

Volume 3

1500 1st Ave N  
Coralville, IA 52241

*Brown  
Deer Place*  
RETIREMENT LIVING & MEMORY CARE

Issue 4

319-337-6320  
browndeerplace.com

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## Contact Information

**Director:**

Haley Coohy  
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  
Cell: 319-321-0306

**Maintenance Coordinator:**

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

**Health Care Coordinator:**

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

**Memory Care Program Coordinator**

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

## October Birthdays

Lois W: October 16th

Deb S.: October 24th

Patricia H.: October 24th



## Don't Forget!

**Resident Council Meeting**  
**October 20th at 12:45**

# BROWN DEER PLACE POST

**Look for these October Activities!**

**October 1st**

*Live Music w/ Mike and Bonnie*

**October 7th**

*Wilson's Orchard Outing*

**October 12th**

*Pumpkin Treats Snack Table*

**October 21st**

*Marci's Presentation on Halloween*

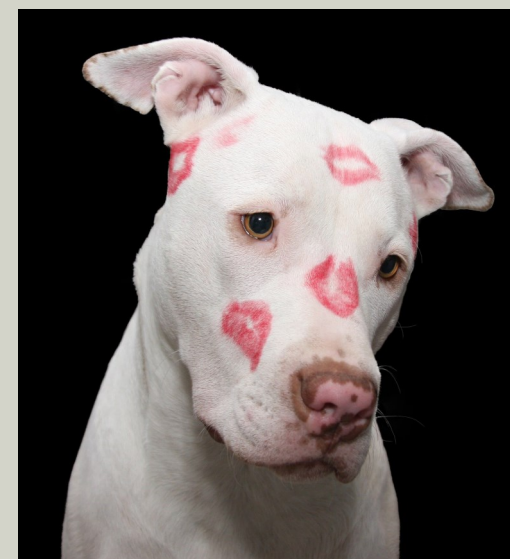
**October 25th**

*Halloween Poem Hunt*

**October 29th**

*Trunk or Treat & Costume Contest*

**October is Adopt-a-Dog Month!**



*Read more on Shelter dogs on  
Pages 5-6 of this newsletter!*

**EXCEPTIONAL CARE.  
EXTRAORDINARY LIVING.**

professionally  
managed by  
**JAYBIRD**  
SENIOR LIVING

*Embracing Every Moment*

*Brown  
Deer Place*  
RETIREMENT LIVING & MEMORY CARE

## Culinary Coordinator

### *Kale and Sweet Potato Gratin*

Serves 6-8

Ingredients:  
5 tbsp. butter  
3 cloves garlic  
Kosher salt and freshly ground black pepper, to taste  
1 bunch kale, stemmed and roughly chopped  
3 large sweet potatoes (about 2 1/2 pounds) peeled and sliced about 1/8" thick  
2 cups half-and-half  
2 tsp. ground cinnamon  
Fresh nutmeg  
1 cup grated white cheddar  
Instructions

Preheat oven to 400°. Rub the inside of an 8"x8" baking dish with 1 tbsp. of the butter. Smash garlic with the side of a knife and sprinkle generously with salt. Chop and scrape the garlic into a mushy paste. Combine garlic paste, kale, potatoes, half-and-half, cinnamon and remaining 4 tbsp. butter (cut into 1/2" pieces) in a pot; stir. Season with salt and pepper and taste the creamy liquid—it should be seasoned generously. Grate in a hint of nutmeg. Bring to a boil over medium-high heat while stirring the mixture with a wooden spoon. After 8–10 minutes the potatoes will be a little tender, and their starch will

have thickened the liquid considerably. Transfer the mixture to the prepared dish; smooth the top as much as possible. Cover the gratin with cheddar and bake until deeply golden brown, about 20–30 minutes. Let gratin cool and set a little before serving.

*-Nathan Dance*



## Maintenance Coordinator

Welcome to October! That means we are one day closer to Winter! Cooler and colder weather is soon going to be upon us. If anybody is having trouble getting their heater turned on please feel free to reach out and let me know I am happy to help.

I will be taking every Wednesday off in the month of October. I will still be on call and here on Monday, Tuesday, Thursday and Fridays.

*-Austin Vincent*



## Administrative Assistant

Thank you all for being patient while I am away in Maine dealing with a family emergency. I promise that I will be coming back! I will bring back pictures and things for everyone to see from the east coast. I miss you all and am thinking of you all often!

*-Jillian Begg*



## Memory Care Coordinator

Here in the Gardens we have been enjoying many music activities this month, especially with our piano music. We've already been enjoying out fair share of hot chocolate this fall season with the colder weather slowly approaching. We plan to do lots of fall crafts in October. Towards the end of the month we are looking forward to pumpkin deco-rating contests and frosting Halloween Cookies. Happy Fall!

*-Emily Winter*



## Life Enrichment Coordinator

October already!! I can't believe how fast the month of September passed us by. We are now in my favorite time of year with nice cool mornings perfect for big cozy sweaters and lots of warm, yummy drinks!

I am so excited for this upcoming month; We have several fun outings planned, many Halloween/autumn crafts to assemble and of course pumpkin spice treats to consume. We have several live musicians this month for happy hours and several sessions of Karaoke. I can't wait!

*-Erin Doney*



## Community Relations Coordinator

The Fall Season is finally here, and we are very excited about the fun activities and events that brings! Stay tuned this month for a "Trunk or Treat" event – we will set up our parking lot for kids to come Trick or Treating through for some safe Halloween fun. Also keep an eye out for the October Drive-Thru Event – where fall themed giveaways will be provided. More details are to come on both events – we hope to see all of our friends and families attend!

*-Cassie Monserad*



## September Highlights



## September Highlights



## Director

I wanted to inform you that we now have an in-house health care provider, Nurse Practitioner (NP), now available to do weekly rounds at Brown Deer Place!!!

This is an amazing service to our community and we are the only facility in the Coralville/Iowa City area that is providing this service to our residents. Brittany Enlow is our Nurse Practitioner and she lives in Coralville. She will work alongside Sue, our Nurse Coordinator.

We have partnered with Elite Patient Care to provide our residents a care provider (a Nurse Practitioner) who will come in and meet the healthcare needs of our residents. This is similar to your loved one going to their family doctor, instead they are COMING TO US!!!! Your loved one would have to lose their primary care provider if they choose to do so. They would still be able to access our Nurse Practitioner in the event they need to be seen by a healthcare professional and/or on a routine basis, if needed. It is very comparable the same co-pay/cost as going to their primary doctor and the resident would use their health insurance for the visit (similar to going to the doctor). The nurse practitioner is available 24/7 to come in and see the resident and can fill/review/refill medications when they come in to visit the resident. This is very convenient and timely as it meets the immediate needs of your loved one without having to make an appointment with their primary doctor outside of community. To clarify, this would not take place of specialist doctor appointments.

To be clear, this is strictly informational and optional. We are not requiring anyone to sign up for this. There is no additional fee to use this service. It is billed to your insurance company just like any doctor that the resident would visit.

*-Haley Cooney*



## Health Care Coordinator

We are excited to have Brittany Enlow ARNP working with residents at BDP. Brittany will be coming on Fridays to visit residents who have signed up to see her. If you would like your loved one to be put on the ARNP schedule for visits-call or stop by to get more information and to fill out a consent form. Brittany doesn't replace doctors who are already caring for your loved ones, but can prescribe medications and labs or x-rays(which will be available on as needed basis here at BDP) and see them here. This is a great advantage for our residents, they do not have to go out for appointments as often and we can call between visits with any questions or new conditions that may pop up. Call Haley or Sue with any questions.

*-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.





# Searching for October

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



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

- AUTUMN

BOSS’S DAY

COLUMBUS DAY

COSMOS

HALLOWEEN

INDIGENOUS (Peoples’ Day)

LIBRA

MARIGOLD
- OCTOBER

OPAL

SCALES (Libra)

SCORPIO

SCORPION (Scorpio)

SWEETEST DAY

THANKSGIVING (Canada)

WORLD SERIES

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## Adopt a Dog Month

The American Society for the Prevention of Cruelty to Animals (ASPCA) and the American Humane Association (AHA) have deemed the month of October [National Adopt a Shelter Dog Month](#) and [Adopt a Dog Month](#), respectively. The names are slightly different, but the goal is the same — [National Adopt a Shelter Dog Month](#) and [Adopt a Dog Month](#) are both about getting as many great dogs as possible into the loving homes they deserve.

It might sound obvious to anyone who has added a shelter dog to their family before, but adopting a pet is quite fulfilling. According to the ASPCA, the results of an [Edge Research](#) poll suggest people who adopt a dog from a shelter are far more likely to feel good about their experience than those who purchase a pet from a pet store — something to keep in mind while searching for your next canine companion.

Shelters and rescues in cities across the country are stepping up to promote their pooches and pups during the month of October.

[WBIW.com](#) reports that the [City of Bloomington Animal Care and Control](#) in downstate [Indiana](#) is getting into the Adopt a Dog Month spirit by holding special raffles, promoting [spay and neuter](#) programs, and reducing all dog adoption fees to only \$40 for the entire month of October. Interested Hoosiers can check out the shelter's many adoptable dogs on the [organization's Facebook page](#).

The city of [Mission Viejo, California](#) also encourages all residents to consider being a forever family for a homeless dog in need.

“We encourage families looking for their new four-legged family members to do their research and visit their local shelter or rescue group instead of the local pet store,” Mission Viejo [Animal Services](#) Manager, Gail DeYoung, said in [a statement](#).

And [Nashville, Tennessee's](#) Metro Animal Care and Control (MACC) hopes Nashvillians won't overlook adoptable adult dogs this Adopt a Dog Month, so they are offering a \$25 adoption fee discount for all dogs one year or older.

And, with a little help from Grammy Award-winner and founder of Nashville animal rescue organization [Bonaparte's Retreat](#), [Emmylou Harris](#), the MACC is also promoting their dark-furred doggies in the month of October. In addition to the adult dog adoption fee discount, the first 15 people who adopt a big [black dog](#) from the MACC shelter will also receive a limited edition CD from Emmylou Harris. This special album includes her song [“Big Black Dog,”](#) which Harris wrote for her black [Labrador Retriever](#), [Bella](#), whom she adopted from the MACC.

“We urge animal lovers to help us find forever homes for all of our amazing adoptable dogs and hope this discount will do just that,” MACC Director Judy Ladebauche tells [Nashville.gov](#).

Are you interested in adopting your next best friend this October? Visit [DogTime.com](#) today to learn about [more than 100,000 adoptable dogs](#), read expert advice about the pet adoption process, and to find an [animal shelter or rescue organization](#) near you.