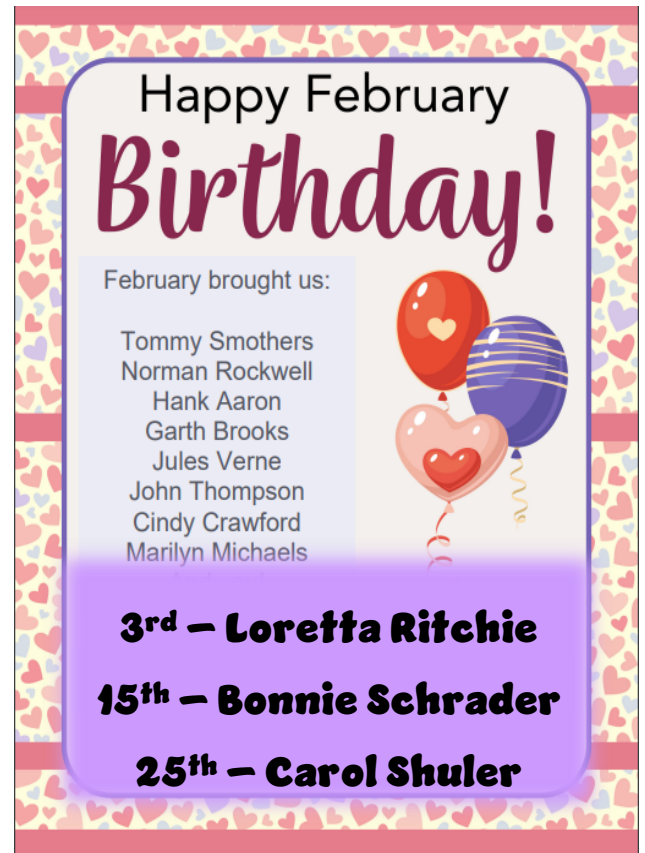
Finally, Muffin Day (Feb. 20) rounds off the month with a celebration of these handheld treats. Whether you prefer blueberry, chocolate chip, or bran muffins, be sure to indulge in a sweet or savory snack on the go.

Whether you're savoring a fluffy stack of pancakes or nibbling on a warm muffin, these celebrations remind us of the joy that breakfast can bring to our lives.

Is Winter Over Yet?

I am hopeful that we are past the cold temperatures, massive amounts of snow, and sickness that we had the last couple of weeks. I kept saying that I thought all the snow in Iowa had blown up against Vintage Park. I guess it was a good bonding experience for a few of us that decided to stay here at Vintage Park for the worst of it. It truly showed me what our staff do for their tenants to make sure their day-to-day lives were not interrupted. Besides the few minutes with no power, an hour or so without water (so we could get the one pipe that decided to break fixed). It really proved how staff can spring into action to make sure damage was minimal. Just a good thing Tim was not at his desk he may have gotten a cold shower. A quick response from Carruthers Plumbing and Heating and we were back up and running. From stories I have heard about broke pipes we were very fortunate.

I had many tenants tell me how grateful they were that they did not have to leave the building and really didn't have to endure the horrible weather. As the winds were blowing and the snow was falling, they were still able to join their friend for coffee or play a game of cards, they were still able to go to exercise class and still able to have a warm meal, and best of all they didn't have to scoop snow or worry about falling on the ice. These last couple weeks really made them glad



they had chosen Vintage Park as their home. If that is something you or your loved one has been concerned about, reach out to us about apartment availability.

Until next time I hope February is kinder to us all. That we get to spend time with our loved ones and maybe even cheer for this year's football champions.

Julie Davis, Director

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The Magic of Mardi Gras



Mardi Gras, the vibrant and exhilarating Carnival season celebrated in various parts of the world, is a spectacle of merriment, color, and

culture. It typically involves parades, masquerade balls, and the donning of elaborate costumes, offering a unique blend of tradition and modern revelry. Each year, it is a time for people to indulge in festivities and enjoy the spirit of community. In 2024, the celebration begins on January 6. It leads up to Fat Tuesday on February 13—the culmination of the Carnival season.

In 2024, Mardi Gras promises to be an exceptional experience. While the details of the celebrations vary from place to place, grand parades with intricate floats, live music, and colorful Mardi Gras beads are common features. The heart of Mardi Gras lies in its diverse cultural influences, blending elements of French, Spanish, African, and Creole heritage, which contribute to the rich tapestry of this celebration.

A tasty aspect of Mardi Gras is the king cake, a traditional pastry with a hidden figurine or token inside that brings good luck to the person who discovers it. Vivid, intricate masks and costumes add to the visual spectacle of Mardi Gras, as participants embrace anonymity and the freedom to be anyone they choose for a day.

Whether you're in New Orleans, Rio de Janeiro, or any of the other cities that celebrate Mardi Gras, the joyous atmosphere and sense of unity are universal. Partygoers let loose, enjoy the parades, savor delicious cuisine, and partake in a global festival of life and culture.

But Mardi Gras is more than just a party; it's a colorful expression of tradition, diversity, and the indomitable human spirit. Mark your calendars for Mardi Gras 2024 and prepare to join the revelry!

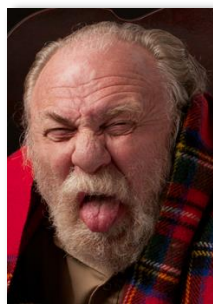
A Cutting-Edge Hobby

It's not an illusion or a magic trick—sword swallowing is a serious and even ancient art. On February 24, World Sword Swallowers Day, many practitioners will perform free demonstrations of their weird art form.

How does one learn to swallow a sword? Apprentices begin by putting objects of increasing size down their throats: fingers, spoons, paintbrushes, knitting needles, coat hangers, and then swords. Eventually, a swallower's esophagus is so relaxed that the sword travels down the throat and into the stomach. Today it may be a showy act for street performers and circus sideshows, but in ancient India, it was considered a demonstration of divine union with their gods, akin to walking over hot coals. Only a few dozen people worldwide currently risk this dangerous pastime. Luckily, for many, the worst injury they suffer is "sword throat."

Spreading Sunshine

Is there someone in your life who is a perpetual grouch? Are they forever grumpy? Is every day a bad day? February 16 may be your day to help them. It's Do a Grouch a Favor Day.



Hunger is a definite biological cause of grouchiness. Perhaps the best favor you can do for a grouch is bake them a treat or buy them lunch. Some people are grouchy first thing in the morning. The grouch might say they're "not a morning

person," but this grouchiness may have a biological cause. Some suffer a groggy period after waking up that is called the "sleep inertia" phase. It takes from five to 30 minutes for a person to feel awake. If someone is an interminable grouch, perhaps the biggest favor you can do for them, and yourself, is leave them alone.

From the Nurses Office

Hello everyone! Do you believe this weather we've been having? Makes me want to hibernate, but unfortunately that isn't possible for most of us. So, we need to make sure we do everything possible to stay healthy. As most of you know, handwashing is our best defense, so let's review the seven steps of proper handwashing.

1. Wet hands and apply soap.
2. Rub palms together.
3. Rub the back of the hands.
4. Rub the back of the fingers.
5. Rub and clean the thumbs.
6. Rub and clean the tips of the fingers.
7. Rinse the hands.

Following these seven steps can help prevent the spread of germs. Be sure you are also covering your sneezes and coughs. If you don't have a tissue, turn your head and cough/sneeze into your elbow. Try to avoid covering your mouth with your hands when sneezing/coughing as our hands are one of the greatest transporters of germs.

If you are feeling under the weather, we ask that you stay tucked in your room until you feel better. Drink plenty of fluids and rest as you recover.

Until next time, keep your germs to yourself and stay healthy!

Tim & Linda



From the Ground Up and Everywhere in Between

By Tom Brokaw

Thank you for your understanding through all the situations and emergencies we have been dealing with this last month. The blowing and drifting snow, below freezing temperatures, and power outages led to issues with several tvs, outlets, broken waterlines, temporary water shutoffs and of course, the repairs.

Keep reporting any issues and wishes so we can get them taken care of. I look forward to warmer weather and working with all of you. Vintage Park tenants are the best!



Mardi Gras Party

**February 13th
2:30pm**

- Games
- Snacks
- Cocktails/Mocktails

**PRIZES AWARDED
FOR BEST MASK!**

By Julie Davis

A white, rectangular United States Postal Service mailbox is shown from a slightly low angle. The mailbox has a series of ventilation holes along its top edge. A black warning label is affixed to the front. The label contains the following text: "WARNING - NOT FOR PRIVATE USE", "MAXIMUM PENALTY FOR THEFT OR MISUSE OF POSTAL PROPERTY", "\$1,000 FINE AND 3 YEARS IMPRISONMENT (18 USC 1707)", "UNITED STATES", "POSTAL SERVICE", "FOR MAIL ONLY", and "RETURN TO NEAREST POST OFFICE". At the bottom left of the label, it says "TO REPORT MISUSE: NEW POLICE 1-800-368-6868 EMAIL: NCRTS@USPS.GOV". At the bottom right, it says "SCNTP-23-B-0004 PSN 12377-MCI FEB 2023". The mailbox is sitting on a patterned carpet. In the background, some boxes and a blue container are visible. To the right of the mailbox, a person's leg in blue jeans and a black shoe is partially visible.

Will the groundhog see his shadow on February 2nd or will we be blessed with an early Spring?



1. The Panama Canal, a feat to bestow, I championed its construction, high and low. Who am I?
2. The Cuban Revolution and Bay of Pigs, too— I faced these challenges through and through. Who am I?
3. The buck stops here! Tough decisions are mine, I made it clear. Who am I?
4. The stock market crash spread the alarm; I was blamed for the Depression, though I meant no harm. Who am I?

Answers: 1. Theodore Roosevelt 2. Dwight D. Eisenhower 3. Harry S. Truman 4. Herbert Hoover 5. Lyndon B. Johnson

Mixed-Up Breakfast

Unscramble the letters to reveal words associated with breakfast.

1. NEKCAASP _____
2. AGESUSA _____
3. GESG BNEITDEC _____
4. EROGAN JCEIU _____
5. BELAG _____
6. SEFALFW _____
7. ANOINCMN LLRO _____
8. NABOC _____
9. AHHS SRNWBO _____
10. CRNFEH OTSTA _____
11. UTYORG _____
12. TLEAOMA _____
13. SSCIBIUT NDA RYAGV _____
14. SRCKAOEFNL _____
15. FIUNMF _____
16. COEFFE _____
17. AOTNISSRC _____
18. LONRAGA _____



Straight from the Kitchen Cupboard

By Melissa Butler

When I think of February, the first things that come to my mind are the color red, hearts, and Valentine's Day. While I am among the many to find Valentine's Day a bit overdone, I relish the bright colors, in contrast to the cold colors of Winter.

In the kitchen, there are several red foods worth enjoying that contain numerous nutrients and antioxidants to improve our health. Check out the list below and see how many of the items you enjoy in February.

- Sweet Red Peppers
 - Excellent source of Vitamin A
 - Contains more Vitamin C than an Orange.
- Cranberries
 - Packed with Vitamin C and flavonoids.
- Beets
 - Beets are loaded with vitamins and minerals yet low in calories and fat. They're also a good source of several key nutrients, including folate, manganese, and copper.
- Cherries
 - Packed with Vitamin C and A and have high amounts of Antioxidants.
- Tomatoes
 - Excellent source of Vitamin C and A as well as a good source of potassium, vitamin B6, folate and thiamin.
 - Contain the antioxidant Lycopene.
- Strawberries
 - One serving of strawberries contains more Vitamin C than an orange.
 - Helps lower bad cholesterol.
- Raspberries
 - Contain anthocyanins, shown to help reduce inflammation and reduce the risk of diabetes and heart disease. They also contain *quercetin* which may help slow cancer growth.

What are you waiting for.... color your plate red this month in honor of American Heart Month!

Red Velvet Sandwich Cookies



Cookie Ingredients:

- 1 box red velvet cake mix
- 1/2 cup butter, softened to room temperature
- 2 eggs

Filling Ingredients:

- 1/2 cup butter, softened to room temperature
- 1 (8-ounce) package cream cheese, softened to room temperature
- 1 teaspoon vanilla
- 1 (1-pound) box of confectioner's sugar

Directions

1. Preheat oven to 350°F. Mix cake mix, 1/2 cup butter, and eggs until combined. Drop spoonful of cookie batter onto baking sheet about two inches apart. Bake for 10–12 minutes. Let cool.
2. In a mixer, cream 1/2 cup butter, cream cheese, and vanilla. Gradually add sugar and mix until smooth. Spoon desired portion of filling onto flat side of 12 cooled cookies. Gently place another cookie flat side down on filling.

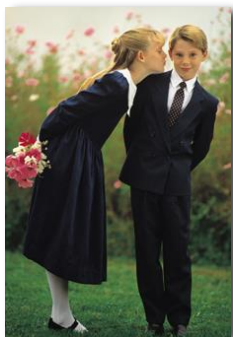
Makes 12 cookie sandwiches.

February Lunch Specials

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

Pucker Up

Valentine's Day always falls on February 14, and many may be happy to see it pass. But in the south of France, people still plant kisses until the Saturday after Valentine's Day.



The residents of Roquemaure call it the Festival of the Kiss, and kiss they do. They smooch from sunup to sundown in honor of their favorite saint, Saint Valentine. Valentine became the patron saint of love when, according to legend, on February 14

around the year 270, he was caught performing illegal marriage ceremonies for Roman soldiers and was martyred by Roman emperor Claudius II Gothicus.

In 1868, the supposed remains of Saint Valentine were purchased in Rome and transferred to Roquemaure. The French village was renowned for its winemaking, but in 1868, its vines were diseased. Villagers and winemakers believed that the arrival of Saint Valentine's remains would cure their ailing vines. Miraculously, within four years, the vineyards had recovered.

And so, during the Festival of the Kiss, Roquemaure returns to the year 1868. Residents wear costumes from that era, with some even dressing up like monks, nuns, or saints. Horses and carriages clop down the streets. Storefronts boast 19th-century decorations. A market sells traditionally fashioned items. Even the street names are rewritten, bearing the names of France's most lovesick poets and artists.

Everyone drinks wine and kisses until they can't feel their lips. The local winery is named Cave Saint Valentine and produces specialty wines for the occasion. The local post office even gets in on the fun, sealing every letter with a kiss. This is why Roquemaure is known as "La Capitale des Amoureux," the Capital of Lovers.

The Art of Being Humble

February 22 prefers not to call attention to itself. It is Be Humble Day, a day not to brag, boast, or call attention to your accomplishments. The words *humble* and *humility* come from the Latin word *humus*, which means "earth," literally the dirt beneath our feet. To be humble is to have a modest estimate of one's own worth and to never have a superior attitude over others. Humility is perhaps the greatest of virtues.

In our loud, proud, and power-driven society, humility can be viewed as a weakness. However, humility has often proven to be a leader's greatest strength. Humility comes from the self. Humility is also attractive to others, often because a good and humble leader will sacrifice personal gain for the benefit of the entire group. Humble leaders also do not create their identity from their accomplishments. Identity and accomplishment are entirely separate. This is why a humble leader will remain flexible. When their choices are criticized, they do not take it personally but rather are willing to learn from their mistakes. Taking a day to be humble may make us all stronger leaders, whatever our tasks.

Get Ready to LOL



February 8 is Laugh and Get Rich Day. If only it was that easy! Gelotology is the psychological study of laughter, and scientists are still trying to figure out just why we laugh. Laughter involves many different parts of the

brain as well as the coordination of many muscles. Laughing 100 times is equal to 15 minutes of exercise on a bike. It's a total body workout, with all the physical and psychological health benefits to boot. So, while laughter may not fill our bank accounts, it certainly enriches our lives.



810 East Van Buren
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Connecting the World



On February 4, 2004, the internet changed forever. Harvard freshman Mark Zuckerberg launched Facebook, a website that has transformed the way people socialize and communicate. Facebook

has more than three billion active users a month. For many, staying in touch via Facebook, sharing pictures, sending messages, and commenting on friends' posts is preferable to communicating by mail, telephone, or email.

However, a scientific study in 2017 suggested that using Facebook had negative consequences. The more the study participants used Facebook, the worse they felt afterward. Users felt less satisfied with their lives and were lonelier. It seems that direct social contact may still be the best form of interaction of all.

February Birthdays

If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19–29 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

Lisa Marie Presley (singer) – Feb. 1, 1968
Farrah Fawcett (actress) – Feb. 2, 1947
James Michener (author) – Feb. 3, 1907
Mary Leakey (scientist) – Feb. 6, 1913
Sarah Palin (politician) – Feb. 11, 1964
Peter Tork (guitarist) – Feb. 13, 1942
Hugh Downs (news anchor) – Feb. 14, 1921
Amy Tan (author) – Feb. 19, 1952
Julius Erving (basketball player) – Feb. 22, 1950
Cullen Jones (swimmer) – Feb. 29, 1984