

1500 1st Ave N
Coralville, IA 52241



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browndeerplace.com

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October Birthdays

October 3rd-John Williams
October 24th- Patricia Hernandez
October 27th-Brenda Crow
October 31st-Glennie Sayre



Apple Month

What do you get if you cross
an apple with a shellfish?
A crab apple !

Brown Deer Place Post

OUTINGS

October 4th:
9:30 am-What Cheer Flea Market

October 10th:
10:00 am-Coral Ridge Mall

October 15th:
3:00 pm-The Vue-Happy Hour

Every Wednesday:
2:00 pm-Scenic Drive

Notable October Activities!

October 8th and 22nd:
6:00pm- Game Night in the Activity Room

October 10th:
2:00-4:00 pm- Housewarming Party in the Lobby

October 11th:
1:30 pm-Singin' and Swingin' in the Lobby

October 18th:
3:00 pm-Oktoberfest Happy Hour in the Lobby

October 28th:
4:00 pm-Community Trick or Treat in the Lobby

October 30th: 3:30 Music with Scott

October 31st:
12:00 pm-Halloween Potluck in the Dining Room



Manager

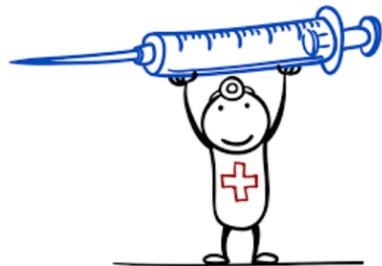
Fall is upon us and football season is well underway. The Hawkeyes beat the Cyclones in a nail biter but it was a fun game to watch. With the fall also comes the end of baseball season so I just wanted to give you all a tidbit, "On October 6, 1910, Bill Collins of the Boston Doves became the first major-league player to hit a "natural cycle" (single, double, triple, and home run in sequential order)." I also wanted to give a projection for the Hawkeyes this season, I predict they will go 10-2 and win the Big Ten Championship game and go on to play in the Rose Bowl in Pasadena, California. Also, there has been a rumor going around that I am leaving for some reason and I wanted to put that to rest, I am NOT going anywhere, you cannot get rid of me that easily!

-Tanner Erwin

Health Care Coordinator

Hello everyone!!

Community Pharmacy has given us a time and date for this year's flu shot clinic.



It will be held, in the library on Friday, October 11th, 2019 at 9 AM. Community Pharmacy will assist the Independent Living residents first then go down to Memory Care. If you have not signed a consent form and given it to me, please do so before October 11th. If you have questions, please ask me.

-Matt Hoskins

Halloween Crossword

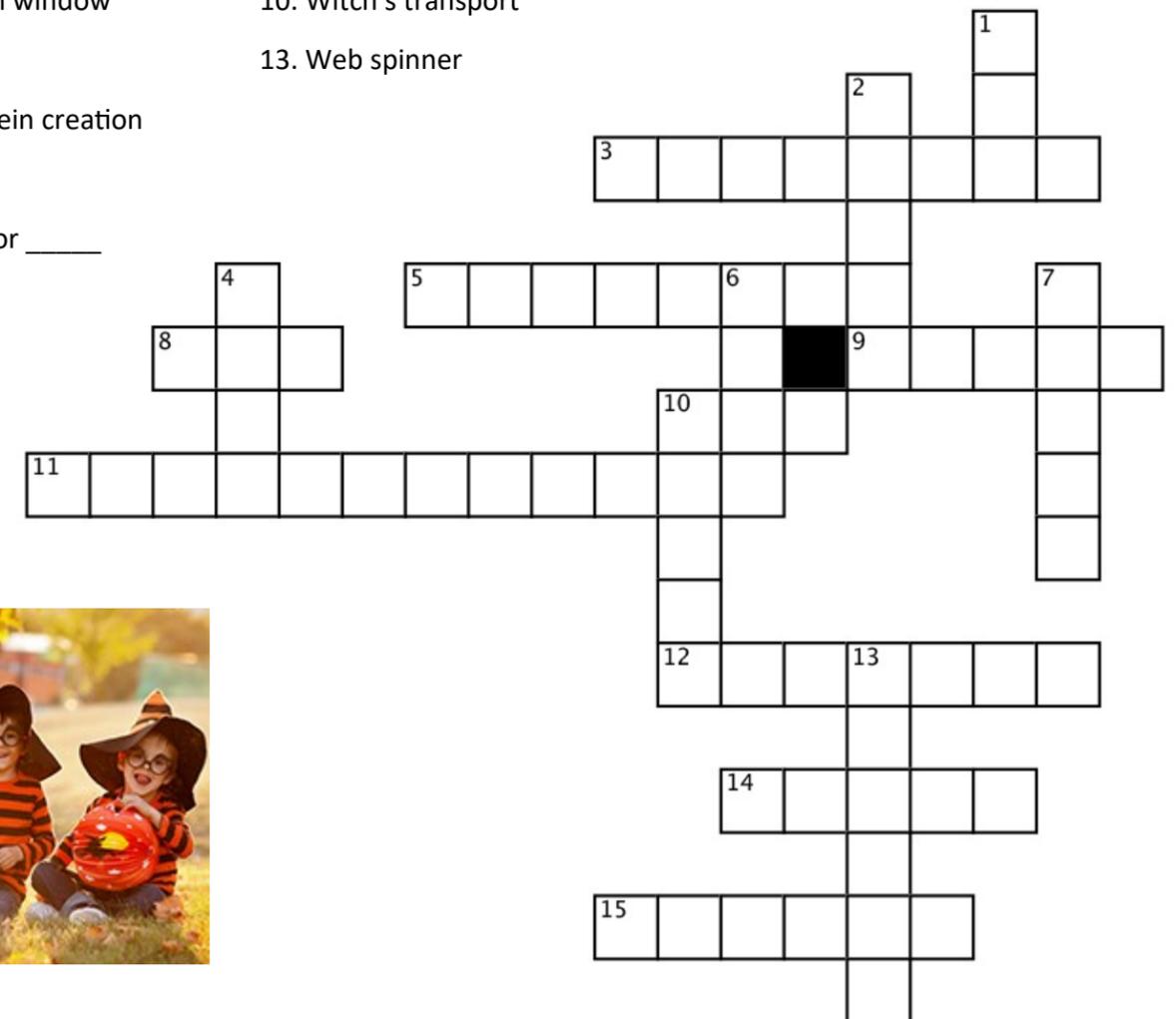


ACROSS

3. Scare
5. Halloween outfits
8. Dracula, at times
9. Halloween delight
10. Ghostly sound
11. Halloween window feature
12. Frankenstein creation
14. Deceive
15. Bobbing for _____

DOWN

1. Night
2. Haunted house resident
4. Costume accessory
6. Beware of the full _____
7. Sweet treat
10. Witch's transport
13. Web spinner



Culinary Corner

Fact #1: Americans typically refer to this time of year as “fall,” while the British use the word “autumn.” Both terms date back to the 16th century but before that it was called “harvest.

Fact #2: Fall was called “harvest” because of the “harvest moon” that occurs when the full moon is closest to the autumn equinox. Before man-made lighting, this moonlight was essential to a prosperous harvest.

Fact #3: Weight gain around this time of year may not only be due to comforting fall foods like pumpkin pie and cider, researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage.

Fact #4: According to The Weather Channel, pumpkins are the most craved food during the fall. Although, if you’ve left the house anytime recently, this may not come as a surprise to you.

Fact #5: The yellow and orange colors you see actually always exist in leaves but they are overpowered by the abundance of green from chlorophyll. The amount of chlorophyll starts to decrease as the sun weakens and the days grow shorter.

Fact #6: Red and purple leaves are only that color because of the presence of sugars and sap that are trapped within the leaves. These sugars provide plants with the energy they need to survive.

Fact #7: Many birds will prepare for their winter migration during the fall. The distance they can travel is impressive; the Arctic Tern travels 11,000 miles each way for its annual migration. That’s no small feat.

Fact #8: Evergreen trees such as pines, cedars, and spruces stay green because their leaves (needles) are covered with thick wax and they contain materials that prevent freezing when it gets cold.

Fact #9: Men and women experience high levels of testosterone during the fall. This makes sense because more babies are conceived during the fall and winter. The cause is unknown but it could be due to lack of sunlight or even go back to ancient mating rituals.

Fact #10: We can’t forget Halloween! Halloween takes place in the fall and comes from ancient Celtic tradition. They believed that ghosts roamed on Halloween and people would wear disguises in order to hide from these spirits. *-Nathar Dance*

Assistant Manager

Hello Everyone,

I would like to take this time and say thank you to the Brown Deer Staff. Especially Tanner for taking a chance on me. I hope I made you and everyone proud. I will miss everyone, but the one group of people I will miss the most will be my residents who I consider family. It’s hard saying goodbye but the Lord is taking me in another direction so wish me luck. I hope what I was able to provide to Brown Deer was ever lasting love and commitment to the well being of our residents. So in Closing without getting emotional, I love you all from the Senior Housing Management, staff, families, and residents.

-Sylvester Kimber

Maintenance Coordinator

October is Fire safety month. In honor of this, the Coralville Fire Department will be doing Fire Extinguisher training with all Brown Deer Staff at our staff meeting on Thursday Oct 17. Hopefully we NEVER need to use, but we want all staff to know the proper time, and method in using an extinguisher if the time calls for it.

-Austin Vincent

Community Relations Coordinator

Hey Everyone,

Happy Fall! I hope you all enjoyed all the events and activities we have planned for you in the Summer!

Last month, we welcomed new residents in the community; Doris Barnes, Patricia Prybil and Michael Waite. I’m so thrilled that our community continues to grow with wonderful new residents! I hope you had the chance to meet them all, please say hello, welcome them and invite to join them in activities!

We will be doing a get together party in October to “highlight” our new residents – keep watching your calendar for more details. Please also feel free to invite your friends and families who would benefit from fun social events we have ongoing in the community. Now that the weather will start to get colder and daylight hours dwindle, it’s easy to get SAD (seasonal affective disorder), I encourage you to invite those you know that feels isolated and lonely , we all need a friend.

Thank you SO Much to all of you for your wonderful support to our community! If there is anything we can do to improve and get better in anything, please do not hesitate to reach out to me anytime!

-Anne Adams

Memory Care Program Coordinator

Hello Everyone!

I’m having a blast getting to know all the residents! I’ll be making the October calendar for Independent Living so keep a look out for some fun activities! We’ll be taking a trip to the What Cheer Flea Market and the Coral Ridge Mall! The Gardens has carrots, radishes, and squash growing. We can’t wait to harvest them! *-Sydney Dommer*

Dementia Behaviors: Repetitive Phone Calling

By Ava M. Stinnett

Whether your loved one has been diagnosed with Alzheimer's disease or another type of dementia, it's important to know that confusion, memory loss, and difficulty performing everyday activities are common overlapping symptoms. A healthcare provider may use a simple three-phase model (mild/early, moderate/middle, and severe/late) to describe the progression of the disease. Although symptoms will vary for each person, learning more about how dementia unfolds over several years can guide you as you plan for a loved one's care.

In the mild to moderate stage, symptoms may include loss of awareness of recent events, personality changes, confusion about surroundings, and repetition of particular actions or behaviors. For example, some people with dementia make phone calls to their loved ones over and over again—particularly in the middle of the night or early morning. This might occur because they forget that they have already called; it's also possible that they're feeling insecure, anxious, or even bored and need to be occupied. Still others with dementia call just to make sure someone answers the phone. Medical professionals sometimes call this act of going through the motions of familiar activities "perseveration" (Rosenzweig, 2017).

As a loved one on the receiving end of the phone calls, it can be frustrating or distressing—even more so when your elder calls your neighbors, other relatives, or even physicians when they don't reach you after several unanswered calls. Additionally, the expense of long distance calls or overage of mobile phone minutes can become problematic. What steps can you take to alleviate this behavior?

First, talk with your loved one's healthcare provider to determine whether medication needs to be adjusted or if another type of treatment for dementia is warranted. It might help to get a phone with a number recognition display so that you, other family members, and friends can decide whether or not to answer. Switching ringers off at night is another option. While you may feel guilty about not answering every call, it's important to try to stop the repetitive calling—for you and for your loved one. Another option, depending on how far the disease has progressed, is to purchase a telephone that has no dial or buttons to place calls; the phone is for incoming calls only. In that case, however, you must first assess the situation to ensure that safety options are available in case of emergency.

If you can, create a pleasant diversion such as taking a walk, looking through a photo album, sorting and folding clothes, or listening to soothing music. Try to redirect by changing the focus from anxious behavior to a favorite pastime such as sanding wood, gardening, or providing a safe environment for cooking or baking. Once you can identify the emotion associated with the behavior (e.g., fear, anxiety, boredom, anger, loneliness), you can react to it instead of to the question or behavior. Taking time to express words of reassurance, understanding, and caring can do wonders to ease the challenges of being a caregiver.

Sources

Rosenzweig, A. (2017, May 26). *Perseveration in Alzheimer's and Other Dementia: Getting Stuck*. Retrieved from <https://www.verywell.com/perseveration-98602>

The Alzheimer's Association. (2017). *Repetition and Alzheimer's*. Retrieved from <http://www.alz.org/care/alzheimers-dementia-repetition.asp>

The Care Support Services. (2012, January 8). *Repetitive behaviors and the frustration they present to the dementia caregiver*. Retrieved from <http://thecaresupport.com/repetitive-behaviors-and-the-frustration-they-present-to-the-dementia-caregiver>

Resident Spotlight: Meet Tom Woodruff

Tom grew up on a farm near Cairo, Iowa in Louisa county, graduated from Columbus Junction high school. After military service, in occupied Germany following WW-2, he married Columbus Junction school mate Doris Cummings, then a teacher, and later graduated with honors from the U of Iowa in Civil Engineering. They have two daughters that followed in his profession.

During their 62 year marriage, they lived in 22 locations and retired to Brown Deer Place in 2017. Tom worked in the energy business for 31 years and retired in 1990 after spending his last 10 years as a Director of Human Resources and Labor Relations.

He's a lifetime registered professional Engineer in several states, a member of the American Society for Training and Development and many other civic and professional organizations as well as both being certified Woodland Managers. They own and manage a farming operation and two tree farms and are active in associated endeavors.

Tom/Doris always felt it important to be a part of their hometown community and led groups after retirement in 1990 to: Build the Devonian Fossil Gorge Visitors area; Renovate their hometown cemetery and signage;

Build a memorial to the Six Littleton Brothers from their county who were all lost to the Civil war; Donate a large collection of antique fishing gear for a new addition to the LCHS and presently are historically marking a 1914 - Convict-built concrete road.

Tom has written and published many books and articles on a variety of subjects and is a contributor to local newspapers, the "Iowa Sportsman" and "Our Iowa" magazines. He has written extensively on his 50 years fishing remote areas of north Canada as captured in his book, "Last Portage North".

Special Awards received have been; the **McCartor Medal for Life Saving** from the North American Gas Association; the **Loyal Legion of Abraham Lincoln Award** given for preserving a vital part of the history of the Civil War and the **"2019 Community Caring Award"** from Louisa County, Iowa Community Foundation.

