

Volume 3

1500 1st Ave N  
Coralville, IA 52241

*Brown  
Deer Place*  
RETIREMENT LIVING & MEMORY CARE

Issue 3

319-337-6320  
browndeerplace.com

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### Memory Care Program Coordinator

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## September Birthdays

Dean L	September 12th
Larry M	September 13th
Carolyn C	September 17th
Judy S	September 27th
Madonna S	September 28th



**Don't Forget!**

**Resident Council Meeting**  
**September 15th at 12:45**

# BROWN DEER PLACE POST

**Look for these September 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.**

professionally  
managed by  
**JAYBIRD**  
SENIOR LIVING

*Embracing Every Moment*

*Brown  
Deer Place*  
RETIREMENT LIVING & MEMORY CARE

## Culinary Coordinator

### Eight-Layer Chicken Chili Dip

#### Ingredients

2 tablespoons vegetable oil  
1 medium red onion, chopped  
2 cloves garlic, finely chopped  
3 tablespoons tomato paste  
1 tablespoon chili powder  
Kosher salt  
1/4 teaspoon cayenne pepper  
1 cup low-sodium chicken broth  
2 cups shredded rotisserie chicken  
1 cup sour cream  
1 cup roughly chopped cilantro leaves and stems  
Juice and zest of 1 lime  
1 cup frozen corn, thawed  
1 green bell pepper, chopped

1 1/2 cups crumbled cornbread  
3 medium tomatoes, chopped  
One 14-ounce can black beans, drained and rinsed  
1 1/2 cups shredded yellow Cheddar  
Tortilla or corn chips for dipping

#### Directions

1.Heat the oil in a large nonstick skillet over medium-high heat, add half of the onion and the garlic and cook, stirring, until soft and just begins to brown, about 4 minutes. Add the tomato paste, chili powder, 1/2 teaspoon salt and the cayenne pepper. Cook, stirring, until the oil is brick red, about 2 minutes. Add the chicken broth and bring to a simmer. Cook until thickened slightly, about 3 minutes. Add the shredded chicken and stir until just warmed through, remove from heat and cool to room temperature.  
2.Whisk together the sour cream, cilantro, lime juice and zest in a small bowl. Toss

together the corn and pepper in another small bowl.  
3.Layer the dip in a medium, straight-sided 3 -quart glass trifle bowl or your favorite serving dish. Spread the cornbread on the bottom, then top, in even layers, with the tomatoes, beans, cheese, cilantro-lime sour cream, chicken chili, the remaining chopped onions and the corn-pepper mixture.  
4.Wrap and refrigerate until chilled, at least 1 hour or overnight. Serve with chips for dipping.



-Nathan Dance

## Maintenance Coordinator

A reminder to all who use them, ‘flushable wipes’ really aren’t so. They get labeled as so, but don’t biodegrade fast enough to dissolve and be safe in the sewer/septic systems. If they could be simply thrown in the garbage that would be best.

Bids have been taken and I am hoping to get the parking lot re-sealed and striped by fall. I will let you know more when more information is available.

On September 30<sup>th</sup> at the staff meeting our BDP Staff will be receiving our annual fire extinguisher safety training with the Coralville Fire Department.

-Austin Vincent



## Administrative Assistant

I want to take this opportunity to remind all residents that we need to follow Covid-19 precautions. As of right now we CAN NOT allow friends and family to come into the building. If you would like to visit with someone that does not live here then you need to do so outside. I am very sorry for the inconvenience, but this is truly for the health and well being of each and every one of you! Thank you

-Jillian Begg



## Memory Care Coordinator

This month we will be packing up and travelling to two countries: Japan and Turkey, with interactive presentations on both countries. We will also be making several fun crafts including stained glass window decals!

We continue to enjoy this beautiful weather on our patio, and do our best to work in our garden when the heat and rain hold off.

This month we will also enjoy special live music by Janet Lieb. Hope all is well with you and yours. Stay cool!

-Emily Winter



## Life Enrichment Coordinator

September is here! While summer has its perks, Fall is my FAVORITE time of year! I am so excited to decorate for autumn and do some fall time crafts.

In the month of September we have a lot of great things to look forward to! Our crafts for the month are squirt gun tie-dye t-shirts, bird house painting, decorating cowboy hats for Country Music Day, an Autumn wreath for your door, and a fabric pumpkin decorating craft. You can also look forward to another spa day, a tea party, a Grandparents Day celebration, and of course our monthly Birthday party.

Don’t forget to stop by my Country Store on Mondays & Thursdays if you ever need any snacks, toiletries, or room décor!

-Erin Doney



## Community Relations Coordinator

We are looking forward to some fun and exciting things in September. We are proud sponsors of FryFest – look out for our decorated building, and tailgate themed drive-thru on Friday, Sept. 3<sup>rd</sup>. We will also be celebrating Grandparents Day on September 10<sup>th</sup> – please stayed tuned for more details. The start of Fall will be full of fun at Brown Deer Place!

-Cassie Monserud





## August Highlights



## August Highlights





## Director

We are approaching fall and the mornings are starting to become more cooler. It was a pleasant surprise last week having a cool morning ☺ I am looking forward to what fall brings-warm sweaters, hot apple cider (we have some at our hospitality/coffee table in the lobby), and are looking forward to football and cooler weathers ☺

We have 3 new residents move in in the last two weeks. In the next few months, we will be expecting to see many new residents joining you all in calling Brown Deer Place their Home.

If you see someone new, please welcome them and make them feel at home. They could be your neighbor and we all want them to feel welcome!

*-Haley Cooney*



## Health Care Coordinator

September: We are coming into fall! Time for influenza vaccines which will be held at Brown Deer in September or October. When we get an exact date we will let everyone know.

Did you know that good oral health and gargling with mouthwash at least once a day has been proven to decrease respiratory infections? This time of year would be a good time to begin this healthy habit. Enjoy September!



*-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.







# AUTUMN

“Autumn is a  
second spring  
when every  
leaf is a flower.”  
- Albert Camus

## Searching for September

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



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

ASTER	LIBRA	SEPTEMBER
AUTUMN	MORNING GLORY	SIMCHAT TORAH
GRANDPARENTS DAY	OKTOBERFEST	SUKKOT
HARVEST	ROSH HASHANAH	VIRGIN (Virgo)
INDEPENDENCE DAY (Mexico)	SAPPHIRE	VIRGO
LABOR DAY	SCALES (Libra)	YOM KIPPUR

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# Self-Improvement Month

*Self Improvement Month reminds us that we all need to improve — and we all need to care for ourselves. It's an opportunity for us to assess how satisfied we are with ourselves and to take the necessary steps to become who we aspire to be. Note: The self-improvement industry, valued at nearly \$11 billion in the United States, offers books and other products intended to improve personal, mental, and physical health.*

## HOW TO OBSERVE SELF IMPROVEMENT MONTH

### Adopt an exercise routine

It happens every year — the annual migration to the gym after the holidays to shed all that turkey weight. Why wait? Get a jump on the holidays and start an exercise routine or join a gym to be in tip-top shape before the holidays arrive.

### Read some books

There are a million self-help books on the market that cover everything from work/life balance — to improving self-confidence — to managing relationships with family members and friends. Crawl up with a book or two that might introduce you to some new and helpful ideas.

### Volunteer

People who volunteer are happier and feel volunteering gives them a sense of purpose. Identify one or two charities that align with your interests and commit to volunteering a few hours a week or month. You'll be helping them, and yourself.

## 4 SELF-IMPROVEMENT FACTS AND FIGURES

### Self improvement is big business

The self-improvement industry, which includes books, magazines, seminars, and a host of other products, is worth \$11 billion annually in the U.S.

### Publishers love self help

Self-help books account for 5.7 percent of all books sold each year in the U.S.

### Women outnumber men in the market

Women make up 70 percent of the consumers who purchase self-help products.

### The speaker circuit

There are more than 5,000 motivational speakers on the road each year, some commanding as much as \$50,000 per appearance.

## WHY SELF IMPROVEMENT MONTH IS IMPORTANT

### It's an annual personal health checkup

We can think about how to improve our mental and physical health. It acts as a catalyst for us to get better.

### It's self-empowering

Only we have the power to make the choices that improve our lives, whether it's changing our diet or lifestyle, starting an exercise regimen, reading more books, or joining groups or clubs that expand our social circle.

### It's an industry

The self-improvement industry offers many tools. These include life coaches and therapists, books, diet suggestions, and other products that help millions live better lives.

<https://nationaltoday.com/self-improvement-month/>

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