

Volume 2

1500 1st Ave N
Coralville, IA 52241

*Brown
Deer Place*
RETIREMENT LIVING & MEMORY CARE

Issue 14

319-337-6320
browndeerplace.com

Volume 2

1500 1st Ave N
Coralville, IA 52241

*Brown
Deer Place*
RETIREMENT LIVING & MEMORY CARE

Issue 14

319-337-6320
browndeerplace.com

Contact Information

Manager:

Haley Coohey
manager@browndeerplace.com
Office: 319-337-6320
Cell: 319-930-6937

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:

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

Maintenance Coordinator:

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

Health Care Coordinator:

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

Memory Care Program Coordinator

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

June Birthdays

Virginia Morgan: June 10th

Sharon Homan: June 16th

Lucille Gaudett: June 24th



Don't Forget!

Resident Council Meeting

June 16th at 12:45

in the Dining Room

Brown Deer Place Post

June Activities

Friday June 4th

Trip to Hurts Donuts

Friday June 11th

Happy Hour w/ Live Music

Sunday June 13th

Classic Car Drive By

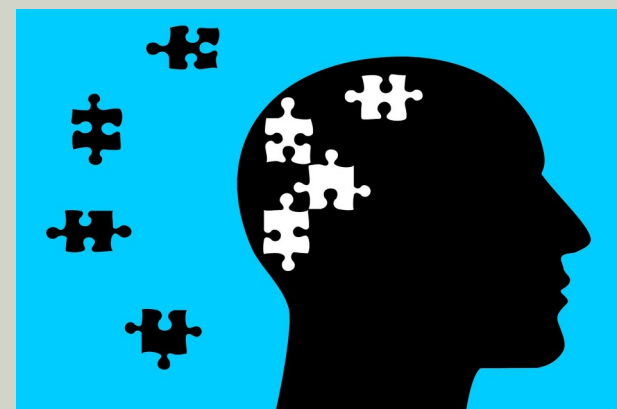
Friday June 18th

THE STRENGTH SHOW

Thursday June 24th

Live Presentation on Judy Garland w/ Marci

*June is
Alzheimer's and Brain
Awareness Month*



**EXCEPTIONAL CARE.
EXTRAORDINARY LIVING.**

professionally
managed by
JAYBIRD
SENIOR LIVING

Embracing Every Moment

*Brown
Deer Place*
RETIREMENT LIVING & MEMORY CARE

Culinary Coordinator

Cajun Garlic Grilled Shrimp

3 garlic cloves, minced

2 teaspoons paprika

1 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon cayenne pepper

2 pounds uncooked medium shrimp, peeled and deveined with tails on

4 medium lemons, each cut into 8 wedges

Directions:

1. In a large shallow dish, combine the first 8 ingredients. Add shrimp and turn to coat. Cover; refrigerate for 15 minutes.

2. Drain shrimp, discarding marinade. On 12 metal or soaked wooden skewers, thread shrimp and lemon wedges.

3. Grill, covered, over medium heat or broil 4 in. from the heat until shrimp turn pink, turning once, 6-8 minutes.

-Nathan Dance

Maintenance Coordinator

On Sat The 19th I will be taking a group of our fathers to the Johnson County Antique Car Museum for a Father's Day outing. We will have a sign up sheet at a closer date with more info.

Warmer weather is hopefully right around the corner. Meaning air conditioning season is too. If anyone has any troubles with using their air conditioning, or if you aren't sure it's working correctly, please reach out to Austin, or fill out a work request in the library.

-Austin Vincent

Administrative Assistant

The search continues for a new administrative assistant

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.

Memory Care Coordinator

This month in June we are planning on spending as much time as possible out on our back patio: playing games, enjoying happy hour, and working in the garden. We want to soak up the sun as much as possible. We have been enjoying two new games that have quickly become favorites: Balloon Volleyball, and Giant Bowling. This month we will also be trying several new craft activities including: Mini teacup fairy gardens, Flower wreaths, and flower bouquets. We are also planning a trip to the greenhouse, and a couple of fishing trips also. Hope all is well with you and yours. Come and see us soon!

-Emily Winter

Life Enrichment Coordinator

Summer is here! As it continues to warm up, I am SO excited about getting outdoors more for games, Margarita Monday's, and outings into the community!

In the month of June, you can look forward to continued Margarita Mondays on the porch, more live entertainers, a Father's Day Happy Hour event you will never forget, and more fun to be had by all! I am also starting a resident activity council to meet every 1st and 3rd Monday of the month. If you would like to join, do not hesitate to reach out to me! Let's have a great summer!!

-Erin Doney

Community Relations Coordinator

On June 10th we will be hosting our 2021 Flower Pot Challenge! This will be our first event post-covid. It will be an outdoor BBQ, where social distancing will be encouraged. Please join us between 4:30PM-6:30PM on Thursday, June 10th for some food, drinks and socializing! Local businesses have been invited to submit a creative Flower Pot to us, and our residents will vote on the winner! We hope to see many of our resident's family and friend there! Please RSVP to me at 319-337-6320 or welcome@browndeerplace.com

-Cassie Monserud

Manager

Weekly townhall meetings that occurred on Friday's at 12:30p via Zoom will now be email updates. I will email my weekly updates every Friday. If you would still like to have a zoom call with me, I will be happy to still schedule these on a one on one basis. This will allow for timeliness and for others who couldn't attend the zoom calls on a regular basis. 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



Did You Know?

June is the month with the longest daylight hours of the year in the northern hemisphere and the shortest daylight hours of the year in the southern hemisphere. It is the first month of winter in the southern hemisphere and the first month of summer in the northern hemisphere.

It's said that June is named for Juno, the Roman goddess of marriage and a protector of all things female, so some consider it good luck to be married during this month. June is the sixth month of the year in the Julian and Gregorian calendars.

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.



May Highlights



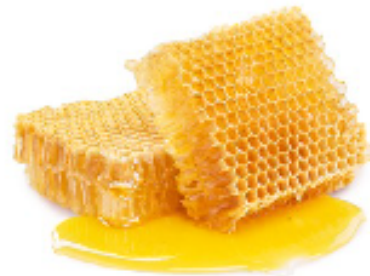
May Highlights



Common Beginnings

Find the word that can start all three words. The first answer is given.

1. shock, noon, thought _____ after _____
2. lash, sight, lid _____
3. cuff, made, out _____
4. wash, pool, port _____
5. boat, guard, saver _____
6. hole, stone, pad _____
7. bee, dew, comb _____
8. jack, mail, bird _____
9. boy, hop, bottom _____
10. grass, print, berry _____
11. bus, boy, house _____
12. roof, dial, flower _____
13. port, word, book _____
14. break, paper, reel _____
15. off, still, by _____
16. piece, table, share _____
17. cover, dog, bid _____
18. market, sonic, star _____



Searching for June

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



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

CAMPING
CANCER
CRAB (Cancer)
FATHER'S DAY
FLAG DAY

GEMINI
JUNETEENTH
PEARL
ROSE
SIXTH

SUMMER
SUNSHINE
TWINS (Gemini)
VACATION
WEDDINGS

Hot Weather Safety Tips for Older Adults

While summer brings us warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Every summer, more than 600 Americans die of health problems caused by excessive heat and humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

Staying Safe When It's Too Darn Hot

80°

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

■ **STAY AWAY** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

■ **STAY HYDRATED.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

■ **DRESS APPROPRIATELY.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

■ **AIR CONDITIONING** is your friend in summer. Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, you may read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)

■ **DID SOMEONE SAY SUNBURN?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.

■ **COOL DOWN!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by exposure to too much heat:

Dehydration

What it is: A loss of water in your body. It can be serious if not treated.

Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

What to do: Drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated. If you don't feel better, call 911. If you feel better after drinking fluids, but have medical conditions like heart failure or take diuretics ("water pills"), you should also call your healthcare provider for a follow-up.

Heat stroke

What it is: A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly.

Warning signs: A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out.

What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.

Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow. Do not try to give fluids by mouth if the person is drowsy, as it could cause choking.

Heat exhaustion

What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C).

What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

Heat syncope

What it is: Fainting caused by high temperatures.

Warning signs: Dizziness or fainting.

What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.