

Volume 2

1500 1st Ave N
Coralville, IA 52241

*Brown
Deer Place*
RETIREMENT LIVING & MEMORY CARE

Issue 13

319-337-6320
browndeerplace.com

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May Birthdays

Michael Snider	May 1st
Doris Barnes	May 24th
Elizabeth Cozine	May 25th
Michael Cassady	May 27th



Don't Forget!
Resident Council Meeting
May 19th at 12:45
in the Dining Room

Brown Deer Place Post

Notable May Activities

Wednesday May 5th
Cinco De May Party

Tuesday May 17th
Monthly Birthday Party

Wednesday May 18th
Historical Presentation on Coco Channel

Friday April 21st
Happy Hour with LIVE MUSIC

Tuesday May 25th
Wine and Cheese on National Wine Day



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EXTRAORDINARY LIVING.

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managed by
 **JAYBIRD**
SENIOR LIVING

Embracing Every Moment

*Brown
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Culinary Coordinator

The 5 Best Summer Fruits, Ranked

5. Raspberries

They have the cheeriest and most hopeful flavor of the berries.

4. Peaches

A peach is almost impossible to screw up. Eaten out of hand, it is the best kind of mess.

3. Blueberries

Blueberries are the only big-deal summer fruit that is native to North America.

2. Cherries

The cherry in question is a sweet variety, Bing or Rainier or Queen Anne, usually very cold, although the juice of a cherry left in the sun has a wonderful urgency.

1. Watermelons

Dinner without cooking? A half-tomato, half-watermelon gazpacho, don't be shy with the vinegar.

Maintenance Coordinator

We're going red, and soon hopefully green!

New red mulch is being put out in front of Brown Deer place along with some rock mulch in other places this spring hoping to brighten and lighten the front area up even more. The planter boxes are being refreshed and ready for new plants, ready for activities of planting and watching flowers and vegetables grow this summer!

-Austin Vincent

Administrative Assistant

We are still looking for a new Administrative Assistant to sit at the front desk.

In the meantime, if you see a visitor waiting outside please ring the doorbell attached to the white sign that sits on top of the reception desk. It will alert Haley and Cassie that there is someone waiting to be checked in. The front door is kept unlocked during business hours as long as there are staff members in the front offices to greet visitors. We continue to ask that you *not* open the doors to anyone you do not recognize.

-Administrative Assistant

Memory Care Coordinator

We have many fun activities planned for the month of May. Among them are: a Mother's Day themed Tea Party, an Ice Cream Sundae bar, Scenic Drives, Giant Indoor Bowling, and a Cinco de Mayo Fiesta themed Happy Hour on May 5th. We are also looking forward to filling the two raised garden beds on the back patio with lots of flowers and vegetables to be enjoyed all summer long. We have already been enjoying cool glasses of Lemonade under the awning on the patio.

-Emily Winter

Life Enrichment Coordinator

April seemed to speed past all of us! This past month has been such an amazing learning experience for me as I continue to grow in my new role as Life Enrichment Coordinator. In the month of May I am so excited about revamping Happy Hour, starting up Margarita Mondays, hosting a book club, introducing more fun games (Like balloon volleyball), live music and so much more!

I would love to hear your feedback anytime. Please let me know if you have suggestions for activities that you would like to see at Brown Deer Place!

-Erin Doney

Community Relations Coordinator

We will be resuming our weekly outdoor BBQ's every Friday starting on Memorial Day. Between then and Labor Day, we will be grilling out on our front lawn every Friday (weather permitting) for lunch. Along with our residents; families, friends and members of nearby community are invited to swing by and join us! Lunch will cost \$5 and all proceeds will be donated to the area chapter Alzheimer's Association. Can't wait to see you there!

-Cassie Monserud

Manager

We are getting ready for a nice spring here at Brown Deer Place! Everyone is working hard to spruce up the facilities and bring in fun, weather friendly activities.

With COVID rates staying steady and Johnson County still below 10%, we continue to have family and friends visit and encourage you and your families to come by and visit your loved ones. We ask you let us know at least a day in advance of when you may visit. If you have been vaccinated, please bring your vaccine card and we can keep it on file. If you have not been fully vaccinated, you may still be able to visit in the apartments-we just ask you to take quick 15 minute COVID test before proceeding inside. We also encourage Zoom calls to be coordinated with our staff so you can see your loved one. If you would like to schedule a Zoom call, let us know as well!

-Haley Cooney

Fun Facts about Cinco de Mayo!

1. Cinco de Mayo is **not** Mexico's independence day, which is actually September 16th.
2. Cinco de Mayo is the anniversary of the Battle of Puebla in 1862.
3. Franklin D Roosevelt's 'Good Neighbor Policy' brought about Cinco de Mayo's popularity in America. It was meant to improve relations between America and Latin America countries.
4. Los Angeles boasts one of the largest Cinco de Mayo celebrations in the United States.
5. The official dish of Cinco de Mayo is 'Mole Poblano', a dark red-brown sauce served with turkey or chicken.



COVID-19 UPDATE

Outing & Visitor Guidelines

The past few months have been a flurry of vaccine activity within our communities. We are overwhelmed with the positive response we have received and are proud to report falling numbers of COVID-19 cases within the majority of the counties our communities reside in.

In response to these statistics and based on guidance provided by the Centers for Disease Control (CDC), we have updated our visitation and resident outing guidelines.

Outing Guidance

- All residents leaving the Community on an outing will have education on wearing of masks, social distancing, and hand hygiene.
 - Fully vaccinated residents do not have to quarantine following an outing if:
 - They have completed final vaccine dose two weeks prior to the outing and can be no more than three months past final vaccine dose.
 - They are asymptomatic with no symptoms of COVID-19.
 - They were not exposed to a confirmed positive COVID-19 person.
 - Unvaccinated residents must quarantine based on county positivity:
 - County Positivity <10% - Quarantine for 7 days then negative COVID-19 test
 - County Positivity >10% - Quarantine for 10 days, negative COVID-19 test
 - In addition, residents must be asymptomatic and must not have been exposed

Visitation Guidance

- Indoor visitation can occur as long as the county positivity rate is under 10% and there have been no new cases of COVID-19 within the community in the previous 14 days. Visitors can be accepted if:
 - The visit has been scheduled in advance.
 - The visitor(s) have passed the mandatory screening questionnaire.
 - Masks are worn, proper hand hygiene is practiced, and social distance is maintained.
- In-apartment visits can occur if:
 - The visitor is fully vaccinated and presents his/her vaccination record.
 - OR
 - The visitor provides proof of a negative COVID-19 test taken within the last 24 hours.
- If a visitor is not fully vaccinated or does not wish to test, visits can still occur in designated areas (no apartments), with all other criteria met.

Testing Guidance

- Jaybird Senior Living will continue to require employees to test for COVID-19 based on the following guidelines, unless COVID-19 is identified in the community:
 - Vaccinated Staff - Monthly testing (excluding KY staff that will test bi-weekly)
 - Unvaccinated Staff - Bi-weekly testing

Our team members and residents greatly appreciate your continued flexibility and patience as we adhere to the recommended guidelines for protecting our most vulnerable. Please reach out to your Community Director with questions.



April Highlights



April Highlights



May is Mental Health Awareness Month

We are living in trying times. The COVID-19 pandemic has brought a global crisis to our doors. Our normal lives have been put on hold as we all struggle to live with constant fear of illness, economic turmoil, and unprecedented isolation from one another. While most talk of COVID-19 is focused on its physical toll, we as a society are also experiencing a collective assault on our mental and emotional health.

Managing Anxiety and Stress

Anxiety is nature's response to both real and perceived threats. When confronted with a stressful or dangerous situation, we are hardwired to respond and react in self-defense. "Fight or flight" is a phrase that describes the way different people react under such duress, though "freeze" is also a common response. Many of us are feeling frozen with anxiety right now, but there are a number of tools available to help us lower stress and turn down the "noise" of our bodies' fear responses:

Recognize the signs. Anxiety is often caused by unhelpful thinking patterns we experience when our mind fixates on threat, uncertainty and negativity. This is all the more true when threats are ambiguous, novel, new, or unpredictable – all of which certainly describes our current reality. Anxiety has both mental and physical symptoms, and these symptoms vary from person to person. Common signs of anxiety include: nervousness or restlessness, panic, trouble staying still or concentrating, increased heart rate or heart palpitations, rapid breathing, sweating, trembling or shaking, dry mouth, clammy hands, difficulty falling or staying asleep, nausea or GI problems, and irritability.

Tune into your feelings; don't run from them. Emotional upset and distress is common in the context of uncertain and potentially life-threatening situations. A good first step for mitigating your stress is to acknowledge that it exists and normalize it for yourself and for others. Reminding yourself daily that billions of people are feeling this way right now and it is completely normal and understandable to be afraid. This seemingly simple act is an important step towards building resiliency.

Practice gratitude. Purposeful reflection on and appreciation of what is good in our lives can be very grounding and uplifting. Start a journal or blog and write down things you're grateful for every day. There are no wrong answers! You could be grateful for your health, your family, your friends, your pets, your home, or even something as simple as your morning coffee or favorite TV show. Remember that goodness and joy still exists, even in a fragile world, and take time to celebrate the good in your life.

Build your skills. Familiarizing yourself with [Cognitive Behavioral skills](#) can help mitigate anxiety. Mindfulness techniques in particular are a great tool that you can use anywhere, anytime. Mindfulness simply means to focus your awareness on the present, while acknowledging and accepting your feelings, thoughts, and bodily sensations in that moment. This is a great way to feel more grounded in times of stress. Many people use mindfulness exercises to manage extreme anxiety responses or panic attacks.

Reducing Loneliness

Social distancing and quarantines have separated us from the people who make up our support networks – family, friends, neighbors, coworkers, teammates, spiritual communities, and so many more. Many of us, especially those who live alone, are struggling with loneliness and isolation. Fortunately, there are ways to cut down on these negative feelings and maintain a healthy social life from home:

Reach out and connect. We can take advantage of technology to keep those bonds strong and support one another from afar. Set up regular times to catch up with your social network. Call a family member, set up a FaceTime or Skype chat with a friend, or organize a weekly Zoom party. Put it all on your calendar. Regular video chats will give you something to look forward to each day and create more structure in your week.

Join a virtual event. Many museum, zoos, aquariums, parks, and historical sites are offering live virtual tours and special events through Facebook, Instagram, Eventbrite, and more. These can be a fun way to experience new places without needing to travel and connect with other people who have similar interests. If you're financially able to, consider making a donation after the event. You'll feel great doing it and you'll be helping to support these cultural institutions.

Don't be afraid to ask for help. If you notice yourself experiencing significant distress and need someone to talk to, remember that professional help is available. Most doctors and therapists are still able to see patients and clients via telehealth services, so please feel empowered to reach out and ask for an appointment. Above all things, remember that you are not alone in this. We will get through these hard times together, and we will emerge with renewed compassion for ourselves and for one another.

<https://fenwayhealth.org/mental-health-in-the-age-of-covid/>

We are introducing new activities on the weekends! Every Saturday morning at 10AM you can participate in group meditation, and Sundays at 10AM we offer chair yoga. Both of these programs are virtually led.

Book Club!

We are very excited to introduce a book club at Brown Deer Place! We are starting with a classic: *Pride and Prejudice*. Instead of reading a physical book, we will be listening to an audio version every Friday at 2:00 in the Dining Room.

