

The Boulder Times



February 2022

Gotta Love the Lavender

Hello everyone,

1. POA's you should all be receiving in the mail a **Quality-of-Life Representative Survey** in the mail. Please fill out to the best of your ability and return. The resident surveys are done but they are not always accurate. Since we are a memory care facility your feedback is very important.
2. The Cold Weather is here. With the Delta variant and the Omicron infections strong **masks will need to stay on. All visits will continue to be in the residents rooms, window visits, or off premises.** Even when outside masks need to be worn and worn correctly. Anyone not wearing a mask will be reminded once and the 2nd time they will be asked to leave.
3. **For now, we will be allowing all visitors.** No matter the age masks must be worn. If a person is unable to tolerate or keep a mask on, they cannot be in the facility. No appointments are needed to visit. It is best not to come during the scheduled meal times. No more than two visitors will be allowed in a residents room at a time. In the event of an outbreak in the facility we will return to essential visitors only.
4. **No eating or drinking in their rooms** because masks must be removed in order to partake in refreshments.
5. **Key cards will remain deactivated** for the time being. Please make sure you sign in and take your temps. Do not come if you are not feeling well. I know

this is an inconvenience but it is also our first line of defense.

6. If we need to go back to the essential visitors only, a list has been compiled for the staff, which have been determined by the POA. A new essential visitor form will need to be signed by everyone entering. They will be available at the door if necessary. When entering you will be screened by a staff member and have your temperature taken.
7. **Window visits** can be done by those not willing or able to wear a mask.
8. We started to admit again in the month of January. Currently we are on track to be full by the middle of March.
9. Our next **“Dementia Support Group”** up for our tenants families will be on February 8th at 6:30 pm. We will have a speaker from Big Stone Therapies discussing memory books. Masks will be mandatory. This is both virtual/in person. (See attachment for more information). March 8th will feature the new hospice in town. April 12th will have the new A.C.E. representative speaking.
10. There will be “Family Council” at 6pm on February 8th. A summary of information will be placed on the table in the lobby. Please feel free to contact Jan with any questions. **Dementia cards** will be available in the lobby to pick up for your convenience
11. We will also be **celebrating all birthdays for the month on the 3rd Wednesday**. This will give you as family member the opportunity to celebrate with your loved ones without fear of them missing out on the facility birthday party.
12. Make sure when you stop by that you **check for mail**. A sticker will be next to your loved ones medication cabinet if you do.
13. Please make sure you check out our Facebook page at **Boulder Creek-Marshall MN**.
14. **Begging your pardon. Please Remember...** According to the state all changes to service plan must be signed. I am sorry for this inconvenience. I know in the past we just called and noted approval. **When I you an updated service plan to review, please get me a signed copy back as soon as possible. I hate to be a pest but I have several I sent out and haven’t gotten back. I will be sending them out again soon.**
15. **“The Boulder Creek Giving Tree”** contents has been presented to United Community Action. Thanks for everyone’s generosity. We gave 20 pairs of socks, 1 pair of shoes, 10 scarves, 21 hats, and 13 pairs of gloves. We also donated 50lbs of non perishable food items. The cold weather gear was given out to those in need almost immediately.

*As always if you have any question please feel free to contact me in person, by email or phone. I will get back to you as soon as I am able. Please note I do not check my emails over the weekend. If it is an emergency please talk to the charge and they will contact me.

Sincerely,



Jan K Mason, LALD

Fundraising

“Plunging with a Purpose”

**I will be doing a Polar Plunge on Feb.5th
in hopes of gaining donations.**

It is BC's sincerest wish in 2022 to enhance our programming by bringing a virtual reality program to our residents. Prior to the pandemic breaking out I attended a seminar that discussed the benefits of virtual reality with those suffering from memory loss.

It has been found to be very therapeutic:

1. Triggers memories
2. Decreases anxiety – has a distinct calming effect on most people
3. Give recipients ability to visit places that are unreachable in the real world.
4. Decreases aggression
5. Decreases behaviors

Here is the program we decided upon. It's called...

“Strategic Educational Services: Virtual Field Trips for Older Adults.

It's a virtual tour to different places around the world. It gives 3 tours a month to different places with a script so that the activities person can give fun and interesting facts along the way. It is a subscription base. We are choosing to go without the goggles for cost/safety reasons. For a year it will cost \$270 for our facility. With adaptive equipment it will be about \$300.

There is also a printable passport for each individual and a printable stamp for each adventure they go on.

Included also is a map,

A related coloring sheet and a related word find.

Example: One of trips for March is Ireland- so it's a great base in which to build upon for other related activities. If you have any further questions, please let me know.



Welcome to Mary's Corner:

As Valentine's Day approaches, caregivers may be wondering how to best honor their loved one. Chocolates and candy are very popular. Valentine's Day doesn't have to involve the candy giving tradition, there are many healthier options you can select from, here are a few suggestions:

Flowers. A bright array of fragrant flowers never gets old for most people. It's a great way to brighten up an otherwise dark and dreary winter day and cheer up your loved one this Valentine's Day.

A memorable music CD. Music has been shown to help with dementia. A CD with music your loved one enjoyed back in the day, is a perfect gift.

A photo album full of family memories. Even if your loved one has trouble remembering recent family gatherings, it's not uncommon for those with Alzheimer's or dementia to be able to recall events of the past. A photo album filled with treasured memories is a great way to open an enjoyable conversation and celebrate a special holiday with your loved one.

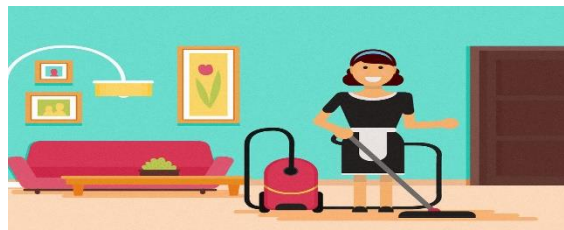
The gift of time. Time spent with your loved ones can blossom into moments of joy, making memories together. Just as important is taking time for yourself. Give yourself the gift of time for selfcare!

So, what is the real meaning of Valentine's Day? It doesn't have anything to do with buying expensive gifts or sharing a romantic candlelight dinner this year because Valentine's Day is really about love. Whether you are the spouse or a child of a loved one with Alzheimer's or dementia, what better way to show another how much you really love them than by providing care in their time of need?

Mary ☺

LALD's notes:

Things that need to be addressed



I know it's fun to bring treats to your loved ones. Please do so in moderation. As the disease progresses hoarding and hiding often become part of the journey. When that is done with treats it is an invitation to pest. A good example is recently when doing linen changes, we found chips out of the package crushed between the box spring and mattress.

Also, as the weather gets nicer it might be a good time to do some spring cleaning. Our housekeeper does light cleaning in the rooms weekly but, deep cleaning is the families responsibility. It's also a nice time change seasonal things out.

Lastly: No one but the beautician has permission to use this room. No exceptions. The beautician rents this space & brings in her own products. This is her place of business and not a common area for everyone's use.

Any questions on any of this can be addressed to me directly. Thanks for your time and consideration in these matters.

Sincerely,

Jan

**Meet our Activities Staff
Pang Crain Activities Director
Sue Jants full time Activities Assistant
Eden Knudson part-time evening activities assistant
Matthew Sowards part-time weekend activities assistant**

**Make Sure you like us on Facebook at
Boulder Creek-Marshall MN**



**We have lots of fun pictures of your loved ones to check out.
You can also follow us on Instagram**

Coming Up:

The February 8th BC Family Council Meeting will be at 6pm in the Community room. Please check out the agenda notes listed below and reach out with any questions or concerns.



Family Dementia Support Meeting

Topic: Memory Books presented by Big Stone Therapies

January 8th at 6:30pm in person & by Zoom meeting. See attachment for more information. (Link will be sent out the day before the meeting)

*It's winter in Minnesota....our first concern is everyone's safety. In the event of inclement weather please check Facebook on the day for any updates/cancellations.

Family Council Notes

Call Meeting to order

New Business

We are fully staff now so we will start admitting people starting the first week of January. We have quite an extensive waiting list.

Staff Changes

We are always looking for dedicated caring people to add to our team.

Current Census

11 on South (all women), 12 on North (7 women & 5 men)

Covid Restriction Updates

With the continued surge of Delta and Omicron covid precautions will continue. No appointments are necessary to visit at this time. There is no restriction on visitors, but in the case of an outbreak we will return to essential visitors only. Masks are required while in the facility. Visits can be done in residents room. A limit of 2 at a time has been put into place due in order to allow physical distancing. More details are listed below.

Surveyors Coming Soon

Dementia Support Group-will be directly after this meeting with a speaker from Big Stone Therapies talking about the benefits of memories books and how to put them together.

*Need a volunteer for secretary and to take the minutes

Outcome for new Person-Centered Activity Options:

Treasured Moments: A time to visit and share about themselves with items/topics to spark memories.

What's in the Bag: A sensory item

Spa & Nails will include a foot clinic every Wednesday.

Readers Corner: Reading a book that encourages discussion

Fun & Games w/ the Hope Harbor Girls- Feb 23rd. They will come from 4-5pm once a month.

Table Talk w/ Eden- Eden uses the memory boxes from the library to promote conversation and reminiscing twice a week.

Happy Hour- Non-alcoholic drinks in a comedy club setting telling Funny Dad jokes. (This month will be filled festive fall beverages)

Bible Study w/ Jan- dramatic presentation of Bible stories

Healing Hands- The Healing power of human touch is immeasurable. Once or twice a week there will be a time to give elbow to hand massages to residents with lavender lotion. Everyone was very receptive and seemed to enjoy this one-to-one time.

On Site Therapy dog in training. Jazzy's training is going well. She does visits daily in back and shows off what she learned in obedience school on Tuesday and Thursdays. She is available for staff to bring back if someone needs a few wiggles and wags.

Pastoral time: Weekly we have rosary, and Father comes the 2nd Wednesday of the Month for Mass. Pastor Allen come on the 2nd

Friday of the Month for Service. Pastor Quist comes on the 4th Friday of the month of service.

Weekly bible studies are done by activities staff

Music is played at meals and during quiet time.

Sing-Along with Judie will be starting up again in February

Silly Sing-alongs weekly on Tuesday afternoons and on Friday's

Awards Center- incentive for residents. They get a punch when they attend a group. When a punch card is filled it is worth something from the Awards cart.

Sue Jants & Matthew Seward have been added to our activities team. Sue works full time Monday- Friday and Matthew works Tuesday/Thursday evenings and Saturday and Sunday from 10-6pm.

Coming Soon-

Open floor for:

Questions/Concerns followed by discussion

Things tabled until next meeting/to be followed up on

Close the meeting

Employment Opportunities:

**WANTED: Home Health Aides
(CNA Licensure Required)**

Currently hiring for: Day and Evening Shifts

We are seeking staff to add to our team! The right person for this position must enjoy working with the elderly and have a compassionate understanding of their care needs. Position includes every other weekend and a holiday rotation.

Full time Activities Person

We are seeking a full-time activities staff person to work from 10-6pm Monday thru Friday. We are looking for a fun, creative person who loves making peoples lives happier and more fulfilled. This is a benefited position.

Dining Services is looking for a part-time floater (various morning shifts) for more information call Margaret at 537-2415.

*If you have any questions, please contact Erika at 507-401-3606

To Apply: Stop in to one of our locations to pick up an application or apply online at
boulder-creek.org or boulderestates.org



Boulder Creek

Boulder

Estates

601 Village Drive
Marshall, MN 56258

604 Village Drive
Marshall,

MN 56258

Benefits include: Competitive Wages, Paid Time Off, Rewarding Work, On the Job Training, Education Reimbursement Programs, Continuing Education, Health Insurance, Life Insurance, Short Term Disability, AFLAC products, and more!

These Dementia Support Groups are available in Marshall.



You are not alone...there is help available.

1. The 1st Wednesday of the month group is at [Heritage Point](#) in Marshall from 11:30am-1pm and a light lunch is served.
2. The 2nd Tuesday of the Month [Boulder Creek](#) will have a group from 6:30-8pm. A light snack will be served.
3. The 2nd Thursday of the Month from 4:30-5:30pm is a virtual group with the [Alzheimer's Association](#).
4. The 3rd week of the Month [MADAN](#) will put out some educational information on line about dementia.
5. The 4th Wednesday of the Month [MADAN](#) will meet at the [Court House](#) on the 2nd floor in conference room 2 from 10-11:30.

For more information call the A.C.E. office at 507-829-1143

Boulder Creek Lending Library

Books

1. **Partial View: An Alzheimer's Journal**
2. **A Life Stolen**
3. **Grandma & Me**
4. **Just A Word**
5. **Finding the Light in Dementia**
6. **When Your Parent Becomes Your Child**
7. **Caring Both Ways**
8. **Responsive Dementia Care**
9. **Creating moments of Joy**
10. **The 36-Hour Day**
11. **Gentle On My Mind**
12. **Somebody I Used to Know**

DVD's

1. **Plain Talk about Alzheimer's**
2. **I'll See You in My Dreams**
3. **The Father**
4. **Here Today**
5. **Away From Her**

Did you know January 23-28 was National Activity Professional Week?



The old school of thought was that activities were nice but not necessary to provide good care. During this time of covid it has become abundantly clear how important the activities personnel are to the residents care team. We have added to our activities staff because their support cuts down on behaviors, anxiety, and stress for your loved ones and the other staff. We now have coverage from 8-7pm Monday through Friday and 10-6pm on Saturday and Sunday.

Meet Our Activities Team

Pang Crain- Activities Director M-F 9-5:30pm



Hello, my name is Pang Crain. I started at Boulder Creek in June of 2021. I am the new Activity Director in training. I know I still have a lot to learn but I'm up to the challenge. . I'm ambitious and driven. I enjoy arts and crafts and I thrive on challenge and constantly set goals for myself. I have two great kids that really make my life complete. I love spending my off time being around my family and good company. With the short time that I've been here, I am doing and learning all sorts of new things along the way. I enjoy seeing all the residents faces and keep their daily life busy. Even with the smallest thing, it makes a big difference in our residents lives. I am always looking for an opportunity to do better and achieve greatness. It is an honor and a privilege to have the opportunity to work with your loved ones.

Sue Jants- Activities Assistant M-F 8:00-4:30pm



Hello! My name is Sue Jants and I am a new Activity Assistant here at Boulder Creek. I previously worked at Boulder Estates as an Activity Assistant for almost 11 years. I have been married to my "High School Sweetheart" Jason for 26 years. We have one son who just turned 25.

My hobbies are baking, playing games with my family, going to craft shows, and exercise. I really enjoy attending fitness classes at the Marshall Area YMCA.

Zumba class and Step Aerobics are my favorites.

I am very happy to be here at Boulder Creek and I look forward to getting to know everyone!

Eden Knudson – Activities Assistant M,W,F 3:30-7pm



Hi, my name is Eden Knudson. I have lived in Marshall my whole life. I am a senior at Marshall High School. I started working at Boulder Creek a few months ago and have loved my time here!

Some of my hobbies include tennis, golf, arts and craft, as well as spending time with my friends and family. One of my favorite things to do at Boulder Creek is "Table Talks, painting nails, and just talking to the residents. I am excited to continue spending time with your loved ones and am blessed for the opportunity to get to know them.

Matthew Sowards- Activities Assistant Tue/Th eve, Sat/Sun 10-6p



Hello everyone! My name is Matthew Sowards. I am just starting here at Boulder Creek as an activities assistant. You will be able to see me here every weekend.

I am a Minnesota native and have lived in the Marshall area most of my life. I am happily married to my wonderful wife Anna who also works at Boulder Creek. I currently am attending MN West and will be graduating with a Welding Diploma. I can't wait to get to know all of our residents better. I love to bake, and really enjoy doing 1:1 activities with the residents. I am so happy to be a part of the BC team and to bring smiles to your loved ones.



7 Things Not to Say to Someone with Dementia (and What to Say Instead)

Speaking to an elderly loved one with dementia can be difficult and emotionally draining. Alzheimer's and dementia can lead to conversations that don't make sense, are inappropriate or uncomfortable, and may upset a family caregiver. However, over time, it's important to adapt to the senior's behavior, and understand that their condition doesn't change who they are.

For senior caregivers, it's important to always respond with patience. Here are some things to remember **not** to say to someone with dementia, and what you can say instead.

1. "You're wrong"

For experienced caregivers, this one may seem evident. However, for someone who hasn't dealt with loss of cognitive function before, it can be hard to go along with something a loved one says that clearly isn't true. There's no benefit to arguing, though, and it's best to avoid upsetting a senior with dementia, who is already in a vulnerable emotional state due to confusion.

Instead, change the subject.

It's best to distract, not disagree. If an elderly loved one makes a wrong comment, don't try to fight them on it; just change the subject and talk about something else – ideally, something pleasant, to change their focus. There are

plenty of things not to say to someone with dementia, but if there's one to remember, it's anything that sounds like **"you're wrong"**.

2. "Do you remember...?"

This is a sentence that one can just let slip out by accident, without even realizing it. Family caregivers will often ask a senior if they remember things. Of course, the answer is usually no, because forgetfulness is the most common symptom of dementia. Even still, it can be hard to avoid asking things like, "do you remember (family member/friend)?" or, "what did you do today?". This can lead to embarrassment and sadness as a senior realizes they've lost memories.

Instead, say: "I remember..."

There's no way to completely avoid talking about the past, and in fact, it can be a joyful experience for family members to reflect on old memories. However, try and change your approach to be sensitive your loved one's condition. When going over things that have happened, instead say, "I remember when we used to..." or "I remember when we went to that restaurant..." and so forth.

3. "They passed away."

It's an unfortunately common and heartbreaking occurrence: A senior will ask about a late loved one as if they're still around. They may be upset that the person isn't calling or visiting, or ask where they are. Telling them that their spouse, friend, or other loved one has passed away won't help, especially in the later stages of dementia, as they will likely be extremely hurt by the news and may not even believe you. Even if you tell them the person has died and they believe you, they'll most likely forget soon after, and you'll have to repeat the process all over again.

Instead...

Unfortunately, there's no answer for what to do every time this situation arises. It's not unlikely someone with dementia will ask about a deceased loved one many times. In the case that they outright ask if the person has died,

it may be best to be truthful. Other times, it may be best to change the topic of conversation altogether, as reminding them of their loved one's passing won't work and will only hurt them. You could offer another explanation for why the person isn't around, or tell them they'll see them soon, then gently change the subject. Every time is different, and the decision for how to respond is ultimately up to what you feel is best.

4. "I told you..."

Having to repeat things should be expected when caring for someone with dementia. You may find yourself telling your elderly loved one something, only for them to forget and ask the same question once again. In this case, saying 'I already told you' can be hurtful, reminding the person of their disease and confusing them further.

Instead, repeat what you said.

It will take patience and you may get frustrated, but remember that their forgetfulness isn't their fault. Repeat whatever it is you've already told them, and say it just as politely as the first time. Otherwise, informing them that it's something they've already asked about will just make them feel like they did something wrong, even if they don't understand what it was.

5. "What do you want to eat?"

Open-ended questions like this can cause a lot of trouble for a senior with Alzheimer's or dementia. This is especially true if the question involves remembering something, such as, "what did you do yesterday?", though in truth, even something as simple as "where do you want to go?" could cause distress.

Instead, say: "Would you like to eat some fruit?"

If you're going to ask a question, try to form it in a way that can be answered with a simple yes or no. Avoiding open-ended questions will take the pressure

off your older loved one, as they won't be forced to try and remember something they can't, or make a decision.

6. "Come, let's get your shoes on and get to the car, we need to go to the store for some groceries."

This sentence contains a lot of commands, and someone suffering from Alzheimer's or dementia won't be able to process information at the same rate as you. This can lead to confusion. Try to avoid long sentences.

Instead, go one step at a time.

Use simple language (but don't infantilize), and use shorter sentences to break it up into single-step commands. For the example above, you could say "Let's get your shoes on." Then later follow with, "let's go to the car now," and so on.

7. "Her dementia is getting worse."

There are things you shouldn't say to someone with dementia, but also things you shouldn't say *about* them. Most importantly, never talk about a senior in the same room as you as if they aren't there; just because they may not be silent doesn't mean they aren't listening. Even if they're not responding to the things you say, it's best to assume they can understand when you're talking about them.

Instead, leave the room.

Simply leaving the room to discuss the senior or their condition is best. This avoids causing them pain by speaking as if they're already gone, even though they're still around.













