

# The Boulder Times



August 2024

## *Bless all of Our Sunflowers*

*Our Boulder Creek Families are like Sunflowers. They stand tall, yellow, and bright. Majestically they stand up with all their might, despite enduring all the undeserved pain, standing in the darkness, feeling they should be blamed. They don't crumple or wilt at the first signs of trouble, or in the winds of certain change. Every morning, they get up with a smile, take a deep breath, lifting their face, reaching towards the glorious light and warmth of the sun...sharing it with those all around, bringing them comfort and joy.*

*Our Families are always ready to share their personal seeds to support their loved one, standing strong, ready to do it again, day after day, even in the most difficult of times. They will share even when they have no seeds left, and they feel a little brittle. They still get up each morning, smile, and lift their face, reaching towards the glorious light, and warmth of the sun to share with their loved ones once again.*

*This month Boulder Creek will be decorated in Sunflowers to celebrate you as family members, and all you do.*

Hello everyone,

1. **Boulder Creeks 4th Annual Family Fun Day will now be a picnic on Aug 7th. Please make sure you **RSVP ASAP!****
2. **As of July 30<sup>th</sup>, all 10 digits must be dialed in Lyon County.** See information provided in newsletter.
3. **Boulder Creek August Movie Night-** Tuesday August 20<sup>th</sup> Playing **“Away from Her”** with Olympia Dukakis. 6pm in the BC community room. Bring your own beverage. Popcorn provided. Movie schedule has been revamped due to covid outbreak and will continue into October.
4. **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.**
5. **If you are a POA or Designated Representative please stop by the nurse’s aide office to see if you have any mail.**
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. **Speaking of treats.** We will be **celebrating our families with a sunflower shaped cookies on August 22<sup>nd</sup>** for all of our brave families who stand tall and bright each and every day. .
9. **The Family Council Speaker will be Jane Como Nelson from A.C.E. at 6pm on the 13<sup>th</sup> followed by the Family Dementia Support Group. A light lunch will be provide. Bring your own beverage. Ice water will be available.**
10. 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.
11. We will celebrate our families with cookies on the 3<sup>rd</sup> of Aug between two and 4pm,
12. As always, my door is open. Please feel free to contact me with any questions or concerns.

Jan

Join us on  
August 7<sup>th</sup>  
on the  
patio for  
the  
Boulder  
Creek  
Family  
Picnic



Serving: hot dogs, baked beans, chips, cookies, water melon, and  
lemonade along with some good music from Guy & Guitar!



If the weather doesn't cooperate, picnic will be in the neighborhoods  
and then entertainment will be on one side with Guy & Guitar.

## **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](http://boulder-creek.org) or [boulderestates.org](http://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.



## Family Council Agenda

August 2024

Open the meeting with New Business

New Business: As of July 30<sup>th</sup>, all 10 digits must be dialed in Lyon County.

Quality of Life Survey's resident surveys took place on July 23<sup>rd</sup>. .

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 in-house provider, please contact Mary.
3. Our Boulder Creek Family Picnic is on August 7<sup>th</sup> in the back courtyard at noon. Please RSVP.
4. We will be **celebrating our families with a sunflower shaped cookies on August 22<sup>nd</sup>** for all of our brave families who stand tall and bright each and every day. .
5. **The Family Council Speaker will be Jane Como Nelson from A.C.E. at 6pm on the 13<sup>th</sup> followed by the Family Dementia Support Group. A light lunch will be provide. Bring your own beverage. Ice water will be available.**
6. Sept's speaker will be the ombudsman Deb Vizecky, and Oct's speaker will be Hilary Kesteloot and Shelly DeVos from the County to talk about the Elderly Waiver program.
7. **Boulder Creek August Movie Night-** Tuesday August 20<sup>th</sup> Playing **"Away from Her"** with Olympia Dukakis. 6pm in the BC community room. Bring your own beverage. Popcorn provided. Movie schedule has been revamped due to covid outbreak and will continue into October.
8. October we will have our "Shine the Light on Dementia" Event and that week we will also have our "Dementia Tours"
9. Current Census is 15 on North 2 men and 3 women, and 14 on South all women.

10. We are looking for a Full-time/part-time RN/ LPN, and both full and part-time home health aides.
  11. We have new titles in our Boulder Creek Lending Library. Please feel free to check it out.
  12. We are continuing to look for a full/part-time evening, overnight people to be HHA's
  13. Ask for any questions, new business
- Close the Meeting



## **Welcome to Mary 's Corner**

### **BC's Nurse Supervisor/Case Manager**

Each week, I receive articles from Teepa Snow's Positive Approach to Care team. The articles are different each week and focus on various facets of providing care and support to our loved ones living with dementia. I would like to share with you what I learned from last week's article about eating and drinking. Teepa acknowledges that each individual's experience varies with the type of dementia diagnosis as well where they are along the dementia journey. That being said, some individuals experience risk for dehydration related to decreased thirst drive, lack of interest in drinking water. The best approach, in this case, is to come up with a plan.

Doesn't usually work: "Do you want something to drink?" Explaining why they need to drink (or drink more) is often not effective to convince them to drink.

Instead, hand them the drink and say, "Here you go." If they don't drink right away, be patient and after a few seconds, say: "If you'd like, you can take a sip of that and I'll set

it back on the table.” This approach uses the power of suggestion while preserving the dignity of choice.

Dementia affects the way the brain processes sensory information, impacting an individual’s sense of taste, smell and texture. Chewing and eating may require more concentration and effort. Eating at a restaurant may be challenging with unfamiliar environment, foods and noises. Chewing tough meats like steaks and chops usually require too much effort, whereas entrees like meatballs, hamburger patties or meatloaf is easier to chew and swallow. Pleasurable experiences are often associated with sweet foods, especially if they are tied to good memories or preferences. For example, if Jim always enjoyed ice cream as a youngster, he will probably always like a bowl of ice cream. Or, if Suzanne’s husband gave her chocolates on special occasions, she will likely have a lifelong affinity for chocolates (once a chocoholic, always a chocoholic!)

Just as all humans are unique, those living with dementia will have very different experiences and perspectives related to nourishment and hydration. Most individuals who are living with dementia do experience changes in taste, smell, and texture tolerance at some point. However, their preferences, intolerances, and swallowing abilities vary widely, and frequently shift throughout the journey of the disease. To effectively support an individual who is living with brain change, it is absolutely essential to know the individual’s specific food and beverage likes and dislikes, as well as other preferences related to eating and drinking.

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



The current area code 507 is about to run out of numbers so the commission approved a new area code to be started for our area. The New Area Code will go into effect in Lyon County on Aug. 30<sup>th</sup>. As of July 30<sup>th</sup> you must use a full 10-digit phone number even for local calls to have them go through. This could be a problem for your loved ones who have phones in their apartments. If numbers are pre-programmed in you will have to re-program them to include the area code. If not, your loved one will most likely not be able to be able to dial out to reach you like they used to. So, this is something to consider. Will it cause more frustration for them. Maybe just set a regular time to call them daily. Staff can help remind them that family will be calling at this time so they will be near their phones.

### **August Education:**



- June 29, 2023

## **3 Tips to Help You Avoid Therapeutic Lying in Dementia Care**

*You may have previously resorted to lying or bending the truth not to upset the person. This is also called Therapeutic Lying. Is therapeutic lying the right thing to do?*

*By Valerie Feurich, PAC Team Member*

Are you caring for a person living with dementia, and having trouble getting them to do things at times? Have you tried getting the person to eat, just for them to tell you they already ate, when you know that's not the case?

Situations like these can be frustrating for [caregivers, or care partners](#), as we call you here at Teepa Snow's *Positive Approach to Care*. You're trying your best, but the person's resistance is starting to wear on you.



You may have previously resorted to lying or bending the truth so as not to upset the person. This is also called *Therapeutic Lying*. Is therapeutic lying the right thing to do? Opinions differ greatly, but here at Teepa Snow's *Positive Approach to Care* we think there are better ways to manage these types of situations.

Why? Because with therapeutic lying, you risk permanently harming your relationship.

Just because the person is living with dementia, you can't count on their brain to forget everything you said. With therapeutic lying, you may find yourself in uncomfortable situations where the person starts to question you. After all – they may be living with dementia, but that doesn't make them stupid.

But alternatively, bombarding them with reality likely won't help either.

This fact remains – *your relationship with that person is the most vital aspect to protect*. People living with dementia may forget what you said, but they're likely to remember how you've made them feel. And if they feel like they can no longer trust you, you've just made your life significantly harder.

**What can you do instead? Here are three techniques for you to try:**

**1. Validate the information the person gives you**



You may be wondering – What does *validation* mean in dementia care? How does it help? And, how is it done?

When you validate what a person living with dementia tells you, you neither reject what they're telling you as false, nor accept it as being true. Instead, *you meet the person in the reality they're experiencing at that moment.*

### **What does validation look like?**

See if you can notice Teepa using it in her conversation with Matthew:

- **Teepa:** *Hey Matthew! It's Teepa.*
- **Matthew:** *Hey Teepa!*
- **Teepa:** *So, my friend, I'm curious: It's about 5 pm. Now, historically, you used to eat just after 5pm from what I remember. Does that sound true, or not true for you?*
- **Matthew:** *Well, it would depend.*
- **Teepa:** *It depends. Ohhhh.*
- **Matthew:** *Well, yeah, the kids would get home, and then my wife would get home, and sometimes we'd eat right away. But other times we would wait 'til later because it was too early.*
- **Teepa:** *It was too early, ooooh. Now, is today a day where you think you've got to wait or is today a day that makes sense to go ahead and eat?*
- **Matthew:** *Well, what is today?*
- **Teepa:** *Today is Tuesday.*
- **Matthew:** *Oh, well yeah. See, today they get home from school, and then my wife gets home shortly after.*
- **Teepa:** *Shortly after that she comes home.*
- **Matthew:** *And then they do the, ummm, they do the work.*
- **Teepa:** *Ahh, so they have to get their schoolwork done after that.*

The truth is, at this time Matthew's kids are adults and have long since graduated college. Instead of correcting him or accepting his words as truth, Teepa validated what he told her.

***Did you notice how she did that?***

If you answered with, *she reflected his words* – great job! You’re spot on.

If you look closely at her responses, she often *repeats back what he tells her*. This way she does not accept what he says as truth, but also doesn’t rob him of his reality. *She validated what she heard him say, not the actual situation*. Additionally, she’s helping him feel heard and listened to.

So, you may be thinking – *that’s great, but how does that help me get my stuff done? If I’m trying to get him to eat, how does this help?*

Read on to the next point.

## 2. Be curious about what’s going on



Think about it – from the conversation above, does Matthew sound like he’s ready to eat at this very moment? Or, does it sound like in his mind, he’s got stuff to get done first?

If you answered with *the latter*, you got it.

The truth is, you likely won’t get far by pushing your agenda onto someone else.

Instead, see if you can figure out where that person is in their day and in their mind. Once you know that, you can utilize that insight to steer the situation in a way that may help get you closer to your goal.

How?

Let's resume the above conversation as an example:

- **Matthew:** *Oh, well yeah. See, today they get home from school, and then my wife gets home shortly after.*
- **Teepa:** *Shortly after that she comes home.*
- **Matthew:** *And then they do the, ummm, they do the work.*
- **Teepa:** *Ahh, so they have to get their schoolwork done after that.*
- **Matthew:** *They do that, and then we do the other stuff. And then we eat, so sometimes it happens later when it's dark.*
- **Teepa:** *Ohh, okay. So, when it's really dark. Oh, hey Matthew! I'm wondering if you could do me a big favor.*
- **Matthew:** *Well, sure.*
- **Teepa:** *Speaking of chores, I think your trashcan might need emptying.*
- **Matthew:** *Oh! Well, yeah, it's full.*
- **Teepa:** *Tell you what – could you do me a big favor?*
- **Matthew:**
- **Teepa:** *Could you empty the trash can? Because that's one of those chores that needs to get done before dinner.*
- **Matthew:** *Yeah, that's good. Because dinner will make it full again.*
- **Teepa:** *It will. That's absolutely true.*
- **Matthew:** *I'll do that now.*
- **Teepa:** *Thank you, Matthew! That is super helpful. Tell you what. Why don't we start with some appetizers while we're waiting for everybody.*
- **Matthew:** *Oh, okay. Yeah, I could eat some of those crunchy things right now.*

***Did you pick up on how Teepa gently steered the conversation toward something to do? Did you also notice how she added a little prompt for some food?***

Will this always work, 100% of the time? Unlikely, but by being curious, figuring out where the person is in their mind, and going along with that, you greatly increase your chances of success.

### 3. Make them feel like *you're on their side*



Imagine someone coming up to you and saying:

*You need to eat now as it's dinner time. I know you don't have a good sense of when it's time to eat. And you may not feel hungry, but you should eat. Because if you don't, you'll get grouchy later.*

How would that feel to you?

Would you happily start eating, or feel a sense of resentment for the person's disrespect?

Most people don't enjoy being spoken to that way.

Yet, when a person is living with dementia, well-meaning caregivers often start sounding like this. Often, without meaning to, their tone becomes rather accusatory in their struggle to work off their agenda.

Yet, care activities are actually more enjoyable for all parties when you're able to do things **with** the person instead of **to** the person. (For more on this concept, read [Caregiver vs. Care Partner: Why You Need to Know the Difference.](#))

For this to work, be cautious to not come across as a boss, but as their partner.

Instead, try asking questions to learn more about where they're coming from, and ***see if you can figure out the situation together.***

Let's stick with the food-theme for the example:

- **Person living with dementia:** *I don't want to eat this. I don't like bananas.*
- **Care partner:** *Oh, okay. You don't like bananas. Gotcha. Yeah, I don't like them much either. Now, for you, is it the flavor you don't like, or something else?*
- **Person living with dementia:** *It's too soft and mushy.*
- **Care partner:** *Ahh, it's too soft. Okay. Yeah, that texture isn't for everyone. So, do you like things that are crunchier, or something else?*
- **Person living with dementia:** *Yeah, I like crunchy things, and salty.*
- **Care partner:** *Ah, you like things that are a little salty, and crunchy too. Gotcha. Oh, look! (Pointing at a box) We've got some crackers here. Tell you what, why don't we have some of those instead?"*

***Did you notice how this care partner, instead of telling the person what to do, approached the situation with curiosity?***

When the person living with dementia said they don't like bananas, they didn't ask an open-ended question like *Well, what do you want instead?* Why not?

Open-ended questions can be challenging for people living with dementia to respond to. Think about it – to arrive at an answer to these types of questions, the brain has to not only process and comprehend the question itself, but then also scan and narrow down a possible answer from hundreds of thousands of options.

Instead, try using *this or something else* type questions, to identify something they would enjoy eating. As demonstrated in the above example, asking questions like *Do you like something that is crunchier, or something else?* gives the person

the option of going with the provided choice, or to continue narrowing down options.

Instead of telling the person what to do or lying to get the person to eat the banana after all, this care partner empathized with the person and proceeded to support them in making another choice.

### **Conclusion**

Therapeutic lying remains a controversial topic. While others see no problem in a little white lie at times, others object to the idea of it.

Here at Teepa Snow's *Positive Approach to Care* we don't endorse lying, and prefer going along with the person's flow to help understand where they are coming from.

Only when you know where the person is in their dementia, how well they can still process your words, what they still notice in the world around them, and what they believe they need, want, or like to do, only then can you truly connect and support them in a way that benefits you both.

So next time you're tempted to lie to achieve your want, consider validating what they tell you first. Listen, and be and stay curious.

Only when you're *working together* instead of *working against each other*, can you discover ways to move forward as a team.

*"It is through cooperation, rather than conflict, that your greatest successes will be derived."* – Ralph Charell



**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.