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March Birthdays

March 2nd– Ellen R.

March 11th– Edith A.

March 16th– Willard W.



Women's History Month

“How important it is for us to recognize and celebrate our heroes and she-roes!”

-- Maya Angelou

Brown Deer Place Post

MUSIC

March 5th:
9:30am– Musical Comedy Troupe in the Lobby

March 9th:
1:00pm– Social Drumming in the Activity Room

March 26th:
3:30pm- Sheets with Music in the Lobby

March 27th:
3:00pm– Music with Scott in the Lobby

Notable March Activities!

March 5th:
3:00pm-Caring Transitions Presentation in the Activity Room

March 6th:
3:00pm-Ash Wednesday Service in the Library

March 8th:
4:00pm-Fish Fry! In the Dining Room

March 15th:
4:00pm-Saint Pats Party in the Dining Room.

March 19th:
10:00am– Balance Screening with Kindred in the Activity Room

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



Health Care Coordinator

A recent norovirus outbreak at a metro assisted living building is a good reminder of the steps healthcare facilities should implement if norovirus spreads within your building. Norovirus is sometimes called the stomach flu or stomach bug. However, norovirus illness is not related to the flu which is caused by influenza virus. Norovirus is a very contagious virus that causes vomiting and diarrhea. Anyone can get infected and sick with norovirus. You can get norovirus from:

- having direct contact with an infected person;
- consuming contaminated food or water; or
- touching contaminated surfaces then putting your unwashed hands in your mouth.

Just a reminder the best ways to prevent spreading or getting infected is by hand washing, using tissues or covering when you cough or sneeze and by staying in your room if you are sick and getting room trays instead of coming down to the dining room.

Chasity Barclay, RN

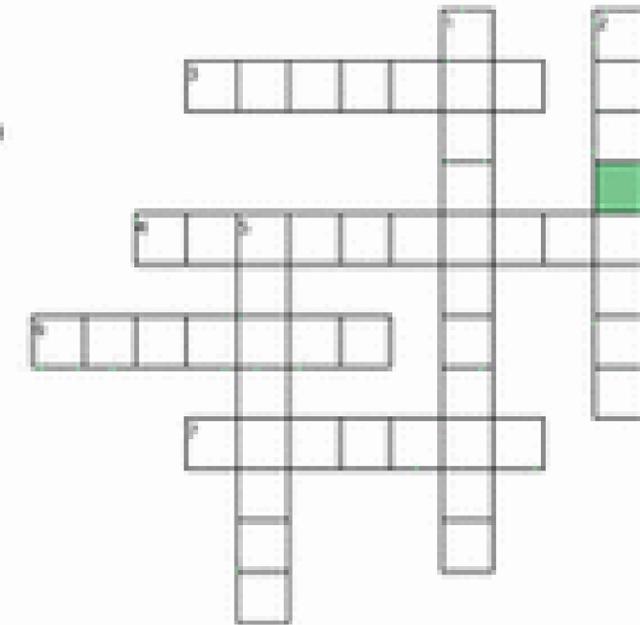
Maintenance Coordinator

Hello Everyone!

I just want to give a thanks to everyone for their patience and willing to work with me during snow falls this winter. It's been a busy winter for the snow blower but I appreciated everyone that helped move cars or handed me their keys and let me move cars to keep the lot clean. Hopefully we'll be done with this soon, but by then we'll be complaining about how hot it is!

Austin Vincent

The History of Saint Patrick's Day



Across

- 3 Saint Patrick was kidnapped and brought to Ireland when he was _____ years old.
- 4 After escaping captivity, Saint Patrick returned to Ireland as a _____.
- 6 Saint Patrick was born in this country.
- 7 Saint Patrick's Day is the national holiday of this country.

Down

- 1 Saint Patrick's Day is on this day in March.
- 2 The first Saint Patrick's Day parade was held here.
- 5 Saint Patrick used this three leaf plant to teach the Irish about his beliefs.

Culinary Corner

Crawfish Étouffée

Étouffée (pronounced *ay-too-fay*) is French for “smothered,” and this dish is just that – crawfish smothered in a creamy, rich sauce that you can only get in Southeastern Louisiana. Crawfish Étouffée is about the second-best way to prepare crawfish, the first, of course, being boiled over a hot gas stove. Many Louisianans look forward to having leftover tails from their crawfish boils to make this rich, flavorful meal. Full of flavor, the sauce combines paprika, pepper, thyme, cayenne pepper, poblano peppers, onions, celery, garlic, and flour in a thick, creamy, roux-like smothering sauce. Crawfish tails are coated in the spicy sauce, and served on top of long-grain, white rice. This dish is perfect for a Mardi Gras supper after a long day of standing outside in chilly parades.

Nathan Dance



Administrative Assistant

Hey Everyone!

March brings us Spring, finally! I know we had an interesting Winter and I can't wait to see flowers blooming soon.

March will be a busy month for everyone as we host Fish Fry, St Patricks Day, and Ladies' Night out with Brown Deer Living magazine.

Kindred at Home is also coming to do a Complimentary Balance Screening for everyone on 19th March from 10-12noon.

Also, I wanted to thank YOU for welcoming our new residents to our community. I have seen so many acts of kindness that most of you does to a new member of the community and it makes my heart swell. Thank you for making Brown Deer Place such a great place to live and work 😊

Anne Alms

Life Enrichment Coordinator

Hey Everyone,

I can't believe it is March already, but I am SO ready for it! February brought so much snow and cold I'm so excited to celebrate Mardi Gras, St. Patrick's Day and the first day of Spring! We have a couple really exciting new things this month. One of them is Social Drumming on March 9th at 1:00pm in the Activity Room, so be sure to check that out! Another is our Annual Fish Fry on March 8th from 4-6pm to support the Alzheimer's Association, so come out and support that!

Also March brings us Daylight Savings Time again! Be sure to change your clocks an hour ahead on Sunday March 10th!

-Sky O'Brien

Memory Care Program Coordinator

Hi everyone!

Consider teaching your elder to use technology to maintain connections. A computer with a camera is a bridge to anyone in the family. Even an aging parent who has never touched a computer before can learn if willing. Alice learned to use the internet at age 86 to pay her bills. Now, she's on it every day. If she can't find something she wants, she uses .

. It has opened a world to her. If you're not good at teaching, perhaps a kind grandchild will do the job or you can get grandma to attend a first timer's computer class. From our experience the effort is so worth it!

Everyone experiences loneliness at times, but it is especially difficult for aging loved ones. We may forget that it is not so easy for them to reach out and do thing we ourselves do if we want to. If we take the time to help, they'll be happier and safer, too, from the next scam artist with the big prize offering.

Until next time,

Sylvester Kimber

A Support Guide for Caregivers

By Ava M. Stinnett

Whether it happens gradually or overnight, there's a distinct possibility that one day you will become a caregiver for a loved one. It may be for a parent, a spouse, or even one of your children. According to the National Alliance for Caregiving, there are over 65 million unpaid caregivers of adults aged 65 and older in the United States. Often, there's very little preparation for the daily challenges that caregivers face.

There are numerous city and state education programs and services to address the needs of those who provide long-term care for loved ones at home. You'll also find many wonderful books that address the topic of caregiving. But what about those times when you need to talk to someone who is traveling a parallel journey, another caregiver who can offer not just a sympathetic ear but a possible solution to a challenge? A support group—whether it's a local set of folks who meet regularly or an online group—may be the perfect solution. The [Alzheimer's Association](#), the Family Caregiver Alliance, A Place for Mom, and Eldercare Locator are just a few of many online organizations that provide valuable information and links to support groups.

You may also be able to locate a support group on Facebook. Numerous private groups (new members must be approved by the group's administrator) allow community members to reach out to other caregivers. Some members are new to being care partners, while others have already made the climb and broken the trail for those who are following behind them.

Perhaps what is most helpful in these communities is an open forum for the types of questions, comments, and emotional support that one may not find in a best-selling book. For example, practical questions, such as how to manage doctor's appointments, insurance paperwork, and how to take time off work are addressed. But there are also very poignant and soul-searching posts, such as:

- "I miss my mom, even though she's asleep in the next room."
- "How do I tell my husband that I've decided to have someone come in for a few hours a day while I'm at work? I'm exhausted and could really use some help but I don't want to upset him."
- "My mom is receiving birthday cards from friends who may not be aware of her Alzheimer's diagnosis. Should I let them know and if so, how?"

"My dad seems lonely and fearful and follows me from room to room. I've assured him that he's safe and that I'll always be here. How do I deal with the resentment that's building because other family members aren't here to help out?"

Sometimes, just knowing that you're not alone is all it takes to stay the course.

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Fish Fry Fundraiser- \$12

Friday, March 8th from 4-6 PM



Brown Deer Place is hosting a fish fry fundraiser that is open to the public and we would love you to join! Proceeds will benefit the Alzheimer's Association.

Menu:

Beer Battered Fish with house made Tartar Sauce

Creamy Coleslaw

French Fries

Hush Puppies

Assorted Desserts

Beverages: Coffee, Iced Tea, Water, Wine or Beer

Call us at 319-337-6320 or email

manager@brownplace.com to make your reservation!