

The Boulder Times



August 2022

Hello Everyone,

Together we can do anything.

1. Thank you to everyone who stopped in to sign the new contracts and service plans. I think I have all but two signed and I will be contacting you individually.
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. The Dementia Awareness Family Friendly Event in July was a success. We had about 120 ppl come. It was mostly families who brought their loved ones out to make memories together. We raised just over \$800 for the Marshall Area Dementia Awareness Network. Our activities staff did a wonderful job. Thanks to all who participated, the volunteers and the many donations. The donations ranged from time spent, to baked goods, and prepping of games to setup, running the event, serving food, to tearing down.
4. **Our Dementia Support Group will be on Aug. 9th at 6:30 pm. The next meeting will be Sept. 13th. This is open to the community. Masks will still be required. Family Council will be just prior at 6pm.** This is for the families of our residents only.

Both will be in the Boulder Creek Community room. The August 9th Dementia Support Group Speaker will be Deb Vizecky- the Regional Ombudsman. The September 13th Dementia Family Support Group Speaker will be Rebekah Reynolds former ACE Representative, now life coach. Please look for more information later in the newsletter.

5. Jan will be gone to a Assisted Living Directors conference the afternoon of the 16th, 17th, 18th. Mary our Nurse Supervisor will be available in the event of an emergency and can reach her by phone.
6. Erika Morrow our HR gal has accepted a new position at the county in her field of study. We wish her the very best of luck. She will be replaced by Jennifer Willander. Jennifer has been promoted from within. We will miss her as a CNA but have complete confidence in her new position.
7. Activities Assistant Eden Knudson will be going off to college. She intends to stay on as casual so she can help out during holidays and breaks. She will be replaced by
8. **Accordion Player Cletus Goblish will be coming on August 17th.**
9. Jazzy will help us celebrate the Dog Days of Summer this month. Many of our activities will be built around a doggy theme. We should be able to unveil Jazzy's new dog how which the residents built and decorated. Special thanks to Mary Mitzer's father for the donation of wood and her children for assisting in the activity.
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 August will look much the same as July. **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.** We aren't putting up little letters any longer because the residents are taking them down and hiding them.
14. 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

In the coming months, I will take time to highlight The Senior Gems training. We remember that each individual is significant, precious and special: like a gem. The Senior Gems method focuses on what those with dementia **can** do, instead of what they **cannot** do. Teepa Snow's Gems classification system allows us to understand which stage of dementia the person is experiencing so we can better understand, appreciate and support each person's unique needs. Further understanding of an individual with dementia empowers us to help them shine! There are six individual gem classifications: sapphire, diamond, emerald, amber, ruby and pearl.

This month, we will focus on Sapphire and Diamond.

Sapphires have no significant change in cognition, but they may feel 'blue' due to the changes of aging. They have difficulty learning new things. They like to choose and feel like they are making a difference. They may need help or modifications to enjoy interests. They value leaving a legacy and fulfilling promises.

Diamonds can do OLD habits and routines. They become more territorial or less aware of boundaries. They gravitate towards the familiar and have difficulty with change. They might often tell the same stories or ask the same questions. They like things that make them feel competent and valued. They are interested in what they enjoy and who they like. For example, that card club of familiar friends or the group of guys who always got morning coffee together.

It is my hope that some of the information I have provided you will inspire you to dig a little further. You may visit: <https://teepasnow.com/> for further information on Gems. Her YouTube videos are very informative and helpful, as well.

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 Full-time RN or LPN to hold charge position. 36-40 per week.

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 Agenda

August 2022

Open the meeting

New Business

Anyone wish to volunteer to lead Family Council? We can have a vote or continue as we have been doing it.

1. Thank you to all the volunteers and participants that helped make our Family Fun Day Event a success. We were able to give \$805.25 to MADAN which will stay in our community to help out families locally.
2. If all goes well Tai Ji Quan has been put off until September for Boulder Creek. Our Assisted Living Director is working to modify the program to be more friendly towards those suffering from dementia.
3. We are still looking for a part-time activities assistant, as well as a Full-time RN/ LPN, and home health aides. Brooke has decided to go down to casual so she can spend more time with her new baby.

4. Erika our HR gal has accepted a new position at the county as a social worker which will utilize formal education. In her stead we hired Jennifer Willander who was a full-time day CNA. We feel confident in her abilities and wish both Jennifer and Erika the very best.
5. Looking for new topics to explore for dementia support group. August we will have the Regional Ombudsman come and talk. September we will have Rebekah Reynolds for A.C.E. rep and now life coach talk about the importance of self-care for the caregiver.
6. Jan will be gone to a conference the after of the 16 thru the 18th.

Ask for any questions, new business

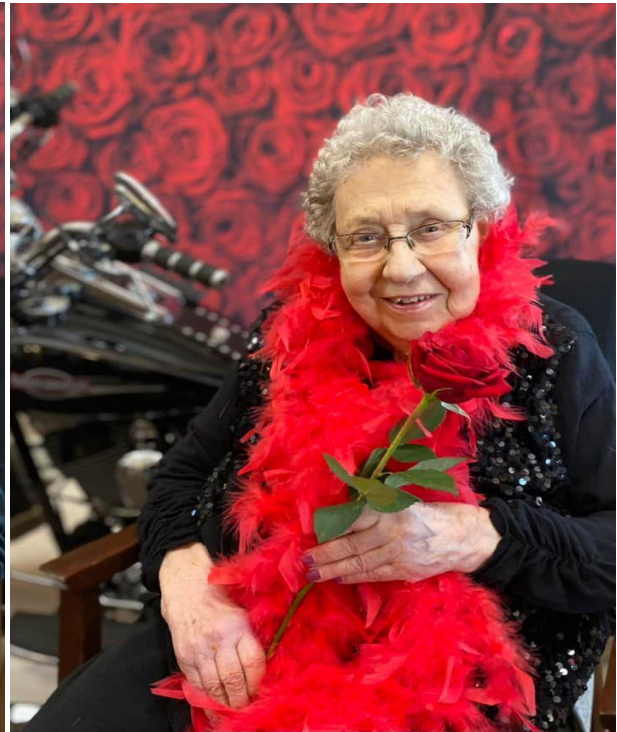
Close the meeting



Live every moment to the fullest



Check out our Gorgeous Grandma's!



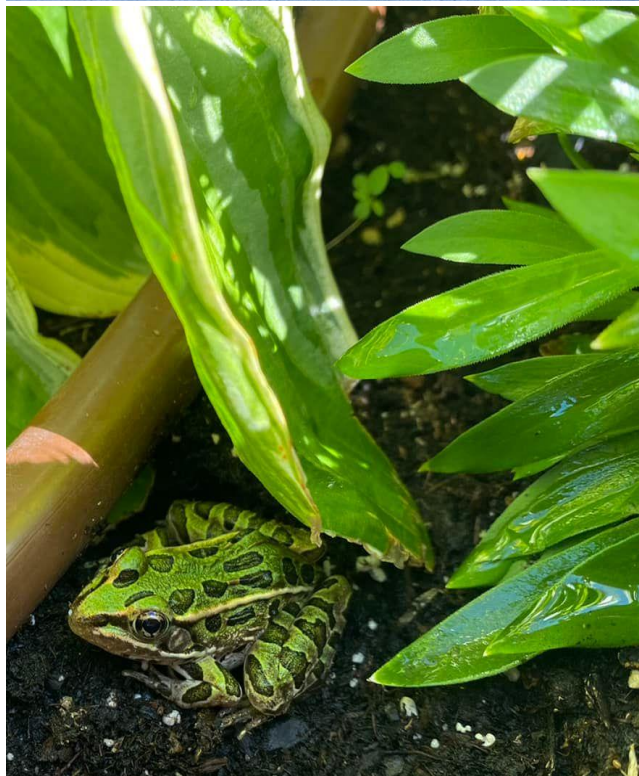








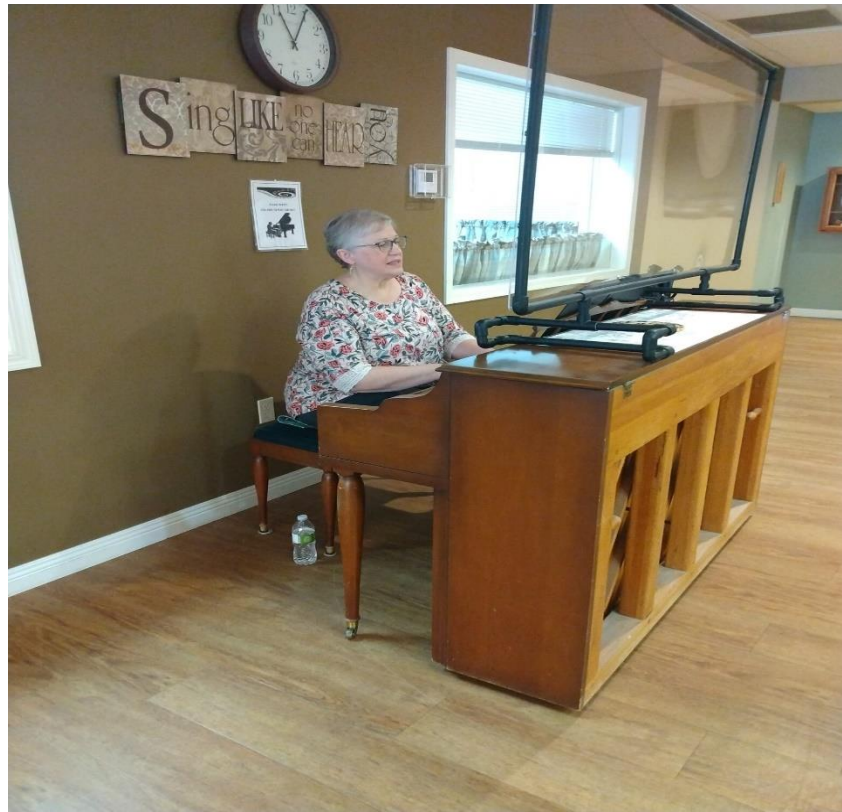
**Thank You Drew Olsen for the use of
your Harley Davidson!**





Hey Good Lookin' Whatcha Got Cookin'!









**We all enjoyed Singing along with Music
Therapist Beth Wilson!**





























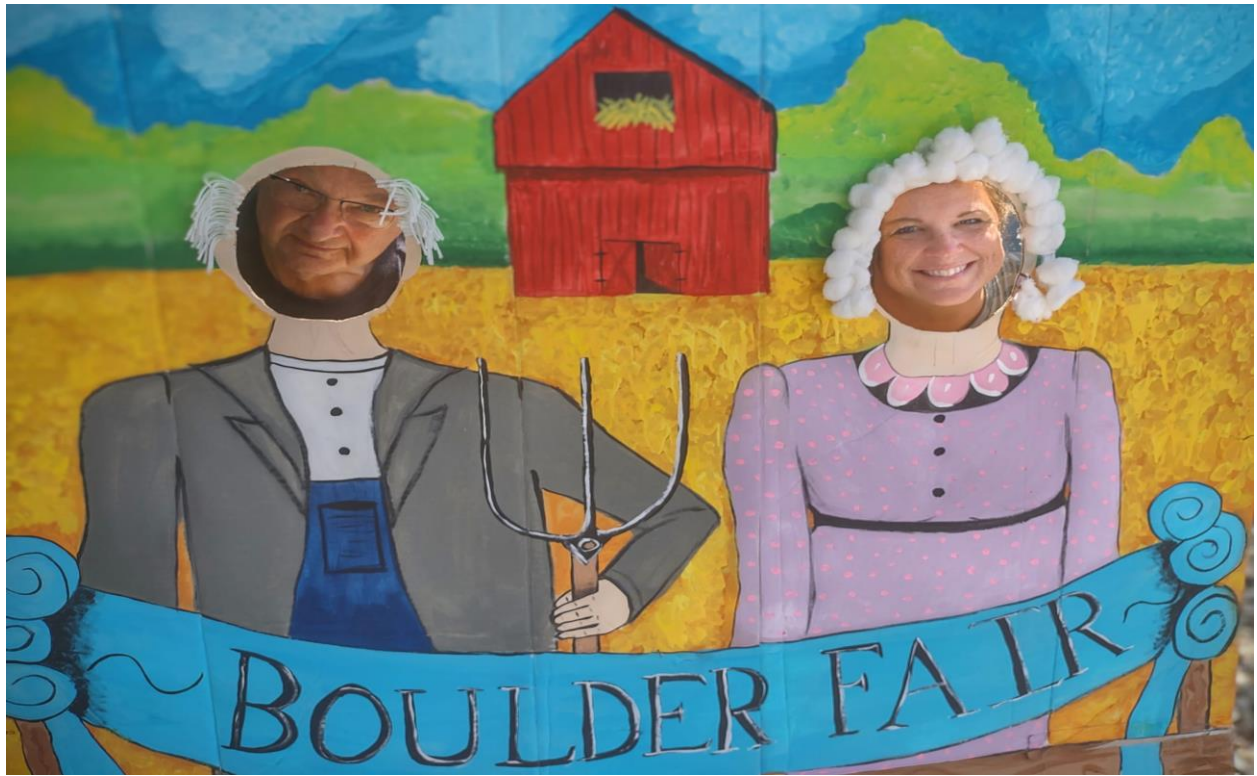






















**Family Fun Day
was about
creating new
memories and
remembering
those that may
have passed.**











I hope you all enjoyed the many pictures this month. Boulder Creek has been busy living life to the fullest!

Monthly Education:

Alzheimer's and Hallucinations, Delusions, and Paranoia



Due to complex changes occurring in the brain, people with [Alzheimer's disease](#) may see or hear things that have no basis in reality.

- **Hallucinations** involve hearing, seeing, smelling, or feeling things that are not really there. For example, a person with Alzheimer's may see children playing in the living room when no children exist.
- **Delusions** are false beliefs that the person thinks are real. For example, the person may think his or her spouse is in love with someone else.
- **Paranoia** is a type of delusion in which a person may believe—without a good reason—that others are mean, lying, unfair, or “out to get me.” He or she may become suspicious, fearful, or jealous of people.

If a person with Alzheimer's has ongoing disturbing hallucinations or delusions, seek medical help. An illness or medication may cause these behaviors. [Medicines are available to treat these behaviors](#) but must be used with caution. The following tips may also help you cope with these behaviors.

Hallucinations and Delusions

Here are some tips for coping with hallucinations and delusions:

- [Discuss with the doctor](#) any [illnesses the person with Alzheimer's has](#) and [medicines he or she is taking](#). Sometimes an illness or medicine may cause hallucinations or delusions.
- Try not to argue with the person about what he or she sees or hears. Comfort the person if he or she is afraid.
- Distract the person. Sometimes moving to another room or going outside for a walk helps.
- Turn off the TV when violent or upsetting programs are on. Someone with Alzheimer's may think these events are happening in the room.
- [Make sure the person is safe](#) and can't reach anything that could be used to hurt anyone or himself or herself.

Paranoia

In a person with Alzheimer's disease, paranoia often is linked to [memory loss](#). It can become worse as memory loss gets worse. For example, the person may become paranoid if he or she forgets:

- Where he or she put something. The person may believe that someone is taking his or her things.
- That you are the person's caregiver. Someone with Alzheimer's might not trust you if he or she thinks you are a stranger.
- People to whom the person has been introduced. He or she may believe that strangers will be harmful.
- Directions you just gave. The person may think you are trying to trick him or her.

Paranoia may be the person's way of expressing loss. The person may blame or accuse others because no other explanation seems to make sense.

Here are some tips for coping with paranoia:

- Try not to react if the person blames you for something.
- Don't argue with the person.
- Let the person know that he or she is safe.

- Use gentle touching or hugging to show you care.
- Explain to others that the person is acting this way because he or she has Alzheimer's disease.
- Search for things to distract the person, then talk about what you found. For example, talk about a photograph or keepsake.

Also, keep in mind that someone with Alzheimer's disease may have a good reason for acting a certain way. He or she may not be paranoid. There are people who take advantage of weak and elderly people. Find out if someone is trying to abuse or steal from the person with Alzheimer's. For more information, visit [Elder Abuse](#).

Read about [this topic in Spanish](#). Lea sobre [este tema en español](#).

For More Information About Hallucinations, Delusions, and Paranoia in Alzheimer's

NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center

800-438-4380

adear@nia.nih.gov

www.nia.nih.gov/alzheimers