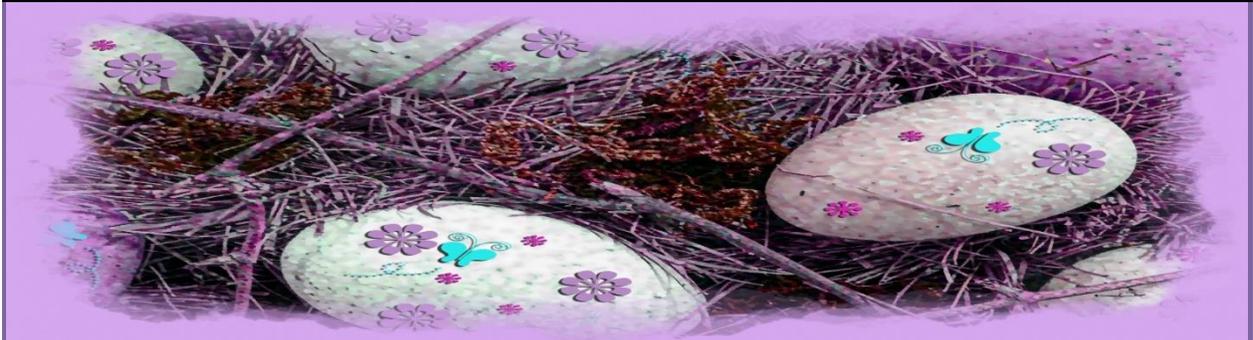


The Boulder Times

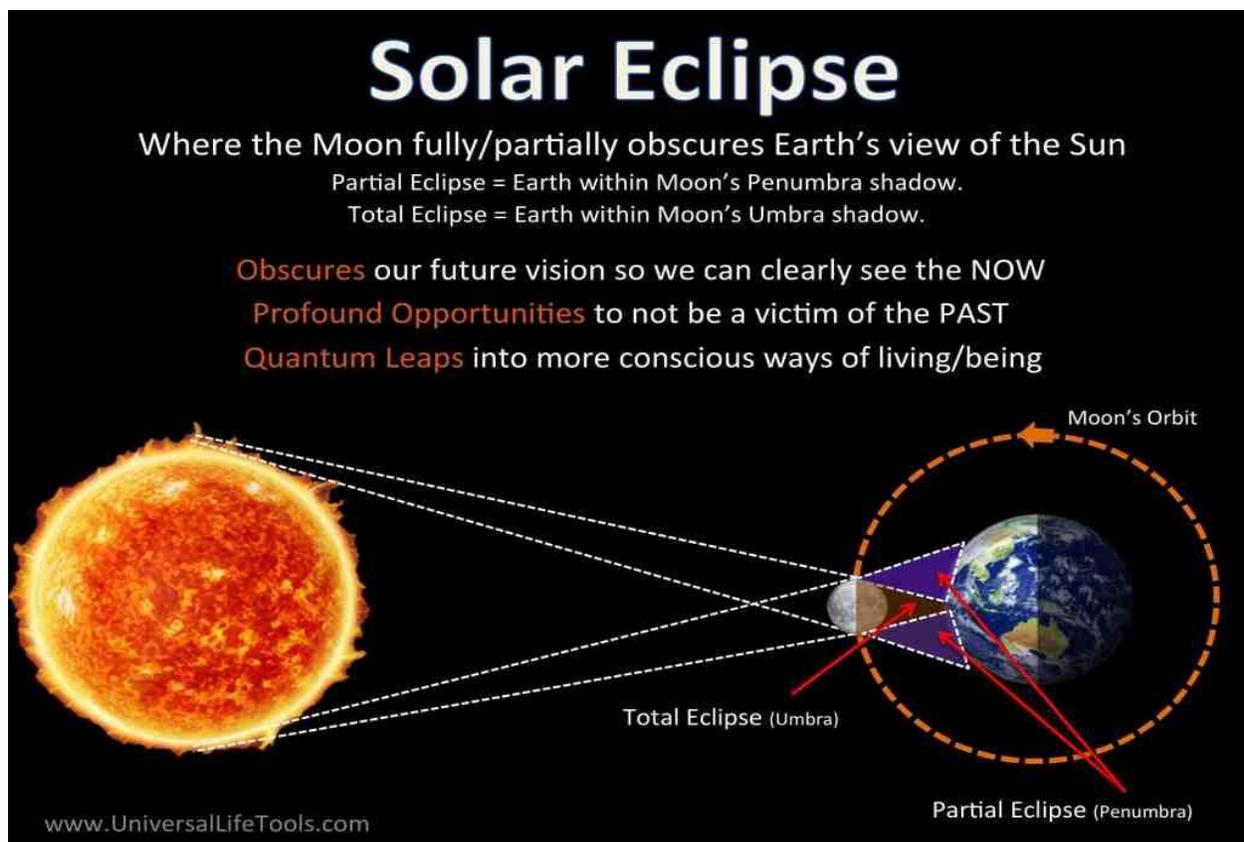


April 2024

Hello everyone,

1. Our next **Family Council and Family Dementia Support Group** will be on **April 9th at 11:30am**. Education will still be provided each month in the newsletter. **Soup & Salad will be provide for lunch. Water will be served. Bring your own beverage if you prefer something else.**
2. **Jazzy will be celebrating her 3rd birthday with the residents. She is going to have a “Pawty” on April 4th. Complete with Pup cups and Scooby snacks.**
3. **If you have not signed up to seen Gene and would like to please talk to Mary or Jan.**
4. **Please note May 1st Joan will have an increase in her prices. Her costs have gone up 25% since the first of the year for products. A breakdown of price will be listed later in this newsletter.**
5. **If you have a new care plan to sign, please stop by Jan’s office so we can take care of it.**
6. **Boulder Creek Lending Library:** Please take a moment to check it out the next time you are in the area. It’s there for your use.
7. **State of MN Quality of Life Surveyors should be coming soon to interview our residents. If you prefer your loved one not be interviewed, please contact me by email as soon as able. I need to show proof of your choice to the surveyors. You as family members will also be receiving survey questions in the mail. This is your opportunity as family members to speak on behalf of your loved ones.**

8. Please remember our **Bunny Hop Spring Family Fun Event**. April 5th on South and April 12th for North. Both will be at 2pm.
9. **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.
10. 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.)
11. As always, my door is open. Please feel free to contact me with any questions or concerns.



Please note: Although Minnesota won't be getting a direct hit, we will still feel the effects. Please don't take your residents out during the eclipse for safety reasons. In addition, just like during full moons we may see more behaviors, or anxiety displayed by your loved ones.

Treasure Box Wishlist

Needs List for Treasure Activity Boxes:

- Tractor Figurines
- Informational Tractor Book
- Miniature Farm Animal Figurines
- Hay (Small amount to fit in zip lock baggie)
- Horseshoe
- Bucket Fishing Hat
- Fishing Lures/Worms (Without Hooks)
- Bobbers
- Measuring Cups
- Old Dish Cloths
- Empty Seed Packets
- Small Baby Blanket
- Baby Socks/Shoes
- 1950/60's Fashion Book/Magazine
- Clothes Patterns

Save the Date:

May 13th- Mother's Day Family Celebration- More Information to Come

June 17th Father's Day Family Celebration- More information to Come

New Beauty Shop pricing effective May 1st, 2024

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., 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 May 1st 2024

Shampoo & Set	\$23.00
Women's Haircut	\$24.00
Men's Haircut	\$21.00
Perm	\$75.00
Color only	\$60.00
Wash Only	\$15.00

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

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

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.

Welcome to Mary 's Corner

BC's Nurse Supervisor/Case Manager

Hello Boulder Creek families!

Today we are going to touch on the topic of "I want to go home."

Often when a person with dementia asks to go home it refers to the sense of 'home' rather than home itself. 'Home' may represent memories of a time or place that was comfortable and secure and where they felt relaxed and happier. It could also be an indefinable place that may not physically exist. 'Home' may also mean heaven.

This desire to "go home" is a desire to go back to a time and place when they didn't feel confused and felt safe. It's often a childhood home, but might even be a fantasy place. What your loved one is actually trying to tell you when they say I want to go home is that they want the feelings of *comfort, safety and familiarity* that home represents.

The big mistake most people make is that they respond by saying, "*you are home*" or "*this is your new home*" if they are in assisted living or memory care. Asking "what is at home that you need?" will help you figure out the need that is at the root of the phrase "I want to go home." If they are missing a loved one, ask them about how they feel. Often times, our loved ones just need to get some feelings off their chest to feel better like the rest of us. Asking for what they need at home will help you figure out if something is making them feel unsafe. They may be having a hallucination or a delusion that is scaring them or simply doesn't feel safe where they are. Try to figure out their worry, their concern. Get them what they need from home (if able, appropriate) or go with their reality as best you can if you can't. They may be seeking familiarity. Familiarity means that they are looking for the specific people, places and things that they believe should be there since the world has suddenly turned unfamiliar. What is familiar to them will vary depend greatly on what time of their life they believe they are in. While this is by far the most common reasons behind why individuals with dementia will "want to go home," the fix is harder than the others as you can't provide them with the specific people, places and things that are familiar to them so easily.

What I've seen work the most often is going along with their reality, validating the person and assured them that things are being taken care of or that they will see their loved ones soon. You can also say, "Before you go, let me fix your hair." Or, "We just put on a pot of coffee," Or "How about some [meal/snack] first?" Or, "The church ladies

made [meal/snack] for us today. I think we should stick around for that. They're such good cooks."

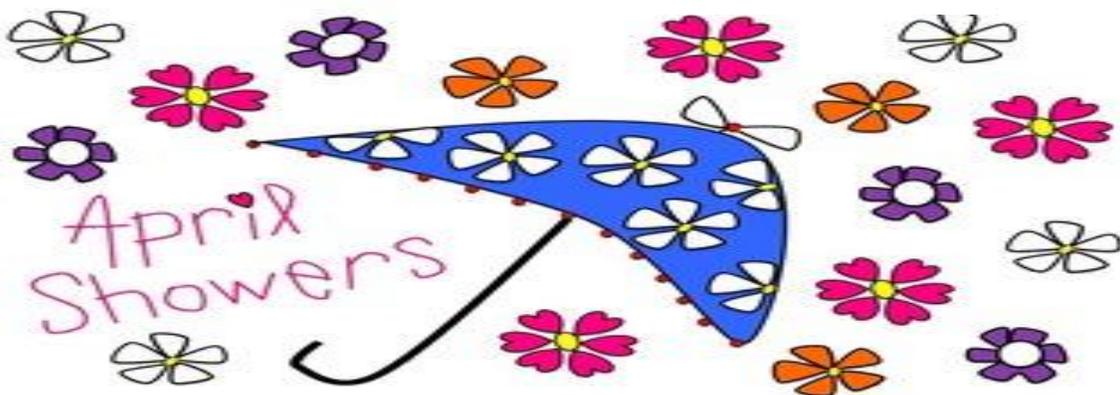
Most importantly, let Boulder Creek staff know what they are saying and how you are feeling! This is difficult! We are here to help support your loved one AND you! We can help you navigate these types of uncomfortable, awkward situations. There are also some great resources in our lending library to give you some tools when you visit your loved one. Jolene Brackey's *Creating Moments of Joy* is a great, easy read! Please see Jan about borrowing materials from our lending library.

Please feel free to contact me with any ideas, suggestions, questions or concerns. As a reminder, typically my schedule is Monday-Thursday from 7:30 am-5:00 pm.

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





Family Council Agenda

April 2024

Open the meeting with New Business

New Business:

Solar Eclipse precautions

1. Our current census is 14 on North, (2 men and 1 ladies) 1 pending, and 15 on South (all ladies) 1 pending.
2. May 1st the price increase for the beauty shop will go into effect.
3. Looking for an idea for the t-shirts we are making for our ten-year anniversary. We hope to have them available to purchase so they will be ready for our “Family Fun Day”. Please submit to Jan. We want to make this year special.
4. We are still looking for items on our “Wishlist” for our treasure boxes.
5. Our May meeting the Regional Ombudsman Deb Vizecky will be coming to speak during the Family Council/Dementia Support Group and answer any question you might have.
6. Our July Family Council/Dementia Support Group will have guest speaker Hilary Kesteloot Adult County Case Manager/SW and Shelly the Adult County Financial Worker. They will discuss the Elder Waiver program and what you have to do to qualify and when you should start the process.
7. Please note Jan is a notary and can notarize paperwork for you & your loved ones.

Ask for any questions, new business

Close the Meeting

April Education:

Dementia, feeling cold all the time: Tips to help

Have you ever wondered why your loved one with dementia is feeling cold all the time?

For those with dementia, feeling cold all the time is a common symptom of the condition, especially as it progresses.

The temperature may not actually be cold at all, yet people who experience this cold feeling just can't seem to shake the chill.

We'll cover why feeling cold all the time is a common symptom in dementia and provide some tips to warm up.

Here's a summary of what we'll cover in this blog:

- The body's temperature is controlled by a process in the brain called autoregulation.
- As dementia causes changes in the brain, the body's ability to regulate temperature is affected.
- When someone living with dementia is feeling cold all the time, they may be less likely to want to move or participate in activities.
- Carers can help someone with dementia feeling cold all the time to warm up their hands and feet by making them a warm drink to hold and by bringing them a hot water bottle.



Why is my loved one with dementia feeling cold all the time?

The body's temperature is controlled by a process in the brain called autoregulation.

This regulates core blood flow and blood flow into the extremities of the body.

As dementia manifests in the brain, it causes chemical and physical changes.

These changes subsequently have an effect on the body's autoregulation system and cause it to not work correctly.

Changes in the autoregulation system

When the autoregulation system has been damaged by dementia, the brain begins trying to protect the body's core. That's where all the vital organs are located.

Blood vessels in the extremities – the hands, feet, or up to their knees or elbows – constrict to limit blood flow.

These areas become colder to keep the warm blood flow within the body's core.

Not to mention that many older people experience other physical changes that affect their body temperature.

Reasons why dementia can make you feel cold

- Loss of body fat means that the blood vessels are more exposed to the skin's surface.
- Reduced mobility and being prone to falls can mean that people living with dementia spend more time sitting or lying down.



Are there risks for people with dementia feeling cold all the time?

Feeling cold all the time is an unpleasant sensation in itself, but there are some other potential consequences of this symptom.

Increasing frailty

When we feel cold, our bodies tend to tense up. It's natural for people to want to curl their shoulders round to protect their core by keeping the heat in.

This can cause changes to posture which especially when repeated on a daily basis.

These changes can have lasting impact on a person's ability to sit, stand and move.

Bad posture can affect balance and stability and increase the risk of falls for elderly people needing **dementia care**.

Reduced movement

When it feels impossible to warm up, people with dementia may feel less motivated to do things like eating or drinking.

They may also find it harder to move their hands and feet.

This can cause further deterioration and loss of abilities, as these brain and movement pathways aren't being used and strengthened as they should be.



What can carers do to help someone warm up?

If you care for someone with dementia who is feeling cold all the time there are some things you can do to help them get warmer.

Because their body is already working hard to keep their core warm, focus your efforts on warming the extremities, such as the hands and feet.

Warming the hands and feet means that the blood vessels will start to relax and the blood will start to flow more openly into those areas.

As some of the blood begins to circulate back from the core into the arms and legs, they will begin to feel more comfortable again.

Quick ways to warm the hands and feet

- Holding a warm cup of tea
- Applying a hot water bottle or warm pillow
- Warming a towel in the tumble dryer to cover the feet
- Put on a pair of fluffy socks or gloves

While warming the extremities is important, it is advisable to try and maintain core temperature too.

How to maintain core temperature

- Wearing layers of clothing, such as a vest underneath a top and jumper
- Drinking a hot drink
- Regular movement such as standing up and sitting down or doing some chair exercises to practice mobility and strength too
- Ensure that homes are sufficiently heated, especially in winter.

Thank you for the trust you have bestowed upon us to care for your loved ones. It is an honor and privilege.



Feel free to check out pictures of your loved ones on the Boulder Creek Facebook page.