

1500 1st Ave N
Coralville, IA 52241



319-337-6320
browndeerplace.com

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Memory Care Program Coordinator
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February Birthdays

Doug Winslow March 17th
Beverly Wood March 22nd



HAPPY St. Patrick's DAY

Don't Forget!
Resident Council Meeting
March 24th @ 12:30pm
In the Dining Room

Brown Deer Place Post

Notable February Activities!

March 5th

Wine Glass Painting with Bob Ross

Monday, February 8th

4:00pm Cards For Our Servicemen

Friday March 19th

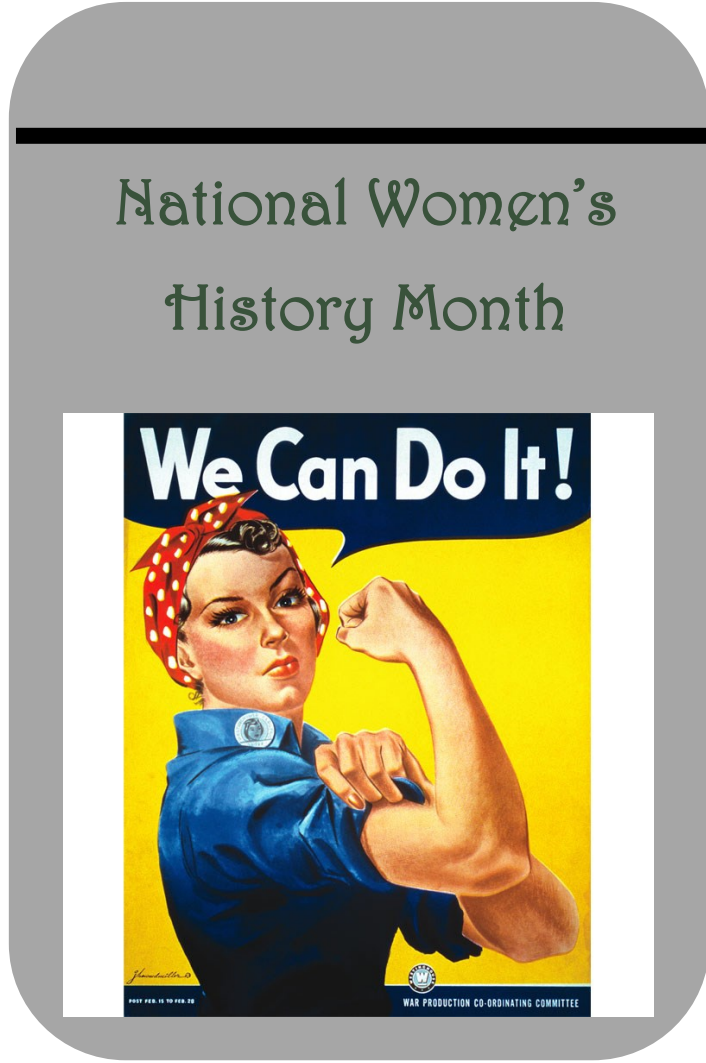
St. Patrick's Day Happy Hour

Monday, February 15th

3:15pm Young Mr. Lincoln Movie Showing

Thursday, March 25th

Monthly Birthday Party



**EXCEPTIONAL CARE.
EXTRAORDINARY LIVING.**



Embracing Every Moment



Culinary Corner

March is also National Irish-American Heritage History Month! Here's a fun fact about some of our St. Patrick's Day favorites: While there's nothing particularly Irish about shamrock-shaped cookies or green-frosted cupcakes, you might be surprised to learn that the traditional St. Paddy's meal—corned beef and cabbage—is no more authentic. Like many aspects of St. Patrick's Day, the dish came about when Irish-Americans transformed and reinterpreted a tradition imported from the Emerald Isle.

- *Nathan Dance*

Memory Care Program Coordinator

We love music down in Memory Care! Between sing-a-longs, Music Therapy, and live piano music played by yours truly—we try to incorporate some kind of musical activity daily. Research has demonstrated the benefits of music therapy for people with depression and anxiety.¹ While music therapy is often used to promote mental and emotional health, it may also improve the quality of life for people with physical health problems.

-*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

Another season of snow shoveling is almost behind us! It will be time to switch from Heat to Air Conditioning again as the summer months approach. Please check to make sure your unit is working in your individual apartments. If they are not, I will make sure to get them up and running again.

-*Austin Vincent*

Life Enrichment Coordinator

Hello Everyone! We are pleased to be adding Karaoke and Euchre Club to our Activities! Please be sure to warm up your pipes, and come with your favorite songs to sing for Karaoke. Euchre is a fun and easy card that anyone can learn—we encourage players of all experience to join us.

-*Life Enrichment Coordinator*

Community Relations Coordinator

Spring is just around the corner, and we are very excited for some warmer weather! In the upcoming months, please keep your eye out for outdoor events where safe practices can be observed, such as social distancing. We are looking forward to connecting with our community again after a very long winter!

-*Cassie Monserud*

Manager

Some Fun Facts about our Interim Community Director: Nick Merlino

- He loves to play Golf
- His favorite food is anything Mexican
- He is musically challenged
- His childhood nickname: The Wizard/Merlin

Next time you catch him in the hallway—feel free to get to know him better! And possibly give him some grief about his nickname! ;)

Health Care Coordinator

National Brain Injury Awareness Month in March alerts us to the causes and aims to eliminate the stigma surrounding brain injuries.

When it comes to brain injuries, not a single injury or person is the same. The month is dedicated to improving awareness of brain injuries. Providing quality support for people with brain injuries and understanding of their needs will improve their outcomes for the future. Changing the perspective of the world to understand how brain injuries work is a difficult task.

While anyone can suffer from a brain injury, it's important to remember that everyone is a person first. They are not their injury. Each person has hopes and dreams, and they are not their injury. Each injury affects a person differently. How we support the person and treat the injury will require understanding and patience.

- Health Care Coordinator



St. Patrick's Day Word Search



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



CLOVER
COINS
CORNED BEEF
TRADITION
GREEN

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK



Psychologists emphasize more self-care for older adults *Written By Zara Abrams*

Adults 65 and older are more likely than other groups to die or develop a severe illness if they contract the coronavirus, according to the [U.S. Centers for Disease Control and Prevention](#) (CDC), making it especially important for them to stay at home and avoid close contact with others. But most people over 65 are active, living in the community, and in good physical and psychological health — which is why they often don't consider themselves "vulnerable" and may be reluctant to self-isolate.

"These are folks that don't think of themselves as being 'old,'" says Nancy Molitor, PhD, a clinical psychologist based in Chicago who primarily treats adults over 60. "And now suddenly, they're in a position where they have to confront their own mortality." Molitor says many of her patients rely on meet-up groups — such as book clubs or walking partners — to avoid spending too much time alone. Even before the COVID-19 crisis, 43% of those over age 60 reported suffering from subjective feelings of isolation — and research shows that those feelings can lead to both mental and physical health problems ([The Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults](#), The National Academies Press, 2020).

"Older adults are more likely to be socially isolated to begin with, so self-isolation orders can exacerbate the challenges for this population that's already at risk," says Deborah DiGilio, director of APA's office on aging. DiGilio also emphasizes that adults over 65 are a diverse and heterogeneous group. Age, health status and a number of other factors can shape a person's needs, risks and ability to engage with various coping strategies during the crisis. Fortunately, psychological literature gives us a general idea of [what risks this group will face](#) and how they can cope — as well as how friends, family and community members can help provide essential support.

"I'm particularly worried about older folks who live alone and don't have adult children nearby," Molitor says. "That population is very vulnerable to anxiety, depression and other negative consequences of loneliness." Even older adults who live near family members may be isolated from younger relatives who hope to protect them by staying away. And the psychological risks seniors face can vary considerably from one person to the next depending on age, health status, living situation, finances and social support networks, says Karen Rook, PhD, distinguished professor emerita of psychological science at the University of California, Irvine. Older adults may be worrying about their own health, the health and well-being of family members or pets, obtaining food and supplies they need, financial resources, elder abuse scams, and how their family will be affected if they fall ill or die. For those seeing a psychologist, they may have the option for telepsychology, but they may not feel comfortable using telehealth, resulting in an interruption in care at a time when they are particularly vulnerable. Others may not have the resources to do so. For instance, many clients of Jameca Falconer, PhD, a clinical psychologist based in St. Louis, do not own a computer, tablet or smartphone. "For my patients, there's the intersection of age, race and class," she says. "We don't think about that when we tell people to stay at home and do everything online." Some of Falconer's patients are reluctant to use online services. Instead, they do things like pay their bills by hand-delivering checks to utility companies. She says it's important to consider the needs of a range of demographic groups when setting expectations for managing the pandemic.

Embracing healthy habits

Older adults can cope with self-isolation first and foremost by following the standard [CDC advice for managing stress around the outbreak](#). That includes exercising regularly, eating well, avoiding alcohol and drugs, limiting news consumption, and keeping busy with solitary activities such as reading or walking outdoors.

For those who live alone, maintaining interpersonal connections and creating a new routine around social support is particularly important, psychologists say.

"I encourage my clients to make a list of friends, family, neighbors and medical professionals and to be proactive about reaching out if they start to feel anxious, depressed or unwell," Molitor says. Technologically-equipped older adults should try to use video calling platforms, such as Skype and FaceTime, whenever possible. Children, grandchildren and friends can help by initiating contact by phone or electronic media and sharing photos, family videos or links to engaging online material, such as virtual tours of museums, Rook suggests. "This is a time, too, when family members can convey appreciation for all that the older person has meant to them during the course of their lives, if doing so feels authentic," she says.

That might include thanking older relatives for the love and support they provide as a way to remind them that they are valuable members of the family. Younger family members might also ask an older adult for advice — for instance a tip on a favorite family recipe — or request a retelling of a story about their life.

"Older people, like middle-aged and younger adults, want to feel that they can contribute to others," Rook says. Practical assistance — such as ordering groceries or prepared food and arranging for prescriptions to be delivered — can be essential, especially for people like Falconer's patients who might not have access to online services such as Instacart.

Those without family members nearby may need to rely on other types of social support to get these needs met while shelter-in-place orders remain in effect.

"It takes a village," Molitor says. "Family and friends should certainly pitch in, but neighbors and the community are also a vital source of help at the moment."

Come Join us in the Activity room everyday
at 11:00am for an Exercise Class.



BUNCO CLUB !

Please join us Every Thursday at 2pm 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!

