

The Boulder Times



July 2022

Hello Everyone,

Together we can do anything.

1. In July starting the 5th, I need you to stop in and sign a new contract/service plan. We needed to correct some verbiage the Surveyors didn't like. I am very sorry for any inconvenience this may cause. Please try to get in no later than the 18th of July. If you can't get in let me know and we will scan/email or snail mail if necessary. This will apply to everyone who admitted prior to June 1st, 2022..
2. Mary will be applying a GEM level to your loved one. This will be presented at your next care conference. We will be providing education about this process and what it means in the monthly newsletter under Mary's corner.
3. Joan's prices for the beauty shop increased as of June 1. With the current inflations she has to in order to break even on the products. A list of new prices will be later in the newsletter
4. Surveyors came last month. We should be getting results soon.
5. We are looking for volunteers and idea's to help with the Dementia Awareness Family Friendly Event in July. It will be July 9th. Guy & Guitar will be the live entertainment.
6. **This month we will be no "Dementia Support Group" on July 12th at 6:30 pm. Our next meeting will be August 9th. 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. There will be no meeting in July. Just a work night on the 5th at 6pm. to prepare for the dementia event on the 9th.

7. **Music Therapist Beth Wilson will be coming on July 18th.**
8. Jazzy will be retaking advanced “Manners” training due to unforeseen circumstances that cause her to miss too many classes. If all goes well, she still should be on track to test out in late fall.
9. Mary will be going to the 3rd of a 5-part training put on by “Leading Age” to continue to provide her with more tools in her role as clinical supervisor.
10. 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.
11. With Covid it is hard to know what to do. So, we will proceed with caution, and July will look much the same as June. **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.
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 at the Aides Office**.
14. Boulder Creek was nominated by the **Corn & Soybean association to have 6 pairs of soy sole sketcher tennis shoes donated to our front-line workers.** (We are running a contest to try and make it fair for all.)
15. Please make sure you check out our Facebook page at **Boulder Creek-Marshall MN**. We will be celebrating several events this

month.

Sincerely,

Jan Mason

Mary 's Corner

BC's Nurse Supervisor/Case Manager



How to respond to delusions in dementia. Delusions are strong thoughts or beliefs that a person has that are not real. For example, an individual with dementia may believe that someone is stealing their personal belongings. Maybe, they are trying to get ready for work, despite being retired for over 20 years. How you respond? This requires a little bit of creative thinking and problem-solving skills.

1. Don't argue with them or tell them that they are wrong. Instead, comfort them and reassure them. Help them to feel safe and valued, loved. If they believe they are missing jewelry, for example, help them look through their jewelry box. Maybe the activity will spark conversation about other pieces and re-focus their attention in a more positive way.

2. Meet them where they are. For example, if an individual with dementia insists on going to work despite being retired for over 20 years, you could say something like, "You know what? The boss said you've been doing such a great job; he's giving you the day off."

Appropriate responses will vary depending on the type and severity of dementia, the individual's personal history and personality. If you notice that your loved one is starting to have delusions and they've never had them before, or, if current delusions are becoming more frequent or intense, please contact their physician. Delusions can be a symptom of an underlying problem like an undiagnosed infection.

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

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.

Looking for a Full or Part-time Dining Staff. *If you have any questions, please contact Margaret at 507-537-2415

We are also looking for a part-time Activities Staff.

Shifts would be in the afternoons 2 days a week and on the weekends. This is a perfect after school position. We are able to be flexible and work around school activities. Tuesday/Friday from 3:30 -7pm, Saturday & or Sunday 10-6pm.

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



Family Council Minutes

July 2022

New Business

No Family Council or Dementia Support Group this month.

1. Work night on July 5th at 6pm
2. Looking for volunteers to help with the Family Fun Day Dementia Event. Event will run from 10-1pm.
3. Looking for people who might be interested in baking breads, crisps, or pies for the bake sale.
4. Family Fun Event will be on July 9th from 10-1pm. There will be live music, carnival type games, face painting, resource information, and more. Lunch will be served. It will be a free will donation. We will also be running a bake sale the same way.
5. Kids games will be 1 ticket. A ticket will cost 25 cents.
6. Cake Raffle will be \$1.00 each. There will be a drawing at 10:30, 11:30, and 12:30 for winners.
7. If all goes well Tai Ji Quan will start around mid-month.

8. We are still looking for a part-time activities assistant, as well as a part-time LPN, and home health aides.
9. Looking for new topics to explore for dementia support group.



Live Music

Carnival Games for all ages

Face Painting

Kids Story Time

Cookie

Walk

Cake Raffle

Chair Massages

Memory Tree

Dementia Resource Information

Free Will Donation Lunch

Bake Sale and much more....

When: July 9th

Where: Boulder Creek Parking Lot

All games cost 1 ticket.

Tickets cost is 25 cents each.

***All Proceeds go to MADAN**

(Marshall Area Dementia Awareness Network)

New Beauty Shop pricing effective June 1st, 2022

The Boulder Creek Beauty Salon is operated by Joan LaVoy. Family will be responsible for setting up hair appointments for the residents and setting up a payment plan with Joan, the salon operator. We will post this updated price list outside of the Beauty Salon at Boulder Creek. You can pre-pay for your loved one and submit the payment in the box outside of the Beauty Salon door. Operator: Joan LaVoy, Phone Number: 507-530-217

New Prices Starting June 1st 2022

Shampoo & Set	\$17.00
Women's Haircut	\$19.00
Men's Haircut	\$16.00
Perm	\$65.00
Color only	\$50.00

Make all checks payable to "Joan LaVoy" Thank

Coming Soon

Starting in July Mary will be identifying the GEM level your loved one is at. This will be presented at the next care conference. She also will be doing some education each month in Mary's Corner about the GEM levels for your convenience.

5 Ways to Re-Focus on Self-Care

By Jami Myers, Mrs. West Virginia American 2022 and PAC Mentor

Does anyone else find themselves giving and giving and giving until they find their cup is so empty that it feels like it has a hole in the bottom and will never quite fill up? No, just me? As an Occupational Therapist, wife, mom of three, granddaughter to grandparents experiencing brain change, community activist, and Mrs. West Virginia American, all too often my self-care cup is leaking from the bottom. As a care supporter, and in my daily life, self-care takes a backseat, leaving me feeling physically, emotionally, and spiritually exhausted. Whether you are caring for a family member living with dementia or providing services for those living with brain change, it is important to take time for self-care, refill your cup, and avoid burnout.

Not everyone experiences *burnout* in the same ways. This could manifest in irritability, fatigue, problems sleeping, weight gain or loss, digestive stress, feelings of helplessness or hopelessness, and social isolation. The release of stress hormones can be combatted by becoming aware of your body's signals and choosing to opt for a few minutes of self-care. I know, it seems like we never have time, but if you don't care for yourself and recharge when your body tells you to, how will you keep up with the demands of caregiving.

Not sure how or where to start? Here are some ways to shift the focus to plugging the hole in your cup so it can fill up as you go through your life.

1. **Find ways to practice self-compassion.** What you are doing matters! Take time to acknowledge your achievements, pat yourself on the back, write it

down in a daily journal so you can look back over the week at what you were able to remain focused on and get completed. This also means quieting the self-critical inner voice telling us to do more and be more. We would love to hear your accomplishments no matter how big or small. Shoot us an email, join a free a free [Ask Teepa Anything](#) webinar, or catch us on social media!

2. **Deep breathing.** Here's a tip that shouldn't be new to anyone following PAC techniques. One of the simplest ways we can relax is by taking deep breaths, as few as three in a row. If you have time, allow yourself 10 minutes of meditation. Not an easy task to break away for this lady, but I have learned the hard way to wake up just a few minutes earlier each day to practice this technique to get my day started off right.
3. **Mind and body techniques.** Yoga, Tai Chi, deep mediation, or prayer. Not only will this help you feel centered and focused, but you will also be contributing to your physical health. Love a good double whammy when it comes to health. [Bingo with Creativity Café](#) is so much fun and a great way to wind down where you will feel supported and have some fun.
4. **Try changing one component of your diet.** Making broad statements like, *I'm going to eat healthier* or *I'm going to get more water every day*, can be hard to follow through long-term. Try this, choose a healthy substitute for one meal a day. Maybe you exchange one glass of water for that extra cup of coffee in the afternoon. As tempting as that candy bar is, maybe you try eating a piece of fruit before reaching for the chocolate bar. Nutrition is a key factor in preventing burnout. The chronic stress of caregiving has been linked to an inflammatory response which can be compounded when your diet is high in processed foods.
5. **Create a nighttime routine for improving sleep quality.** Taking time at the end of your day to unwind, journal, mediate/pray, etc. will support the recharge your body and mind need. Adults need 7-9 hours of sleep-in order to head off risk factors linked to poor health.

I find myself becoming more and more aware of when my body is signaling a refill. Whether that is during moments I am trying to provide support for my grandfather in his current [Emerald GEMS State](#), or with my toddler in her **Amber** moments. When we are able to remain truly **Sapphire** in the moment (recognizing our abilities and the abilities of those we are providing support for), that is how we are able to enjoy the shining moments of our **GEMS**.

PAC is here to support you as you support the person living with dementia in your life. Check out the [Care Partner Support Series](#) for more in-depth topics, join us

for a Friday *Champion Course* to work those new skills and reduce your stress, or let us know if there is something else we can do to support you.

Feel Supported and Confident in the Care You Provide

**To all of our CNA's, TMA's,
and HHA's**



You are wonderful!



Live every moment to the fullest



Boulder Creek residents shared the keys to a happy marriage with our bride to be.



**Thank You Shade of the Past for
helping make our Father's Day
Event extra special.**







Walk for Memories Event at the YMCA



We tried a little Axe Throwing!













Twister Boulder Creek Style





Beauty shop and Banana Splits



Friends are the flowers in the garden of life!





Something smells a little fishy around here!



