

Volume 3

1500 1st Ave N
Coralville, IA 52241



Issue 2

319-337-6320
browndeerplace.com

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August Birthdays

Helen W: August 2nd
Virginia D: August 7th
Janice M: August 15th
Harlan N: August 30th



Don't Forget!
Resident Council Meeting
August 18th at 12:45
in the Dining Room

Brown Deer Place Post

Look for these August Activities!

Monday August 2nd
Ice Cream Sandwich Social

Friday August 13th
Live Music w/ Mike & Bonnie

Tuesday August 17th
Wine & Cheese

Thursday August 19th
Presentation on Carrie Chapman Catt

Tuesday August 24th
Birthday Party w/ Elvis & Patsy Cline

Thursday August 26th
National Dog Day Party



EXCEPTIONAL CARE.
EXTRAORDINARY LIVING.



Embracing Every Moment



Culinary Coordinator

BBQ Rub Recipe

This all purpose BBQ rub is a blend of spices that pairs perfectly with chicken, pork and beef. It's great for grilled, roasted or smoked meats and you can even use it on vegetables and potatoes.

INGREDIENTS

- 1/2 cup brown sugar
- 2 tablespoons paprika
- 1 tablespoon smoked paprika
- 1 tablespoon black pepper
- 1 tablespoon kosher salt
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon mustard powder
- 1/4 teaspoon cayenne

-Nathan Dance



Maintenance Coordinator

One thing that Iowa is famous for is our state fair. It is always ranked as one of the best, if not the best, in the country. I'm sure everyone has their fond memories of things they have done at the State Fair. One of mine would be entering 4-H projects at my local County Fair (Louisa County), and getting to see projects go on to the state fair. Whether it be photographs, woodworking projects or science and engineering projects. To this day that is my favorite building to visit, to see what creative projects the 4-H kids have built, refinished, or have engineered.

-Austin Vincent



Administrative Assistant

My name is Jillian and I am excited to be here as the new full-time admin assistant! If there is anything that I can do to help you in any way, please feel free to let me know. I am really looking forward to getting to know each one of you!

-Jillian Begg



Memory Care Coordinator

This month we will be celebrating national lemonade day by making freshly squeezed lemonade, and having a lemonade themed birthday party/photo booth. We will also be having a tea party, and a sip and paint session as well. We are going to be making several crafts including rock painting, tie blankets, sunflower door decor, and floral wreaths. We continue to spend as much time as possible gardening and enjoying the sun out on the patio. Bean bag toss and balloon volleyball have been our favorite games as of late, and we enjoy playing them often. Make sure to check out Brown Deer Place's Facebook page to keep up with all of our activities!

-Emily Winter



Life Enrichment Coordinator

Happy August everyone! It's hard to believe that the end of summer is quickly approaching. It has been so wonderful to be out and about in these warm months, but I can't say that I am not already looking forward to the cozy fall weather. In the meantime, August will be another fun-filled month for us– the biggest addition is biweekly trips to the Coralville Library! You can also look forward to four different live music events, Wine and Cheese, a Puppy Party, S'mores, Ice Cream sandwiches, and of course twice weekly Bingo! We will be getting crafty this month with wooden sign painting, tie dye shirts, and a cactus centerpiece craft. I look forward to having fun with all of you this month!

-Erin Doney



Community Relations Coordinator

Come celebrate National Dog Day with us on August 26th! Bring your friends & family (human and canine!) to the front yard of Brown Deer Place from 3PM-5PM to enjoy food,

drinks, games and fun! We will be serving hot dogs, hush puppies, and giving away free dog treats for your favorite furry friend. We will also be raising funds for the Alzheimer's Association – Walk to End Alzheimer's. More de"tails" to come – make sure to mark your calendars!

-Cassie Monserud



July Highlights



Manager

Happy Summer! It's been a beautiful few weeks here at Brown Deer Place!

We are happy to announce that we have hired 11 new Resident Assistants. There will be many new names and faces walking around and they will be introducing themselves, please make them feel welcome! We are proud to have them apart of the Brown Deer family! Our goal with hiring these 11 new Resident Assistants is to build a strong employee Brown Deer base in lieu of temporary staffing. Many of these new Resident Assistants come to Brown Deer with experience in caregiving and/or have their CNA license. We will also be implementing more training with staff in elderly care and dementia care.

-Haley Cooney



Health Care Coordinator

August is Preventive Health Month. A few preventative measures a person can take are:

1. Schedule regular health checkups as recommended by your physician.
2. Make healthy living a lifestyle. Eat a balanced diet, maintain a healthy weight, regular exercise, drink more water, eat more fruits and vegetables and limit processed foods.

Keep up-to-date on recommended immunizations. Your primary physician should have an updated record of immunizations.

Make prevenative health a daily habit, make smart choices and be proactive in taking care of your health.

The heat is still on us, make sure to drink plenty of fluids if you are going to be outside for any length of time.

-Susan Kleese



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.



Relax



It's Relaxation Month

Searching for August

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

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

AUGUST
EIGHTH
GLADIOLUS
GOLF
HOT
LEO
LION (Leo)



PERIDOT
SUMMER
SUNSHINE
SWIMMING
VACATION
VIRGIN (Virgo)
VIRGO

National Immunization Month

“August is here! August is **National Immunization Month (NIAM)**. NIAM is a yearly observance in August to highlight the importance of vaccination for people of all ages from infants to elderly. The goal of NIAM is to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases.

Why are vaccines so important?

- *Vaccines protect against serious diseases.*
- *These diseases still exist and outbreaks do occur.*
- *Vaccines are recommended throughout our lives.*
- *Vaccines are very safe.*

Who all needs vaccines? Everyone!

Children:

- Getting vaccinated according to the recommended immunization schedule is one of the most important things a parent can do to protect their child’s health. Diseases can quickly spread among groups of children who aren’t vaccinated. Whether it’s a baby starting at a new child care facility or even a college freshman – parents should check their child’s vaccination records.
- When children are not vaccinated, they are at increased risk for disease and can spread disease to others in their play groups, child care centers, classrooms and communities – including babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.
- Babies receive vaccinations that protect them from 14 different diseases. After age 2, children are still recommended to receive a yearly flu vaccine and will be due for additional vaccine doses between 4 and 6 years of age. Make sure your child receives every dose along the way and every dose on time!
- States may require children who are entering child care or school to be vaccinated against certain diseases. Colleges and universities may have their own requirements, especially for students living in a dormitory. Parents should check with their child’s doctor, school or the local health department to learn about the requirements in their state or county.

For more info on children: <https://www.cdc.gov/vaccines/parents/index.html>

Preteens and Teens:

By making sure vaccines are up to date, parents can send their preteens and teens to middle school and high school – and also off to college –with protection from vaccine preventable diseases.

- Preteens and teens need four vaccines to protect against serious diseases:
- quadrivalent meningococcal conjugate vaccine to protect against meningitis and blood infections (septicemia);
- HPV (human papilloma virus) vaccine to protect against cancers caused by HPV;
- Tdap vaccine to protect against tetanus, diphtheria, and whooping cough (pertussis); and
- a yearly flu vaccine to protect against seasonal flu.

Adolescents and Adults:

- All adults should get vaccines to protect their health. Even healthy adults can become seriously ill, and can pass certain illnesses on to others.
- Everyone should have their vaccination needs assessed at their doctor’s office, pharmacy or other visits with healthcare providers. Certain vaccines are recommended based on a person’s age, occupation or health conditions such as asthma, chronic obstructive pulmonary disease (COPD), diabetes or heart disease.
- Vaccination protects the person receiving the vaccine, but also helps prevent the spread of disease, especially to those that are most vulnerable to serious complications such as infants and young children, elderly, and those with chronic conditions and weakened immune systems.
- **Take this quiz to see what you may need:** <http://www2.cdc.gov/nip/adultimmsched/>

Seniors:

- Seniors may need one or more vaccines, even if they received vaccines as a child or as a younger adult. Ask your doctor which ones are right for you. Don’t forget if you are traveling, you may need additional vaccines.
- For more information: https://www.vaccines.gov/who_and_when/

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<https://medicalwesthospital.org/national-immunization-month.php>