

Volume 2

1500 1st Ave N
Coralville, IA 52241

*Brown
Deer Place*
RETIREMENT LIVING & MEMORY CARE

Issue 10

319-337-6320
browndeerplace.com

Volume 2

1500 1st Ave N
Coralville, IA 52241

*Brown
Deer Place*
RETIREMENT LIVING & MEMORY CARE

Issue 10

319-337-6320
browndeerplace.com

Contact Information

Manager:

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

Administrative Assistant:

Erin Doney
Admin@browndeerplace.com
Office: 319-337-6320

Community Relations Coordinator:

Cassie Monserud
Welcome@browndeerplace.com
Office: 319-337-6320

Culinary Coordinator:

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

Life Enrichment Coordinator:

Hannah Edwards
lifeenrichment@browndeerplace.com
Office: 319-337-6320

Maintenance Coordinator:

Austin Vincent
maintenance@browndeerplace.com
Office: 319-337-6320

Health Care Coordinator:

Chasity & Bobbie Barkley
nurse@browndeerplace.com
Office: 319-337-6320
Cell: 319-540-6446

Memory Care Program Coordinator

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

February Birthdays

Dolores B. February 14th

Eunice K. February 25th

Edward R. February 26th

Pam P. February 26th



Happy Valentine's Day



Don't Forget!

Resident Council Meeting

February 27th @ 12:30pm

In the Dining Room

Brown Deer Place Post

American Heart Month

Among the things you can
give and still keep are


your word


your smile,


and a grateful heart.

Zig Ziglar

www.healthyspirituality.org

Notable February Activities!

Tuesday, February 2nd

3:30pm Searching for Phil Scavenger Hunt!

Monday, February 8th

4:00pm Cards For Our Servicemen

Thursday, February 11th

11:00am Aim For The HEART!

Monday, February 15th

3:15pm Young Mr. Lincoln Movie Showing

Friday, February 26th

2:00pm February Family Feud

**EXCEPTIONAL CARE.
EXTRAORDINARY LIVING.**

professionally
managed by



Embracing Every Moment

*Brown
Deer Place*
RETIREMENT LIVING & MEMORY CARE

Culinary Corner

Étouffée (pronounced *ay-too-fay*) is French for “smothered,” and this dish is just that – crawfish smothered in a creamy, rich sauce that you can only get in Southeastern Louisiana. Crawfish Étouffée is about the second-best way to prepare crawfish, the first, of course, being boiled over a hot gas stove. Many Louisianans look forward to having leftover tails from their crawfish boils to make this rich, flavorful meal. Full of flavor, the sauce combines paprika, pepper, thyme, cayenne pepper, poblano peppers, onions, celery, garlic, and flour in a thick, creamy, roux-like smothering sauce. Crawfish tails are coated in the spicy sauce, and served on top of long-grain, white rice. This dish is perfect for a Mardi Gras supper after a long day of standing outside in chilly parade. *Nathan Dance*

Memory Care Program Coordinator

This February we are going to be enjoying a taste of the Super Bowl with some Chips and Dip during Happy hour the Friday before the big game. We will also be watching the movie “Remember the Titans,” that day as well.

Later on in February we are going to be Enjoying quite a few Valentine Themed Activities including... Valentine Trivia, several Valentine Crafts, and our Valentine’s Day Party on February 12th during lunch.

For Mardi Gras on the 16th we will be making our own Mardi Gras Masks.

-Emily Winter

Administrative Assistant

3 Steps for a perfect Family visit

1. Have your family member call Brown Deer to set up the appointment.
2. Make sure they have the proper protection which includes a mask, gown, face shield (or goggles). Brown Deer can supply any PPE needed.

Arrive on time for your 45-minute visit and say your goodbye’s when it’s your time to leave.

If the Johnson county positivity rate of COVID cases is over 10%, we cannot allow visitors in the building. Remember that this is the *only* way to bring visitors inside- **please do not bring visitors into the lobby, the library, or into your rooms.**

-Erin Doney

Maintenance Coordinator

Many of you have met our new bus driver Tom. Tom will be doing drives for us on Tuesdays, Wednesdays, and Thursdays. He will also be helping me with some light maintenance work in-between drives. Tom is a valuable addition to Brown Deer Place.

The other new face around Brown Deer is James. James comes to us as our new housekeeper in the Gardens. Please help me provide a warm welcome to Tom & James.

-Austin Vincent

Life Enrichment Coordinator

Hello Everyone! Please join us on Monday, February 8th at 4:00pm in the Lobby. Where we will be putting together goodie bags and writing thank you cards that will be delivered to our Coralville Servicemen, in honor of National Law Enforcement Day on Tuesday, February 9th. I hope to see everyone there!

Don’t forget to check out our February Calendar for different Valentine’s Day themed activities!

-Hannah Edwards

Community Relations Coordinator

Hi Everyone! My name is Cassie Monserud, and I am the new Community Relations Coordinator at Brown Deer Place. I am excited to apart of this community, and to help serve all the residents.

I am a long-time Hawkeye fan, having graduated from the University of Iowa. After graduation, I went into hotel sales, and I am pleased to bring my hospitality experience to this role.

In my free time I like to spend time with my husband and 2 dogs, enjoying the outdoors. I also like reading, playing the piano and exploring new restaurants in the area.

-Cassie Monserud

Manager

- Nick Merlino

Health Care Coordinator

- Bobbie & Chasity Barkley

Searching for February

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

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



- AMETHYST
AQUARIUS
BLACK HISTORY (Month)
CHINESE NEW YEAR
FEBRUARY
FISH (Pisces)
FLAG DAY (Mexico and Canada)
GROUNDHOG DAY
- MARDI GRAS
PISCES
PRESIDENTS’ DAY
SUPER BOWL
VALENTINE’S DAY
VIOLET
WATER BEARER (Aquarius)
WINTER

Preventing Muscle Loss as We Age

Written By Jane Brody

Sarcopenia, a decline in skeletal muscle in older people, contributes to loss of independence. “Use it or lose it.” I’m sure you’re familiar with this advice. And I hope you’ve been following it. I certainly thought I was. I usually do two physical activities a day, alternating among walking, cycling and swimming. I do floor exercises for my back daily, walk up and down many stairs and tackle myriad physical tasks in and around my home.

My young friends at the Y say I’m in great shape, and I suppose I am compared to most 77-year-old women in America today. But I’ve noticed in recent years that I’m not as strong as I used to be. Loads I once carried rather easily are now difficult, and some are impossible.

Thanks to an admonition from a savvy physical therapist, Marilyn Moffat, a professor at New York University, I now know why. I, like many people past 50, have a condition called sarcopenia — a decline in skeletal muscle with age. It begins as early as age 40 and, without intervention, gets increasingly worse, with as much as half of muscle mass lost by age 70. (If you’re wondering, it’s replaced by fat and fibrous tissue, making muscles resemble a well-marbled steak.)

“Sarcopenia can be considered for muscle what osteoporosis is to bone,” Dr. John E. Morley, geriatrician at Saint Louis University School of Medicine, wrote in the journal Family Practice. He pointed out that up to 13 percent of people in their 60s and as many as half of those in their 80s have sarcopenia.

As Dr. Jeremy D. Walston, geriatrician at Johns Hopkins University School of Medicine, put it, “Sarcopenia is one of the most important causes of functional decline and loss of independence in older adults.”

Yet few practicing physicians alert their older patients to this condition and tell them how to slow or reverse what is otherwise an inevitable decline that can seriously impair their physical and emotional well-being and ability to carry out the tasks of daily life. Sarcopenia is also associated with a number of chronic diseases, increasingly worse insulin resistance, fatigue, falls and, alas, death.

A decline in physical activity, common among older people, is only one reason sarcopenia happens. Other contributing factors include hormonal changes, chronic illness, body-wide inflammation and poor nutrition.

But — and this is a critically important “but” — no matter how old or out of shape you are, you can restore much of the strength you already lost. Dr. Moffat noted that research documenting the ability to reverse the losses of sarcopenia — even among nursing home residents in their 90s — has been in the medical literature for 30 years, and the time is long overdue to act on it.

In 1988, Walter R. Frontera and colleagues at the Department of Agriculture Human Nutrition Research Center on Aging at Tufts University demonstrated that 12 previously sedentary men aged 60 to 72 significantly increased their leg strength and muscle mass with a 12-week strength-training program three times a week.

Two years later in JAMA, Dr. Maria A. Fiatarone and colleagues at the Tufts research center reported that eight weeks of “high-intensity resistance training” significantly enhanced the physical abilities of nine frail nursing home residents aged 90 and older. Strength gains averaged 174 percent, mid-thigh muscle mass increased 9 percent and walking speed improved 48 percent.

So, what are you waiting for? If you’re currently sedentary or have a serious chronic illness, check first with your doctor. But as soon as you get the go-ahead, start a strength-training program using free weights, resistance bands or machines, preferably after taking a few lessons from a physical therapist or certified trainer.

Proper technique is critical to getting the desired results without incurring an injury. It’s very important to start at the appropriate level of resistance. Whether using free weights, machines, bands or tubes, Dr. Moffat offers these guidelines:

“Start with two repetitions and, using correct form through the full range of motion, lift slowly and lower slowly. Stop and ask yourself how hard you think you are working: ‘fairly light,’ ‘somewhat hard’ or ‘hard.’ If you respond ‘fairly light,’ increase the weight slightly, repeat the two reps and ask yourself the same question. If you respond ‘hard,’ lower the weight slightly and do two reps again, asking the question again.

“If you respond truthfully ‘somewhat hard,’ you are at the correct weight or machine setting to be exercising at a level that most people can do safely and effectively to strengthen muscles. Continue exercising with that weight or machine setting and you should fatigue after eight to 12 reps.”

Of course, as the weight levels you’re working at become easier, you should increase them gradually or increase the number of repetitions until you fatigue. Strength-training will not only make you stronger, it may also enhance bone density.

The fact that you may regularly run, walk, play tennis or ride a bike is not adequate to prevent an incremental loss of muscle mass and strength even in the muscles you’re using as well as those not adequately stressed by your usual activity. Strengthening all your skeletal muscles, not just the neglected ones, just may keep you from landing in the emergency room or nursing home after a fall.

Dr. Morley, among others, points out that adding and maintaining muscle mass also requires adequate nutrients, especially protein, the main constituent of healthy muscle tissue.

Protein needs are based on a person’s ideal body weight, so if you’re overweight or underweight, subtract or add pounds to determine how much protein you should eat each day. To enhance muscle mass, Dr. Morley said that older people, who absorb protein less effectively, require at least 0.54 grams of protein per pound of ideal body weight, an amount well above what older people typically consume.

Thus, if you are a sedentary aging adult who should weigh 150 pounds, you may need to eat as much as 81 grams (0.54 x 150) of protein daily. To give you an idea of how this translates into food, 2 tablespoons of peanut butter has 8 grams of protein; 1 cup of nonfat milk, 8.8 grams; 2 medium eggs, 11.4 grams; one chicken drumstick, 12.2 grams; a half-cup of cottage cheese, 15 grams; and 3 ounces of flounder, 25.5 grams. Or if you prefer turkey to fish, 3 ounces has 26.8 grams of protein.

“Protein acts synergistically with exercise to increase muscle mass,” Dr. Morley wrote, adding that protein foods naturally rich in the amino acid leucine — milk, cheese, beef, tuna, chicken, peanuts, soybeans and eggs — are most effective.

Jane Brody is the Personal Health columnist, a position she has held since 1976. She has written more than a dozen books including the best sellers “Jane Brody’s Nutrition Book” and “Jane Brody’s Good Food Book.”

Brody, Jane E. “Preventing Muscle Loss as We Age.” *The New York Times*, The New York Times, 3 Sept. 2018, www.nytimes.com/2018/09/03/well/live/preventing-muscle-loss-among-the-elderly.html?action=click&module=Discovery&pgtype=Homepage.

Come Join us in the Activity room every
Monday, Wednesday & Friday at 11:00am for
an Exercise Class
taught by a Certified Live2BHealthy
Instructor!



BUNCO CLUB STARTING!

Please join us Every Thursday at 4pm in the
dining room for BUNCO
club!

Don't worry if you've
never played before, this
is a simple dice game for
all to enjoy!

