

The Boulder Times



December 2022

Hello Everyone,

It's hard to believe that it is already December and the holiday season is well underway. It won't be long and we will be looking at 2023.

Remember even on the tough days that “**together we can do anything**”.

1. **IMPORTANT:** Avera Marshall informed us that as of December 16th Clarissa will no longer be working for them and that they will be discontinuing the outreach services as well as the lab services. (Please see more details in the family council agenda.)Important: **UPDATE:** *As of today 12/2/22, your letters and phone calls are working. Lab services have been restored.*
2. Please let us know if you plan on taking your loved one out for **Christmas/New Year's Day.**
3. Our staff will be undergoing a safe lifting training from Avera therapies this month.
4. Thank you to everyone who has attended the recent care

conferences. We really appreciate your taking time out of your busy days. If you have not been scheduled yet, please know that Mary will be calling to set one up soon.

5. **Our Dementia Support Group will be on Monday Dec. 12th at 6:00 pm. (Jan has a Christmas program for her grandkids to attend on Tuesday)** The next meeting will be Jan. 10th. This is open to the community. **Masks will still be required. Family Council will be just prior at 5:30pm.** This is for the families of our residents only. Both will be in the Boulder Creek Community room. The next 3 months we will be watching and discussing the Jolene Brackey DVD. Please look for more information later in the newsletter.
6. We are still looking for titles people are interested in adding to our **lending library**. 4 new books were added to the 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.
7. With our recent Covid scare it, we will proceed with caution, and December will look much the same as November. Our county is at extremely high levels. Please protect your loved ones. At this time is essential visitors only but we will go back to everyone after the quarantine is over. **Masks on, & visits are in rooms but will return to being allowed in the common areas after quarantine time is over.** No appointments are needed to visit. It is best not to come during the scheduled meal times. No eating or drinking in their rooms.
8. If you have multiple family member who want to visit, please set up a time with Jan to use reserve the community room. Families are welcome if the room is not being used for business meetings.
9. At this time, we are not serving guest meals or snacks in the neighborhoods due to covid concerns.
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. It's that time of year where we will need to start locking the sunroom doors. Residents can be let out if weather is permitting.
12. 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.
13. We will be putting up our hat, mitten, scarf, and sock tree again in the lobby this year. We will decorate with hand made or store-bought outer wear. Then underneath we will be putting non-perishable food items. Everything on the tree will be given to United Community Action to give to those in need. Everything underneath will go to the Marshall Food List. Please feel free to donate if you are so moved.
14. The Staff have chosen to participate in the "Adopt a Resident " for Christmas Program here at Boulder Creek. They will choose a resident to adopt and buy them a couple of small gifts for Christmas. It should be a fun time for all.
15. Santa Claus is coming to give out the gifts that staff bought for the residents on December 23rd.
16. Pastor Quist will be doing a Christmas Service on December 23rd.
17. 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



Welcome to Mary 's Corner

BC's Nurse Supervisor/Case Manager

The holidays are upon us with a wonderful opportunity to gather together and visit...to create lifelong memories with your loved one. Moments of joy.

When you come in a visit make sure you bring something with you so you have something to talk about, something to give, something to do. They may lose the ability to communicate but you can still give them something to put a smile on their face. Here are some other suggestions to make visiting easier and to create a moment of joy for both of you!

Dance with them, be silly, remind them who they are, give them their greatness back and smile because your mood absolutely affects their mood. Yes, there is so much you can do to create a moment of joy.

When it is time to go avoid saying "I have to go home" because they will want to go home too. Take the word home out of your vocabulary. Instead give them a place where they wouldn't want to go. "I have to go to work." "I have to go to the dentist." Or "I have enjoyed our visit I will come back again soon." And know you don't have to come back for another week because of their short-term memory loss. Your goal is to make them feel like everything is ok for the moment when you walk out the door.

As a side note, I urge you to exercise moderation with bringing Christmas sweets and treats. Certainly, do so, of course! But, please remember that they may not have the impulse control to prevent them from eating that whole box of chocolates in one sitting. They may eat a few one minute, forget that they already had some and then come back to finish the rest of the bag moments later.

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, Evening, and Overnight 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

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

December 2022

Open the meeting

New Business

1. On the night of November 17th, we received a letter by email from Avera Marshall stating that Clarissa would no longer be working for Avera Marshall as of December 16th and no one would be replacing her in the outreach capacity. They also stated they will no longer be offering labs to be drawn in house on that date as well. We are currently exploring other possibilities for our residents in house care. It is our hope to be able to offer the same services as before but with a provider other than Avera. Heritage Point, Boulder Estates, Hill St, and Boulder Creek are all working together in collaboration to try and bring these services back to our community. I will bring more information forward to everyone as able. I am so sorry. It breaks my heart to have to inform you of these changes. In the meantime, I would plan on trying to find another provider. You will need to set up a get to know you appointment so, that there will be no lapse in care of your loved ones. Also make plans on how to get their labs done if necessary. In addition, I encourage everyone to advocate strongly for your loved ones by letting the CEO of Avera and the Vice President of Avera Medical Group know how important and crucial these outreach services are to the community. They are more than a convenience; these services are crucial to providing adequate care to some of our most vulnerable people in the community. This is especially true with those that are aging and even more so with those suffering from advancing dementia. Avera Marshall Regional Medical Center, Attention: Avera Marshall CEO, or Vice President Avera Medical Group, 300 S. Bruce St., Marshall, MN 56258. In addition to this I would encourage you to write a letter to the editor outlining the outreach services that had been provided and how difficult it is going to be

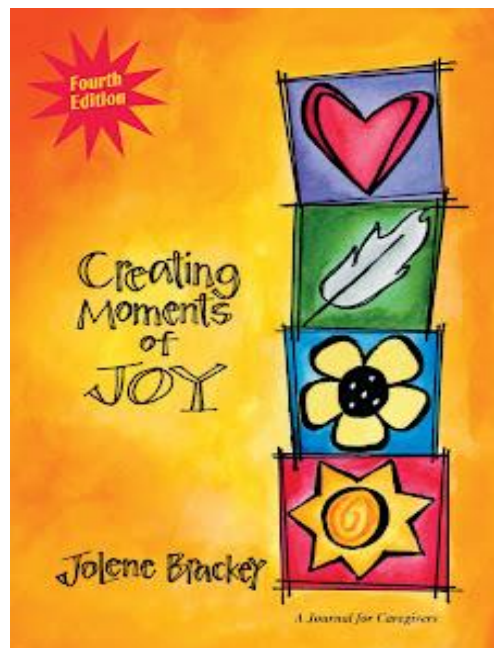
for you and your loved ones with advancing dementia now that the services are going away. As always, we are in this together. If you can come up with any better ideas, please let me know. I am open to all suggestions.

2. December 8th we will be hosting a family gathering to help decorate stockings in the community room. An area will also be set up to take a Christmas photo with your loved one. Cookies and cocoa will be served.
3. Please remember to take care as your family gathers this holiday season. Not only is covid still around, they are also expecting a tough flu season. As we just experienced in September once something gets into a neighborhood it can spread very quickly.
4. On December 8th we will be having stocking decorating with the family. Cookies and cocoa will be served. A backdrop for a Christmas photo will be available for you and your loved one as well.
5. Please let us know if you are choosing to take your loved one out for Christmas.
6. Current Census is 15 on North 7 men and 8 women, and 14 on South all women. Two move ins' on South are pending.
7. We are looking for a Full-time RN/ LPN, and both full and part-time home health aides
8. Looking for new topics to explore for dementia support group. December-February we will bring in some informational video's with discussion from Jolene Brackey. She is the author of "Creating Moments of Joy". This may continue into the new year depending on how quickly we get through the videos.
9. Falls Committee Update: Nov 30th was our last "Fall" meeting.
10. Ask for any questions, new business

Close the meeting

The Book in which the videos are made “Creating Moments of Joy” is available in our lending library.

Jolene Brackey has a vision: that we will soon look beyond the challenges of Alzheimer’s disease to focus more of our energies on creating moments of joy. When people have short-term memory loss, their lives are made up of moments. We are not able to create perfectly wonderful days for people with dementia or Alzheimer’s, but we can create perfectly wonderful moments, moments that put a smile on their faces and a twinkle in their eyes. Five minutes later, they will not remember what we did or said, but the feeling that we left them with will linger. The new edition of Creating Moments of Joy is filled with more practical advice sprinkled with hope, encouragement, new stories, and generous helpings of humor. In this volume, Brackey reveals that our greatest teacher is having cared for and loved someone with Alzheimer’s and that often what we have most to learn about is ourselves.



Help Us Fill Up the Giving Tree



It's been a tough year for people. In the spirit of the season Boulder Creek would like to give back. Starting the first week of December in the Boulder Creek front lobby, we will have a Christmas tree with only lights on it. Our hope is to decorate it with hat, scarves, mittens, gloves, and socks.

Then we would also like to put non-perishable food items underneath. Everything will go to the local food shelf at United Community Action to be distributed to those in need. Monetary donation can & will be accepted in lieu of purchasing items.

Donation will be accepted Monday thru Friday by the front office or by the charge nurses on the weekends.

Together we can make it a little better for everyone.



Handling The Holidays When a Parent Has Dementia

Talk To Family & Friends Ahead Of Time

Explain that Alzheimer's and dementia is a disease that affects the brain. Let them know their loved one may not remember them, may become agitated, scared or accusatory without much warning. This can be especially scary for kids or family members who haven't seen their loved one behave this way before.

Plan a family meeting or send a family email ahead of time discuss it. Try and prepare family and friends for what to expect and how to handle common issues like communication, suggested activities and safety issues including wandering.

Focus On Family Memories

Watching a familiar movie, looking through old photos or listening to their favorite songs are soothing and can awaken past memories. Even if a loved one can't remember their adult child who is in the room, they may see old family photos from years past and provide vivid details about what was happening when the photo was taken, who was there or even the year.

Don't be afraid to ask them questions, but at the same time don't push them to remember or challenge their recollection of a person or an event.

Don't Argue With Them Or Correct

Alzheimer's can be particularly challenging for family members who don't understand what is happening to their loved one. Seeing cognitive decline and memory loss can be difficult to accept and many people believe if they remind their loved one often enough eventually, they will remember something or realize what is happening in the present.

The truth is Alzheimer's is a progressive disease that destroys memory. We encourage families to talk to their loved ones about past memories but if they can't remember, or recall something differently, don't spend time arguing or telling them they are wrong. It can increase confusion and cause the person to become agitated. Even if they end up agreeing with you today it is no guarantee they will remember it tomorrow.

Ask Them To Participate



Encourage activities like looking at old photos.

People with Alzheimer's and dementia want to contribute to everyday life and be a valuable part of the family. If there are day-to-day activities, they can still complete, and seem interested in doing, encourage them to pitch in.

Activities such as sweeping, wiping kitchen counters, or sorting holiday cards are a start. Focus more on spending time with them and don't worry about the

end result. It doesn't really matter if they were able to get the counters clean. What you will remember later is the time you spent together.

Keep Them Safe

People suffering from Alzheimer's and dementia are prone to wandering, which can be extremely dangerous for the person and very worrisome for family and friends. There are many reasons someone may wander, including agitation and confusion – especially if they aren't used to a room full of people during the holidays. Even in a house full of family and friends someone with dementia can wander off without someone noticing.

Have a [plan to prevent Alzheimer's wandering](#), make sure everyone in the house is aware of it and watching out for signs including someone who:

- **Has To Be Somewhere** – A person who insists it is time to go to work or pick up a child from school could be moments away from walking out the door
- **Boredom and Restlessness** – Someone who isn't getting enough exercise or stimulation can begin wandering simply to find someone to talk to or something to do
- **Needing To Find Something** – When someone with Alzheimer's or dementia starts looking for a specific object or person they may wander off to find it
- **Basic Needs** – Consider your loved one might be wandering simply because they want a drink of water at night or need to use the restroom

Have Fun And Enjoy The Time



While spending the holidays with someone suffering from Alzheimer's and dementia can be stressful and scary, it doesn't mean you can't laugh and enjoy time with your loved one and other family members.

Did grandpa just accuse you of stealing his favorite pillow – again? Assure him his favorite pillow is close by then ask him what he likes so much about it. Did grandma just call you by her great aunt's name – again? Smile, then ask her about her great aunt and find out what she remembers so fondly about her.

Get to know your loved for who they are today without trying to focus on who they were in the past.

Make Today Amazing



Live every moment to the fullest









We Give Thanks For All of Our Boulder Creek Residents



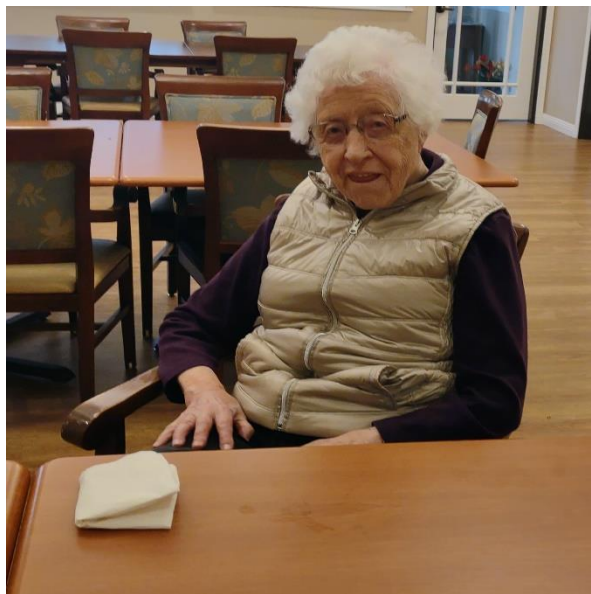
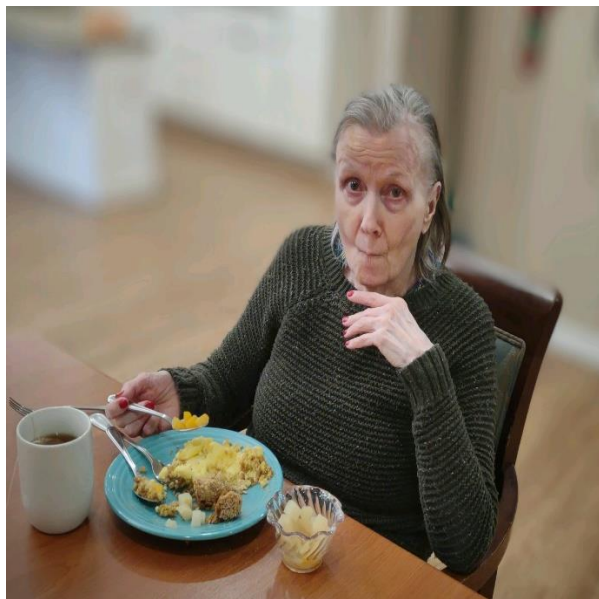












Getting Ready to Move & Groove

