

Volume 1

1500 1st Ave N  
Coralville, IA 52241



Issue 10

319-337-6320  
browndeerplace.com

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### Resident Birthdays

- January 5th: Donald P.
- January 7th: Patricia P.
- January 16th: Roland D.
- January 20th: Gale W.
- January 30th: Katherine K.



### National Soup Month

Only the pure in heart can  
make a good soup.  
-Ludwig van Beethoven

# Brown Deer Place Post

## DON'T MISS

- January 10th:  
1:00pm– Singin’ and Swingin’ in the Lobby
- January 14th:  
2:00pm– Catholic Service in the Library
- January 21st:  
10:00am– Music with Janet in the Lobby
- January 31st:  
3:00pm- Hot Chocolate Social in the Lobby

## Notable January Activities!

- January 2nd:  
3:00pm-Wine and Cheese in the activity room.
- January 7th:  
11:30am– Red Hats Outing
- January 16th:  
3:00pm-Tea Time in the dining room.
- January 23rd:  
3:00pm-National Pie Day in the Activity Room
- January 30th:  
3:00pm-Monthly Birthday Party in the Activity Room

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

Professionally Managed by



Embracing Every Moment



## Community Relations Coordinator

Merry Christmas and Happy New Year, everyone!

I can't help but look back at how amazing 2019 has been with all the blessings and lessons I've learned. One of the best lessons I learned this year is **to be present**. This means being "in the moment". Time is fleeting. One day, we'll look back at those moments and they'll be 5, 10 or 20 years ago. I'm thankful everyday for the opportunity to be alive and to be able to continue to serve our community. Thanks to all of you for enriching my life with so much wealth of your knowledge and experience.

In December, we welcomed 4 new residents in our community. Thomas Ruble and Deb Smith moved in to our Independent Living and two other residents in The Gardens. Thank you so much for welcoming them and their families in our community and please say Hello to them if you haven't met them already.

I also would like to thank everybody's support of our Blanket Drive in December benefiting the Shelter House of Iowa City. Your help goes a long way for those individuals and families that are needing warmth this winter!

Also, I will be gone for a week this month for Aruba and while I know Scott and I will have enjoyed the warm weather, we will surely miss our Bouvier des Flandres puppy, "Bear" and wish we could take him with us. I will share some photos from our trip when I get back!

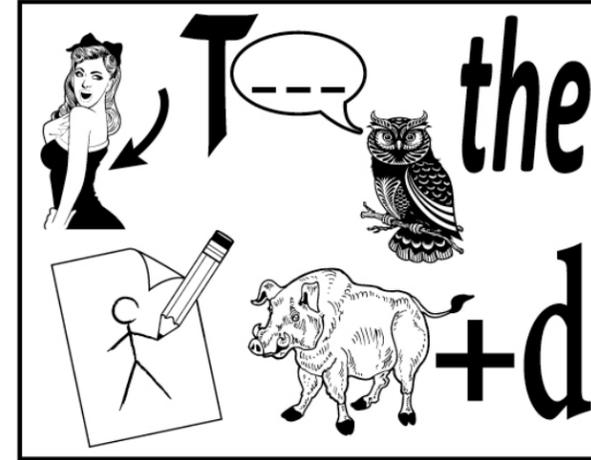
Our resident referral program is still ongoing! I hope you all note that we are offering \$1,500 incentive if you refer a friend to move to Brown Deer Place. Please do not hesitate to come and see me if you have any questions as I would be more than happy to help out! Let's start the year right, everyone!

Anne Alms

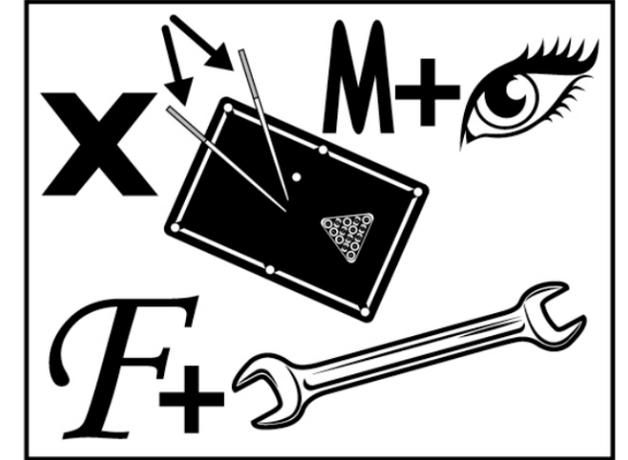


## Concentration Puzzles

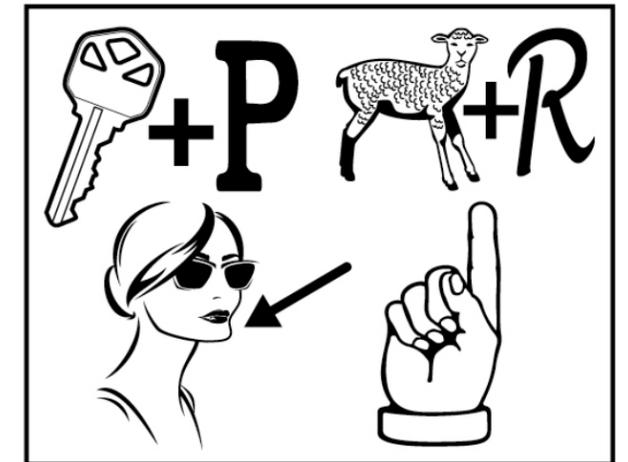
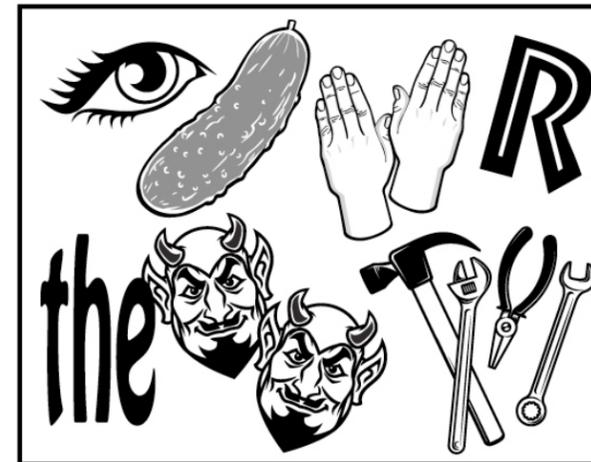
Use the visual clues in the puzzle boxes to figure out the phrases.



Puzzle #1



Puzzle #2



Answers: 1) Back to the drawing board 2) Excuse my French 3) Idle hands are the devil's tools 4) Keep your chin up

## Maintenance Coordinator

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Hello everyone,

Just a reminder to all residents, employees, and visitors with cars in our parking lot. With winter in full swing we have already seen snow, and there is more yet to come! To make the snow removal easier, and more efficient, would everyone please park in the top( front) parking lot. Then once the snow removal company has been able to clear the parking on the sides and between the buildings we can move cars to these parking spaces so the front can be cleared. If any residents would like to have help please find a staff member, and we will happily help get your car moved so you do not have to go out in the snow and cold. Thanks for your cooperation!

*Austin Vincent*

## Life Enrichment Coordinator

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Hey Everyone!

Happy Holidays!

I hope everyone had a great holiday and a happy new year! We had a couple great holiday parties here and I hope you all and your families enjoyed them! Thank you to everyone who came and thank you to everyone who invited your families to come! It wouldn't have been the same without everyone!

2019 was a crazy year but I'm so thankful to have you all this year. You all have been so good to me and so supportive throughout my pregnancy and with me returning from my maternity leave! I am looking forward to another great year with you all!

We have a lot of great things coming up in January so don't forget to take a look at our calendar! Also, make sure to check out some of our new activities! All of our activities are open to the public. That means you can invite your friends and family to join for any activity.

*Sky Cameron*

## Culinary Corner

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### LEG OF LAMB WITH GARLIC AND ROSEMARY

- 1 (7-pound) semi-boneless leg of lamb, aitchbone removed, fat trimmed to 1/4 inch thick, and lamb tied
- 4 garlic cloves
- 1 tablespoon fine sea salt
- 2 tablespoons chopped fresh rosemary
- 1/2 teaspoon black pepper
- 1/4 cup dry red wine or beef broth

### PREPARATION

Pat lamb dry and score fat by making shallow cuts all over with tip of a sharp small knife.

Pound garlic to a paste with sea salt using a mortar and pestle (or mince and mash with a heavy knife) and stir together with rosemary and pepper. Put lamb in a lightly oiled roasting pan, then rub paste all over lamb. Let stand at room temperature 30 minutes.

Preheat oven to 350°F.

Roast lamb in middle of oven until an instant-read thermometer inserted 2 inches into thickest part of meat (do not touch bone) registers 130°F, 1 1/2 to 1 3/4 hours. Transfer to a cutting board and let stand 15 to 25 minutes (internal temperature will rise to about 140°F for medium-rare).

Add wine to pan and deglaze by boiling over moderately high heat, stirring and scraping up brown bits, 1 minute. Season pan juices with salt and pepper and serve with lamb.

*-Nathan Dance*

## Dementia and Journaling: Tracking the Journey

By Ava M. Stinnett

You've probably heard or read about the benefits of keeping a journal. Perhaps it was Oprah recommending that you record five things that you're grateful for every day, or maybe it was a teacher or counselor who viewed journaling as a way to clarify your thoughts and feelings and to help solve problems. Regardless of the reason, there are great benefits to journaling, especially if you've been diagnosed with dementia or you're a caregiver to someone who has been diagnosed.

Scientific evidence supports journaling. While the left side of your brain, which is analytical and rational, is occupied, the right side is free to create and feel. Expressing feelings in writing isn't just a good way of tracking the progress of dementia and looking for specific trends; it's also a tool to help orient the person with dementia. When dementia starts to make it difficult to find the right words, writing can reduce feelings of powerlessness and provide a way of processing the changes that are occurring.

Whether living with a dementia diagnosis or being a caregiver, starting a journal may seem overwhelming. It may be helpful to use a sensory image, a list, or a sentence starter. In her book *You Want Me to Do What? Journaling for Caregivers* (2008), B. Lynn Goodwin provides 200 open-ended sentences, such as "Today, I feel..." or "I remember the time..." or "I wish my family knew..." to help you get started. Although the book was written for caregivers, many of the prompts work just as well for someone in the early stages of dementia.

Here are some more simple tips to keep in mind:

- Start with the day, the date, and the year. Include a brief description of the weather if you feel moved to do so.
- Allow just 15 minutes to write, perhaps first thing in the morning, to develop the ritual of writing.
- Forget about grammar, spelling, and punctuation! Just let the feelings and words flow, whether it's one sentence or an entire page.
- Technology can be useful if handwriting is too difficult. A tape recorder, video camera, typewriter, or computer can provide the means for continuing the routine of journaling.

If the loved one feels that the journal is private, it's important to respect that, despite a desire by the caregiver to look for changes in the stage of the disease.

Goodwin says that it doesn't matter if what's recorded is legible or not. "Journaling provides both the caregiver and care recipient the opportunity to reach beyond themselves and communicate their complicated thoughts and feelings." It's a way to give a voice to conflicting emotions in a safe way.



# Resident Highlight

John Vollenweider

John Vollenweider was born in Waterloo, Iowa in Black Hawk County. He attended Longfellow Kindergarten. After Kindergarten, his parents enrolled him in a Catholic school.

He attended Our Lady of Victory Academy from first grade through the twelfth grade. The sisters of the Blessed Virgin Mary taught the students and John recalled his teachers as very strict in regard to discipline and religious teachings.

When John graduated from High School, he attended Loras College in Dubuque, Iowa where he obtained a Bachelor's degree in Sociology. Before he could join the workforce, he enlisted in the United States Army where he served in an Infantry battalion for six years.

Upon completion of his military service, he went to work for the State of Iowa. John was employed at the Job Service of Iowa for 33 years. He now spends his time socializing with the residents of Brown Deer Place. He also buys and sells things on eBay. He is currently enrolled in a Spanish class at the Iowa City Senior Center to further his knowledge of the Spanish language. John enjoys watching TV, reading books and follower of the University of Iowa Sports teams.

John is such a pleasure to be around and always ready to help out other residents, families and even staff at Brown Deer Place! Brown Deer Place is happy and proud to have John in their community of friends and family!

