

1500 1st Ave N
Coralville, IA 52241



319-337-6320
browndeerplace.com

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Memory Care Program Coordinator:
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February Birthdays

- February 2nd: Jim P.
- February 7th: Mona P.
- February 10th: Karen B.
- February 14th: Delores B.
- February 18th: Eula W.
- February 25th: Eunice K.



February

All you need is love. But a little chocolate now and then doesn't hurt.

~Charles M. Schulz

Brown Deer Place Post

MUSIC

February 7th:
3:30pm– Keota Brass Band

February 14th:
1:30pm– Singin' and Swingin'

February 20th:
3:30pm– Music with Scott

Notable February Activities!

- February 2nd:
5:00pm– Super Bowl Party in Activity Room
- Every Tuesday:
1:00pm– Cards in the Library
- February 13th:
3:00pm– Sweethearts Tea in Dining Room
- February 25th:
4:00pm– Mardi Gras Party in Activity Room
- February 28th:
4:00pm– Annual Fish Fry

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

Memory Care Coordinator

Hi everyone!

We're already to the second month of 2020. That's hard to believe! We have a lot of fun things going on in February in the Gardens. We'll celebrate Valentine's Day with a party, make bird feeders for our winter birds that stick around, and hope that Punxsutawney Phil does not see his shadow! Also, we are still enjoying pet therapy that comes to visit our residents in memory care twice a month.

Sydney Danner

Manager

Hello Everyone,

Dr. Tanner, the foot doctor, is coming February 28th, 2020 at 9 am. He will see independent residents first, in the activity room.

Remember to wash your hands to keep the curd away. Or you can use the hand sanitizers on the tables.

Matt Hoskins



Analogies

Determine the relationship between the first two italicized words. Then find the word

with a similar relationship to complete the second pair of words.

Example: *Win* is to *lose* as *stop* is to ____ (*go*).

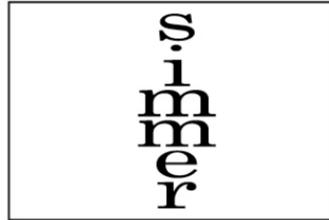
1. *Bee* is to *hive* as *bear* is to _____.
2. *Hammer* is to *nail* as *comb* is to _____.
3. *Tree* is to *leaf* as *flower* is to _____.
4. *February* is to *winter* as *October* is to _____.
5. *Short* is to *long* as *over* is to _____.
6. *Speedometer* is to *speed* as *odometer* is to _____.
7. *Speak* is to *sing* as *walk* is to _____.
8. *Knitting* is to *yarn* as *pottery* is to _____.
9. *Checkerboard* is to *square* as *domino* is to _____.
10. *Firetruck* is to *red* as *taxi* is to _____.
11. *Football* is to *sport* as *feta* is to _____.
12. *Mouth* is to *face* as *toe* is to _____.

Answers: 1. den 2. hair 3. petal 4. autumn or fall 5. under
6. mileage or distance 7. dance 8. clay 9. rectangle
10. yellow 11. cheese 12. foot

Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase.

Can you decipher the clues in each puzzle box?



1. _____



2. _____



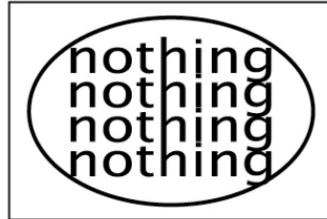
3. _____



4. _____



5. _____



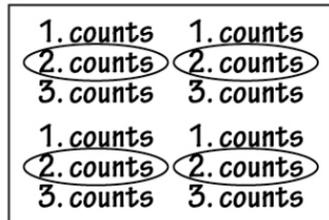
6. _____



7. _____



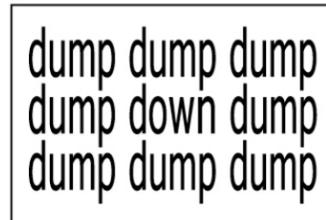
8. _____



9. _____



10. _____



11. _____



12. _____

Answers: 1) Simmer down 2) Love is in the air 3) Short comings
 4) Beyond the pale 5) Err on the side of caution 6) All for nothing
 7) A cut above the rest 8) Walk in the park 9) Every second counts
 10) Razor thin 11) Down in the dumps 12) Highball

Maintenance Coordinator

Hey Everyone,

Its Super Bowl Month, Regardless who you are pulling for we will have some former Hawkeyes playing in the big game this year on both sides of the ball!

I would also like to take an opportunity to introduce Ron McDonald to the Brown Deer Staff Family. Ron will be our house keeper in the Gardens, and has had many years of experience working in the Hotel world. We are very happy to have him join our team!

-Austin Vincent

Life Enrichment Coordinator

Hi Everyone,

Groundhog Day, Superbowl Sunday, Valentine's Day, Mardi Gras and Ash Wednesday! So much is happening in the shortest month of the year! Make sure to keep an eye out on the Calendar for all that is coming in February!

Also, Friday February 28th is our annual Fish Fry! All proceeds go to the Walk to End Alzheimer's! Invite your family and friends, it's great food and for a great cause!

-Sky Cameron

Culinary Coordinator

- What is Gluten?

Gluten is a protein found in grains such as, wheat, kamut, rye, spelt, triticale and barley. It acts as a binding agent or "glue" in wheat flour. In wheat flour, it traps bubbles created by leavening agents and causes the bread to rise. In order for bread to rise, gluten helps keep the gases in the dough that are being released during fermentation. When it is cooked it becomes firm and works with starch to allow bread to keep its shape. It also gives bread a chewy texture and the ability to be absorbent

-Nathan Dance

The Dilemma of Diagnosing Alzheimer's Disease

By Ava M. Stinnett

When a loved one starts to exhibit signs of dementia, it can be difficult to know what to do first. Are the signs typical of the normal aging process; a medical issue that mimics dementia but is treatable and, perhaps, reversible; or cognitive decline that indicates the onset of Alzheimer's disease? An early diagnosis has a better chance of being treated and, possibly, slowing the progression of the disease. But how does one get an accurate diagnosis?

The Alzheimer's Association (2017) has developed a list of telltale signs to look for.

- Is memory loss affecting job skills or the ability to perform familiar tasks?
- Are there problems with language, such as finding the right words for familiar objects?
- Is there frequent disorientation as to where one is and what time of day it is?
- Is judgment poor or decreased?
- Are familiar objects frequently misplaced?

Are there noticeable changes in mood, behavior, or personality?

If you recognize these signs in yourself or a loved one, it would be wise to see a physician. Your family doctor may do part of an evaluation and then recommend a doctor who is experienced in Alzheimer's diagnosis such as a neurologist, geriatrician, or other specialist to complete testing.

Often, the evaluation process will start with a detailed medical history. Blood tests to detect disorders such as anemia, infection, diabetes, thyroid function, and kidney and liver disease—which can cause dementia-like changes—should also be included. A physical evaluation to test muscle strength, coordination, reflexes, and eye movement can tell the physician about the health of specific areas of the brain. Because sensory losses can affect a person's cognitive difficulties, the doctor will also test vision and hearing. Simple mental status tests such as asking a person to count backward by sevens, obey written instructions, and memorize a few words allow a physician to assess memory, comprehension, and language skills. A brain scan—using either computed tomography (CT) or magnetic resonance imaging (MRI)—can reveal changes in the anatomic structure of the brain. These imaging tests are also used to rule out tumor, hemorrhage, and stroke and to show any loss of brain mass associated with Alzheimer's disease and other dementias. Finally, a doctor may ask family members about a loved one's behavior and thinking skills and whether there have been noticeable changes over time.

Although the only current definitive diagnosis for Alzheimer's comes from an autopsy, early testing can help a physician determine if Alzheimer's is a likely factor, allowing the individual and family members to plan for the future.

Sources

The Alzheimer's Association (2017). 10 Early Signs and Symptoms of Alzheimer's. Retrieved from https://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp - signs

Mayo Clinic (2017). Alzheimer's disease: Diagnosis and treatment. Retrieved from <https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/diagnosis-treatment/drc-20350453>

SUPER BOWL PARTY!

Come celebrate with us as we watch the Philadelphia Eagles take on the New England Patriots!

When: Sunday Feb. 2nd at 5:30pm

Where: IL Activity Room

