

1500 1st Ave N
Coralville, IA 52241



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browndeerplace.com

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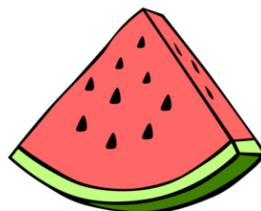
August Birthdays

August 2nd– Helen W.

August 15th - Janice M.

August 19th– Diane G.

August 26th– John S.



Happiness Happens Month

Happiness grows at our own
firesides, and is not to be picked
in strangers' gardens.
-Douglas William Jerrold

Brown Deer Place Post

OUTINGS

- August 1st:
10:00am-Dollar Tree
- August 6th and 20th:
1:00pm– Ice Cream Outing
- August 6th:
11:00am-Red Hats Outing
- Every Wednesday:
2:00pm-Scenic Drive
- August 13th:
1:00pm-Kinze Factory Tour
- August 15th:
10:00am-Trader Joes

Notable August Activities!

- August 2nd:
3:30pm-Keota Brass Band in Lobby
- August 8th:
3:00pm-Community State Fair in Lobby
- August 9th:
1:30pm-Singin' and Swingin' in Lobby
- August 15th:
3:00pm-Watermelon Feed in Lobby
- August 28th:
3:30pm-Music with Scott in Lobby
- August 30th:
12:00pm-Labor Day BBQ on the Patio

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

Professionally Managed by



Embracing Every Moment



Health Care Coordinator

Hey Everyone,

To stay healthy, it is important to visit your primary care physician regularly. Routine check-ups are important. You should visit your health care provider regularly, even if you feel healthy. The purpose of these visits is to: Screen for medical issues, Assess your risk for future medical problems, Encourage a healthy lifestyle, Update vaccinations, Help you get to know your provider in case of an illness.

Another recommendation is to always follow your doctors and pharmacists' instructions on taking medication. Taking your medications as prescribed is very important. Remember, there may be side effects from your medications, so be mindful and report them to your doctor if they occur.

The heat is still on us, make sure to drink plenty of fluids if you are going to be outside for any length of time.

-Matt Hoskins

Maintenance Coordinator

Hey Everyone,

Its State Fair month in Iowa. To some its maybe jus th a thought, or a one day visit to say you did it. To others it's 10 days of livestock, corn dogs, shows, attractions, hotter than hot with full humidity, hardly showering, and cant wait till next year.

I recently learned that the Iowa State Fair first got started in Fairfield back in 1854, and didn't move to its 445 acre current location in Des Moines until 1886. Since then it has grown to hosting over a million visitors every year. First year to break a million, 2002.

-Austin Vincent

Culinary Corner

SESAME-AND-SOY WATERMELON POKÉ

INGREDIENTS

3 pounds seedless watermelon, rind removed, cut into 1-inch pieces

1/2 cup unseasoned rice vinegar

1/4 cup toasted sesame oil

3 tablespoons soy sauce

2 tablespoons fresh lime juice

2 tablespoons tahini

1 tablespoon agave nectar

1 tablespoon ume plum vinegar (optional)

Kosher salt

2 scallions, white and pale-green parts, thinly sliced

1 cup cilantro leaves with tender stems

PREPARATION

Place watermelon in a large resealable plastic bag. Purée rice vinegar, oil, soy sauce, lime juice, tahini, agave nectar, and plum vinegar in a blender until smooth. Pour over watermelon, seal bag, and chill at least 4 hours and up to 1 day.

Heat a large skillet over medium. Remove watermelon from marinade; set marinade aside. Cook watermelon, tossing often, until lightly caramelized and dried out, 6–8 minutes.

Meanwhile, bring reserved marinade to a boil in a small saucepan. Reduce heat; simmer until thickened to the consistency of heavy cream, 12–15 minutes.

Chill watermelon and sauce separately at least 1 hour.

To serve, toss watermelon with sauce; taste and season with salt as needed. Top with scallions and cilantro.

-Nathan Dance



Memo from the Manager

Hey Everyone,

My vacation in Colorado was wonderful! I had a great time seeing my sister, Erin, who lives in Denver and spending time with family. Colorado is such a beautiful state and it is one of my favorite places to go on vacation. We stayed in Breckenridge for the second for the second time in a great condo right in the middle of town. Breckenridge has an elevation of 9,600 feet above sea level compared to Iowa City which has an elevation of just 668 feet above sea level! My favorite part about Colorado is the scenery and the wild animals, I really wanted to see a bear or mountain lion on this trip so ask me when you see me, and I will tell you if I was lucky enough. Hawkeye Football season is right around the corner and I cannot wait to see what the Hawkeyes will do this season! Go Hawks!

-Tanner Erwin

Life Enrichment Coordinator

Hello Everyone,

As many of you know or have noticed I am getting VERY pregnant. My due date is September 5th so most likely that first week of September (unless little miss decides to make her appearance early) will be my last week here until I'm done with my maternity leave. I'm taking six weeks off after baby arrives, which means I will most likely be coming back mid October. So, as far as activities go August will be our last full month together! I have A LOT planned for our last month and a lot of outings before I leave, so please keep an eye on your calendars for all that is coming!

I am so excited for this next chapter of my life, to become a mother, but it makes me so sad to leave you all for so long. Let's make August a great month before we have to part ways for a little bit!

-Sky Cameron

Community Relations Coordinator

Hello Everyone,

July just flew by! I was gone for nearly two weeks and had a wonderful vacation time with my friends & family. My husband and I flew to Bangkok, Thailand and then to Krabi which is Southern part of the country for some rest & recreation at the beach. The island was beautiful with crystal clear water and gorgeous sunsets which we always look forward to watching after lounging at the beach during the day. Thai food was also one of the best parts of our holiday. Everything that I tried and ate was delicious. Although it was hard for me to come back, nothing still beats the comfort of our own home, I was SO glad and relieved to be back after a very long flight and get back to my routine. Vacations are always fun but I always crave for that sense of purpose. I hope all of you had a great time while I was away. I missed the 4th of July fireworks and I certainly missed all your happy, smiling faces!

In late July and early to mid-August, we are welcoming some new faces in the community; Howard Durian, Edwin and Twyla Humpleby and Shirley McFarland. If you see them, please say Hello and introduce yourselves as you normally would. We will do another house-warming party for all of them in the next coming weeks and details will be posted in our calendar.

This month, we will also have our Community State Fair as well as "Back to School" event for grade schoolers in the area. I imagine a bunch of kids attending so It will be a really fun thing to partake in, I hope to see most of you there, please be watching the activity board or your calendar for more information.

Also, I would like to encourage everybody to share your feedback and reviews on how we are doing. We value your opinion so much and we would use your comments to improve the services and amenities we offer here at Brown Deer Place. If you wish to commend a staff, place a suggestion or any other type of feedback you would like to share, you can meet with myself or Tanner or submit your reviews thru the following websites: Brown Deer Place Facebook page, Google, Senioradvisor.com or Caring.com.

Thank you all so much and let's enjoy the last bit of this beautiful Summer!

-Anne Alms



An Intergenerational Approach to Dementia

By Ava M. Stinnett

It can be a joy to interact with young children, whether they're family members like grandchildren or nieces and nephews or they're your friends' children. Little ones can be a source for giving and receiving unconditional love, providing entertainment, and sharing delightful conversations. An added benefit, according to several research studies, is that spending time with youngsters may delay the onset of dementia and related diseases such as Alzheimer's; it may also slow the progression of symptoms for individuals who've already been diagnosed.

We know that there is a strong correlation between social interaction and health and well-being among older adults. The National Institute on Aging, for example, notes that watching grandchildren helps seniors be more healthy and active. For individuals with Alzheimer's, a chance to interact with a child can give them a sense of purpose; feeling useful to a child can also be a boost to a senior who feels depressed, lonely, or bored. Further, studies show that regular socialization stabilizes cognitive decline and improves mood in folks with dementia.

Here are some easy activities to try with young children:

- Jigsaw puzzles with large pieces and floor puzzles that can be done on a card table
- Age-appropriate board games, such as Candy Land and Chutes and Ladders; card games, such as "Go Fish," or "Old Maid"; and old favorites like dominoes or tic-tac-toe
- Reading books to each other from time-honored authors, such as Dr. Seuss, Eric Carle, Beatrix Potter, Maurice Sendak, Margaret Wise Brown, and Robert McCloskey
- Collecting colorful leaves, stones, flowers, and other treasures during a nature walk or taking a trip to a local zoo or farmer's market
- Household chores, such as folding towels; cutting coupons; or organizing buttons, coins, stamps, or non-hazardous nails, screws, and other hardware by size, shape, or color

Sorting recipes and finding pictures to illustrate them, then making a "grocery list" of needed items. Regardless of the activity, making genuine connections with the people around them is critical to our loved ones' physical and psychological health. Giving and receiving emotional support and care may help seniors maintain their independence and adjust to their changing needs.

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Resident Highlight

Meet Joyce Gerleman

"It's beauty that captures your attention; Personality which captures your heart." Oscar Wilde

There is one word that is universally used to describe Joyce: Sweet. Kind, generous, gracious and endearing, she is all these things and more. Her parents blessed her with beauty and a loving family that supported her love of music and dance. Her mother hand-sewed her dance costumes for her and her sister. By age eight, she was tap dancing. By age twelve Joyce was playing her own Hammond organ. She then added jazz and ballet dance. Music was the center of her life and when it came time to attend college, she attended Coe College as an organ music/history major. As a senior, she served as President of her music sorority.

She started her professional music career right after college, serving as organist at several churches in Cedar Rapids on Sundays and teaching elementary music and dance in Cedar Rapids metro schools. Each year she staged student productions for her students. Teaching performance gave her the opportunity to share her love of music and dance with her students, their parents and the wider community. She was especially pleased and proud when she could inspire in a young person the self-confidence to overcome their stage fright and perform before an audience. It takes a lot of trust for a ten or eleven-year-old to take a leap of faith and do a solo. Joyce and her students performed that miracle again and again for thirty-three years until her retirement. Her role modeling extended beyond the classroom. Her students could watch their teacher act in community theatre and the annual city-wide production of the "Follies", principally as a dancer and character actor.

Along the way, she met her husband David, on a blind date. David couldn't believe his good fortune to meet such a beautiful, intelligent and caring young professional woman. They shared their lives and loves with their adopted daughter Gina and Joyce's menagerie of pets. Joyce was already a world traveler when she met David, but they continued with trips to Spain, France, Switzerland, Italy, Canada, Guatemala, Costa Rica, and throughout the United States. They built a wonderful life together, first at a home in Coralville and then at a working farm in Swisher. Never resting on her laurels, Joyce earned both Masters and PhD at the University of Iowa. As a tribute to Joyce, David has established the Joyce Kofron Gerleman Music Education Award at Coe College to encourage young music education majors to pursue a career in music education.

Alzheimer's disease has stolen Joyce's memories of her fantastic life and career. Those of you who have the pleasure of meeting her will see the thing that remains: a sweet, kind, gracious and endearing woman.