

Volume 2

1500 1st Ave N  
Coralville, IA 52241



Issue 4

319-337-6320  
browndeerplace.com

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### April Birthdays

April 25- Edith A

April 27- Helen G



### National Humor Month

A day without laughter is a day  
wasted.

-Charlie Chaplin

# Brown Deer Place Post

## Outings

**April 4th:**  
1:15pm-Cedar Rapids Museum of Art.

**April 6th:**  
6:15pm-Iowa City West High  
Musical.

**April 11th:**  
11:30am-Red Hats will be stepping out  
for lunch.

**April 25th:**  
1:15pm- Brown Deer Place will be  
heading out for a ballroom dancing  
show

## Notable April Activities!

**April 8th:**  
10:00am-East Egg Hunt on the front lawn.

**April 12th:**  
5:30pm-Support Group in the activity room.

**April 13th:**  
2:00pm-UMIA art presentation in the activity  
room.

**April 18th:**  
2:00pm-floral Arranging class

**April 21st**  
3:30pm-Tree planning ceremony on the front  
lawn.

*Our activities are free and open to the public!  
Please feel free to join us!*

Professionally Managed by



Embracing Every Moment



## Memo From The Manager

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Happy Spring to everyone!!

I saw my first Robin and Cardinal the other day. I sure am getting excited. Also, I wanted to let you know that our team has been very busy marketing Brown Deer Place and we are getting a lot of interest which has led to many new residents moving in to our community. If you see a face that is unfamiliar to you, please welcome them and make them feel at home. They could be your neighbor. Remember, if you refer someone and they move in, you get a free month's rent. How does that sound. Also, I wanted to let you know that we will be using a new pharmacy in "The Gardens". It will be Community Pharmacy and they will be starting May 1<sup>st</sup>. Let me know if you have any questions. Remember, you can always choose who you want to use. It is your right.

-Jodie Conrad, RN BSN

## Health Care Coordinator

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Just wanted to offer a reminder to everyone that my office is now located next to Jodie's office near the Independent Living mail boxes if there are any questions or anything that you may need assistance with. We will do "Ask the Nurse" on Friday, April 10th in the library if you have any questions at that time as well, please check your calendars.

Just wanted to remind everyone that the best way to help prevent the spread of any sickness is handwashing. If you are in an area that you are not able to wash your hands hand sanitizer is always a good alternative until you get to a location where you are able to wash your hands with soap and water. In the case that you are not feeling well, running a fever, etc... we remind everyone it is ok to try and stay away from others until you are feeling better. If you are not able to make it to the dining room due to an illness, please inform staff and we will assist in making sure that you do get food deliver to you while you are ill.

Thank you everyone and hopefully spring weather is right around the corner!

Robert Brown, RN

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Monthly Support Group:  
Aging is Never Easy  
Wednesday, April 12<sup>th</sup>, 5:30-7:00 PM



*Brown Deer Place has partnered with Megan Johnson of Home Instead Senior Care for April's Support Group.*

Please join us as we discuss your loved one's aging process, whether that involve health care, lifestyle changes, Alzheimer's disease, dementia or other diagnoses. Resources will be presented at the meeting, as well as open conversation to discuss financial, medical and lifestyle challenges.

Please RSVP by contacting Katie Lewis,  
Life Enrichment Coordinator, at 319-337-6320 or [lfeenrichment@browndeerplace.com](mailto:lfeenrichment@browndeerplace.com)

## Maintenance Coordinator

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Hello Everyone,

Something new I will be trying at Brown Deer Place this spring. I will be acquiring 8 pigmy goats this spring to do our grounds keeping! Yes! We will be installing special invisible fencing, much like what is commonly used for dogs in yards, around the perimeter of the yard and will be turning 8 young goats loose to keep our grass short this year saving time on lawn mowing and pulling weeds. The goats will also be self-fertilizing for us. We will have the nicest, greenest grass in town! So keep an eye out on APRIL first for our little goats, and don't be FOOLED by anyone!

Austin Vincent

## Life Enrichment Coordinator

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Happy April Everyone!

Did you know that April is National Pet Month? Studies have proven all of the great benefits of owning a pet. They can help decrease stress, improve someone's mood (who doesn't smile when they see a puppy!), lower blood pressure, help children develop, they can detect heather problems, lead the blind, and many more! We have seen some of this with our residents and our community cat, Alma. When someone is having a bad day, a visit from Alma always cheers them us! Not a cat person? That is OK! Soon we will have a beautiful dog named Roxy visit Brown Deer Place regularly to check up and say hi to everyone.

-Katie Lewis

## Administrative Assistant

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Hey Everyone!

Hippity hop, hippity hop Easter is on it's way! Spring has come! Don't forget to celebrate with us by coming to the 2nd Annual Easter Egg Hunt. It will be here at Brown Deer Place on Saturday April 8th starting at 10AM. It will be free and open to the public. Please invite your family! You and your friends and family will be able to enjoy refreshments, various Easter crafts and of course an Easter egg hunt. Last but not least you can pose for a picture with the Easter bunny! I am excited to see everyone there. Who know I may even start the line for a picture with Easter bunny!

Kari Nicola

## Culinary Corner

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Hello Everyone,

Most everyone has by now seen Sarah Jo O'leary our new server. She is a Native to Iowa City. She lives on a farm and loves spending time with family. On the farm she has lots of dogs and cats and loves taking care of them. Sarah also loves going to the movies. She said she loves spending time with our residents, it puts a big smile on her face. We are very lucky to have her bright smile as part of our Brown Deer family.

-Scott Robinson

## Memory Care Program Coordinator

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Hi everyone!

It's already April! Can you believe how fast this year is going? Lots of great things in April happening. Warmer weather and the grass will turning green and start growing. We have our annual Easter Egg Hunt on the 8th. April Fools Day is a good day for pranks. Come share some stories on April 1st in the Gardens telling about pranks you did or that have been done to you.

See you Soon!

Kim Williams



## Keeping Family Members on the Same Page

By Ava M. Stinnett

As our loved ones enter their senior years, a new set of challenges often develops. Some concerns involve financial security; loneliness due to a changing social environment and the passing of friends; conditions such as arthritis, cataracts, and heart disease; and physical aging with a loss of mobility and independence. It is important to learn about coping with these types of issues before they happen.

When the diagnosis is Alzheimer's or other dementias that threaten a senior's cognitive and physical abilities, however, there isn't always time to prepare. And as the disease progresses, family conflicts about care decisions can bring out strong feelings.

According to writer Jeff Anderson (2014), family disputes generally revolve around the following:

- Differing views on a parent's condition and, therefore, their needs
- Parents who value their independence and resist any change in their care
- When caring for an aging parent falls to one particular family member (e.g., the oldest sibling, the child who lives closest), which can cause resentment if others are unable or unwilling to help
- When family members feel left out—whether it involves getting regular updates on an elder person's condition or feeling that they don't have a voice in the decision-making

Determining how to pay for care if a loved one does not have the necessary resources

There are numerous organizations and educational resources—both online and at your local library or a health care provider's office—that can provide assistance for families with aging parents. Some provide support services and guidance to help families develop a practical care plan for when the need arises. Others offer family conflict programs to help improve communication, clarify roles, and develop a feasible team approach to making decisions when a parent can no longer live independently. Arranging for a visiting nurse with a background in elder care assessments or getting information from the senior's primary physician can also clarify what level of care is needed when family members disagree.

Dealing with dementia-related diseases can intensify emotions. Developing strategies to keep the focus on a loved one's needs is the key.

### Sources

Anderson, J. (2014, March 1). "10 Reasons Families Fight about Senior Care." Senior Living Blog. A Place for Mom. Retrieved January 6, 2017, from

<http://www.aplaceformom.com/blog/reasons-families-fight-about-senior-care-02-27-2012/>

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## 2<sup>nd</sup> Annual Easter Egg Hunt!

Saturday, April 8<sup>th</sup> at 10:00 AM



*For the second year in a row, Brown Deer Place is hosting an Easter Egg Hunt open to the public!*

Bring the whole family to Brown Deer Place on Saturday, April 8<sup>th</sup> starting at 10:00 AM. Attendees will enjoy delicious refreshments, various Easter crafts and an Easter egg hunt in Brown Deer Place's spacious front lawn. Before you leave, make sure you get your photo with the Easter Bunny! This event is free and open to the public!

Call us at 319-337-6320 to learn more about this fabulous, family-fun day!