

Volume 2

1500 1st Ave N  
Coralville, IA 52241

*Brown  
Deer Place*  
RETIREMENT LIVING & MEMORY CARE

Issue 3

319-337-6320  
browndeerplace.com

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## Contact Information

### Manager:

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

### 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  
nurse@browndeerplace.com  
Office: 319-337-6320  
Cell: 319-540-6446

### Community Relations Coordinator

Anne Alms  
welcome@browndeerplace.com  
Office: (319)337-6320  
Cell: 319-530-7904

## March Birthdays

March 17th– Doug W.

March 22nd– Beverly W.



## Women's History Month

“How important it is for us to  
recognize and celebrate our  
heroes and she-roes!”  
-- Maya Angelou

# Brown Deer Place Post

## MUSIC

### Marth 13th:

1:30pm-Singin' and Swingin' in  
Lobby

### March 17th:

10:00am– Janet Lieb in Lobby

### March 24th:

3:30pm– Sheet with Music in  
Lobby

## Notable March Activities!

### March 12th:

10:00am– Riverside Casino Trip

### March 13th:

4:00pm– Lucky Happy Hour in the Dining  
Room

### March 17th:

11:00am– St. Patrick's Day Parade Outing  
2:30pm– Darby O'Gill and the Little People  
Movie and Popcorn in Activity Room

### March 31st:

3:00pm– Monthly Birthday Party in the  
Activity Room

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

Professionally Managed by



Embracing Every Moment

*Brown  
Deer Place*  
RETIREMENT LIVING & MEMORY CARE

## Memo From The Manager

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Hello!

We have seemingly made it through the winter, and it has not been too bad except for a couple bouts with the cold and snow. March Madness is upon us and it is almost time for the NCAA College Basketball Tournament with Selection Sunday falling on March 15<sup>th</sup>. Iowa has been labeled as a “dark horse” to win the National Championship this year, led by Junior Big Man Luka Garza, who is also a finalist for the National Player of the Year award. It is going to a good tournament with not one team that is untouchable so stay tuned and if you are interested, maybe we could have a bracket contest!

*Tanner Erwin*

## Memory Care Program Coordinator

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Hello Everyone,

I announced in February that my last day would be March 1<sup>st</sup>. Brown Deer Place was my very first full-time job after graduating last May. On my first day, a co-worker told me that it becomes a family. I agree! I’ve enjoyed getting to know all of you, and I will be sad not to see everyone every day. I will miss everyone so much! I’ll make sure to pop in at events once in awhile to visit with all of you. Thank you all for making this a wonderful experience. I certainly will never forget the people I have met here at Brown Deer Place.

*Sydney Dommer*



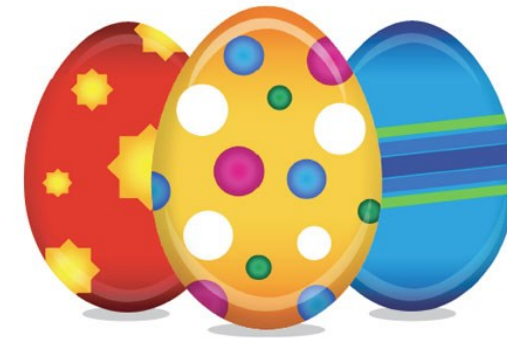
1500 FIRST AVE NORTH  
CORALVILLE, IA 52241



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BROWNDERPLACE.COM

## You won't want to miss our 4th Annual Easter Egg Hunt!

Saturday, April 4th at 10:00 AM



*For the fourth year in a row, Brown Deer Place is hosting  
an Easter Egg Hunt open to the public!*

Bring the whole family to Brown Deer Place on Saturday, April 4th. Easter Egg Hunt on our front lawn will begin promptly at 10:00 AM. After the hunt, stick around to enjoy delicious refreshments and a variety of Easter crafts. Before you leave, make sure you get your photo with the Easter Bunny! This event is free and open to the public!

**Call us at 319-337-6320 to learn more about this fabulous,  
family-fun day!**

# Maintenance Coordinator

Hello Everyone,

It was brought up at the monthly resident meeting about flowers out front and spring colors. Rest assured spring is just around the corner and we will see our early bulbs cracking through the soil surface. We'll have daffodils, crocus, hyacinth. Later on tulips and the rest of the perennials coming to life

*Austin Vincent*

# Life Enrichment Coordinator

Hello Everyone!

February came and gone so fast, I can't believe it's already March! We have a lot of March activities to look forward to though. We also have a St. Patrick's Day Party, Riverside Casino Trip, Lunch Bunch Group and Scenic Drives coming back on the schedule, so make sure to check those activities out.

We also have a couple days to look forward to in March. Daylight Savings Time is on March 8th, don't forget to set your clocks an hour ahead! March 19th is also the first day of Spring! Whether the weather actually cooperates and starts getting nice out, I'm not sure, but we're on the right track! I can't wait to see what March brings and to spend it with you all!

*Sky Cameron*



# Culinary Coordinator

Hello Everyone,

For the Month of March I wanted to share a St. Patrick's Day recipe with all of you that you could cook in your apartments in a crock pot!

1. 1 corned beef with seasoning
2. 1 head of cabbage, cut into quarters
3. 10-12 raw carrots
4. 10 baby red potatoes
5. onions, peeled and quartered
6. 2-3 cloves garlic, to taste
7. grainy mustard, to garnish
8. Salt and pepper, to taste
9. Fresh thyme, to taste

Fresh parsley, to taste

## Instructions

1. Fill crockpot with corned beef (fat side up), potatoes, onion, & carrots. Add water so it comes up to the bottom quarter of the beef. Top with one bottle of beer.
2. Cover and cook the corned beef on low for 8-10 hours. (You can cook it on high for 4 hours, but I swear the meat tastes the best with my low-and-slow method!)
3. During the last 30 minutes of cooking, add cabbage.\*

Slice into preferred cuts, add grainy mustard, fresh parsley and thyme to serve.

## Notes

\*You can also cook the cabbage separately by boiling it in water for 20 minutes if there isn't enough room in the Crock Pot.

*Nathan Dance*



## A Support Guide for Caregivers

By Ava M. Stinnett

Whether it happens gradually or overnight, there's a distinct possibility that one day you will become a caregiver for a loved one. It may be for a parent, a spouse, or even one of your children. According to the National Alliance for Caregiving, there are over 65 million unpaid caregivers of adults aged 65 and older in the United States. Often, there's very little preparation for the daily challenges that caregivers face.

There are numerous city and state education programs and services to address the needs of those who provide long-term care for loved ones at home. You'll also find many wonderful books that address the topic of caregiving. But what about those times when you need to talk to someone who is traveling a parallel journey, another caregiver who can offer not just a sympathetic ear but a possible solution to a challenge? A support group—whether it's a local set of folks who meet regularly or an online group—may be the perfect solution. The [Alzheimer's Association](#), the Family Caregiver Alliance, A Place for Mom, and Eldercare Locator are just a few of many online organizations that provide valuable information and links to support groups.

You may also be able to locate a support group on Facebook. Numerous private groups (new members must be approved by the group's administrator) allow community members to reach out to other caregivers. Some members are new to being care partners, while others have already made the climb and broken the trail for those who are following behind them.

Perhaps what is most helpful in these communities is an open forum for the types of questions, comments, and emotional support that one may not find in a best-selling book. For example, practical questions, such as how to manage doctor's appointments, insurance paperwork, and how to take time off work are addressed. But there are also very poignant and soul-searching posts, such as:

- "I miss my mom, even though she's asleep in the next room."
- "How do I tell my husband that I've decided to have someone come in for a few hours a day while I'm at work? I'm exhausted and could really use some help but I don't want to upset him."
- "My mom is receiving birthday cards from friends who may not be aware of her Alzheimer's diagnosis. Should I let them know and if so, how?"

"My dad seems lonely and fearful and follows me from room to room. I've assured him that he's safe and that I'll always be here. How do I deal with the resentment that's building because other family members aren't here to help out?"

Sometimes, just knowing that you're not alone is all it takes to stay the course.



## Resident Spotlight

### Beverly Wood

Beverly Wood was born in Indianapolis, Indiana in 1939 and moved to Southern California as a child to help combat a childhood illness. She was the 3<sup>rd</sup> of 5 children, with 3 brothers and 1 sister. As you can see Beverly was never lacking for company.

In 1958 while living in Southern California Beverly met and married her lifelong partner now husband Gale. They went on to have 4 boys and two girls. Beverly's full-time job in the early years was to be a mother. This included many trips to school, doctors and extra-curricular activities. Along with this also came a few trips to the emergency room for a cut or broken bone by children full of energy. Beverly was also the chief family pet caregiver. Many times this would start out as a responsibility of her children, but fall into her lap. In those days Beverly did not have the cell phone, the computer or all the luxuries and conveniences we have today to assist with raising children.

In 1978, Beverly and Gale made the decision to pack up the six kids and seek a more suitable environment to raise a family. They settled in Victor, Iowa, a small thriving community of 1000 residents. As you can imagine there was a lot of adjustment to moving from a major metropolitan California city to a small town in Iowa. As you would expect there was a great deal of time spent assimilating into the new rural culture. Once adjusted the family thrived.

After moving to Iowa and getting adjusted Beverly took a position at Carnforth Inn, a famous local restaurant where she worked for over 30 years, while still juggling the demands of family and work.

Beverly kept busy upon retiring in Victor participating as part of the St. Bridget's Catholic Church Parish Council, as well as, enjoying her time at her local water aerobics classes. Beverly continues reading books as this has always been one of her favorite things to do.

In 2018, Beverly and Gale celebrated 60 years of marriage, and are still going.