

Volume 2

1500 1st Ave N
Coralville, IA 52241

*Brown
Deer Place*
RETIREMENT LIVING & MEMORY CARE

Issue 5

319-337-6320
browndeerplace.com

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May Birthdays

May 1st: Michael S.

May 9th: Gary H.

May 14th: Carol S.

May 24th: Dave B.

May 25th: Elizabeth C.

May 26th: Sherry C.



National Pet Month

Pets are humanizing. They remind us we have an obligation and responsibility to preserve and nurture and care for all life.

-James Cromwell

Brown Deer Place Post

NATIONAL DAYS

May 6th :

National Nurses Day

May 12th:

National Fibromyalgia

Awareness Day

May 13th:

National Apple Pie Day

May 15th:

National Pizza Party Day

May 27th:

National Senior Health and
Fitness Day

May Holidays!

May 1st:

May Day!

May 5th:

Cinco De Mayo!

May 10th:

Mother's Day!

May 25th:

Memorial Day!

*Our activities are free and open to the public!
Please feel free to join us!*

Professionally Managed by



Embracing Every Moment

*Brown
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RETIREMENT LIVING & MEMORY CARE

Word Search
nature walk



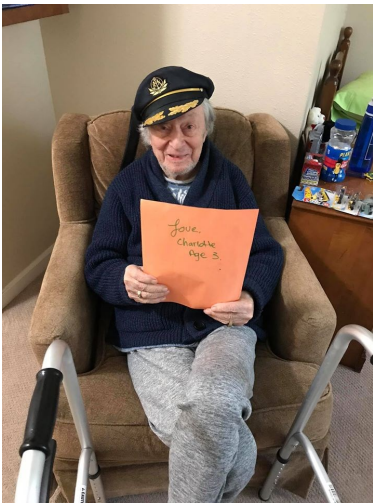
A few familiar Smiles!

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

Boots Tulips
Sunblock
Water bottle
Woodpecker
Oak
Baseball hat

Backpack
Cardinal
Treebark
Maple
Cool breeze
Trailhead

Robin
Bird songs
Poplar
Sunshine
Dried fruit
Bluebird



Maintenance Coordinator

Hey everyone,

Hang in there Brown Deer. We may not have Basketball, baseball, any more College sports. Restaurants, public meetings gathering places, or abilities to get out. But we do have our community., and we are all lucky enough to be able to be here and not worried about running out of this or that, with no way of knowing if or when you will get toilet paper again. Eventually the CoVid19 virus will pass and we will be back to our regular schedules!

Austin Vincent

Life Enrichment Coordinator

Hey Everyone,

Beautiful weather has finally arrived! I know we are all starting to get a little stir crazed being in isolation, but with the nice I strongly encourage every to get outside! I cannot do big group activities with you all but as long as you are maintaining social distance between you and others it is okay for you to go out and enjoy the weather! I will still be getting some things to plant for our planter boxes out front. After they are planted go outside and check on them, pull the weeds in the box, water them or just go over and enjoy them!

In addition to things you can all do on your own, we have a community channel in the building that all of you get to your rooms. While all this is going on I will be posting lots of things on this channel. The lunch and dinner menus, jokes, trivia questions as well as a message from a resident in the building from time to time. So, please make sure to be checking out our community channel on 5.4 on your tv in your rooms!

In May we normally would be starting our BBQ lunches on the Patio again, but with the current pandemic we are facing we will not be starting them in May. Whether we start them up in June is still undecided but when we know we will let you know!

I have a lot planned for us in May, we will be doing something for Mother's Day and Memorial Day even with isolation and expect a May Day Basket on May 1st!

Stay safe and healthy everyone!

-Sky Cameron



Health Care Coordinator

Hey everyone!

Tips for social distancing

- Follow guidance from authorities where you live.
- If you need to shop for food or medicine at the grocery store or pharmacy, stay at least 6 feet away from others.
 - o Use mail-order for medications, if possible.
 - o Consider a grocery delivery service.

Cover your mouth and nose with a cloth face cover when around others, including when you have to go out in public, for example to the grocery store.

✦ Stay at least 6 feet between yourself and others, even when you wear a face covering.

- Avoid large and small gatherings in private places and public spaces, such as a friend's house, parks, restaurants, shops, or any other place. This advice applies to people of any age, including teens and younger adults. Children should not have in-person playdates while school is out
- Work from home when possible.
- If possible, avoid using any kind of public transportation, ridesharing, or taxis.

If you are a student or parent, talk to your school about options for digital/distance learning. **Stay connected while staying away.** It is very important to stay in touch with friends and family that don't live in your home. Call, video chat, or stay connected using social media. Everyone reacts differently to stressful situations and having to socially distance yourself from someone you love can be difficult.

COVID-19 poses a serious threat to your health. Please stay safe and practice social distancing.

If you feel that you have symptoms such as a cough, fever, and/or shortness of breath please press your security pendent and have them call me.

Thank you and be healthy,

Matt Hoskins

After an Alzheimer’s Diagnosis: The Emotional Impact

By Ava M. Stinnett

When a friend or loved one is formally diagnosed with Alzheimer’s disease, it’s likely that you’ve already noticed some symptoms. These may include impaired speech or memory loss that interferes with daily life, such as remembering events that just happened, repeatedly asking for the same information, or forgetting how to drive to a familiar place. Difficulty holding a conversation or struggling to do practical tasks, such as paying bills or doing household chores, might also be noticeable.

Although symptoms will vary for each person, it’s important to consider not only the cognitive and practical aspects associated with Alzheimer’s disease but also the psychological and emotional impact. Experiencing memory loss or being unable to perform daily routines can be quite challenging. For the person with Alzheimer’s, this will sometimes lead to low self-esteem, lack of confidence, and feelings of isolation as personal relationships change. However, numerous studies have confirmed that even when memories fade, even when a loved one no longer recognizes friends and family members, the disease does not erase the lasting effect of feelings and a sense of being socially connected. Although it may seem like the person with Alzheimer’s “can’t differentiate between you and other caretakers in the later stages, the research underlines the importance of emotionally supporting those living with the disease. The influence of positive caretaking and emotional support... goes a long way. [Although he or she] may not remember the most recent visit from loved ones, those feelings will still remain; caring actions can have a lasting impact.” (Bushak 2014)

According to a research study from the University of Iowa, “Providing... small joys really does make a difference—even if you automatically assume they won’t remember these things.” The findings “should empower caregivers by showing them that their actions toward patients really do matter. Frequent visits and social interactions, exercise, music, dance, jokes, and serving favorite foods are all simple things that can have a lasting emotional impact on quality of life and subjective well-being.”(Guzmán-Vélez, Feinstein & Tranel, 2014)

Some believe that those who have Alzheimer’s disease know that pieces of the puzzle are missing. They may not be able to remember who we are, but they feel us just the same. Therefore, if we learn to listen for clues for how they **feel** instead of what they **say**, we’ll understand them much better.

References

Bushak, L. (2014, September). “Alzheimer’s Patients Still Feel Strong Emotions, Despite Fading Memories: Why Caretakers Matter.” Retrieved from www.medicaldaily.com.

Guzmán-Vélez, E., Feinstein, J. & Tranel, D. (2014). “Feelings Without Memory in Alzheimer Disease.” *Cognitive & Behavioral Neurology*.



Baby Animals

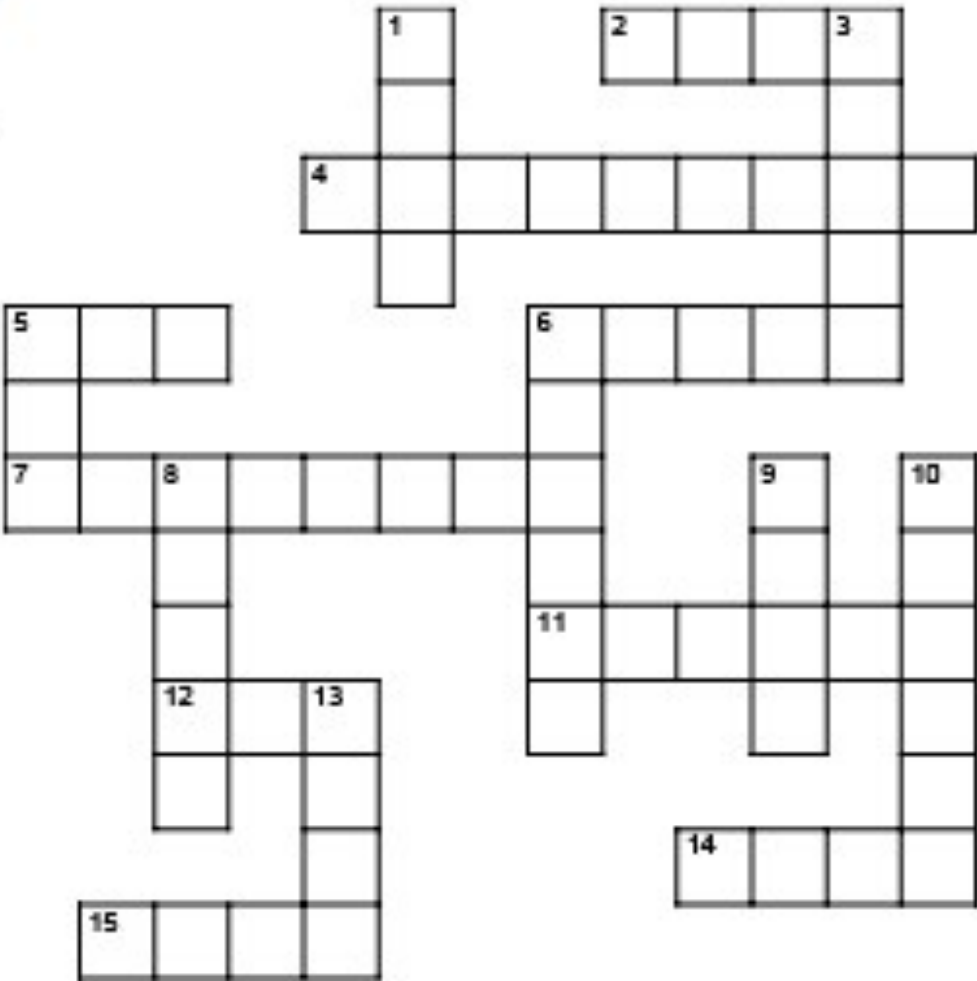
DIRECTIONS: Fill in the crossword puzzle grid with the names of each animal's baby. Use the word bank if you get stuck.

Across

- 2. Sheep
- 4. Crocodile
- 5. Fox
- 6. Dog
- 7. Duck
- 11. Eagle
- 12. Bear
- 14. Deer
- 15. Kangaroo

Down

- 1. Horse
- 3. Rabbit
- 5. Goat
- 6. Pig
- 8. Chicken
- 9. Cow
- 10. Cat
- 13. Human



WORD BANK

BABY	HATCHLING
BUNNY	JOEY
CALF	KID
CHICK	KIT
CUB	KITTEN
DUCKLING	LAMB
EAGLET	PIGLET
FAWN	PUPPY
FOAL	