

Volume 2

1500 1st Ave N  
Coralville, IA 52241



Issue 4

319-337-6320  
browndeerplace.com

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### April Birthdays

April 2nd - Val A.  
April 16th - Shirley H.  
April 18th - David W.



### National Humor Month

A day without laughter is a day  
wasted.

-Charlie Chaplin

# Brown Deer Place Post

## DON'T MISS

- April 9th:  
11:00am– Lunch Bunch Outing
- April 21st:  
11:00am- Kindergarteners Read Along
- April 24th :  
4:00pm– Night Out on the Town
- April 28th:  
1:00pm– Art and Craft Show Outing
- Every Friday:  
2:00pm– Scenic Drive Outing

## Notable April Activities!

- April 1st:  
10:00am– Book Club in the Library
- April 10th:  
1:30pm– Singin’ and Swingin’ in the Lobby
- April 23rd:  
3:30pm– Music with Scott in the Lobby
- April 29th:  
3:00pm– Gardening Club in the Lobby

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

Professionally Managed by



Embracing Every Moment



## Memo From The Manager

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Happy Spring to everyone!!

I saw my first Robin and Cardinal the other day. I sure am getting excited! I know March was a rough month with isolation, but I am looking forward to spring and summer and being able to allow visitors back into our community and getting our lives back to normal! I wanted to thank everyone for being so understanding and helpful during this period. I know it has been stressful for all of you as well, and I really do hope we can start to return to our normal lives soon.

April is a new month and has a lot to offer! Easter, spring planting and spring cleaning are all things I am looking forward to! Although we had to cancel our Annual Easter Egg Hunt, Sky has something special planned for you all. I have noticed some of our tulips starting to bloom out front and we will start spring planting in our raised boxes out front and in the gardens this month!

Just hang in there, keep an eye out for signs posted about any changes, keep practicing social distancing and wash your hands and we will get through this! If you are sick or have been out of the community please stay in your rooms for 14 days, we will screen you every day for symptoms and deliver meals to your rooms. We can help you facetime or email any family members or friends. If you have any questions or concerns my office is always open as well as our Healthcare Coordinators, Matt.

*Tanner Erwin*



## Resident Highlight Lorene "Sweet Pea" Rupp

Lorene "Sweet Pea" Rupp grew up on a dairy farm in Mt. Pleasant, Iowa during the Great Depression along with her 6 brothers and 1 sister. There was never a dull moment, as everyone pitched in to perform the necessary chores and enjoy life on the farm.

After high school graduation, Lorene married and had 4 children before she turned 25. She raised the children and managed 5 moves in 16 years because her husband was a high school teacher and basketball coach. She opened and managed the first preschool in Eagle Grove, Iowa in 1962. It was called Lorene's Little Lambs, and there was always a waiting list to get in.

She also worked as an Avon lady and in later years owned and managed a day care and several rental properties in Des Moines where she lived for many years prior to moving in to Brown Deer Place. While in Des Moines, she also had part-time jobs giving out food samples in stores, and she also appeared in costumes in TV commercials for the Iowa Lottery. In her spare time, she kept her lawn and flower gardens in immaculate condition. She also wrote poetry and still hopes to prepare a bound volume where she can share the poems with others.

By moving to Coralville, Lorene is now closer to her children, grandchildren and great grandchildren who live in the area and to whom she is devoted. Sweet Pea is aptly named, as she is a joyful person who is rarely without a smile on her face and is quick with laughter. She enjoys the friends she has made at Brown Deer, and she is embracing this new adventure in her life.



## Culinary Corner

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### Ricotta Dumplings with Asparagus and Green Garlic

#### Dumplings

- 2 cups whole-milk ricotta
- 1 cup finely grated Grana Padano, plus more (for serving)
- 1 large egg, room temperature
- 1 egg yolk, room temperature
- 2¼ teaspoons kosher salt, plus more
- ¼ cup all-purpose flour, plus more

#### Asparagus and Assembly

- 8 ounces asparagus, trimmed, cut into 1-inch pieces
- 2 cups chicken stock or low-sodium chicken broth
- 1 green garlic stalk, pale green and white parts, thinly sliced crosswise
- 3 tablespoons unsalted butter, cut into pieces
- 2 tablespoons chopped chives
- 2 teaspoons fresh lemon juice
- Kosher salt, freshly ground pepper
- Olive oil (for drizzling)

#### RECIPE PREPARATION

##### Dumplings

• Check the wetness of the ricotta before preparing dumplings. If the ricotta is sold in an individual drained basket, then all you need to do is pat dry and adjust the quantity to 1½ cups. For ricotta that's not drained, you'll need to press it to drain any excess liquid. Line a colander with cheesecloth and set inside a large bowl (to catch the liquid draining from the ricotta). Spoon ricotta onto cheesecloth and put a paper towel on top. Weigh ricotta down using cans or other heavy pantry items; chill for at least 4 hours and up to 24. The ricotta should be dry and crumbly. Measure out 1½ cups.

• Pulse ricotta, Grana Padano, egg, egg yolk, and salt in a food processor just until smooth. Sprinkle flour over ricotta mixture and pulse again until just combined. Transfer dumpling batter to a medium bowl.

Dust a parchment-lined rimmed baking sheet generously with flour. Using a metal spoon, scoop out 2–3 tsp. dumpling batter and scrape spoon against side of bowl at a 45° angle to smooth batter. Using your finger tip, push batter off spoon and let drop onto baking sheet (this may take a few tries). The dumpling will slightly curve at each end. Dust tops with more flour. (You should have about 65 dumplings.)

##### Asparagus and Assembly

- Bring a large pot of lightly salted water to a boil. Add asparagus and cook until almost tender, 2–3 minutes. Transfer to a bowl of ice water; drain and pat dry. Reserve pot.
- Meanwhile, bring chicken stock to a simmer in a large skillet over medium heat.
- Return pot of water to a gentle simmer and add dumplings (one by one so they don't crush each other), stirring occasionally, until they're almost double in size and cooked through and tender, about 4 minutes (dumplings will quickly float to surface).
- Transfer dumplings to pan; add butter and green garlic. Cook, tossing often, until sauce has thickened and garlic has slightly softened, about 3 minutes. Add asparagus, chives, and lemon juice and toss to warm asparagus; season with salt and pepper. Serve dumplings with more cheese and drizzle with olive oil.

**Do Ahead:** Dumplings can be formed 1 month ahead. Freeze on baking sheet, then transfer to resealable plastic bag once frozen. Cook from frozen about 6 minutes.

*-Nathan Dance*

## Life Enrichment Coordinator

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Hello Everyone,

March has been hard and stressful for everyone! I'm hoping April will be better and we will soon be able to get outside and start enjoying Spring! I want to just thank everyone for being so understanding this last month, I know a lot of activities have been changed or cancelled, but you have all been so good about it all, so thank you all so much!

I will not be handing out the big monthly calendars in your mailboxes this month, instead we will be just taking things weekly/daily and I will be handing out weekly calendars in your mailboxes as well as having the weekly calendar posted in the elevator and by your mailboxes as well as daily calendars on your tables in the dining room and on LifeShare in the Lobby.

*-Sky Cameron*



## Maintenance Coordinator

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Hello Everyone!

Hang in there Brown Deer. We may not have Basketball, baseball, any more College sports. Restaurants, public meetings gathering places, or abilities to get out. But we do have our community., and we are all lucky enough to be able to be here and not worried about running out of this or that, with no way of knowing if or when you will get toilet paper again. Eventually the CoVid19 virus will pass and we will be back to our regular schedules!

*Austin Vincent*

## Keeping Family Members on the Same Page

By Ava M. Stinnett

As our loved ones enter their senior years, a new set of challenges often develops. Some concerns involve financial security; loneliness due to a changing social environment and the passing of friends; conditions such as arthritis, cataracts, and heart disease; and physical aging with a loss of mobility and independence. It is important to learn about coping with these types of issues before they happen.

When the diagnosis is Alzheimer's or other dementias that threaten a senior's cognitive and physical abilities, however, there isn't always time to prepare. And as the disease progresses, family conflicts about care decisions can bring out strong feelings.

According to writer Jeff Anderson (2014), family disputes generally revolve around the following:

- Differing views on a parent's condition and, therefore, their needs
- Parents who value their independence and resist any change in their care
- When caring for an aging parent falls to one particular family member (e.g., the oldest sibling, the child who lives closest), which can cause resentment if others are unable or unwilling to help
- When family members feel left out—whether it involves getting regular updates on an elder person's condition or feeling that they don't have a voice in the decision-making

Determining how to pay for care if a loved one does not have the necessary resources

There are numerous organizations and educational resources—both online and at your local library or a health care provider's office—that can provide assistance for families with aging parents. Some provide support services and guidance to help families develop a practical care plan for when the need arises. Others offer family conflict programs to help improve communication, clarify roles, and develop a feasible team approach to making decisions when a parent can no longer live independently. Arranging for a visiting nurse with a background in elder care assessments or getting information from the senior's primary physician can also clarify what level of care is needed when family members disagree.

Dealing with dementia-related diseases can intensify emotions. Developing strategies to keep the focus on a loved one's needs is the key.

### Sources

Anderson, J. (2014, March 1). "10 Reasons Families Fight about Senior Care." Senior Living Blog. A Place for Mom. Retrieved January 6, 2017, from

<http://www.aplaceformom.com/blog/reasons-families-fight-about-senior-care-02-27-2012/>

# Spring Cleaning Woodsearch

U K J B A S E B O A R D S K  
H A R U B B E R G L O V E S  
C O N T A C T P A P E R Y B  
V L O W Y V I N E G A R L E  
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G C Q D E T E R G E N T P O  
C K T O I L E T B R U S H N

Squeegee	Rags	Oven Cleaner	Toilet Brush
Spray Bottle	Duster	Liquid Soap	
Cabinets	Rubber Gloves	Window Cleaner	
Detergent	Vinegar	Baseboards	
Newspaper	Vacuum	Contact Paper	