

The Boulder Times



MARCH 2022

Hello everyone,

Covid Concerns: We have made it through another round of covid. We will no longer be confined to essential visitors only. Please continue use precautions when taking your loved one out of the facility. If you are not feeling well, please do not come. Save your visit for another day.

1. Now that the Quality-of-life surveys have gone out we should be expecting our surveyors to come soon.
2. With the Omicron infections **masks will need to stay on. All visits will continue to be in the residents rooms.**
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 have been reactivated** 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. **(If yours is not working let me know)**

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 March 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. **“Family Council” will be at 6pm on March 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. **We met our fundraising goal. Starting in March our residents will be going on 3 tours a month. We had a little extra so we also purchased aqua paints & some sensory integration items for our residents to use over and over again.**
16. *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



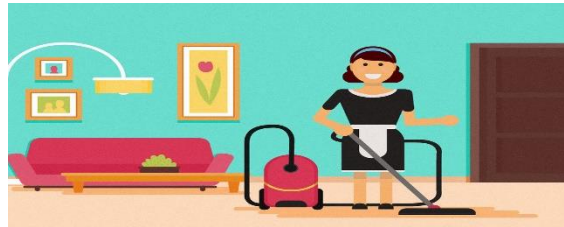
Welcome to Mary's Corner:

Southwest Minnesota may have a few more snowstorms in store for us before winter loosens its grip on us! With each passing day, we enjoy a little more daylight. Spring is approaching (YAY!) The official first day of spring is March 20! The days will continue to get warmer and many of us will want to venture outdoors to enjoy the fresh air. Regular physical activity benefits the brain. Physical activity is one of the known modifiable risk factors for dementia. Studies show that people who are physically active are less likely to experience a decline in their mental function and have a lowered risk of developing Alzheimer's disease. New research finds aerobic exercise in particular may help slow shrinkage in the hippocampus, the part of the brain that deals with memory. Living an active lifestyle is good for everyone, including people with Alzheimer's disease. Although exercise won't cure the disease, it can improve a person's mood, confidence, and self-esteem. Movement in exercise like tai chi involve gentle movement and stretching, while strengthening muscles. It can also help a person think more clearly and bolster their memory, improve balance and strength as well. Yoga is another good exercise option, as it encourages meditation and mindful while decreasing anxiety and stress. Boulder Creek residents enjoy daily chair fitness exercises, 'flex and stretch' activities, kickball. Some even enjoy dancing, which can be good exercise as well! We're excited to be introducing a daily morning group stretch session. This will incorporate movements of modified yoga poses and technique to support feeling of mind-body wellness. All of these activities

provide residents opportunities for staying active while living their best, most fulfilling lives! Happy Spring!

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, hard candies can be a choking hazard. Especially when the resident falls asleep with them in their mouths.

Dumdum suckers are a great alternative.

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

**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 March 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: Moments Hospice/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 continue to admit. Currently Staff Changes

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

Current Census

15 on South (all women), 14 on North (8 women & 6 men)

We have one open bed on each side. All Elderly Waiver slots are filled at this time.

Covid Restriction Updates

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.

Armchair Adventures: When residents go on a virtual tour somewhere in the world. Other activities will be built around current adventure.

Readers Corner: Reading a book that encourages discussion

Treasured Moments: Familiar items/subjects to encourage reminiscing and sharing among friends.

Aqua Painting: We have purchased with the extra funds from the fund raiser Aqua paints to encourage creativity and the feeling of accomplishment. These paint sets can be used repeatedly.

Fidget board- Made specifically for people who suffer from dementia (helps decrease anxiety)

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

Ice Cream “Sunday” – an ice cream truck will go around the neighborhood giving out some old-fashioned ice cream treats. The cost is a smile.

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

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 people's 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
601 Village Drive
Marshall, MN 56258

Boulder Estates
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 March 4th is Maintenance Appreciation Day?



I would like to give a shout out to our “Maintenance Team”. They cover 3 facilities everyday making our lives a little bit easier. They are a little shy so, this is the best pictures I could get from them.

Jason Jants is the Director of Maintenance- He has worked at Boulder for 9 years. He loves to be busy and the variety. It's something new every day.

Travis Louwagie – He has been here about a year and is still learning but very committed.

Evan Swank – He is the new guy on the block. He started in 2021 and is eager to learn.

Ken Fischer- Has recently gone to part-time. He has been working for over 25 years and is ready to take a well-deserved rest. He is just helping get the new guys oriented and on the right path.



***These guys maybe shy but they are the nuts and bolts of our facility and help us keep it all together.**

3 Considerations to Improve Life When Dementia Is Involved



By Christine Browdy and Dan Bulgarelli, PAC Team Members

Have you ever found yourself asking *How did I get here?* or *What am I going to do now?* Whether you are living with dementia yourself or caring for someone living with dementia, it can be easy to get lost in the moment and simply try to make it through.

It is natural to have difficulty seeing the forest through the trees because as the condition progresses, more time and energy will be required from all people. How familiar is this clip (taken from Teepa Snow's newest [DVD](https://teepasnow.info/v1) program *A Family's Journey Through Dementia*? visit <https://teepasnow.info/v1>.

Read on for three tips to help you improve your life as well as the lives of those around you.

1. The benefits of building a team that is aware and skilled

Many of you plan for a lot of possibilities in the future. You invest in retirement funds, create living and traditional wills, health directives, and some people even choose their burial plots. However, very few people tend to think about what life would be like if someone develops dementia. Few people want to walk down that road until it's necessary. Why is that?

As the condition progresses, dementia will change nearly everything in a person's life. *Each person will still be the person they have always been, but things will be different.* As a family member, friend, or professional caregiver, the techniques you've used to support and communicate will need to change as well. You also won't be able to do it alone, so building a skilled team early on can make a major difference in the quality of life for you and your person.

Watch these clips from our live stage show, *A Family's Journey through Dementia* and see if you find the benefit of being skilled ahead of time.

[This clip shows a scenario without PAC skills.](https://teepasnow.info/v2.) (visit <https://teepasnow.info/v2.>)

[This is the same clip replayed with PAC skills in place.](https://teepasnow.info/v3.) (visit <https://teepasnow.info/v3.>)

2. Is this activity annoying, risky, or dangerous?

When a person is living with dementia, you may see them doing things that you don't think they should be doing. Maybe they are stuffing items up their sleeves, tearing apart a tissue, or something else. For many of us, our natural reaction is to say *Don't do that, put it back* in a stern voice. But I have two questions for you. *Why?* and *Is what they are doing annoying, risky, or dangerous?*

Do you know why they are doing something they've never done before? If you are familiar with Teepa's teachings and her GEMS State Model, you might remember that people don't lose their curiosity, even if they don't have the same awareness of others and boundaries they once had. Maybe they like the look or feel of something and they want to examine it. Is it hurting you, them, or someone else? If not, then Teepa would recommend taking a deep breath and letting it go.

However, if the activity is risky or even dangerous, you may need to intervene – but with a substitution, not a subtraction. Yelling *Stop!* or grabbing their arm could actually startle them and make the situation worse. On the other hand, if

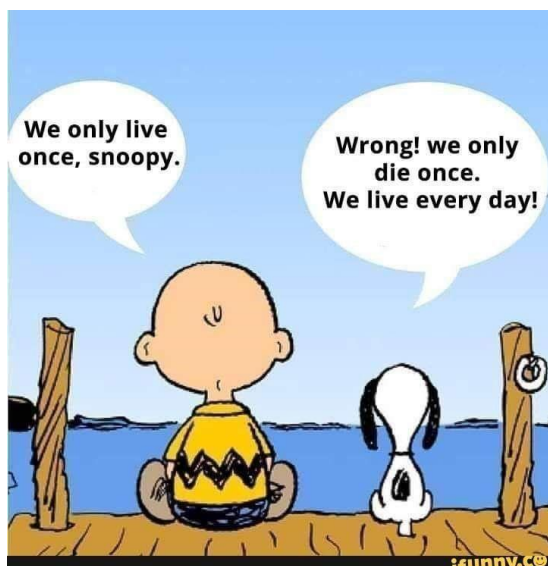
you were to give an excited *Ooh, Mom look here!* because there's something you want to show her, you are now tapping into her curiosity.

3. Move past myths and fear, explore what is possible

You have probably heard that dementia is the long goodbye. Dementia causes people to be angry and aggressive. You will need to do everything for them. **None of this is true!** Yes, dementia can be scary and overwhelming, but **it is still possible to live a full and meaningful life** – if you as a care partner are willing to add new awareness and skills.

Teepa helps us move past this generalization to realize that dementia doesn't rob a person of everything, and it doesn't happen right away. Depending on the type of dementia, a person can live another 20 years or more. It is true that dementia will cause people to lose certain skills and abilities over time, but not all of them. Let's focus on what skills a person still has and use those. Support them where they need your skill but allow them to be as independent as possible. Utilize their passions, knowledge, and experience to help you.

Conclusion:



Living life well with dementia is very possible, especially when you consider how you are viewing the situation. Building a team around you that is aware and skilled, understanding the difference between an annoying, risky, or dangerous situation, and choosing to move past false myths and fear of the unknown will help you shift your focus to life *with* dementia instead of life *being* dementia.

In this image, Snoopy reminds Charlie Brown to shift his perspective on living. And with that shift, Snoopy explains that we do get to

live every day. Now, ask yourself, *how can I help someone around me live with dementia?*

Enjoyed the videos? See the extended preview of *A Family's Journey Through Dementia* (visit <https://teepasnow.info/v4>).







