

Volume 2

1500 1st Ave N
Coralville, IA 52241

*Brown
Deer Place*
RETIREMENT LIVING & MEMORY CARE

Issue 7

319-337-6320
browndeerplace.com

Volume 2

1500 1st Ave N
Coralville, IA 52241

*Brown
Deer Place*
RETIREMENT LIVING & MEMORY CARE

Issue 7

319-337-6320
browndeerplace.com

Contact Information

Manager:

Tanner Erwin

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 Winter

mc@browndeerplace.com

Office: (319)337-6320

July Birthdays

John V - July 1

Michael M - July 4

Thomas B - July 12

Laurie M - July 13

Larry B - July 17

Helen H - July 29



**America was not built on fear.
America was built on courage,
on imagination and an
unbeatable determination to do
the job at hand.
~Harry S Truman**

Brown Deer Place Post

DON'T MISS

Every Thursday

2:30pm-Popcorn and Piano in the
Lobby!

July 6th:

Virtual Concert in the Activity
Room!

July 21st:

3:30pm-Trivia and Treats in Activity
Room !

July 27th:

2:00pm– Travelogue in Activity
Room!

Notable July Activities!

July 3rd:

1:30pm– Root Beer Floats in Activity
Room!

July 4th:

8:00pm– Coralville Fireworks LiveStream!

July 14th:

3:00pm– Wine and Cheese in Activity
Room!

July 16th:

1:00pm-Summertime Bingo in Activity
Room!

July 28th:

3:00pm-Monthly Birthday Party in Activity
Room!

Professionally Managed by



Embracing Every Moment

*Brown
Deer Place*
RETIREMENT LIVING & MEMORY CARE

Healthcare Coordinator

Hello Everyone!

July 4th is right around the corner!! That means fireworks, BBQ's and heat!! Remember to drink plenty of fluids (water) throughout the day to keep from getting dehydrated in the heat. Plus, try to protect your pets from the loud booms of the fireworks.



Matt Hoskins

Life Enrichment Coordinator

Hello Everyone,

Don't forget to take a look at the July Calendar! We have a lot of new things going on! With things opening up slowly but surely I wanted to remind everyone, we still have some safety precautions in place. We still need to practice social distancing at activities and we are not currently letting performers into the building. We have a lot of virtual things on the calendar and activities where we can easily practice social distancing. But, if some of the safety precautions change so will our calendar so keep your eye out and your ears open for any announcements or changes to the calendar, I will do my best to make sure everyone is aware but wanted to let you all know you can always find announcements posted in the elevator, on LifeShare in the Lobby and by your mailboxes!

July brings a couple holidays that may look a little different this year. Fairs and festivities have been cancelled but we will still make the best of it yet! Coralville will be live streaming the fireworks so we will be able to watch them from the comfort of Brown Deer Place and we will be having our own Brown Deer Fair right here around the first week of August to celebrate both the county and the state fair, so definitely make sure you don't miss that!

-Sky Cameron

Culinary Coordinator

Hi Everyone!

With summer arriving we are excited to start our weekly BBQ !! Each Friday during lunch we will be serving Cheeseburgers, Bratwurst and Hotdogs fresh off the grill along with a selection of chips, potato salad a drink with a fun selection of ice cream bars for dessert. We are also very excited to have many more options for fresh produce to deliver with each meal.

-Nathan Dance

Memory Care Program Coordinator

Hey Everyone,

Brown Deer Place Memory Care here in the Gardens we have been enjoying daily walks outside on the patio. We have Pansies, Vincas, and Marigolds all in full bloom in our two raised flower beds. We even have a rose bush that has bloomed this week that the residents have been admiring. The residents have been loving listening to speaker and author, Joyce Meyer, for devotions. We have also continued to enjoy watching Rick Steve's Travel Videos on YouTube for our Armchair Travel series. Yesterday we got to virtually travel to Venice, Italy. Another new favorite activity is Happy hour which takes place every Friday at 4pm. The residents have been enjoying sparkling grape juice with a variety of treats.

Emily Winter

Father's Day at Brown Deer Place!



Pointing Fingers: Dementia-Related Suspicion and Paranoia

By Ava M. Stinnett

As busy adults, we sometimes forget things. Perhaps it's an appointment, the location of our keys, or why we just walked from the living room into the kitchen. Although this might be annoying, we're usually able to laugh at ourselves, retrace our steps, and get back on track. The same can't be said for a person with dementia; the memory loss in dementia is caused by physical changes. The parts of the brain that record and store new information become damaged, so the person is unable to hold the memory of what they've said, asked, or done and any response they've received.

As the disease progresses, memory loss and changes in personality can sometimes lead the individual to become suspicious and to misperceive certain events or situations. It's not unusual for a family member, friend, or caregiver to be accused of theft (when your loved one can't locate possessions), withholding information (because they have forgotten a planned activity or a daily routine), or other offenses. Such circumstances can cause caregivers to feel hurt or guilty and lead to difficulty maintaining an even temper. How can you cope?

First, try not to take it personally. It's important to be aware that the individual's poor memory is something they can't help. If there's a glitch in their memory, they may try to fill in that faulty memory with a delusion that makes sense to them. It's perfectly normal for a caregiver to become distressed when you see a loved one experiencing suspicion, paranoia, or feelings of betrayal when you know that you're doing your best.

Second, don't argue or try to convince. When a loved one affected by dementia continuously complains that you're not telling them anything, that they never know what's going on, or that they feel tricked or betrayed, it's more than just frustrating. Sometimes the best response is to say, "Oh, I'm sorry; I must've forgotten to mention (a particular activity or event)." Or, if an item goes missing, offer to help locate it.

Finally, when you're at your wit's end, it might help to take a deep breath and read the first two stanzas from "Do Not Ask Me to Remember – An Alzheimer's Poem," by Owen Darnel.

Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.

I'm confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.

Sources:

Heerema, Esther, MSW. (2016, August). "Coping with Paranoia and Delusions in Alzheimer's Disease." Retrieved from <https://www.verywell.com/paranoia-delusions-alzheimers-disease-98563>

The Senior List. (2015, December 4). "Do Not Ask Me To Remember – An Alzheimer's Poem." Retrieved from www.theseniorlist.com/2015/12/do-not-ask-me-to-remember-an-alzheimers-poem/

"Suspicion, Delusions and Alzheimer's." Retrieved from <http://www.alz.org/care/alzheimers-dementia-suspicion-delusions.asp>

Community Relations Coordinator

Hey Everyone,

In June, we welcomed Linda Fisher, Joanie Ondler and Monica Hinkhouse in our close-knit community! I hope you had a chance to say hello to them to welcome them in their new home.

The month of June came and ended so fast, we were blessed with mostly gorgeous weather and I have enjoyed sitting out in our patio most evenings. But, I am actually most grateful that we are all healthy, happy and COVID-19 FREE! Having great health is absolutely the most important thing right now.

We have started to lift restrictions in our community as well, and we are taking baby steps towards reopening with a lot of safety precautions in place. If you have any questions on scheduling visits with your loved ones and family, please do not hesitate to reach out to Tanner or even myself to make sure we set up all the arrangements necessary.

Also, if you are on Facebook, check out Brown Deer Place page and feel free to share them with your family and friends! We regularly post updates and share all the important updates in our page and is such a fun way to stay connected!

Let's all have a wonderful beginning of Summer, drink lots of water and stay cool! ☺

Anne Alms

