

The Boulder Times



May 2022

Hello Everyone,

Happy May! Winter is finally in the rearview mirror. Hopefully we will have a wonderful summer with no severe weather. The residents went over severe weather awareness at the end of April during resident council. The staff also have been trained on what to do in the event of severe weather.

Together we can do anything.

1. If your loved one is a Veteran, please get me a picture of them as soon as possible. Also where, when, and what service they were in.
2. **We are still waiting on the surveyors.** We do continue to look for opportunities to improve ourselves and make sure we are in compliance.
3. We are looking for volunteers and idea's to help with the Dementia Awareness Family Friendly Event in June. Please contact Jan if you can help in anyway. This will be one Saturday morning but needs a lot of prior prep actual event.
4. **This month we will be having our "Dementia Support Group" on May 10th at 6:30 pm. This is open to the community. Masks will still be required. Family Council will just prior at 6pm.** This is for the families of our residents only. Both will be in the Boulder Creek Community room. The speaker will be Jade Moore from

A.C.E. followed by Mary Mitzner our Nurse supervisor introducing the GEM program and how we will be using it to help identify where our residents are at in their dementia journey. This will help us all with the development and implementation of their service plans.

5. **Jazzy will be starting her advanced “Manners” training this month.** It’s an 8 wk course to help prepare her to be a better therapy dog and companion. If all goes well in late fall she will test out.
6. **Jan will be out of the facility the 10th-12th of May** for her a graduation from and then off to take care of her grandkids.
7. Mary will be going to a 5-part training put on by “Leading Age” to continue to provide her with more tools in her role as clinical supervisor.
8. We are still looking for titles people are interested in adding to our **lending library**. If you have any books/publications that you found helpful please let me know. Also, if you have any resources, you are willing to pass along, we would forever be grateful.
9. With Covid it is hard to know what to do. So, we will proceed with caution, and May will look much the same as April. **Masks on, but visits will be allowed in the common areas.** No appointments are needed to visit. It is best not to come during the scheduled meal times. No eating or drinking in their rooms.
10. 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.
11. Make sure when you stop by that you **check for mail at the Aides Office**.
12. Please make sure you check out our Facebook page at **Boulder Creek-Marshall MN**. We will be celebrating several events this month.
13. **On Monday May 9th we will be celebrating with a Mother’s Day Tea.** Hopefully you have already sent your RSVP. May 1st was

the cut off so that we can make sure we have enough food and drink as well as seating. (Masks will need to be worn except when eating)

14. **May 17th or 18th we will be having our 2nd covid booster shots.** Please get your consent forms back to me for your loved ones as soon as possible. The next opportunity will be in the fall. We are looking at November for a flu/covid shot combo. From my understanding it will be an annual shot going forward.
15. **On Thursday May 19th we will be celebrating “Older American’s Month”.** The theme for this year is “Age My Way”. The wonderful Cowboy Jim will be performing.
16. **Our “Memorial Day” celebration will be on May 27th.** The color guard will be coming.
17. You may have noticed that some of the table tops have been changed out. Picking is part of the dementia journey and some of them were a little worse for the wear. The dining room chairs are suffering the same fate. Our maintenance staff will be replacing the seat covers on about half of the chairs.
18. Our a la carte activities in each neighborhood will be taken off the carts and put on shelves with cubbies that will be attached to the wall in each dining room.
19. Garden club will be starting up this month. We look forward to getting the residents outside and working in the soil.
20. **We are trying to collect \$5 for each resident for a bucket hat** that we will be tie dying to help protect them from the sun. They will get to tie dye and decorate. Our other sun hats have seen better days. We would like to get it by the 13th of the month.
21. Please feel free to come and change out seasonal clothing for your loved ones.
It’s also a great time to do some spring cleaning.

Sincerely,

Jan Mason





Below is the link to the Boulder Apparel Store. The top group of clothing shown is BC, the bottom is BE. Please double check to make sure you are ordering the right logo, style, and size. There are no returns for errors. Residents/Families may order with the help of their families. No cash/checks are accepted. I would like to shoot for ordering to be done by the 9th. We should have orders 30 days after closing of the on-line store. We will host another in the fall.



Mary 's Corner

BC's Nurse Supervisor/Case Manager

Hello Boulder Creek families! I am so happy to see the warm sunny weather starting to return. I love when we can start using our courtyard and residents can spend time outside. Now that families are getting keys reactivated and getting back into Boulder Creek, it's a great time to be thinking of doing a care conference. Although Covid has made it more difficult, we have found creative ways to continue with care conferences. However, it is so nice to gather in person! Please let me know if you would like to set up a care conference to review services and care plans. I love to meet with families and work together to provide the best possible care for your loved ones.

Just a friendly reminder when you are visiting your loved ones, please take time to look through their supplies to note if they are in need of any toiletries. Each room should have a purple bag hanging in the closet. These bags are used for staff to place items that either are too small, too big, need repair or need to go home with you 😊. It's also a great idea to look over clothing to see if any new items are needed. A new nightgown or pajama set can make a great Mother's Day or Father's Day gift.

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 Mon-Thurs from 8:00 am-5:00 pm.

Mary Mitzner, RN

Nurse Supervisor/Case Manager

Boulder Creek Assisted Living

Phone: (507) 337-9536



It's time for a little Spring Cleaning

As we begin to open up, it's a good time to review what housekeeping is able to do and what the families should be doing. Below is a copy of what was in the admission folder that was signed by the family.

WEEKLY HOUSEKEEPING

Housekeeping of the apartment will be done on a weekly basis. If additional housekeeping is needed, please let the Housing Manager know, and additional services can be discussed.

Housekeepers Responsibility:

Resident Room:	Mopping of the floors Wipe blinds
Bathroom:	Clean sink & counters Wipe bathroom cabinets Wipe grab bars Clean shower Clean toilet Mop floor Take out garbage

**Dusting of personal items such as TV stands, dressers, night stands, etc. is not done by housekeeping. Cleaning of closets is not done by the housekeeper. Please notify the housing manager if you would like this done.*

*Additional housekeeping is extra charge that is determined based on the extent of what family would like completed by Boulder Creek.



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



Employment Opportunities:

WANTED: Home Health Aides

(CNA Licensure Preferred)

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.

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

Looking for a Full or Part-time Dining Staff.

*If you have any questions, please contact Margaret at 507-537-2415

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, and more!

How Caregivers Can Effectively Communicate in Dementia Care from Near or Far

April 20, 2022



Strategies for caregivers to understand and empathetically communicate with loved ones with dementia.

By: Dani Waxman, Founder of [RecallCue](#)

It's estimated that informal care partners like family and friends spend an average of [five hours](#) on care every day when they are supporting someone living with dementia. It's essential that family and friends work to understand the newfound communication challenges that are often presented when dementia is in the picture.

Read on to uncover a few strategies to help adjust your communication style to maintain a positive relationship with the person you support, whether you are there with them or helping from afar.

The Changes Associated When Living with Dementia



The progression of dementia can sneak up on a person living with the disease. As the brain changes and pathways inside the brain deteriorate, things that were once done without thought can become challenging or even impossible. An occasional misplaced word becomes difficulties with understanding words, finding the right words, or even verbalizing thoughts and feelings. People living with dementia face many challenges with the communication methods we all may take for granted.

The National Institute on Aging formally defines dementia as a loss of cognitive functioning that interferes with an individual's life. Neurons that were once functional deteriorate over time as the dementia progresses. Many people associate dementia with the more well-known signs such as forgetfulness. However, there are many lesser-known symptoms of the early stages of dementia such as issues with problem-solving, language skills, and communication.

As the person's dementia progresses, their brain is both chemically and physically changing. One of the first areas of the

brain affected in many forms of dementia is the prefrontal cortex. This portion of the brain is responsible for impulse control, making logical decisions, sequencing through the steps of a task, allowing us to see another's point of view, and more. The hippocampus is another part of the brain often affected. This part is responsible for keeping track of time and space.

What does this mean for you? You may notice that the person living with dementia may react to something with more fear or anger than you would have expected. It's possible that they may say or do something that you wouldn't think is appropriate for the time or place. They may lose track of the day or whether or not they have already done something that day.



These changes may seem surprising because you can't see anything different physically with the person. It is often hard to remember, but this is the dementia causing these changes, not a choice made by the person. They are still capable, you can support them with the proper tools and skills, but you can't fix their dementia.

As a person's dementia progresses, many things will change, which means you'll need to change, too. Communicating effectively is something you'll have to think about and practice, as it may be different than what you've done throughout your time together.

Greeting and Starting a Conversation



When you begin a conversation with someone living with dementia, start out by being curious. They may or may not recognize you or your relationship to them, so it's best to use their preferred name.

For example, try *Hi Tom, my name is Beth*. If Beth is Tom's daughter, this may seem odd, but if Tom doesn't recognize her, it may create apprehension or even fear if she were to call him dad.

Be Purposeful with Your Speech



When speaking, be aware of directness and specificity in your words. You don't want to make assumptions. If you'd like them to try helping you with a task, tell them directly, *Please help me set the table*. If they don't do so perfectly, it's okay. Do not berate them for a misplaced spoon. Thank them for their help.

Consider how you might ask them questions as well. If you are assisting them with their outfit for the day, resist asking, *What do you want to wear?* Instead, pick out two or three outfits and ask them which one they'd like to wear. Find ways to ask questions that only require a simple yes or no answer as well.

Remain Patient



Patience can be tough if a person with dementia has outbursts due to their frustration. But you must work to be patient anyway. Some days will be better than other days. When the disease flares up, you will have to remember your empathy. There are several tactics to exhibit your patience through your words.

There will be times they don't remember what you said. Resist any urge to ask, *Don't you remember I told you about the party last week?* Calmly repeat yourself and move on from the interaction.

Patient care partners will also have to experiment with different phrasing. You might ask them to get ready to go to the park, but they don't seem to hear you. Consider that they may have forgotten the meaning of the word *park* and try again. Tell them it's time to go outside or time for a walk.

Minimize Distractions



You may have previously enjoyed watching TV and talking to the person in your life living with dementia. But since they have developed dementia, competing noises may have become distracting. Your person living with dementia may become irritable or distracted when trying to listen to you.

To mitigate this issue, turn off any TVs, radios, or anything else that may be distracting. Allow them to focus only on the conversation at hand. Don't do anything distracting yourself like multitasking or moving around the room. Stay still in a chair next to them and speak calmly.

Keep Positive Non-Verbal Cues



Communication will take on a life of its own between you and the person with dementia. As communication evolves, you must be aware of how non-verbal cues fit into your conversations. Display positive non-verbal communication while speaking like making direct eye contact. Sit down at their level and listen.

On the same note, tune into their non-verbal communication. They may not be able to express how they're feeling at a given time.

Consider New Modes of Communication



As you'll discover through your non-verbal communication, there are many ways to communicate with a person who is living with dementia. Explore additional ways of communicating that engage the senses and work for both of you. Some people living with dementia may find it easier to write down how they're feeling at times. Others may want to sit in silence and hold your hand for a while.

You may also want to introduce your person living with dementia to [music or art therapy](#). Music and art therapy engage the brain and provide an outlet for self-expression. By engaging them in music or art they previously loved, you can create an opportunity for positive reminiscence communication between you both. It's important to introduce the music or art slowly as to not overload their senses.

Finally, explore technological solutions, such as [RecallCue](#), that offer ways to communicate through photo sharing, displaying messages, and reminders on a [day clock](#). Embracing technology can help you communicate and [engage with your loved ones even when you can't be physically present](#).

Be a Great Caregiver... From Anywhere!

RecallCue is a "connected" Day Clock enriching the lives of your elderly loved ones with the ability to send messages, reminders, photos and more.



Conclusion



Communicating effectively with someone who is living with dementia can prove to be difficult and fraught with miscommunication. People living with dementia might forget words, processes, or names, and become frustrated. It takes a patient, empathetic, and resourceful caregiver to recognize these communication challenges and address them.

It's up to family and friends to work on communicating effectively with someone who is living with dementia. Whether it's a short conversation, holding their hand, or listening to an old record together, your person living with dementia will appreciate the time spent together.

3 Takeaways:

- Dementia is a progressive disease that inhibits a person's ability to communicate effectively in the way they historically have done so with their family and friends.
- Care partners must be empathetic to these communication changes by remaining patient, direct, and resourceful when communicating with a person who is living with dementia.
- The communicative relationship between a person living with dementia and their care partners will evolve over time and should be open to non-verbal methods as well.



We will be paying tribute on March 27th so that on Memorial Day families will have the time to get together, and go out to gravesites without missing out on any Boulder Creek events.



Live every moment to the fullest





**CELEBRATING
SPRING**

simply eggcellent

*Belleau
& Kitchen*







**SOME BUNNY
LOVE YOU!**























