

The Boulder Times



September 2023

Hello everyone,

1. Thank you to all the family members who attended Fair Day with our Boulder Creek residents. It was a beautiful day that brought back many memories.
2. **Save your pennies:** Create Change with your loose Change program.
3. If you are a POA or Designated Representative please continue to stop by Jan's office, so we can check if you have anything to sign. Then we can get it taken care of.
4. If you are a POA or Designated Representative please stop by the nurse's aide office to see if you have any mail.
5. Sept 12th we will have the Dementia Family Support Group & Family Council. Council will start at 5:30 and Support group at 6pm.
6. **Staff update:** We will have several staff going off to college or moving. **With that we will be hiring replacements.** Don't be alarmed when you see new faces caring for your loved ones.
7. 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.
8. Sept 5 we will be celebrating our September birthdays. One resident will be

turning 102. We hope to have 102 cards to give out. Please feel free to send

9. **Sept 15th we will be having a Grandparents Day Social** at 2:30pm.
10. **The Dementia Family Support Group in Sept will be focused on Teepa Snow's book "When Enough is Enough!** Handouts will be available for part 2 & 3. Hope to see you there.
11. **Assisted Living Week is Sept 11-15th. Things may get a little wild around here..**
12. **Autumn begins on Sept 23rd.** Please take the time this month to start to change out your loved ones clothing. Layers are always best. This is also a great time to change out anything that might be in disrepair or not fitting as it should.
13. **Save the Date:** Shine a light on Dementia Oct 10th at 6pm.
14. 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.
15. As always, my door is open. Please feel free to contact me with any questions or concerns.

Please Remember:

Boulder Creek Guest Meal Tracking

Month/Week: July 6-12th 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 # _____

1.

2.

3.

* Please contact me. If I do not confirm please talk to the charge nurse.

Thanks,

Jan

New Fundraiser: Create Change with Your Change



**A little loose change can make big changes. We are
collecting loose change to go to the Marshall Area
Dementia Awareness Network.**

***Container will be in the front lobby**

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 Full & Part-time CNA for Evening Shift. 3:00-11:30 pm & Overnight 11:30pm-7am

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.

Please join us for Boulder Creeks 2nd Annual

“Let Shine a Light on Dementia”

When: Oct 10th

Where: Under the BC front awning

Time: 6pm



As we know the people are effected by Dementia, they are not the disease. This is a special time for our families and anyone in the community come together and shine a light on dementia and it's devastating effects. There will be a candle light vigil where you will be asked if they would like to share a picture and talk about their loved one and who they were before dementia came into their lives.

Refreshments will be available at the front entrance.



Family Council Agenda

September 2023

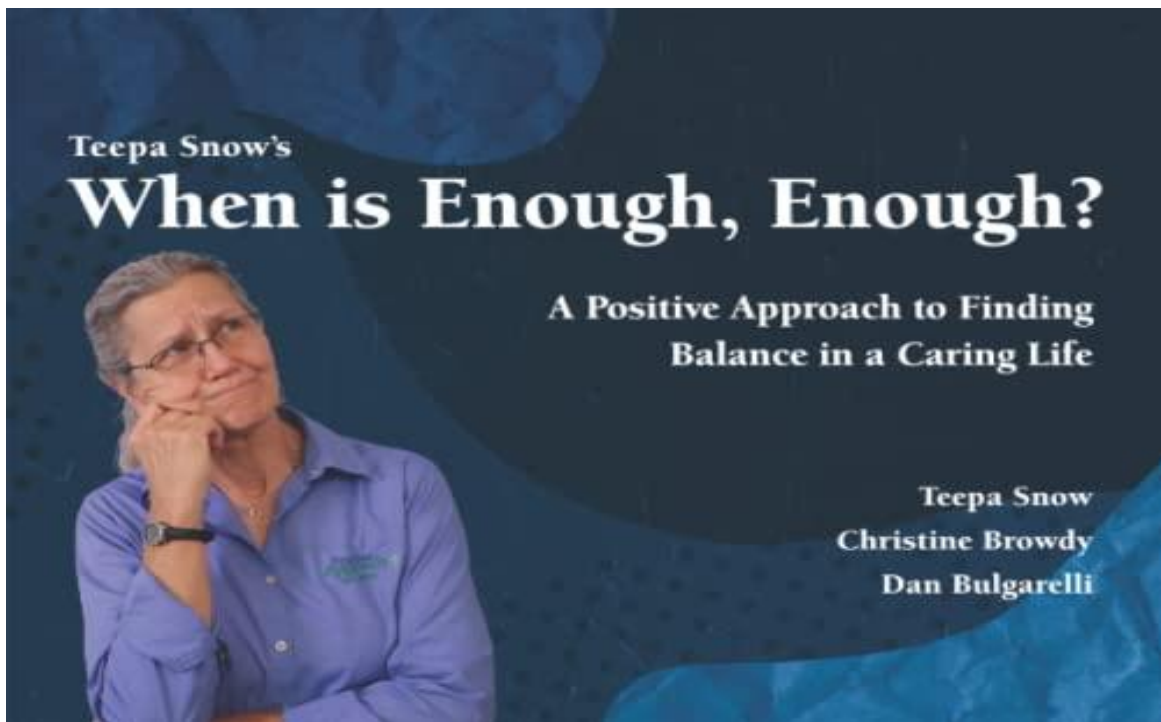
Open the meeting with New Business

New Business:

Masks guidelines have not changed. At this time only if we have an active or probably case would masks be required.

1. Still working on getting all the service plans signed. If you have not signed yours for your loved one, please stop by the office.
2. If you are interested in signing your loved one up to be seen by our new in-house provider, please contact Mary.
3. Current Census is 13 on North 4 men and 9 women, and 1 on South all women.
4. We are looking for a Full-time/part-time RN/ LPN, and both full and part-time home health aides.
5. Looking for new topics to explore for dementia support group. August & September, we will be finishing the Teepa Snow -When is Enough, Enough? Workbook. It is a positive approach to finding balance in a caring life. We will look at what kinds of topics you would like to learn about going forward.
6. Creating Change with our loose change fundraiser.
7. Lyon County Fair Day went well. Thank you to all the family members who joined us as escorts.
8. **Save the Date:** Assisted Living Week is Sept 11-15.
9. **Save the Date:** Oct 10th. Join us for the 2nd Annual "Shine the Light on Dementia" Event.
10. **Save the Date:** Jolene Brackey will be coming to speak in Marshall on October 5th. More information coming soon.

11. After effects of outings not good. Exhaustion, overstimulation, majority of the residents had really bad nights. (Looking for family escorts to help with outings)
 12. We have new titles in our Boulder Creek Lending Library. Please feel free to check it out.
 13. We are continuing to look for a full/part-time evening, overnight people to be HHA's
 14. Ask for any questions, new business
- Close the Meeting



Quote of the month:

Our Residents do not live in our Workplace, we work in their home.



Welcome to Mary 's Corner

BC's Nurse Supervisor/Case Manager

We're amidst another seasonal transition. You soon may be switching out summer clothes for fall/winter wear. Dressing in layers is practical, so be sure to leave a few cardigans or light jackets in the closet. Consider how good you feel when wearing your favorite outfit. So, if there is a favorite piece they like to wear, consider leaving it for them to enjoy year round. It's the little things. There may also be some items that need to be mended or fixed; other items may no longer fit properly. Please check the purple bag hanging inside their closet door. If you have questions, please reach out to our staff – we're happy to help! Finally, it is a good time to think about your loved one's vaccination status. Boulder Creek is here to support our residents and you by offering vaccination booster options that allow residents to receive them in the comfort of their home. As in the past, Guidepoint Pharmacy is available to provide this valuable service to our residents. We hosted a couple of flu/covid shot clinics for our residents which was successful and convenient. If you desire to have your loved one vaccinated for influenza or receive the covid booster, please contact Jan Mason or a Boulder Creek nurse and we will be sure to send you a consent form to complete. Have a safe and happy September!

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

***Please be advised...Things may look a little different
this week.**

Celebrating Assisted Living Week

September 11-15th



Join the Fun....

Monday: Funky Hat Day

Tuesday: Tie Dye Tuesday

Wednesday: Wacky Wednesday w/ Purple Cows to moo about

**Thursday: Football Fun- Wear your team colors
(Staff tailgate party food cookoff)**

**Friday: Company Apparel Day plus Grandparents
Day w/ Special Music by Bruce Dysthe**

September Education:



SEASONAL SUNDOWNING: HOW FLUCTUATING SEASONS AFFECT SENIORS WITH DEMENTIA

If you or a loved one is currently afflicted with dementia, you know the importance of establishing a firm and reliable routine. A schedule can keep Alzheimer's sufferers on track and comfortable and even improve their quality of life. However, the changing seasons can have a huge impact on dementia patients, especially moving from fall to winter, when the days shorten. Though it may seem insignificant, this yearly occurrence can actually disrupt daily plans and lead to an uptick in dementia symptoms like increased irritability, confusion, and wandering. This phenomenon is known as sundowning and can truly affect the day-to-day life of someone suffering dementia. But, by understanding the causes, effects, and potential treatments of this experience, it's possible to better manage the symptoms of sundowning during the winter months.

How Does Sundowning Work?

When the seasons begin to change, we receive less sunlight during daytime hours. For most people, this may feel like a normal occurrence. However, the increased amount of darkness can cause confusion and irritability for dementia patients. Generally, sundowning begins to show signs once the sun has set, thus upsetting the circadian rhythm of the individual. It's important to note that sundowning is not a disease, but a collection of symptoms that occur during this change. Regardless, even the smallest changes in sunlight, such as a glare from an early setting sun, can cause flare-ups. The effects of sundowning may also be increased when accompanied with:

- Poor sleep or fatigue
- Too much caffeine
- An infection such as in the sinuses or urinary tract
- Poor lighting within the home

- An increase in shadows around the interior or exterior of the home.

What Are the Symptoms?

The biggest and most obvious signs of sundowning are confusion and irritability. However, these may be present in anyone suffering from dementia. As the sun begins to set you may notice:

- Pacing
- Restlessness
- Shadowing
- Hallucinations
- Wandering
- Violent or Paranoid Behavior

Additionally, there exists a much larger risk for personal injury. The confusion associated with sundowning can cause dangerous situations for seniors, especially in the context of wandering. If a senior affected by sundowning wanders outside during the winter months, they may suffer from being improperly dressed resulting in hypothermia.

How Can We Treat Sundowning Symptoms?

Combatting the effects of changing seasons is really a process of trial and error. Just the same as setting up a routine, you may find that some approaches work wonders while others simply fall flat. To begin, make sure to switch on all or as many lights in the house as possible before the sun begins to set. Try adjusting daily plans to make sure that appointments and visits are kept to sunny daytime hours. You'll also want to push off sleep until the evening hours, so as to cut back on nighttime restlessness. Preparing for sleep may mean cutting back on noises or stimulating activities. You might also be interested in trying soothing white noise machines, relaxing essential oils, or even mild sleep aids like melatonin. When making any changes like this to your health and routines, it's important to consult a doctor. No one approach is the best, but a trusted physician can give you the information you need to manage these symptoms safely.

Living with dementia is painful and difficult, both for the afflicted and their loved ones and caretakers. Sundowning can certainly compound the frustration for anyone involved. However, by understanding the phenomenon and how to spot early signs, you can help provide a greater quality of life for anyone suffering from dementia.





Check out Boulder Creek's Facebook page to see some wonderful pictures of all of our residents.

[Facebook.com/BoulderCreekMemoryCare](https://www.facebook.com/BoulderCreekMemoryCare)

Sadly, pictures will no longer be posted in the newsletter due to new restrictions on the size of attachments sent.