

Volume 3

1500 1st Ave N
Coralville, IA 52241

*Brown
Deer Place*
RETIREMENT LIVING & MEMORY CARE

Issue 5

319-337-6320
browndeerplace.com

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December Birthdays

Alice Brinkman Dec 24th

Jane Cranston Dec 24th

Deb Patsei Dec 31st

Linda Ritter Dec 13th

Jeffry Schabilion Dec 18th



Don't Forget!
Resident Council Meeting
November 17th at 12:45
in the Dining Room

BROWN DEER PLACE POST

Look for these November Activities!

December is National Food
Service Safety Month



December 6th & 13th
Christmas Light Bus Ride

December 7th
Festive Door Décor Making

December 3rd and 10th
Happy hour with Live Entertainment

December 23rd
Cocktails With Santa

December 31st
Toast to the New Year

EXCEPTIONAL CARE.
EXTRAORDINARY LIVING.

professionally
managed by
 **JAYBIRD**
SENIOR LIVING

Embracing Every Moment

*Brown
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RETIREMENT LIVING & MEMORY CARE

Culinary Coordinator

Eggnog CheeseCake

Step 5.

In a food processor combine cream cheese, 1 cup sugar, flour and eggnog; process until smooth. Blend in eggs, rum and nutmeg. Pour mixture into cooled crust.

Step 6.

Bake in preheated oven for 10 minutes.

Step 7.

Reduce heat to 250 and bake for 45 minutes, or until center of cake is barely firm to the touch. Remove from the oven and immediately loosen cake from rim. Let cake cool completely before removing the rim.

Step 1.

Preheat oven to 325 degrees F (165 degrees C).

Step 2.

In a medium bowl combine graham cracker crumbs, 2 tablespoons sugar and butter. Press into the bottom of a 9 inch spring form pan

Step 3.

Bake in preheated oven for 10 minutes. Place on a wire rack to cool.

Step 4.

Preheat oven to 425 degrees F (220 degrees C).

-Nathan Dance



Maintenance Coordinator

Happy December!

It's that season where we turn the heaters back on.. The first time turning on heat there may be a smell, that's normal as dust collects on the heat coil over the summer. It goes away quick. If anyone has questions or needs help please reach out and contact me.

-Austin Vincent



Administrative Assistant

With the holidays approaching, time with our friends and family becomes busier. We want accommodate all your loved ones so we ask if you could please inform us in advance of any guests, that way we can properly

accommodate everyone . December is a fun month and we want to celebrate wit EVERYONE!!

It's the mos wonderful time of the year!!

Jillian Begg



Memory Care Coordinator

“Best way to spread holiday cheer is singing loud for all to hear” Buddy the Elf

Frosty the Snowman, was a jolly happy soul,With a corn cob pipe and a button nose, and two eyes made of coal. Frosty the Snowman, is a fairytale, they say.He was made of snow, but the children know he came to life one day.There must have been some magic in that old silk hat they found,For when they placed it on his head, he began to dance around!Oh, Frosty, the Snowman, was alive as he could be; and the children say he could laugh and play,just the same as you and me.
Thumpety thump, thump, thumpety thump, thump,
look at Frosty go.

-Emily Winter



Life Enrichment Coordinator

Happy Holiday Everyone!

I am so excited to be joining the Brown Deer community during the most magical and fun month of the year. I am not only new to the Brown Deer community but also to the Coralville area. I recently just moved to the area from the Qua Cities, where I was born and raised. I have five years experience working in a senior living community where I worked as a CMA. After my experience working with seniors I worked for a family for six years helping them raise their two beautiful girls as a Nanny.

I am excited to start this new chapter in my life with all of you and can't wait to get to know everyone Please join me in the lobby on Thursday December 2nd for coffee chats with Liz so we can start to get to know one another!

Lets end 2021 with a 12:00PM toast and celebration on Friday December 31st and welcome a brand new year.

-Liz Acker



Community Relations Coordinator

October Highlights



Director

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.

-Haley Cooney



Health Care Coordinator

10 Surprising Health Facts

1. Drinking coffee can prevent depression
2. Chewing gum makes you more alert
3. Sitting at a desk can increase death risk by almost 50%
4. ATM machines and public toilets are equally dirty
5. Optimism helps you live longer
6. Smelling an apple can prevent claustrophobia
7. Drinking something hot helps cool you down
8. Bananas help improve your mood
9. Your heart is about the size of your fist, and weighs as much as a softball
10. The human body has less muscles in it than a caterpillar



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.



Winter Word Search



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| F | G | S | B | W | M | T | X | H | Q | L | T | S | A | J | D | T | N | L | M | D | U | L | F |
| S | A | G | A | K | R | X | H | B | L | C | T | J | L | V | I | V | H | Q | V | I | Y | G | D |
| S | M | C | F | L | V | P | T | O | I | C | D | C | H | H | D | O | P | L | O | W | V | N | K |
| N | W | W | B | Y | T | P | L | O | T | A | S | N | U | V | M | C | Q | V | B | Z | I | I | T |
| O | Q | C | M | O | G | N | I | T | A | K | S | U | G | F | N | L | T | D | M | J | M | I | D |
| W | C | U | W | M | F | V | P | S | A | A | X | T | D | R | A | Z | Z | I | L | B | B | K | R |
| M | J | L | F | Z | I | R | F | X | W | V | Z | U | C | P | P | T | E | O | B | A | F | S | A |
| A | A | I | E | V | J | T | E | S | N | W | E | B | P | Y | I | L | K | Q | K | R | U | S | M |
| N | C | A | S | B | V | H | T | E | T | L | X | I | U | N | W | R | E | I | S | D | G | E | E |
| Q | K | K | X | C | L | K | T | E | Z | F | X | N | X | F | R | O | N | Q | G | N | E | I | K |
| E | F | R | G | D | R | A | S | Z | N | I | I | G | R | L | T | G | N | J | N | P | L | R | A |
| O | R | C | N | U | X | A | S | E | Q | S | N | R | G | I | A | O | D | S | I | B | B | R | L |
| J | O | O | X | N | E | H | P | J | M | J | L | G | D | D | P | U | N | Z | H | S | D | U | F |
| Y | S | L | R | Z | M | H | F | E | V | N | B | I | G | E | Z | O | U | I | S | O | F | L | W |
| P | T | D | F | T | G | V | F | U | R | W | Z | F | G | F | R | A | C | S | I | Z | F | F | O |
| B | M | L | E | F | Q | C | J | I | E | N | Y | X | W | Y | P | K | J | H | F | Y | F | U | N |
| H | O | S | N | O | W | B | A | L | L | H | O | C | K | E | Y | B | G | N | I | D | I | L | S |
| Y | Z | K | M | E | F | X | G | A | B | U | M | M | Y | O | U | L | K | B | A | D | B | D | H |
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| M | Q | O | R | E | O | S | P | S | Q | O | Q | O | R | E | Z | W | O | L | E | B | A | E | C |
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- | | | | | |
|------------|-------------|------------|--------------|---------|
| JACK FROST | SLEIGHBELLS | TUBING | SNOWBOARDING | BAKING |
| FREEZING | MITTENS | SNOWFLAKE | SCRAPER | SALT |
| BELOW ZERO | COLD | BLIZZARD | FISHING | SLIDING |
| SNOWBALL | HOCKEY | SKATING | SKIING | PLOW |
| ICICLE | DRIFTS | SNOWMOBILE | FLURRIES | GLOVES |
| JACKET | SCARF | BOOTS | SNOWMAN | SNOW |

Best Places to Look at Lights In Iowa City Area

[Spruce Ridge Christmas Lights – 4477 Napoleon St. SE](#)

[Rita Lyn Court](#)

[Holiday on the Lake – West Overlook Campground](#)

[500 Troon Court “The Gingerbread House”](#)

[Radcliffe Drive Christmas Lights: 355 Radcliffe Dr., North
Liberty](#)

[Colton Drive South](#)

[1655 Red Barn Drive “The New Santa House”](#)

[845 Jessie Street](#)

National Food Service Safety Month

Here are some food *hygiene tips* for next time you’re cooking a meal at home.

1. Wash your hands with warm water and soap before handling food and make sure you thoroughly wash them again when you’re done.
2. If you have any cuts on your fingers, hands, or wrists, cover them with bandages before handling food.
3. Thoroughly wash your fruits and veggies with clean, warm water before use.
4. Make sure your cooked foods are separate from raw foods to avoid harmful bacteria cross-contamination.
5. Use fresh utensils when switching from raw meat to other foods during preparation.
6. Regularly wash your dishcloths and towels in the kitchen using hot water to keep as clean as possible.
7. Do not undercook your meat. Use a thermometer to make sure you get it right!