



### Contact Information

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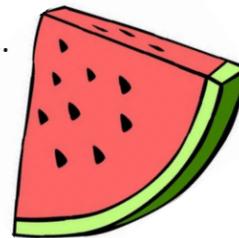
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### June Birthdays

June 2nd: Judith D.  
June 2nd: Patricia S.  
June 3rd: Verna O.  
June 10th: Virginia M.  
June 13th: Judith W.  
June 16th: Sharon H.  
June 25th: Elizabeth C.



**National Candy Month**

“You can tell a lot about a fellow's character by his way of eating jelly beans.”  
— Ronald Reagan

# Brown Deer Place Post

## DON'T MISS!

**Every Monday:**  
4:00pm– Margarita Monday’s in the Dining Room!

**June 5th:**  
3:00pm– Vitals Clinic in the Lobby!

**June 12th:**  
6:00pm– Cookies and Craft Show in the Lobby!

**June 16th:**  
5:00pm– Father’s Day Dinner in the Dining Room!

**June 28th:**  
4-7:00pm– Flower Pot Challenge/ BBQ in the Lobby/ Front Patio!

### Notable June Activities!

**June 1st:**  
10:00am– Beauty Counter in the Lobby!

**June 4th:**  
10:30am– BR Consulting LLC in the Lobby!

**June 11th:**  
10:30am– Bur Oak Land Trust will hold a Snack n’ Learn in the Activity Room!

**June 19th:**  
1:30pm– Coralville Rec Center will hold a Snack n’ Learn in the Activity Room!

**June 19th:**  
6:00pm– Our Resident Meeting will have a Special Guest in the Dining Room!

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

## Memo From The Manager

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Hello,

June is the first month of the Summer season, so let's get ready for the heat. Make sure your air conditioners are working properly and if they are not, be sure to let Austin know right away. June in the Northern Hemisphere is similar to the month of December in the Southern Hemisphere. The famous tennis tournament, Wimbledon, is played in June in England. The longest day of the year will be occurring on either June 21st or June 22nd this year so get out your stopwatches and let me know what you find out. Remember, every Friday in June and July we will be having a barbecue from 11:00 am until 1:00 pm and this is free for residents but we will accept a free will donation with all proceeds going to the Alzheimer's Association.

*-Tanner Erwin*

## Health Care Coordinator

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Hi everyone,

Summer time is finally arriving. With the nice weather it means flowers will be blooming, people will be mowing, and there will be a lot of thing flying through the air. Be sure to take care of yourself and beat those seasonal allergies!

Drink lots of water

Eat a good, balanced diet

Keep an eye on the pollen count. You can watch the news or check the internet

Get enough vitamin C

There are numerous over the counter medications that can help as well as saline nasal rinses to help keep your nose clean.

Keep any eye on the humidity outside. If the humidity is high it can make it more difficult to breath so maybe turn on your air conditioners and avoid doing anything outdoors for too long in these situations.

Have a healthy and wonderful Summer season!

*Matt Hoskins, RN*

## Resident Highlight!



Janice Moore— A loving wife, a wonderful mother and a talented entrepreneur!

Janice grew up in Keokuk, IA. Ever since she was young, Janice had already discovered her talent and passion for arts and craft; sewing, crocheting, painting and absolutely anything you can think of in that regard.

At age 11, she started sewing clothes for her dolls. She learned to sew by hand, self-taught. But Janice always had the vision to do her own designs and relies on her creative imagination. She was good at that.

Janice graduated High School in Keokuk and immediately landed a job a week after graduation. She worked as a Secretary for various organizations and industry; from Engineering, Banking, Real State and Hospitals. Janice enjoyed her career thoroughly and enjoyed working with her peers. Her love for arts and business continue to grow over the years. Janice was blessed for having a business of her own – **The House of Janice**. A store that sold hand crafted and unique items such as wreaths, candles, home accessories, décor and more!

At age 50, Janice did a modeling stint for a clothing line called Casablanca which she described as a wonderful experience! She went to shows, modeled in stores and hotels and walked on the runway for St. Jude's! *"It was unbelievable!"* Janice didn't expect a modeling opportunity to come her way at her age.

Janice is married to the love of her life, Larry. Larry fell in love with Janice for her sense of independence, personality & wit. Janice had her own pink tools and red riding lawn mower, and not to mention her beauty! Together, they have 6 kids, 13 grandkids, 12 great grandkids and a baby Yorkiepoo named Keelie.

*"God is good"* Janice exclaimed looking back. She has been blessed with an amazing life and great opportunities. Their journey continues at Brown Deer Place where they both enjoy their Retirement. Janice uses her artistic skills at crafts activities. Janice is also an active member of Brown Deer's Garden club and Resident Council where she utilizes her experience for the benefit of the community. In fact, Janice writes Brown Deer's minutes at the monthly resident meeting.



## Maintenance Coordinator

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Hey everyone,

Last month we had Tomlinson Cannon out to do some sidewalk repair. They were able to raise and repair a few sunken settled places in some old tired sidewalks. I just wanted to thank those of you that moved cars, dealt with the crews that day, and have been patient in waiting for this process to get fixed. Now we have better sidewalks!

I also wanted to wish all of the Fathers out there a Happy Fathers Day!

*Austin Vincent*

## Life Enrichment Coordinator

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Hey Everyone,

I can't believe it is June already! Summer is without a doubt my favorite season for two reasons, June is my birthday month and the fourth of July is my favorite holiday! I'm so excited to start doing a lot more summer activities and outings with all of you!

Also, I'm so happy we have started our BBQ's on Friday again! I sure have missed them, they are so much fun and raise money for such a good cause so close to so many of our hearts! If you are not familiar with our Friday BBQ's here we have a BBQ lunch every Friday from 11-1pm in the Lobby/ Front Patio. It is \$5 to eat (Free to our residents) and all the proceeds go to the Alzheimer's Association! Last year, Brown Deer Place raised over \$700 for our Walk to End Alzheimer's Team and this year we are looking to meet our goal of \$1000. So, invite your family and friends to come down for a BBQ sometime this summer!

I'm really excited to see all the new faces in the building and really happy to see so many of you joining us for the activities, it's a great way to meet others in our community and get to know everyone really well! I'm excited to get to know all of you even more this month and to welcome even more faces to our community!

*-Sky Cameron*



## Community Relations Coordinator

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Hello everyone!

Is it just me or time has just quickly flown by?! The month of May has been an absolutely fun month for me and the community as the first BBQ Lunch on the Patio kicks off this month! Which also means warmer and nicer weather is upon us!

I hope you all had the chance to meet our new residents; Patricia Hernandez and Bill Skidmore. Pat and Bill moved in last month. If you haven't met them yet, please make sure to say hello when you see them! Also, Craig Bancroft came back to our community for a longer Respite stay – he is very excited to be here and see the residents and staff members he had made from his last stay. Our community just keeps on growing and I thank you all for your hospitality to one another. In the month of June, we will start to host house-warming parties to all new incoming residents – I think this will be a great way to meet your new neighbor and welcome them to their new home! Please be on the look out on the calendar for more information.

June is going to be a busy month here in the community – we have SEVERAL events and presentations coming up. On June 1<sup>st</sup>, Beauty Counter consultant will be in the community to present about the Beauty Industry, how to properly take care of your skin and educate us on healthier and more safe products in the market! (*I will personally attend this one, for sure!*) Bur Oak Land & Trust and the Coralville Recreational Center are also coming in to present their programs to the community. Both of these events are interesting and I know will benefit a lot of you. The Recreational Center in Coralville offers variety of programs and socialization opportunities to meet other seniors in the area, their events and activities are free to the public as well!

We will also have our Flower Pot Challenge in the community followed by a BBQ Bash from 4-7 PM on June 28<sup>th</sup>. We have invited local businesses to join and come up with a unique flower arrangement that best represent their organization. The winner will be chosen by all of you (*Brown Deer Place residents as well as members of the public*) and will be announced on Iowa City Press Citizen. This is going to be an exciting event to partake in!

And, lastly, let's get the spotlight on to our (June) Resident of the Month - Janice Moore! I am so glad Janice opened her heart out and shared her story to all of us, please make sure to read it here! If you would like to be featured for the next month, or would like to nominate a wonderful neighbor, please come see me anytime, you know where to find me!

*Anne Alms*



## After an Alzheimer's Diagnosis: The Emotional Impact

By Ava M. Stinnett

When a friend or loved one is formally diagnosed with Alzheimer's disease, it's likely that you've already noticed some symptoms. These may include impaired speech or memory loss that interferes with daily life, such as remembering events that just happened, repeatedly asking for the same information, or forgetting how to drive to a familiar place. Difficulty holding a conversation or struggling to do practical tasks, such as paying bills or doing household chores, might also be noticeable.

Although symptoms will vary for each person, it's important to consider not only the cognitive and practical aspects associated with Alzheimer's disease but also the psychological and emotional impact. Experiencing memory loss or being unable to perform daily routines can be quite challenging. For the person with Alzheimer's, this will sometimes lead to low self-esteem, lack of confidence, and feelings of isolation as personal relationships change.

However, numerous studies have confirmed that even when memories fade, even when a loved one no longer recognizes friends and family members, the disease does not erase the lasting effect of feelings and a sense of being socially connected. Although it may seem like the person with Alzheimer's "can't differentiate between you and other caretakers in the later stages, the research underlines the importance of emotionally supporting those living with the disease. The influence of positive caretaking and emotional support... goes a long way.

[Although he or she] may not remember the most recent visit from loved ones, those feelings will still remain; caring actions can have a lasting impact." (Bushak 2014)

According to a research study from the University of Iowa, "Providing... small joys really does make a difference—even if you automatically assume they won't remember these things."

The findings "should empower caregivers by showing them that their actions toward patients really do matter. Frequent visits and social interactions, exercise, music, dance, jokes, and serving favorite foods are all simple things that can have a lasting emotional impact on quality of life and subjective well-being."(Guzmán-Vélez, Feinstein & Tranel, 2014)

Some believe that those who have Alzheimer's disease know that pieces of the puzzle are missing. They may not be able to remember who we are, but they feel us just the same. Therefore, if we learn to listen for clues for how they **feel** instead of what they **say**, we'll understand them much better.

### References

Bushak, L. (2014, September). "Alzheimer's Patients Still Feel Strong Emotions, Despite Fading Memories: Why Caretakers Matter." Retrieved from [www.medicaldaily.com](http://www.medicaldaily.com).

Guzmán-Vélez, E., Feinstein, J. & Tranel, D. (2014). "Feelings Without Memory in Alzheimer Disease." *Cognitive & Behavioral Neurology*.

## Summer Word Search



BEACH  
CAMP  
FUN  
HOT

SUMMER  
SUN  
SWIM  
WATER

