

Volume 2

1500 1st Ave N
Coralville, IA 52241



Issue 4

319-337-6320
browndeerplace.com

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April Birthdays

April 16– Reva H.

April 18– David W.

April 18– Joyce G.

April 27– Helen G.



National Humor Month

A day without laughter is a day
wasted.

-Charlie Chaplin

Brown Deer Place Post

OUTINGS

April 2nd:
11:30am– Red Hats Outing

April 2nd:
2:00pm– Kalona Cheese Factory

April 16th:
11:30am–Lunch Bunch Outing

April 16th:
2:00pm– Greenhouse Outing with
Gardening Club

Every Wednesday:
2:00pm– Scenic Drives

Notable April Activities!

April 9th:
10:00am–Audiology Presentation in the
Activity Room

April 13th:
10:00am– Easter Egg Hunt on the Front Lawn

April 23rd:
3:30pm– Easter Social Hour in the Activity
Room

April 25th:
3:00pm– Tea Time in the Dining Room

April 29th:
6:30pm– Musical Memories in the Lobby

*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

Happy Spring to everyone!!

It is finally Spring! We made it through that rough winter and now we trade our snow for rain. The NCAA tournament will be coming to an end soon and I am predicting that Duke will come out on top and Zion Williamson will enter the NBA draft and go number 1 overall. I also predict that Iowa has made it to the Sweet 16 before getting knocked off by Purdue, who will go on to lose to North Carolina in the Final Four. The women are another story, I predict that the Iowa women will go on to play in the National Championship and, you heard it here first, they will win the National Championship with Megan Gustafson scoring 33 points and 15 rebounds and will be named the tournament MVP and be drafted number 5 overall in the WNBA draft. Baseball season is underway, and I am predicting that the New York Yankees will win their 28th World Series, 10 years after their last World Series Victory.

-Tanner Erwin

Health Care Coordinator

Hi everyone!

As most of you know I will be taking over for Chasity and be the new Health Care Coordinator! I am really excited to meet everyone and get to know all of you. I live in Cedar Rapids and have three children. One of my children go to the University of Iowa and another one goes to Loras College!

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!

Matt, RN



Resident Highlight!

Tom Woodruff Receives the 2019 Caring
Community Award!

The Community Foundation of Louisa County started the Community Caring Award 10 years ago to recognize those special individuals who, through their dedication, time, talent, enthusiasm and perseverance make their community a better place to live. This year CFLC is honored to give this award to Tom Woodruff. Tom grew up on a farm near Cairo, Iowa. When he was eleven, his father was widowed and had to raise six children by himself. After military service in Germany following WWII, Tom married Doris Cummings of Columbus Junction. They were married for 62 years and had 2 daughters. Tom Graduated from the University of Iowa in Civil Engineering and worked 31 years in the energy business, receiving several honors in his industry. Tom is a historian and conservationist. He has written and published many books and articles on a variety of subjects and is a contributor to the "Iowa Sportsman" and "Our Iowa" magazines. His favorite past-time was spending several weeks each summer over 50 years fishing and exploring the most remote areas of north Canada—adventures he wrote about in his book "Last Portage North." Tom and Doris lived many places during his career, but he always had a great sense of connection and caring for the county. Tom was a tireless force in the project to erect the memorial monument to the Littleton Brothers at Toolsboro. He also created an endowment fund to support the care of the monument, and he continues to work for publicizing the Littleton's story and getting state recognition for the family's sacrifice. He is currently part of the Hometown Pride Committee that is working to preserve the 191 Convict Road near Fredonia. He recently donated a large collection of antique fishing gear for a display at the Louisa County Historical Society. A few years ago he organized former classmates to fix up the Cairo cemetery and erect historic markers in Cairo. Tom brings persistence, Creativity and thoroughness, as well as organization skills to the projects he gets involved with. A \$500 grant will be made to Louisa County Historical Endowment fund in Tom's honor.

Maintenance Coordinator

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

Happy April 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!

Also, It is officially spring and my favorite thing to do in spring is *Spring Cleaning!* If you are like me and find yourself cleaning and going through your closet I will be making a trip to Goodwill on April 25th at 10:00am. If you have anything you want to donate I can drop things off for you or you are more then welcome to come along and donate things and look around if you want! If you need any boxes or bags let any of our staff know and we can help you out with that as well!

-Sky O'Brien



Community Relations Coordinator

Hello Everyone,

April marks my First Year at Brown Deer Place! Time flies when you're having fun! I am SO grateful for the opportunity to do what I love and being able to know each and every one of you. Everyday is a reminder of how blessed I am to be here.

I am also happy to announce that we now have a Facebook page for our community – you should be able to find it easily when you look up Brown Deer Place. A lot of the family members have asked us before about having our own Facebook page so this is really exciting for us! We will be posting more pictures of the community and of course all of the life-enrichment activities and events that we do. If you would like to share something, please do not hesitate to reach out to me and I will get it posted for you. 😊

While you're on Facebook, give our page a 'thumbs up' and share it to your friends and family to keep our growing family a community of friends!

Anne Alms

Memory Care Program Coordinator

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 will be starting our scenic drives back up in April and we are all so excited to start getting out and enjoying the fresh air after the long cold winter we had! We have our annual Easter Egg Hunt on the 13th. 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!

Sylvester Kimber

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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3rd Annual Easter Egg Hunt!

Saturday, April 13th at 10:00 AM



For the Third 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 13th 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!