

1500 1st Ave N  
Coralville, IA 52241

*Brown Deer Place*  
RETIREMENT LIVING & MEMORY CARE

319-337-6320  
browndeerplace.com

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## Contact Information

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### Life Enrichment Coordinator:

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### Maintenance Coordinator:

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### Health Care Coordinator:

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### Memory Care Program Coordinator

Emily Winters  
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## September Birthdays

October 20th  
Goldia N.

October 24th  
Patricia H.

October 24th  
Deb S.

### \*JOKE ANSWERS\*

- ♦ The Ghost-ery Store!
- ♦ You never know which witch is which!
- ♦ Tickle it's funny bone!



"There is no greater disability within society than the inability to see someone as more."  
~ Robert M. Hensel

# Brown Deer Place Post

## Can You Guess The Answers?

- ♦ Where do ghost buy their Halloween candy?
- ♦ What makes trick or treating with twin witches so challenging?
- ♦ How do you make a skeleton laugh?

## Notable October Activities!

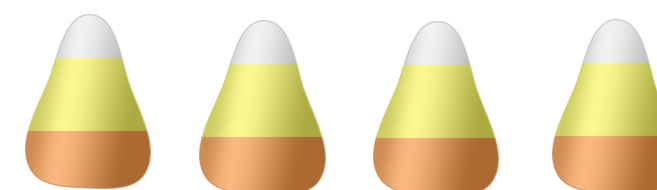
**Friday, October 2nd**  
3:00pm Fall Colors Scenic Drive

**Friday, October 9th**  
3:15pm Halloween Bingo!

**Wednesday, October 14th**  
3:45pm Pumpkin Decorating

**Wednesday, October 21st**  
4:00pm Corky Pumpkin Craft

**Friday, October 30th**  
NATIONAL CANDY CORN DAY



Professionally Managed by



Embracing Every Moment

*Brown Deer Place*  
RETIREMENT LIVING & MEMORY CARE

# Manager

Hello everyone,

It has been a pleasure getting to know all the residents and their family members. Thank you for the warm welcome and your understanding during this transition. If you have any questions, concerns, or general comments please feel free to contact me at 319-930-6937.

Please extend a warm welcome to our new Healthcare Coordinator, Tabitha Bryant. She is incredibly knowledgeable and recently received an award as one of the Top 100 Nurses in Iowa. We are very excited to have her as we know she will take excellent care of your loved ones. She is finishing her training but you will begin hearing from her in the coming weeks.

Below is a reminder and update regarding our Rules and Regulations.

Masks are required when visiting. As well, we ask that all visitors and residents follow social distancing recommendations by sitting or standing 6 feet apart. We are following this recommendation from the CDC to ensure the residents and our staff stay safe and free from illness. Brown Deer Place will do its best to provide masks as needed. If you have your own mask or face covering please wear it while on the premises.

Recently, a letter was mailed out to families with loved ones living in our Assisted Living Memory Care community. This letter outlines an upcoming change from our management company, Senior Housing. Starting November 1<sup>st</sup> Brown Deer Place’s Assisted Living Memory Care community will transition to a service level based system. This system means that residents will be billed based on the amount of time required per week to care for them. This is a very brief overview but please feel free to call me if you have questions.

Again, thank you for your understanding during our transition. I look forward to meeting and speaking with all of you as we continue through the year.

Thank you,

*-William Pierce*

## All Hallows’ Eve

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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

|          |          |          |
|----------|----------|----------|
| APPLES   | MASK     | SKELETON |
| BATS     | MUMMY    | SPIDER   |
| CANDY    | OCTOBER  | SPOOKY   |
| COSTUMES | PIRATE   | TREAT    |
| GHOST    | PUMPKINS | TRICK    |
| GOBLIN   | SCARY    | VAMPIRE  |

## Culinary Corner

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**Step 1: Select your pumpkin.** I've found that the bigger the pumpkin, the bigger (and tougher) the seeds.

**Step 2: Carve your pumpkin** Use a fork to scrape the sides and dislodge any stubborn strands, then use your fingertips to pinch the seeds off the pulp and put them in a bowl.

**Step 3: Prep the seeds.** Fill the bowl with water and swirl around the seeds, using your fingers to remove any stuck-on pieces of pulp.

**Step 4: Season the seeds.** Preheat your oven to 325° F with a rack in the middle. Add your dry pumpkin seeds to a rimmed baking sheet, then toss with a few tablespoons of olive oil, a pinch of kosher salt, and two teaspoons of your preferred spices

**Step 5: Roast!** You want toasty, golden brown pumpkin seeds, which should take around 20 minutes.

*-Nathan Dance*

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## Memory Care Program Coordinator

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Here in the Gardens we have been enjoying many music activities this month, especially with our piano music. We have started weekly Bingo Sessions back up as well and that can become quite competitive. We've already been enjoying our fair share of hot chocolate this fall season with the colder weather slowly approaching. We plan to do lots of fall crafts in October. Towards the end of the month we are looking forward to pumpkin decorating contests and frosting Halloween Cookies. Happy Fall!

*-Emily Winter*

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## Maintenance Coordinator

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Welcome to October! That means we are one day closer to Winter!. Cooler and colder weather is soon going to be upon us. If anybody is having trouble getting their heater turned on please feel free to reach out and let me know I am happy to help.

*Austin Vincent*

## Life Enrichment Coordinator

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Happy Fall Everyone!

I hope you are ready for our fall and Halloween themed activities this month! Don't forget to be a part of our Pumpkin Decorating on October 14<sup>th</sup>. The next day we will be having a drive through event where your friends and family can vote on their favorite pumpkins. Don't worry you will have a chance to vote too and choose the winner for our staff Pumpkin Decorating Contest on October 28th!

Don't forget to come check out our new country store in the activity room that opens up on October 1<sup>st</sup>! Hours of operation are located on the October Activities Calendar.

*-Hannah Edwards*



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## Community Relations Coordinator

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Hi Everyone,

As you are all aware by now, my last day of work in the community is October 14<sup>th</sup>. Though I am looking forward to my next adventure, words cannot express how grateful I am for having met all of you. I know that I will cherish all of our memories together and I will miss each one of you for sure!

Please extend the same support & hospitality that you have showed me to the next person replacing my position as well as the entire management team at Brown Deer Place. I wish everyone continued success, happiness and more healthy years ☐

Thank you so much, everyone!

*-Anne Alms*



## DISABILITY AWARENESS MONTH

### *My Ever-Evolving Journey: Mom, Advocate, Board of Education*

I am the mom of two teenaged girls, one of whom has a disability.

My youngest daughter, Julianna, or Juls for short, was born with Down syndrome, and like many parents of a child with a disability, I found myself thrust into a whole new world. This world revolved around early intervention services, medical appointments, and learning as much as I possibly could about Down syndrome. I was discovering early-on that not only would I need to be Jul's parent, but also her advocate.

I remember feeling excited when Juls was turning three and about to become a preschooler in our local school district. I was also feeling very overwhelmed at the thought of her first Individualized Education Program (IEP), which would establish the roadmap for her education, and for better or worse, become an integral part of our lives for years to come.

It was around Juls entering preschool that my husband and I started gathering as much information as we could about special education, parental and student rights, inclusive education and the legal underpinnings of the Individual with Disabilities Education Act, or [IDEA](#). We learned about FAPE (free appropriate public education) and LRE (least restrictive environment) and a whole host of other acronyms relating to IDEA. We wanted to make sure we were doing right by our daughter, asking pertinent questions (or even knowing what questions to ask) and pushing for her to get the best, most inclusive education possible.

Before we even went to our first IEP meeting, we grappled with so many questions. Should we hire a family advocate? Should we trust the school district's recommendations? Should we record the IEP meeting? Even, should we bring coffee and snacks? It was very clear that this was a "whole new ball-game" than what we had come to expe-



rience with our typically developing older daughter upon entering preschool.

Over the years since that very first IEP meeting, I have learned a lot about who I am and who I needed to become, as both a parent and an advocate. I'm an introvert at heart who values peace and collaboration, so initially it was a bit disarming to hear talk of fighting for your child's rights, going to battle with schools, and pushing back against societal prejudice, which it often seems is the conversation in special education circles.

With time, however, I discovered that it was essential to carve my own path and do what worked for me and for my family. I made a concerted effort to get involved and build relationships. I signed-up to be a class parent and volunteered to come in and read to my daughter's class. I attended parent and school district meetings and tried my best to keep up on the countless blogs, Facebook groups and Pinterest ideas about inclusive education and how to create fabulous tools, like a back-to-school profile about your child. I was proud of my involvement and the things I managed to accomplish. However, on many occasions, I seemed to fall short on time and energy and had lots of moments when I thought, "ahh — if only I had done this or that."

My journey in education and advocacy has grown and expanded in ways I would have never imagined, or frankly, ever thought I wanted. Case in point, last year, I decided to run for a spot on the board of education for our town. I ran for the school board because I believed I could add value and a unique perspective as the parent of a child with a significant developmental disability. I wanted to have a voice in the culture and policies that guide our school district.

I was fortunate to be elected and am currently finishing up the first year of my three-year term. Being on the board so far has been extremely informative, at times exhausting, and an overall rewarding experience.

After years of participating and advocating as a parent of a child with a disability, and now as a school board member, I've seen firsthand the power and impact of knowledge and community. I've learned how important it is that education policy align with the values and vision of

