

The Boulder Times



April 2022

Hello Everyone,

I can hardly believe it has been a year since I became the Assisted Living Director for Boulder Creek. It has been both a very challenging and a rewarding year at the same time.

Boulder Creeks Year in Review:

In April of 2021 Boulder Creek got a new HR Coordinator and a new Assisted Living Director. In April we found out the Housing with Services License was going away and it would be replaced with an Assisted Living License which would have much more oversight from the state. So, May- August was spent getting ready and adapting to all the changes. It was pretty overwhelming at times, but we appreciate you all working with us as we implemented the changes. In June we partnered with MADAN and hosted a week-long community dementia awareness event that earned over \$1500 in donations which allowed us to bring in a speaker to the Marshall Area.

We thought things were going to loosen up a bit when we were hit with the Delta surge after the 4th of July, and we had to tighten things up even more. Housing with Services went away. This required a lot of learning, conference calls, and trying to get our facility into compliance with ever changing new standards. After a lot of paperwork and conference calls, we were able to qualify for the new license and our new director was able to get license as an assisted living director. Many facilities in our region were not able to make the changes and sadly ended up closing down.

In the midst of the covid crisis we also as a facility like everyone else had a

staffing crisis. Our wonderful staff really stepped up and worked a lot of overtime. Our company noticed and gave our staff some well-deserved raises and partnered with AFLAC in order to enhance our benefit package. It was during this time our RN Nurse/Case Manager left for a new opportunity and we had to stop admitting for about 6 months.

We were able to adapt, stay open, and continue to provide quality care with the help of our wonderful LPN's and our Boulder Estates Director of Nursing. We went through many applicants but finally found the one that fit after Thanksgiving. She was up and running full speed by January and is doing great. During the hunt we also hired an RN Charge nurse/assistant case manager so that we would never be in the position of not being able to admit again. Our HR director has worked hard to find caring & qualified people that share our vision of being the best Memory Care facility in the region.

We changed up how we looked at activities and added to our activities staff to include nights and weekends. If nothing else Covid taught us how important it was to treat the whole person...mind, body, and spirit. After a bit of a polar plunge fundraiser, we were able to bring in virtual programming and add to and update many of our activity material. We also have brought in many sensory items in order to enhance the experience and help relieve anxiety during sundowning.

We suffered through two bouts of covid in November and in February. It was tough on everyone...residents, families, and staff alike. I can tell you I gained more than a few gray hairs during this time. With a lot of hard work and even more prayers we were able to weather the storms without any loss of life. Thanks be to God.

During this past year we have started a resident council, family council, community dementia support group, and a dementia education lending library open to the community. Our dementia support group is both virtual and in person to cater to those at a distance and to those who need to socially distance during covid. We have transformed the support group into a time of information, education, and connecting to resources. Then we followed up with a time to be able to share, vent, and problem solve in a non-judgmental safe place. We have had 11 speakers so far and hope to keep going strong.

During this last year we have discharged 12 and admitted 20 residents. It's hard to believe but 12 of these admits have been since January. So, you can see our RN/Nurse Supervisor-case manager has been working very hard along

with all of our staff to welcome the admits to their new home. Despite everything as of the end of this week we will have all 31 beds filled. During this past year we have had staff join us, move on, retire, get married, and have babies. As you can see it's been a bit of a wild ride, but I am so excited because I think we are moving in the right direction for our residents and their families.

So, I just wanted take this opportunity to say thank you all. Thank you for your patience, understanding, support, and help as we transitioned during this past year. We couldn't have done it without you...our Boulder Creek family. Please remember my door is always open. Feel free to stop by my office to discuss, suggest, or just chat anytime.

Sincerely,

Jan Mason



Updates at a Glance:

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. If your loved one is a veteran, we are looking for a service picture for our Memorial Day program.
2. We are continuing to prep for our state surveyors. We are expecting them to come soon.
3. **Masks will still need to stay on. Families may join in activities as able. Please no more than two at a time.**
4. We still will not be serving guest meals while we have a mask mandate on place.
5. **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.

6. **No eating or drinking in their rooms** because masks must be removed in order to partake in refreshments.
7. **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)**
8. 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.
9. **Window visits** can be done by those not willing or able to wear a mask.
10. **Our next “Dementia Support Group” up for our tenants families will be on April 10th at 6:30 pm.** April 10th will have the Big Stone representative speaking about the therapeutic value of Memory Books.
11. **“Family Council” will be at 6pm on April 10th.** 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
12. 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.
13. 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.
14. Please make sure you check out our Facebook page at **Boulder Creek-Marshall MN.**
15. If you have not returned your **advanced planning form** for your loved one, please stop by my office the next time you are in the area.
16. **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 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.**

17. Please consider stopping by and doing a little spring cleaning for your loved one and maybe change out seasonal clothing. Purple tote bags in closet are filled with clothes that are too small or in disrepair.
18. We started the "You've Got Mail Program". The residents are enjoying it and it is going strong.
19. We are looking for volunteers to join our Dementia Awareness Event committee. We hope to hold it on Saturday June 25th.
20. *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

Mary is our Nurse Supervisor/Case Manager

Sundowning. If you have a loved one with a dementia or Alzheimer's diagnosis, you may have heard the term 'sundowning.' But, what exactly does it mean? When and why does it occur? Mayo Clinic physician Jonathan Graff-Radford, M.D. explains that "sundowning" refers to a state of confusion occurring in the late afternoon and spanning into the night. Sundowning can cause a variety of behaviors, such as confusion, anxiety, aggression or ignoring directions. Sundowning can also lead to pacing or wandering. Sundowning isn't a disease, but a group of symptoms that occur at a specific time of the day that may affect people with dementia, such as Alzheimer's disease. The exact cause of this behavior is unknown. Factors that may aggravate late-day confusion include: fatigue, low lighting, increased shadows, disruption of the body's "internal clock", difficulty separating reality from dreams, presence of an

infection such as urinary tract infection. Consider this: the time children are dismissed from school each day, about 3pm. Mom might be anticipating the children coming home from school and busily finishing housework or preparing some afterschool snacks. Or, it might be the factory worker's routine shift change or 'break time' that an individual experienced during their career/working life. We are certainly creatures of habit and some of these habits are ingrained into our memories, our lifestyle. We are sensitive to anticipate residents' needs during this particular time of day. We incorporate one on one activities as needed and encourage residents to participate in group activities with peers. We offer a coffee social hour where residents gather together to enjoy a snack and beverage. We also provide calming, therapeutic interventions such as aromatherapy and hand massage. As the weather warms and continues to become more favorable, we will be able to spend time outdoors as well! Have a wonderful spring!

As always, it is a joy and privilege to serve and care for your loved ones. Thank you for entrusting them to us!

Please feel free to contact me with any ideas, suggestions, questions or concerns. As a reminder, typically my schedule is Monday thru Thursday from 8:00 am-5:00 pm.

Mary Mitzner, RN

Nurse Supervisor/Case Manager

Boulder Creek Assisted Living

Phone: (507) 337-9536

Family Council Notes

Call Meeting to order

New Business

Looking for pictures of our Veterans for Memorial Day/Veteran's Day. Pictures will be returned. We just want to make copies.

Will be having a Mother's Day Tea on May 9th

(Save the Date) If covid is low in the community we will be opening it up to adult children.

Looking for volunteers to help on a committee for our Dementia Awareness Event on June 25th. This will be a family friendly, fun, intergenerational event.

Currently Staff Changes

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

Current Census

We are full at this time.

16 on South (all women), 15 on North (8 women 7 men)

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 common areas. 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-

Jacob Byrne will be starting soon as our new evening and weekend activities assistant.

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:

Sensory Based Activities: They seem to be going well and have a calming effect on our residents.

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. This past month we went to the Taj Mahal, Ireland, and travels along the Oregon Trail.

Readers Corner: Reading a book that encourages discussion. They just finished up Heaven's for Real and followed up with the movie and a discussion.

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

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

Nuts & Bolts- Made specifically for people who suffer from dementia. This is something that enables our folks to place nut, bolts, and washers on a stand placed in graduated sizes.(helps decrease anxiety)

Fun & Games w/ the Hope Harbor Girls- April 27th. 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.

Bible Study w/ Eden- this will be a weekly evening bible study for our tenants.

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.

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:



1. We are looking for Part-Time and Full-Time CNA's for evening shift (3-11) and overnight shift (11p-7a). Please call Erika at 929-1234 for more information about wages and benefit packages.
2. We are also hiring for Pm waitstaff for BC and a Full time waitstaff. For more information please call Margaret at 537-2415 about hours, benefits, and wages.

Alzheimers - Test your knowledge



1. **Alzheimer's and dementia are the same thing.** T or F
2. **Red wine and grape juice can help reverse Alzheimer's.** T or F
3. **Which of these raises your risk of Alzheimer's?** Age, Aluminum Cans, flu shots?
4. **If one of your parents has Alzheimer's, you'll probably get it, too.** T or F
5. **When does Alzheimer's start?**
 - a. Within 1 yr of Memory loss
 - b. About 5 yrs before memory loss
 - c. 20+ years before memory loss

Solutions:

1. **F** – Dementia is a broad term for a group of symptoms that mean you have trouble with learning and memory. Alzheimer's disease is one form of dementia, the most common type. But it accounts for only 60% -80% of all cases.
2. **F** - No vitamin, supplement, food, or drug has been shown to cure or treat Alzheimer's.
3. **Age** - Age is the number one risk factor. The older you are, the more likely you are to get Alzheimer's. The actual cause isn't fully known.
4. **F** - Less than 5% of cases are true "familial Alzheimer's," a type that runs in families.
5. **20+ years before memory loss** - Repeating yourself, getting lost, and showing fuzzy thinking skills all show up after the process of Alzheimer's has already begun in the brain.

Family Corner:

5 Tips for Talking to Someone with Alzheimer's/Dementia

1. **Diminish distractions** - banish background noises
2. **Converse one-on-one** - more people equals more confusion.
3. **Keep things simple** - stick to short, specific statements
4. **Avoid arguments** – no one will win.
5. **Just keep talking** - even if they can no longer respond



How to talk to people with Alzheimer's/Dementia

Never

**Reason
Shame
Lecture
Say "remember?"
Say "I told you..."
Say "You can't!"
Command or Demand
Condescend
Force**

Instead....

**Divert!
Distract!
Reassure!
Reminisce!
Repeat & Regroup
Find out what they can
Ask & Model!
Encourage and Praise!
Reinforce**

Family & Friends Dementia Support Group for Boulder Families:



As we travel this journey with our loved ones have you ever felt....

Helpless? Angry? Anxious?
Frustrated? Overwhelmed? Upset?
Alone? Filled w/ Grief?

Well, you are not alone?

I would like to personally invite you to join us on **April 10th at 6:30pm in the Boulder Creek Community Room**. This will be a safe place where we can talk, discuss, vent, laugh, and cry if needed. Everyone is welcome whether you are just beginning the journey or have been on a long and bumpy ride. You can share or just listen. Each month we will have a time for information by local experts and a time for sharing. Think of it as a time for you to refill your gas tank. We hope to see you there.



Remember together we are stronger!
If you are interested in attending this via zoom please let me know at jan@boulder-creek.org

Word has it the Easter Bunny will be making an appearance at Boulder Creek.



**In May we will be celebrating
“Older American’s Month”.
Our theme this year is
“Age My Way”**



We will be having a special Mother’s Day tea in May so watch your calendars and save the date.

Dementia does not discriminate

Battling Alzheimer's Together: Glen Campbell's Widow Shares a Glimpse into Their Love Story in New Book

Battling Alzheimer's Together: Glen Campbell's Widow Shares a Glimpse into Their Love Story in New Book

June 23, 2020

Glen Campbell, beloved country music star and “Rhinestone Cowboy”, was diagnosed with Alzheimer’s in 2011. He passed away on August 8, 2017.

Throughout his life, Glen demonstrated how the power of love, laughter and music helped him overcome many obstacles. Today, his widow Kim Campbell continues to celebrate Glen’s legacy. Here she shares an excerpt from her new book, released June 23, entitled “Gentle On My Mind: In Sickness and in Health With Glen Campbell,” chronicling their bond and the challenges they faced while navigating Glen’s brave battle with Alzheimer’s disease.

September, 2015.

Glen moved to Abe’s Garden. I felt I had no choice. The sad truth is that my adversaries made it impossible for me to care for Glen at home even if I could have. If he fell, I feared they’d claim I’d pushed him. If he died, I feared they’d accuse me of killing him. Thankfully, Abe’s Garden would do more than keep Glen safe; it would keep me safe as well.

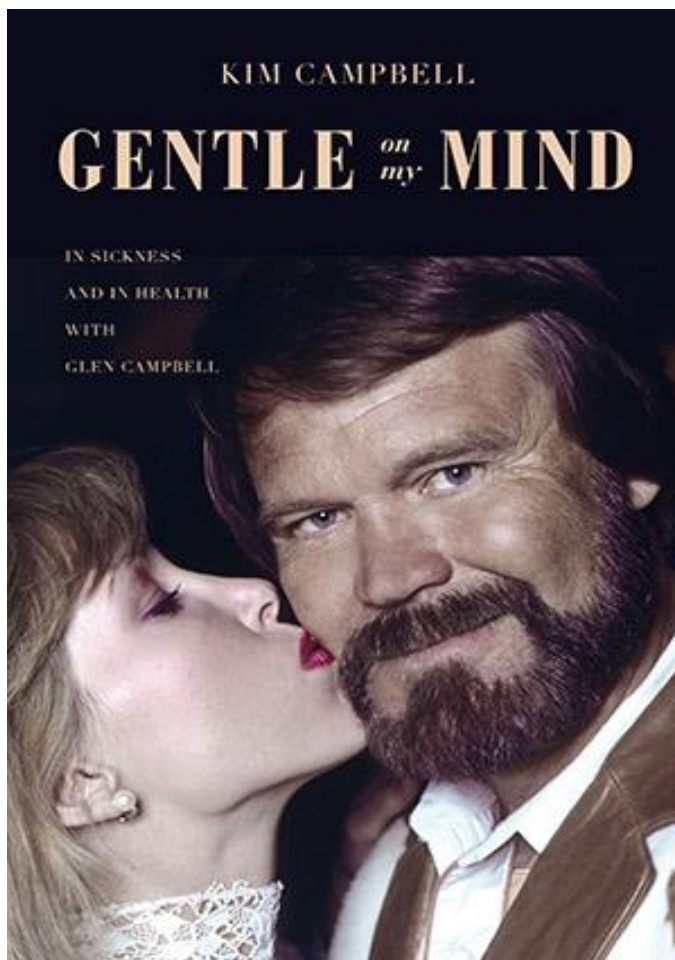


I had done what was best for Glen, me and our children. I climbed into bed that night with peace of mind. I wasn't breaking my marriage vows; I was keeping them. I was taking care of my husband "in sickness," as I had "in health."

I soon became friends with Vicki Bartholomew, whose husband, Sam, once a prominent lawyer, had become one of Abe's first residents along with Glen. Vicki and I saw each other every day while visiting our husbands. We hoped that Glen and Sam would become friends and enjoy each other's company. That hope was completely squelched when Sam saw Glen in an altercation with Matt and Brody. Glen needed to pee and the boys were trying to lead him to the bathroom but he did not want to go with them. Glen roared at them and gave Brody a big shove. Matt and Brody had become Sam's buddies, and Sam, a West Point man and brawny former football player, was not about to let anything happen to them. He puffed up his chest and rushed over to rescue them. The

boys defused the situation beautifully, but from that time on Sam did not like Glen. One day Vicki tried to walk Sam over to visit with us, but Sam stopped in his tracks and warned Vicki sternly, “Stay away from that guy. He’s already killed two people!” Vicki and I just had to chuckle about the absurdity of it all.

Something about Abe’s Garden soothed Glen’s soul. Part of that was due to his fascinating neighbors. One woman who had been a concert pianist still played magnificently. Another fine musician had worked as a conductor and arranger for Disney. Because he had a hard time with language, he made the sounds and motions of playing a trombone, a trumpet, or a xylophone — all to tell you to have a nice day. Glen and I both enjoyed our new eclectic and eccentric group of friends.



I never say I “put” or “placed” my husband in a “home” or “facility.” Those terms feed a negative stigma that keeps people from getting the help they need. I say, “Our family joined a memory care community.” It was our community, too. We lived each day with families on the same journey. We laughed together, cried together, prayed together and supported each other. If this disease becomes too difficult to manage at home, being part of a quality memory care community should be your first choice, not your last resort.

Part of my self-care entailed participating in a support group with women losing their mates to dementia. Like me, like everyone, they required compassion. And they needed to know that they were not alone. This led me to start a blog called CareLiving.org, to encourage caregivers to care for themselves while caring for others.

Helping others helped me.

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Photo of Kim and Glen in London in 2008 courtesy of Kim Campbell.

About: *Kim Campbell was married to Glen Campbell for 35 years before his passing in 2017. As a devoted mother, wife and caregiver, Kim has made it her mission to improve the quality of life for people with dementia and their families. You can purchase the hardcover or audiobook of “Gentle On My Mind: In Sickness and in Health With Glen Campbell”*

(Please note we have a copy of the book available in our lending library)

