

The Boulder Times



April 2023

Hello everyone,

1. **Well, we made it through another covid outbreak. Masks will continue for now.** Goggles no longer have to be worn unless there is an active outbreak. According to the guidance by the MN Dept of Health our county continues to be considered high in the number of cases.
2. **If you are a POA or Designated Representative please stop by Jan's office, so we can check if you have anything to sign. Then we can get it taken care of.**
3. **Our new in-house care provider has started seeing patients. Things are going well. Some processes are still getting worked out, but we are getting there. If you have any questions or concerns, please feel free to let Mary or myself know.**
4. **Boulder Creek Lending Library:** We have several new titles in our selection. Please take a moment to check it out the next time you are in the area.
5. **State of MN Quality of Life Surveyors should be coming on April 5th and 6th** to interview our residents. It is being done by an independent company called Vital Research. If you prefer your loved one not be interviewed, please contact me as soon as able. You will also be receiving survey questions in the mail.
6. **State of MN Quality of Life Surveyors will also be reaching out by letter to you as family members to speak on behalf of your loved ones.**
7. **Spring Cleaning:** it's a great time to come in and go through clothes, and stuff your loved one may not need or use anymore.

8. Treats are always wonderful. **Please bring treats to share not to leave.** We are finding more crumbs on the floor than are hitting the residents mouths. (That means we are also finding ants! Yes, believe it or not, those normally dormant ants come out when those delicious treats are left out and about.) Jazzy is also losing her girlish figure as she picks up all of the leftovers.
9. **Jolene Brackey training was cancelled due to weather. We hope to have it rescheduled soon.** On April 11th at 6pm we will vote to see if we want to have Support group 2x a month until we finish the DVD series or wait for the rescheduling.
10. **Family Council will be at 5:30pm on April 11th.**
11. **Jazzy will be turning “2” on April 5th.** We will have a Puppy Pawty and all residents are invited.
12. **Boulder Creek will be having an Easter Birthday Party Combo on the 12th of April instead of the usually 3rd week of the month.**
13. Pastor James is just returning from his trip to the Holy Land and will be sharing about his trip on the 14th.
14. The 3rd Week of April we will be celebrating our “**Senior Companion Yvonne Caron**” **It’s Nat’l Volunteer Appreciation Week!**
15. **If you are interested in participating in the Spring Canvas Art Event w/ Sue on the 21st from 6-8pm please let Jan know by the 7th of April. Also, if you would like to do a butterfly, bird, or heart.**
16. On April 25th we will be celebrating Joan LaVoy on “**Nat’l Hairdresser Appreciation Day**”
17. Please stop by and pick it up the gift to your family if you have not done so. It’s in the community room. We still have about a dozen that need to be picked up.
18. Check out our employee spotlights on Facebook. We also have a book in the front lobby.
19. Mary will be gone the 6-9th of April
20. Jan will be gone for a celebration of life & visit with sick relative April 28-May 1
21. As always, my door is open. Please feel free to contact me with any questions or concerns.

IT'S TIME TO SPARKLE

JOIN US FOR

SPRING CANVAS ART WITH SUE



WHEN: Friday April 21st

TIME: 6-8pm

WHERE: BC Community Room

COST: \$10 to offset the cost of supplies

Bring any special heirloom jewelry or costume jewelry you would like to use.
Brooches, pins, earring, necklaces, beads, time pieces, etc.

PROVIDED: Stencils, canvas, and glue will be provided. (Some donated jewelry will be available for your use as well)

REFRESHMENTS: Mocktails and a Charcuterie board filled with goodies.

Go home at the end of the evening with a beautiful piece of art and family keepsake to be passed down from generation to generation.

Please RSVP to Jan by April 7th.



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

Looking for a Part-time Activities staff. *12-15 hrs per week. 3:30-7pm 2-week days, and 1 weekend day 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 Jennifer at 507-401-3606.

April We are Celebrating a Bunch

April 2: Palm Sunday

April 5: Jazzy's Birthday

April 9: Easter

April 10: Nat'l Farm Animal Day

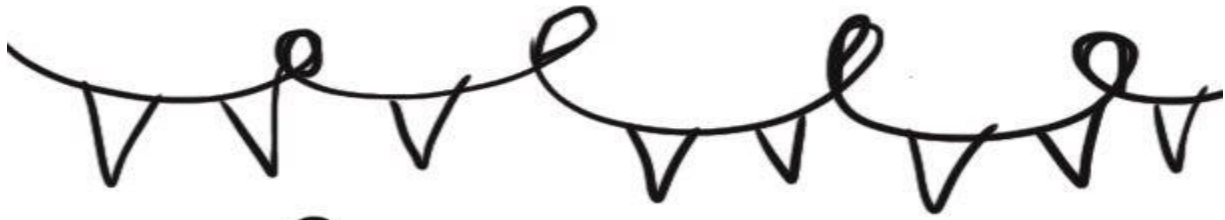
April 12: April Birthday's & Music by Dos Off Beats

April 17: Nat'l Cheeseball Day

April 17-19: Nat'l Volunteer Appreciation Day

April 21: Spring Canvas Art w/ Sue celebrating You

April 25: Nat'l Hairdresser Appreciation Day



Let's celebrate
something today

www.coeurblonde.com



Family Council Agenda

April 2023

Open the meeting with New Business

New Business: Things are going well for our "in house provider". Some processes are still being worked through. More information will be coming soon.

- ♥♥ Masks will continue to be required in April, and until further notice. Although guidelines have changed and goggles are only required during an outbreak.
- ♥♥ Still working on getting all the service plans signed. If you have not signed yours for your loved one, please stop by the office.
- ♥♥ If you are interested in signing your loved one up to be seen by our new in house provider please contact Mary.
- ♥♥ Expect Quality of Life family surveyors to be sending you a survey as well as coming into talk to our residents like last year. (If you don't want your loved one talked to please send me an email stating thus.)
- ♥♥ Current Census is 14 on North 7 men and 7 women, and 15 on South all women.

- ♥♥ We are looking for a Full-time RN/ LPN, and both full and part-time home health aides. We are also looking for a part-time activities person.
 - ♥♥ April's Support Group at 6pm today will feature a vote about Jolene Brackey Video's and a discussion.
 - ♥♥ Looking for new topics to explore for dementia support group. April we will look at what kinds of topics you would like to learn about going forward.
 - ♥♥ Falls Committee Update: Jan 23rd was our last "Fall" meeting. With the recent covid in the building our fall frequency has remained about the same. We are looking at possible barriers and thinking out of the box problem-solving.
 - ♥♥ Follow up from the ALICE Training- Jan is in collaboration with the Marshall Police Department. This would be for Active Shooter training. Mary & Jan both finished up FEMA training, and a table top exercise on an unknown disease
 - ♥♥ BC will be hosting a Canvas Jewelry Art event in the community room for family members and staff after Easter on Friday April 21st. Please let Jan know by April 7th if you are interested.
 - ♥♥ Save the Date: Mother's Day Celebration will be on the 15th of May.
 - ♥♥ Save the Date: Father's Day Celebration will be on the 19th of June.
 - ♥♥ Save the Date: Family Fun Day will be July 29th.
 - ♥♥ Save the Date: Sounds of Summer Parade- Resident Float will be Aug. 19th.
 - ♥♥ Looking at a pulled pork/corn feed for the family fun day event. Thoughts of what you would like to see there.
 - ♥♥ We have new titles in our Boulder Creek Lending Library. Please feel free to check it out.
 - ♥♥ We are continuing to look for a part-time evening and weekend activities person.
 - ♥♥ Due to weather the Spring Dementia Event featuring speaker Jolene Brackey will be rescheduled. More information will be coming.
 - ♥♥ Check out our employee spotlights on Facebook or I the front lobby.
 - ♥♥ Ask for any questions, new business
- Close the Meeting



Welcome to Mary 's Corner

BC's Nurse Supervisor/Case Manager

Hello Boulder Creek families! Old man winter is slowly loosening his grip on us and I am excited to see some beautiful changes with spring! Most of us enjoy getting outdoors when the weather warms up or working on indoor 'spring cleaning' projects during rainy days. This is a great time to refresh your loved one's closet – remove some of the winter clothing, replace with clothes appropriate for warmer weather. Be sure to leave some pieces that are good for layering like cardigans and light jackets that are easy to slip into when it's chilly.

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.

Also, this is a great opportunity to take that heavy comforter or quilt on their bed out for a wash. Our washers and dryers are not equipped to handle extra-large loads. We can spot clean them as needed; however, they need to be taken to the cleaners or laundromat for a thorough, deep clean.

Your loved ones might want to help with spring cleaning. Get them involved with a purposeful activity like dusting. If there are treasures, keepsakes or trinkets on top of their dresser, for example, staff do not dust around these items. Staff refrains from dusting around knickknacks in order to prevent accidental breakage. Also, take a peek under and behind furniture (as well as in drawers) as staff does not move furniture when cleaning rooms. You might be surprised what you find! 😊

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



10 of the best free re caregivers

ementia

As a dementia caregiver you might [feel lost and alone](#) or like no one understands what you're going through. There are several types of dementia and the disease [progresses differently](#) for everyone. You may be facing a roller-coaster of emotions, ranging from despair and anxiety to anger and frustration, all while [trying to balance the demands of caregiving with other responsibilities](#), such as your family or career.

Fortunately, there are many excellent resources for dementia caregivers – many of them completely free of charge. Here's a look at 10 of the best free resources for caregivers providing dementia care.

Dementia Support Groups

Support groups are some of the best resources available to dementia caregivers. Connecting with other caregivers who are going through similar journeys and experiences helps caregivers feel as though they're not alone. Plus, other caregivers are often excellent sources of advice for dealing with specific caregiving situations.

The Alzheimer's Association offers a [searchable database of support groups](#), making it easy for caregivers who want to join an in-person group to find a support group in their local area.

For caregivers who prefer online interactions or those who don't have the time or ability to attend in-person meetings, [ALZConnected](#) and [Caregiver Nation](#) are online support communities available 24/7.

The Alzheimer's Association's 24/7 Helpline

When you're in the midst of a crisis, dementia caregivers can call the [Alzheimer's Association's Helpline](#) 24 hours a day, 7 days per week to talk to master's-level clinicians and specialists. This helpline offers crisis guidance, decision support, education, information on local programs and services, information on financial and legal resources, treatment options, and care decisions. There's also a live chat option available from 7:00 a.m. to 7:00 p.m., Monday through Friday. The Alzheimer's Association offers plenty of [downloadable resources](#), too, covering many questions and concerns dementia caregivers face.

Family Caregiver Alliance – Dementia Caregiver Resources

The Family Caregiver Alliance provides an abundance of resources for caregivers providing care to people with a variety of health conditions and disabilities. The [Dementia Caregiver Resources](#) section is a trove of helpful guides, tips sheets, and caregiver stories to help caregivers navigate the journey of caring for a loved one with dementia. The Family Caregiver Alliance also offers [online support groups](#) for caregivers to connect with others who are facing similar struggles and those who can offer advice for overcoming common caregiving challenges.

The National Alliance for Caregiving – Brain Health Conversation Guide

The National Alliance for Caregiving offers support and resources for all caregivers, but dementia caregivers will find the [Brain Health Conversation Guide](#), developed in collaboration with the [Alzheimer's Foundation of America](#), particularly helpful for navigating those difficult discussions about memory changes and cognitive health. Other guidebooks, including a Spanish version of the Brain Health Conversation Guide, can be found [here](#).

U.S. Department of Veterans Affairs – Dementia Care

For dementia caregivers providing care for a veteran, the [U.S. Department of Veterans Affairs](#) offers helpful information on Alzheimer's disease and other dementias, as well as information on the services and resources available to veterans living with dementia. Services provided include support for both veterans and their caregivers.

Cleveland Clinic – Healthy Brains

The [Cleveland Clinic's Healthy Brains](#) initiative offers individualized brain health assessment tools, lifestyle tips, news on the latest developments in research and medicine, and more. This interactive resource is useful for both caregivers and those who are living with Alzheimer's disease or another form of dementia, offering both tips for reducing the risk of developing dementia as well as helpful resources for caregivers, such as information on the healing power of pets, the latest [clinical trials](#), and more.

Alzheimer's Foundation of America – Caregiving Resources

The [Alzheimer's Foundation of America](#) provides numerous helpful resources for Alzheimer's caregivers, including a free helpline, dozens of [fact sheets](#), free [community classes](#), [webinars](#), and more. The AFA also offers a [National Memory Screening Program](#), which provides free, confidential memory screenings throughout the United States on an ongoing basis. The program has screened more than 5 million people across the country to date.

Caregiver Action Network's Family Caregiver Toolbox

For helpful tips and information on every aspect of caregiving, the [Caregiver Action Network's Family Caregiver Toolbox](#) is a go-to resource. While it's not specifically focused on dementia caregivers, there's plenty of information any caregiver can use, as well as [resources on caring for a loved one with Alzheimer's disease](#). CAN's [Care Community](#) is an online support community with several forums including a group for Alzheimer's caregivers, a forum for caregivers coping with depression, a group for caregivers to discuss tips and strategies for dealing with healthcare providers, and more.

Dementia Friendly America

[Dementia Friendly America](#) is “a national network of communities, organizations and individuals seeking to ensure that communities across the U.S. are equipped to support people living with dementia and their caregivers.” DFA offers a robust [list of resources](#) for people living with dementia, their loved ones, and dementia caregivers, as well as [toolkits](#) for those who want to advocate in their own communities.

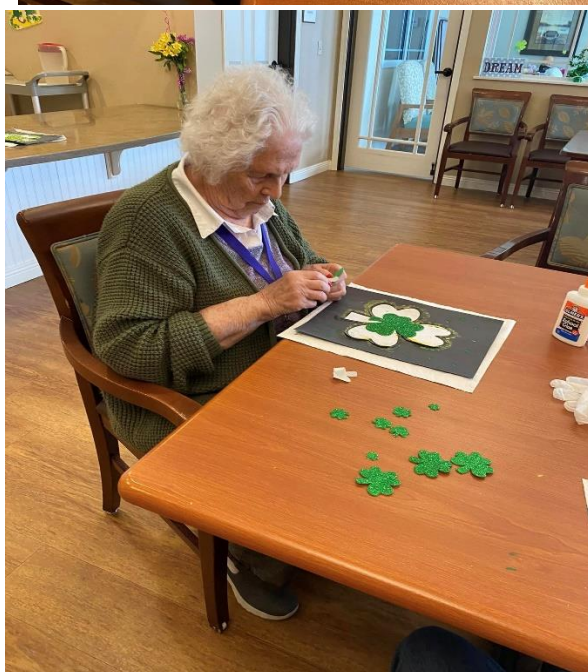
Memory Cafés

Located in hospitals, libraries, senior centers, and other locations, memory cafés offer support for those with dementia and their caregivers to help them combat social isolation and connect with others who are coping with similar circumstances. The [Memory Café Directory](#) lists hundreds of memory cafés located throughout the U.S.

Local Groups

We also have our local support groups at A.C.E. , MADAN, Heritage Pointe, and here at Boulder Creek, as well as our lending library.





**Shaking things up with
Shamrocks!**





It's March Madness!







Celebrating National Puppy Day with Jazzy!



