

Volume 2

1500 1st Ave N
Coralville, IA 52241



Issue 12

319-337-6320
browndeerplace.com

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December Birthdays

December 13th:

Janet D

Jean S

December 22nd:

Mary R

December 26th:

Mildred L

December 28th:

Norman C

December 29th:

Sue M

Happy Holidays!

Holidays are about experiences and people, and tuning into what you feel like doing at that moment.

Enjoy not having to look at a watch.

-Evelyn Glennie

Brown Deer Place Post

MUSIC

December 7th:

11:00am-Musical Comedy Troupe in the Lobby

December 10th:

3:30pm-Christmas Carols in the Lobby

December 11th:

6:15pm-Music with Leo in the Gardens

December 19th:

3:00pm-Music with Scott in the Lobby

Notable December Activities!

December 5th:

1:00pm-Harting Drug Trunk Show in the lobby.

December 13th:

2:00pm-Holiday Centerpiece Craft in the activity room.

December 14th:

10:30am-University of Iowa Museum of Art with be presenting in the activity room.

December 15th:

4:00pm-Cocktails with Santa in the lobby

December 20th:

6:00pm-Christmas light Drive.

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

Professionally Managed by



Embracing Every Moment



Manager

Hello everyone,

I cannot believe that it is already December! We will be getting more snow and ice in the coming months so walk like a penguin and follow these three steps;

- 1) Walk with your arms out to the side to keep balance.
- 2) Keep your center of gravity over your front leg, take short steps or shuffle for stability.
- 3) If you fall backwards, tuck your chin so your head will not hit the ground. We will do our best to make sure the sidewalks and drive way at Brown Deer Place, we just ask that you be cautious when going out in the cold and wet weather.

The holiday season is in full swing and I want to wish a Happy Holiday Season to everyone reading this from myself and everyone at Brown Deer Place!

Tanner Erwin

Health Care Coordinator

Hello everyone,

Winter is here!! Be careful and give yourself plenty of time to get anywhere you are going. It will get slippery!! There are still flu shots available if you need one!! Please see me for the paperwork.

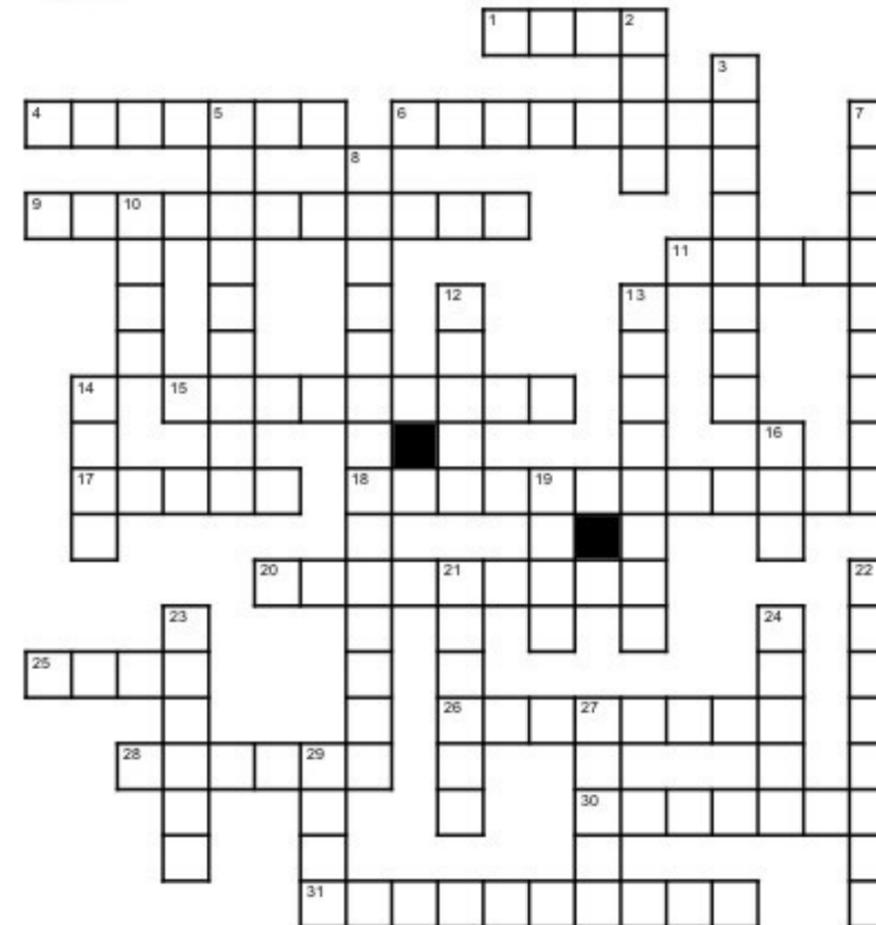
Matt Hoskins



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Christmas Crossword



Merry Christmas!

Across

1. Another word for present.
4. Santa's door?
6. Animals that pull Santa's sleigh.
9. What people put on their Christmas tree.
11. Something on Santa's face.
15. The day after Christmas.
17. Santa's helpers.
18. The day before Christmas.
20. A piece of snow.
25. What Santa gives to bad girls and boys.
26. A sock that hangs by the chimney.
28. People put these bright things on their house.
30. A reindeer with a red nose.
31. A jolly man in a red suit with a beard.

Down

2. Something people decorate.
3. What people give each other.
5. Where Santa's workshop is located.
7. A striped Christmas treat.
8. Drink and food left for Santa.
10. Something people send to each other to say 'Merry Christmas'.
12. The presents are usually _____ the tree.
13. The month of Christmas.
14. Look at a present before you should.
16. The color of Santa's suit.
19. A common decoration for the top of the tree.
21. A famous snowman.
22. The place where Santa makes toys.
23. Santa's car?
24. A common decoration for the top of the tree.
27. A Christmas song.
29. What Santa gives to good girls and boys.



Community Relations Coordinator

Hey Everyone,

Just like that, 2019 is ending pretty soon! I hope everybody had a good thanksgiving with your family and loved ones. I feel so fortunate for being able to celebrate my favorite holiday to you all!

Christmas is also the time of year when I reflect on all the wonderful blessings I have received this year no matter how big or small they are. Thank you, Brown Deer Place for this wonderful opportunity to work for the residents that I love so much!

Last month, we welcomed Doug Winslow and Mark & Karen Bastian in our Independent Living community! To all of you who reached out and welcomed them, thank you so much and it is much appreciated. If you see them, please say hello and invite them to join in on an activity – you might even win a friend!

This month, Brown Deer Place will be hosting the Johnson County Elderly Consortium Holiday Luncheon, this event will be attended by many business professionals who work and care for the Seniors in Johnson County. This is going to be in the lobby on the 4th of December and if you want to say hello to them, please feel free to welcome them to Brown Deer Place. We are also going to hold Cocktails with Santa on December 12th. This Open house event is free and open to the public, please invite your friends so you can show off how beautiful and warm our community is.

Also since we had a very successful Food Drive in November, this December we will be doing a blanket drive to benefit the Shelter House in Iowa City – if you wish to donate blankets or make a monetary donation, please reach out to myself, Sky or Tanner. Thank you in advance for your kindness and generosity! I know that all of you always look for other ways to give back to the community, so we listened.

As always, please be on the look out on your calendars for other important events in the community and reach out to me anytime if you have any questions, referrals or suggestions for the benefit of all. I'm sure you all know where to find me.

-Anne Alms

Memory Care Program Coordinator

Hey Everyone,

December is finally here! Don't let the cold weather get you down. At Brown Deer Place, there is plenty to do indoors! Go for a walk, stop by the dining room for a mug of hot chocolate, and come to activities to keep yourself busy. Here's some jokes to laugh away the winter blues:

- What do snowmen eat for breakfast? Frosted Flakes!
- How does a snowman get around? He rides an icicle!
- How do you prevent a Summer cold? Catch it in the Winter!
- Who is Frosty's favorite Aunt? Aunt Arctica!

-Sydney Dommer

Life Enrichment Coordinator

Hello Everyone,

December is one of my favorite months, not because of the snow and cold but because of the holidays! This year is extra special to me as it will be my first holiday season with my new baby, so I am very excited!

We have a couple dates for Christmas decorating on the calendar if you want to help! We also have a fun Christmas party planned for December 20th from 4-6 in the dining room, so be sure to invite your family and friends to join us!

Thank you all for everything this year! I am so blessed to be able to work somewhere where you all are a second family to me! Happy Holidays!

-Sky Cameron

Dementia and the Holidays: Tips for Caregivers

By Ava M. Stinnett

For some, the holidays are a favorite time of the year. The days are about experiences and people, family traditions, recalling old memories and creating new ones, and tuning into whatever you feel like doing at the moment. For caregivers and people living with dementia-related conditions such as Alzheimer's, however, there will come a time when it's just not feasible or practical to do everything you once did. How do we celebrate special occasions when one of the people involved doesn't remember or even understand what the celebration is about? How do caregivers on the dementia journey with a loved one—not just on the holidays, but all day every day—manage to keep it together?

The holiday season can be stressful, so it's critical to adjust your expectations. Caregiver expert Amy Goyer describes caregiver burnout, saying, "The prolonged stress builds up, we are robbed of energy, and sometimes we reach a point of total emotional, mental, and physical exhaustion. We may lose motivation completely or feel we just don't care about our loved ones, our other relationships, or our work. We may feel that we've lost ourselves in the vastness of caregiving and that nothing we can do will make a difference. If you feel like this most of the time, you may have reached burn-out" (Goyer, 2015). The following tips may help caregivers weather the holiday season.

- Although it may be challenging, try to maintain a similar routine for your loved one and yourself so that holiday preparations don't become disruptive. Changes to the daily schedule can increase disorientation and anxiety for those with cognitive impairment.
- Trust your instincts. Keeping past traditions alive, such as eating favorite holiday foods, visiting with family and good friends, or looking at family photo albums and heirlooms—activities that take advantage of long-term memory—can help an elder connect to holiday celebrations. However, you recognize more than anyone else how much you and your loved one can handle without feeling overwhelmed. Feel free to reschedule or decline invitations when needed.

Prioritize self-care and don't be afraid to share your wish list. Whether it's having a break to go to a movie, take a walk, or meet a friend for lunch, or having someone cook a meal or help clean the house—having even a short time off can provide a change in perspective and allow you to recharge your batteries.

Be aware that the holidays may evoke memories of better times—not just for your loved one but for you as a caregiver. Talking with a close friend or a counselor often helps one manage the emotions that come with holidays and other special days. You can also find help for caregivers from the Family Caregiver Alliance, AARP, your local Alzheimer's Association chapter, or support groups through hospitals, mental health programs, and community support organizations.

Sources

The Alzheimer's Association. (n.d.). Holidays and Alzheimer's families. Retrieved from <https://www.alz.org/care/alzheimers-dementia-holidays.asp>

Goyer, A. (2015). *Juggling life, work, and caregiving*. Chicago: American Bar Association.

Family Caregiver Alliance. (2014, December 31). Caregiving and the holidays: From stress to success! Retrieved from <https://www.caregiver.org/caregiving-and-holidays-stress-success>



December Resident Highlight

Verna Olson was born and raised in Humboldt, Iowa. She married her best friend's brother, Stanley, who was a WW II veteran. Shortly after they got married, Stanley continued to serve in the Air Force. Verna and Stanley's union blessed them with 5 loving kids; Jon, Jim, Virginia, Marc and Tim.

When Verna was a child, Verna won a blue ribbon at an Iowa County fair for a pillow she made herself, out besting her own older sister who also joined the contest. As talented as she is, Verna has a HUGE heart in giving and helping other people. She devoted a lot of her time to other people; she volunteered for the Crisis Center Food Bank, Mercy Hospital Gift shop and donated hand-made fleece mittens and baby hats to charity. She finds pleasure in creating something beautiful with her hands – arts and crafts, cross-stitching, sewing, crocheting and quilting and making scrap books.

After her five children finished school, Verna started pursuing her own dream. Verna started college at the age of 55 and completed Nursing school after 4 years. Her passion is helping the elderly, she worked as a nurse at Atrium Village, a Nursing home in Hills, Iowa. Everywhere she goes, she imparts a lesson to everyone who had the pleasure of meeting her.

"My mom has always taught me to be patient. But I wish I had inherited this trait from her" Says Virginia, Verna's only daughter when asked about the biggest lesson she taught her about life. *"Verna taught me the value to never give up on your dreams"*, Says Anne, Community Relations Coordinator at Brown Deer Place who has become Verna's friend as well. Verna now resides at Brown Deer Place where she enjoys her retirement and where she has met new neighbors that also became her friends. Verna continues her volunteer work at Brown Deer. She had created table cloth/runner for the buffet table and also created scrapbooks for Memory Care residents to enjoy.



Brown Deer Place is happy and proud to have Verna as part of their family and community!