

Volume 2

1500 1st Ave N  
Coralville, IA 52241



Issue 8

319-337-6320  
browndeerplace.com

Volume 2

1500 1st Ave N  
Coralville, IA 52241



Issue 8

319-337-6320  
browndeerplace.com

## Contact Information

### Manager:

manager@browndeerplace.com  
Office: 319-337-6320  
Cell: 319-930-6937

### Community Relations Coordinator:

Anne Alms  
Welcome@browndeerplace.com  
Office: 319-337-6320

### Culinary Coordinator:

Nathan Dance  
culinary@browndeerplace.com  
Office: 319-337-6320

### Life Enrichment Coordinator:

Sky Cameron  
lifeenrichment@browndeerplace.com  
Office: 319-337-6320

### Maintenance Coordinator:

Austin Vincent  
Office: 319-337-6320

### Health Care Coordinator:

Matt Hoskins, RN  
nurse@browndeerplace.com  
Office: 319-337-6320  
Cell: 319-540-6446

### Memory Care Program Coordinator

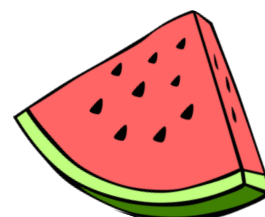
Emily Winters  
mc@browndeerplace.com  
Office: (319)337-6320

## August Birthdays

Helen W.—August 2nd

Janice M.—August 15th

Harlan N.—August 30th



## Happiness Happens Month

Happiness grows at our own  
firesides, and is not to be picked  
in strangers' gardens.  
-Douglas William Jerrold

# Brown Deer Place Post

## STATE FAIR WEEK!

August 17th:

1:30pm-Cow Patty Toss!

August 18th:

2:00pm-Butter Sculptures!

August 19th:

1:00pm— Pie in the Face Contest!

August 20th:

1:00pm-Corn Shucking Contest!

August 21st:

2:00pm-Hog Calling Contest!

## Notable August Activities!

August 3rd:

3:00pm— International Beer Tasting!

August 6th:

3:00pm-Welcome Wagon Party!

August 7th:

10:00am-Singin' and Swingin'!

August 11th:

3:00pm— Wine and Cheese Social!

August 13th:

12:00pm— Luau Lunch!

August 21st:

3:00pm— National Senior Citizen Day Drive-By  
Event!

Professionally Managed by



Embracing Every Moment



# Community Relations Coordinator

Hey Everyone,

August is a special month for me as I have 4 family members back in the Philippines who will be celebrating their birthdays, my youngest brother, niece, nephew and my dad! These days, connecting with them is easy, thanks to technology that allows me to “visit” with my family at anytime

In July, we welcomed K Costello and her furry friend, Maddie in our Independent Living community. I hope you had the chance to meet them both! We should also be welcoming 3 new residents in both Independent Living and Memory Care by the time you get this newsletter. I am always thrilled to introduce our new residents to everyone. I love it when I can connect people and build meaningful relationships among our community

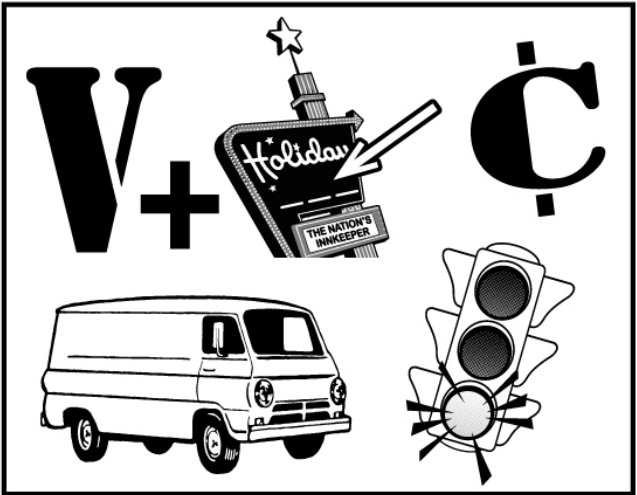
Anyway, I hope you are all doing well, staying healthy and staying hydrated this Summer! At the end of the month, we also celebrated Helen’s 101<sup>st</sup> birthday – I want to thank you for sending your wishes and writing her a card to complete our goal of 101 cards. You all rock!!

This August, let’s continue to enjoy the outdoor with social distancing in mind and also to keep joining the activities we have planned for you. Also, we have some apartments available in our community, if you know someone, or knows a friend of a friend that is needing temporary or permanent Assisted Living situation, please do not hesitate to reach out to me as I’m happy to help and provide resources that are available locally to them. You know where to find me! 😊

Anne Alms

## Concentration Puzzles

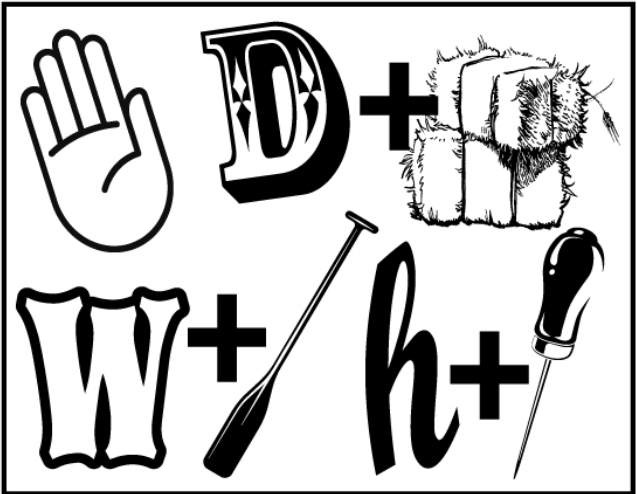
Use the visual clues in the puzzle boxes to figure out the art-themed phrases.



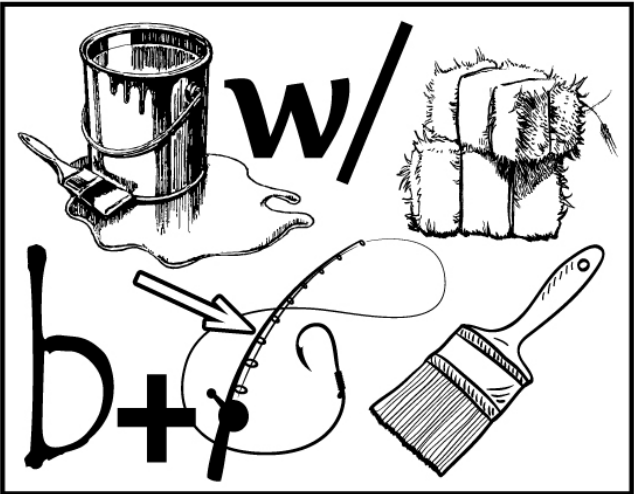
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

Answers: Puzzle #1 Vincent van Gogh Puzzle #2 A picture is worth a thousand words. Puzzle #3 Andy Warhol Puzzle #4 Paint with a broad brush

# Culinary Coordinator

---

## The 5 Best Summer Fruits, Ranked

### 5. Raspberries

They have the cheeriest and most hopeful flavor of the berries, but act fast. What looked like a basket of jewels at the market can turn to mush by the time you get to your front door. Americans seem to be forgetting how good fresh raspberry purée can be — strain and sweeten it, and you are two-thirds of the way to peach Melba, or an [ice cream sundae](#). Left alone with some sugar for 15 minutes they will also give you a topping for [shortcake](#) or angel food cake.

### 4. Peaches

A peach is almost impossible to screw up. Eaten out of hand, it is the best kind of mess. A quart or more in a [cobbler](#), [pie](#), slump, crisp, [crumble](#), betty or buckle is always good, even if the baker isn’t. Before they’re ripe, peaches can slip into a salad or a skillet, where after a few minutes with butter and seasoning they are ready to meet grilled duck, pork chops or a sliced ham. Once they’re soft all over, eat or cook without delay. Even a few hours in a fruit bowl on a summer afternoon is enough to fur them with mold, after which emergency measures may or may not help.

### 3. Blueberries

A small haul of blueberries can be enough for pancakes, muffins or a bowl of cereal; more means a fool or a [pie](#). For either one, try making half into a compote and, after it cools, stirring in the other half. Big portions of blueberries alone can be a luxury. The other trait that raises them high on the list, though, is that even a handful pitched into anything made with stone fruits, or other berries, produces tiny explosions of flavor and color.

### 2. Cherries

The cherry in question is a sweet variety, Bing or Rainier or Queen Anne, usually very cold, although the juice of a cherry left in the sun has a wonderful urgency. Sour cherries’ rewards take more effort. Bake them, stones and all, into a [clafoutis](#). Pit them for a pie filling that will make you wish you’d bought 10 more pounds for the freezer. Boil them with sugar and maybe a vanilla bean, and you have a base for sodas, lime rickeys, any number of cocktails, the sharbats that Persian hosts pour for their grateful guests, or best of all an ice cream sauce so bright and intense that other toppings can stand down.

### 1. Watermelons

You could call its flavor plain. Or one-dimensional. You could say it’s boring and still not get much argument. But complex aromatic compounds did not make the watermelon the champion of summer fruits. No, it is the watermelon’s eagerness to join any party in sight. Cheapskate sophomores on a bender? Carve out a plug of rind, patiently feed the melon a bottle of vodka as if you were giving baby formula to a pet pig, then stopper it up and refrigerate. Last minute lunch? Knock wedges or cubes together with red onions and feta or an other salty young goat or sheep cheese, splatter it with oil and tarragon, mint, or anise hyssop. Dinner without cooking? A half-tomato, half-watermelon gazpacho, don’t be shy with the vinegar. All-grilled dinner? Hmm, grilled watermelon is sort of nasty. Just keep it cold and cut it up for dessert.

# Life Enrichment Coordinator

---

Hi Everyone,

I wanted to let everyone know my last day will be August 18th here at Brown Deer Place. I want to thank everyone for all the love you all have given me over the last couple years. I have so so so much enjoyed being your Life Enrichment Coordinator and all the fun we have had. I know it is something I will look back on fondly, but I have decided to take a job closer to home so I can be with my family and kids more.

I know they will pick the best replacement for me so be sure to give them a warm Brown Deer Place welcome when they join! Thank you again for all the memories.

Much Love,

*-Sky Cameron*

# Maintenance Coordinator

---

Hello Everyone,

I am wrapping up my Landscaping project around Brown Deer place. A few new plants have been added, new mulch both Rock and wood around the building, working on fixing up the lights out in the parking lot. Hoping to make the appearance of Brown Deer place even better

*Austin Vincent*





## An Intergenerational Approach to Dementia

By Ava M. Stinnett

It can be a joy to interact with young children, whether they're family members like grandchildren or nieces and nephews or they're your friends' children. Little ones can be a source for giving and receiving unconditional love, providing entertainment, and sharing delightful conversations. An added benefit, according to several research studies, is that spending time with youngsters may delay the onset of dementia and related diseases such as Alzheimer's; it may also slow the progression of symptoms for individuals who've already been diagnosed.

We know that there is a strong correlation between social interaction and health and well-being among older adults. The National Institute on Aging, for example, notes that watching grandchildren helps seniors be more healthy and active. For individuals with Alzheimer's, a chance to interact with a child can give them a sense of purpose; feeling useful to a child can also be a boost to a senior who feels depressed, lonely, or bored. Further, studies show that regular socialization stabilizes cognitive decline and improves mood in folks with dementia.

Here are some easy activities to try with young children:

- Jigsaw puzzles with large pieces and floor puzzles that can be done on a card table
- Age-appropriate board games, such as Candy Land and Chutes and Ladders; card games, such as "Go Fish," or "Old Maid"; and old favorites like dominoes or tic-tac-toe
- Reading books to each other from time-honored authors, such as Dr. Seuss, Eric Carle, Beatrix Potter, Maurice Sendak, Margaret Wise Brown, and Robert McCloskey
- Collecting colorful leaves, stones, flowers, and other treasures during a nature walk or taking a trip to a local zoo or farmer's market
- Household chores, such as folding towels; cutting coupons; or organizing buttons, coins, stamps, or non-hazardous nails, screws, and other hardware by size, shape, or color

Sorting recipes and finding pictures to illustrate them, then making a "grocery list" of needed items. Regardless of the activity, making genuine connections with the people around them is critical to our loved ones' physical and psychological health. Giving and receiving emotional support and care may help seniors maintain their independence and adjust to their changing needs.

### Sources

Bursack, C.B. (n.d.) Adult day care for people with Alzheimer's. Retrieved from <https://www.agingcare.com/articles/alzheimers-adult-day-care-activities-139134.htm>

Edge, S. (June 26, 2015). Retirement home meets day care at Providence Mount St. Vincent. *The Seattle Times*. Retrieved from <http://www.seattletimes.com/seattle-news/education/retirement-home-meets-day-care-at-providence-mount-st-vincent/>

Heerema, E. (June 28, 2016). Benefits of interacting with young children for people with dementia: How intergenerational care benefits young children and adults. Retrieved from <https://www.verywell.com/therapeutic-benefits-children-dementia-98690>

Sauer, A. (July 27, 2016). Babysitting grandchildren could lower risk for Alzheimer's. Retrieved from <http://www.alzheimers.net/8-1-14-babysitting-grandkids-alzheimers>

1500 FIRST AVE NORTH  
CORALVILLE, IA 52241



319-337-6320  
BROWNDERPLACE.COM

## State Fair Week!

August 17th– 21st



### Dress Up Days!

Monday– Red, White and Blue Day!

Tuesday– Country Western Day!

Wednesday– Plaid Day!

Thursday– Favorite Sports Day!

Friday– Tie Dye Day!