

The Boulder Times



June 2023

June is Dementia Awareness Month! Check your calendar for special events!

Hello everyone,

1. **Please sign the consent forms for your loved ones if you agree to allow us to take them on an outing.** We will be taking the Marshall Transit bus. (There will be no cost for the resident)
2. **Men will be going fishing at independence park on June 8th,** ladies will help pack their lunches. Family is welcome to meet us there. Please rsvp so we have enough bag lunches. (There is no cost for the resident)
3. **Ladies will be going to the Lyon County Museum on June 12th.** After the tour they will have a scoop of ice cream. (There is no cost for the resident)
4. **Boulder Creek Spring Apparel Store now open & will close on the 9th of June:**
<https://bouldercreek2023.itemorder.com/>
5. **Please check out the new beauty shop pricing** (details in newsletter)
6. **Good News on the Mask front.** The national public health emergency declared during covid came to an end on May 11, 2023. Mary and I attended a zoom call on May 10th with information concerning the expectations of how we should proceed from here. As this is being typed the Lyon County transmission rate continues to be low. If we continue to have no outbreaks in the bldg., and if people haven't had

an exposure or possible exposures, we won't have to wear masks. Even though the health emergency is over, covid is still out there so we much proceed with caution, rather than throwing caution to the wind. This is the first time in over 3 years. That being said, it is going to be more important than ever that visitors make sure they don't come and visit when they are sick.

7. **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.**
8. **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.**
9. **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.
10. **June 13th we will have the Dementia Family Support Group & Family Council. Council will start at 5:30 and Support group at 6pm.**
11. **State of MN Quality of Life Surveyors were completed at the facility on April 5 & 6th. Please expect them to be reaching out by letter to you as family members to speak on behalf of your loved ones.**
12. **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.
13. **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.
14. **The Dementia Family Support Group in May will be focused on Teepa Snow's book "When Enough is Enough!"**
15. **June 19th we will be having a Father's Day gathering please RSVP. Actual Father's Day will be left open so not to interfere with family gatherings.**
16. **Friday June 30th the 4-H kids will be bringing in Llama's for the residents. We will be going Llama crazy all week to celebrate.**

17. June 15th at the Red Baron Arena we will be having the annual Dementia Walk from 4-6pm.
18. BC created the graffiti art for the Lockwood contest on behalf of MADAN. MADAN received \$1000 to go towards bringing resources and education to Marshall and the surrounding area.
19. Jan will be taking some time off in June when her son comes into town from Utah. She hasn't seen him since 2021.
20. 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.
21. Check out our Graduate spotlights on Facebook.
22. As always, my door is open. Please feel free to contact me with any questions or concerns.

(Starting June 1st)

Boulder Creek Guest Meal Tracking

Month/Week: June 1-June 3rd North/South_(circle)

(\$9.50 each. There will be no cash or checks accepted- will be charged to resident room and be a line item on monthly billing statement)

Meal reservation must be given to the LALD, 1 business day in advance with meal time and number of meals. If LALD is unavailable give to charge to call over to dining at 537-2415. No day of reservation will be accepted. Please turn in this form to LALD by Monday the following week.

Name:	Date:	# of Meals	Rm #
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1.

2.

3.

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.



June 15th the Marshall Memory Walk will be taking place at the Red Baron Arena. There will be many vendors, food, drink, live music, door prizes, a live radio spot, the Marshall Area Master Story Tellers will be performing, information will be available. Games for all ages, and a 5k run. The theme this year is a walk down “Memory Lane”.

This is a great opportunity to connect with others who are also dealing with dementia. Community Resources are available to help you connect in order to meet unmet needs. Please spread the word and come join us for some facilitated feel-good family friendly fun, facts, fellowship, fabulous food, and fitness.



New Beauty Shop pricing effective June 1st, 2023

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 LaVoy, 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: 507-530-2173

New Prices Starting June 1st 2023

Shampoo & Set	\$19.00
Women's Haircut	\$21.00
Men's Haircut	\$18.00
Perm	\$70.00
Color only	\$55.00

**Make all checks payable to "Joan LaVoy" Thank
You!**

Former first lady Rosalynn Carter has dementia, Carter Center says

Updated 4:40 PM EDT, Tue May 30, 2023



Former first lady Rosalynn Carter answers questions during a news conference at a Habitat for Humanity building site Monday, November 2, 2015, in Memphis, Tennessee.

Mark Humphrey/AP

[Rosalynn Carter](#), the former first lady of the United States and wife of former President Jimmy Carter, has dementia, the Carter Center announced on Tuesday.

“The Carter family is sharing that former First Lady Rosalynn Carter has dementia. She continues to live happily at home with her husband, enjoying spring in Plains and visits with loved ones,” the center [announced](#). Additional details about Carter, 95, were not immediately provided and the Center said it did not expect to comment further.

The Center said that, in sharing news of Carter’s diagnosis, it helped to “increase important conversations at kitchen tables and in doctor’s offices around the country.” As first lady, Carter made mental health advocacy her platform and formed a presidential commission on the matter during her time in the White House, a legacy that continues today.

President Carter, 98, [began home hospice care](#) in February after a series of short hospital stays.

The Bidens have “stayed in touch” with the former president’s team to “ensure that their family knows that they are certainly in the president and first lady’s thoughts,” White House press secretary Karine Jean-Pierre said at a Tuesday press briefing.

At an event in Norcross, Georgia, last week honoring the former president, President Carter’s former UN ambassador, Andrew Young, described the former president to [WSB-TV](#) as being in good spirits during a visit with him last month.

“They’re coming to the end,” the Carters’ grandson, Jason Carter, said at the event. “He’s going to be 99 in October, but right now, it’s sort of the perfect way for them to spend these last days together at home in Plains. They’re together, and they’ve been together for 70-plus years.”

Rosalynn Carter traveled across the country and the world as first lady in support of breaking mental health stigmas.

“Since 1971, Rosalynn had been a champion of mental health issues, and her leadership in this cause continues even now,” President Carter [wrote](#) in “White House Diary,” an annotated account of his time in the White House published in 2010.

Carter continued, “She mounted a worldwide crusade to reduce the stigma associated with mental illness and helped persuade the World Health Organization and Centers for Disease Control to include mental health on their agendas.”

Dementia is a broad term for an impaired ability to remember, think and make decisions, according to the [CDC](#). People with dementia may have trouble with memory, attention, communication, judgment and problem-solving, and visual perception beyond typical age-related vision changes.

Dementia is not a normal part of aging, according to the National Institute on Aging, but about one-third of all people age 85 and older may have some form of dementia.



Family Council Agenda

June 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.

1. Masks guidelines are changing, unless we have an active or probably case no masks are required.
2. Still working on getting all the service plans signed. If you have not signed yours for your loved one, please stop by the office.
3. If you are interested in signing your loved one up to be seen by our new in-house provider, please contact Mary.
4. 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.)
5. Current Census is 11 on North 4 men and 7 women, and 15 on South all women.
6. We are looking for a Full-time/part-time RN/ LPN, and both full and part-time home health aides. We are also looking for a part-time activities person.
7. June's Support Group at 6pm today will be discussing the upcoming MADAN & Family Fun Events.
8. Looking for new topics to explore for dementia support group. July & Aug we will start the Teepa Snow -When is Enough, Enough? Workbook. It is a positive approach to finding balance in a caring life. We we will look at what kinds of topics you would like to learn about going forward.
9. Save the Date: Mother's Day Celebration will be on the 19th of June.
10. Save the Date: MADAN Walk for our Memories at the Red Baron Arena
11. Save the Date: Father's Day Celebration will be on the 19th of June.
12. Save the Date: Family Fun Day will be July 22th.
13. Save the Date: Sounds of Summer Parade- Resident Float will be Aug. 19th.
14. Looking at a pulled pork/corn feed for the family fun day event. Thoughts of what you would like to see there.

15. We have new titles in our Boulder Creek Lending Library. Please feel free to check it out.
 16. We are continuing to look for a part-time evening and weekend activities person.
 17. Due to weather the Spring Dementia Event featuring speaker Jolene Brackey will be rescheduled. More information will be coming.
 18. Check out our employee spotlights on Facebook or I the front lobby.
 19. Ask for any questions, new business
- Close the Meeting



Welcome to Mary 's Corner

BC's Nurse Supervisor/Case Manager

My, how time flies...from spring right into summer! Summer gives us a wonderful opportunity to enjoy warm weather and sunshine. That being said, it is important to make sure your loved one stays hydrated and protected from prolonged exposure to heat and direct sun. Understand that people living with dementia have significant and irreversible changes in their brains that interfere with their body's 'thermostat' and ability to correctly perceive different sensations. For example, they may ask for a jacket or sweater when it is 95 degrees outside. Their drive for thirst is diminished, increasing their risk for dehydration. Adequate hydration is important for mental function as the body and brain are mainly comprised of water. Cognitive function is enhanced when the brain cells receive the appropriate amount of hydration. Also, protect skin by applying sunscreen to prevent painful sunburns. Boulder Creek has sun hats, sun glasses and sunscreen available for our residents to use when venturing outdoors. And lastly, Covid never takes a vacation. Although exposure risk may be lowered through the warmer months, we ask that you self-monitor symptoms before visiting, refrain from visiting until you've fully recovered and are symptom-free. As you spend time with your loved one throughout the sunny summer days, be mindful of risks and simple preventative steps to help keep them safe, happy and healthy. YAY, SUMMER!

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





Let's play Bingo!





Everyone like to feel like they look their best. A haircut by Joan helps us do that.



Beauty Queens









More May Fun!















We All Love Ice Cream!





Craft are fun and they help us maintain our fine motor skills

