

The Boulder Times



December 2024

Hello everyone,

1. **We are still expecting Surveyors any day, but the results of the family surveys are finally in.** Please see below for more information.
2. **Bring in a decorated stocking with your loved ones name on it!** If they were here last year. Please help find the one from last year and give to activities.☺ Please have the stockings to us by the 16th of December.
3. **After a request and vote Family Council/Support Group** will be moving to the 2nd Thursday of the month at 11:30am.
4. Giving Tree- please bring in hats, scarves, mittens, gloves, socks to decorate our tree in the lobby. These items will be donated after Christmas to United Community Action to help those in need. We also are accepting gently used outer wear, personal hygiene, and non-perishable food items. This is a wonderful way to give back to our community. It is something Jan started in 2017 at Boulder Estates and has continued over here at Boulder Creek.
5. Opportunity: Resident/Family Tai Chi 1x per week on Friday at 2pm for 30 mins.
6. **Christmas Light Bus Tour Dec 12th 6pm.** Please sign attached permission slip for your loved one to go on a bus ride around Marshall to see Christmas lights and sing Christmas carols. There will be no cost. We will be going around town and then through the Independence Park light display.
7. **We will be having a Christmas dress up week Dec 16-20th.**
8. **Santa Claus is coming on Dec 20th at 2pm.**
9. **Staff will be adopting a resident for Christmas.** Those gifts will be given on Dec 20th by Santa Claus.

10. **Stockings will be given along with any gifts sent by family on the 24th.**
Please make sure packages are clearly marked “do not open until Christmas”.
If anyone would like to contribute to stocking stuffers please check with Jan.
11. **Boulder Creek will have a Non-denominational Traditional Christmas Eve Candle Light Service at 3:30pm followed by coffee and cookies.**
Family is welcome. Please RSVP
12. **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.**
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 Family Council Speaker/Support Group will be on Thursday December 12th** at 11:30am. We will talk about the upcoming events as well as the year in review and what we would like to focus on in 2025. A light lunch of Soup and Salad will be served. Bring your own beverage if you prefer something other than ice water.
15. **Staff will be having a potluck of holiday goodies of everything sweet and savory on Dec 18th.** If you are around, you are welcome to taste test.
16. **Reserve the community room in advance for the holidays.** Check with Jan for open days/times. She is the one that does the scheduling. We are looking at possibly opening up the “Man Cave” for smaller groups.
17. If you are sick or just feeling unwell, please wear a mask or come when you feel better. We want to keep BC as healthy as possible.
18. **Weather is changing. Please be safe out on the road.**
19. **As always, my door is open. Please feel free to contact me with any questions or concerns. We are so thankful, grateful, and blessed to have you and your family trust us with the care of your loved ones. It is an honor.**

Jan

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

Looking for a Part-time Evening/Weekend Shift Activities Staff 3-7pm M-W-F, and 10-6 on Saturday about 20+ hours a week with the potential for more

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.

December Education:

We have started to implement the SafeCare program for Seniors at Boulder Creek. This will be the Culture of our facility. Everyone will be trained in this culture. Starting in January all newly employed will have the SafeCare program as part of their orientation training. It will be part of the Boulder Creek marketing as well. A pledge will be taken by all of our employees once fully trained and the SafeCare emblem will be on their employee ID card.

The why?

To recognize the signs and symptoms of stress/triggers and prevent abuse/neglect.

The difference between abuse and neglect

Abuse- intentional abuse physically, mentally, emotionally, financially

Neglect- can be all of the above but not intentional – sometime due to lack of training or circumstances beyond their control.

The hope is that it will change the thought processes of everyone. As mandated reporters they will understand and feel comfortable knowing that if you “see it, you say something!” In addition, the employee learn that we are all human and make mistakes. They understand that we as management and family understand this. We show empathy and help coach them through things. We might provide counseling. A thorough investigation will be done to find out the circumstances that led up to and caused the event in question. We will also look at processes and see where we might improve to help prevent the same thing happening again in the future.

We also will be implementing a good catch program where people will be recognized and rewarded for good catches. This will help prevent mistakes from happening and hopefully streamline processes.

Of course, if there is intentional abuse there will be no empathy and the actions are clearly spelled out as a mandated reporter. Our resident safety always comes first. Boulder Creek has a zero tolerance for abuse policy.

SafeCare for Seniors



United in our shared mission to keep those we serve safe from harm and to provide care with respect and dignity – always, **Safe Care for Seniors** helps create safe, trusted and inclusive environments that elders are proud to call home and give families confidence and peace of mind in all we do.

Safe Care for Seniors is a safety and quality improvement program that will prevent the unintentional and intentional harm in the course of caregiving. Through our words and actions, we are committed to:

- **Respect and Dignity – Always...** creating partnerships with providers, caregivers, seniors and their families.
- **Speak Up. Take Action...**empowering staff, residents and families to speak up if they see something unsafe or makes them uncomfortable and ensuring systems and supports are in place to respond to concerns.

- **A New Way of Thinking and Doing Things...**uncovering new opportunities for learning and improvement when something unexpected does happen.
- **Quality Care and Services...**identifying improvement opportunities and strengthening a culture of safety.
- **Improved Communication...**creating open and effective communication among all who live and work in our settings.
- **Enhanced Engagement...**engaging staff, residents and families in our safety and quality work.



Vital Research State of MN Assisted Living Report Card Results

The results are finally in. It seems as though we have been waiting forever. You can check out the results for yourself but I will break it down for you.

Resident Satisfaction survey BC received ****

Family Satisfaction survey BC received ***

These results are not bad but I wish they would be better. My goal for next time is to have at least 4 stars for family next time around and eventually reach 5 stars. That being said, I am reaching out to each and everyone of you as family members. If there is something I can do, or we can do better as a facility please let us know. I will do my best to consider your suggestion and do what I can to rectify the situation, but if it is something that I have no control over you can talk to me about it and I welcome suggestions for process improvements, improving quality of life and resident safety; however, we may not be able to make all of the proposed changes. Boulder Creek must meet and maintain certain criteria under our licensure for the safety of our residents and employees.

Boulder Creek Holiday Cheer Calendar

12/5 Christmas Sing-Along w/ Norma

12/9 Belgium Cookie Making w/ Yvonne

12/9 Christmas Cookie Decorating

12/10 Christmas Sing-Along

12/12 Lakeview Student Choir Christmas Program

12/12 Christmas Lights Bus Tour

12/13 Christmas Movie Night

12/16-20 Christmas Dress Up Week

12/17 True light Christian Kids Christmas Program

12/18 Staff Sweet & Savory Christmas Goody Gathering

12/19 Christmas Sing-Along w/ Norma

12/20 Pastor Quist Christmas Service

12/20 Santa's Visit and residents receive gifts staffs bought for them

12/20 Christmas Movie Night

12/23 Christmas Bingo

12/24 Christmas Eve Candlelight Service

12/25 Merry Christmas! Stockings are given to residents along with gifts sent by families.

12/25 Christmas Dinner Served

12/27 Christmas Movie Night

12/31 New Years Eve





Family Council Agenda

December 2024

Open the meeting with New Business

New Business: SafeCare Information

A year in review

What do we want for the new year? What are our wants and needs?

Avera Release of Information was attached to the November Information.

Please sign. Recently we had an issue with one of our residents going to the ER. Because they did not have Avera as a provider, we were not able to get information about them to help provide continuity of care as we had in the past. In order to avoid this going forward we are attaching a release of information for Avera that we would like all of the legal/healthcare representatives to sign. It is dated out to 2030 so we should be covered until then. Now would also be a good time to make sure your loved ones advanced directive is on file at Avera because in this case it was an issue as well. We have resources to help if you have any questions. Remember Jan is also a notary and is able to notarize legal documents for free.

Quality of Life Survey's resident surveys took place on Sept 24rd. Results are back. We got an "A". Family survey results are back as well. We received a "B" .

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

1. Almost all the service plans have been signed. If you have not signed yours for your loved one, please stop by the office. Thanks for your cooperation.
2. Please check out the Holiday Cheer Calendar for a list of things we are doing over the holidays.
3. Permission Slips need to be filled out for loved ones to go on the bus ride around Marshall to see Christmas lights and caroling. Date is yet to be announced. We will eat early that day so we can leave at 6pm and return by 7. No money will be needed.
4. Opportunity: Resident/Family Tai Chi 1x per week on Friday at 2pm for 30 mins is going well. We have started the evidence-based testing.

5. If you are interested in signing your loved one up to be seen by our in-house provider, please contact Mary.
 6. Giving Tree- please bring in hats, scarves, mittens, gloves, socks to decorate our tree in the lobby. These items will be donated after Christmas to United Community Action to help those in need. We also are accepting gently used outer wear, personal hygiene, and non-perishable food items. This is a wonderful way to give back to our community. It is something Jan started in 2017 at Boulder Estates and has continued over here at Boulder Creek.
 7. **Reserve the community room in advance for the holidays.** Check with Jan for open days/times. She is the one that does the scheduling.
 8. Jodi Baglien will talk about aroma therapy at one of the meetings in the new year. .
 9. Current Census is 15 on North 3 men and 12 women, and 15 on South 14 women and 0 man. (2 new people will be moving in this month)
 10. We are looking for a Full-time/part-time RN/ LPN, and both full and part-time home health aides.
 11. We are continuing to look for a full/part-time evening, overnight people to be HHA's
 12. We are looking for a part-time activities person for nights and weekends. M/W/F and Sat.
 13. Ask for any questions, new business
- Close the Meeting



Welcome to Mary 's Corner

BC's Nurse Supervisor/Case Manager

Last month, we further explored Teepa Snow's Senior Gem approach which inspires us to take a positive approach to memory care. We remember that each individual is significant, precious and special: like a gem. This method focuses on what those with dementia can do, instead of what they cannot do. Teepa Snow's Gems classification system allows us to understand which stage of dementia the person is experiencing so we can better understand, appreciate and support each person's unique needs. Further understanding of an individual with dementia empowers us to help them shine! There are six individual gem classifications: sapphire, diamond, emerald, amber, ruby and pearl.

This month, we will focus on the last two gems: Ruby and Pearl.

Ruby. Rubies are deep and strong in color. Big, strong movements are possible, but skilled and fine motor skills are being lost. They have limited visual awareness. These individuals are able to pick up and hold objects, but may not know what to do with them. It is difficult for them to stop once they get going and difficult to get going once they stop. They need support to guide movement and transitions. Make use of song, prayer, humming, clapping, dance, swaying, rhythm to help support and connect. Hand-under-hand assistance helps individuals to safe and secure and to know what to do. They still appreciate and enjoy moments of joy when they are provided with opportunities to enjoy things that give them pleasure.

Pearl. Imagine a pearl hidden in an oyster shell. The personhood survives, but other capabilities are minimal. They may have difficulty swallowing and may no longer crave or desire food or drink. You may find it difficult to establish a connection with them, as they may not be aware of the world around them most of the time. Changes in the body are profound: weight loss, swallowing and moving will be difficult. They find comfort with pleasant and familiar sounds and voices. They value warmth and comfort, soft textures. Care partners benefit from learning the art of letting go rather than simply giving up. Use time together not just to provide care, but to comfort and connect.

It is my hope that some of the information I have provided you will inspire you to dig a little further. Scan the QR code to view a YouTube video featuring Teepa Snow explaining her GEMS approach. Or, visit <https://teepasnow.com/> for further information on GEMS.



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



On a side note,

As a Reminder to all please do not come and visit if you are under the weather. We love for you to share your time, but not your germs. Also, if you must come and you are coughing or sneezing please grab a mask in the lobby where you sign in. This is how we keep our residents safe. Everyone does their part. Things spread like wild fire when they get in. Good handwashing is also always very important. Thanks for helping to keep Boulder Creek happy and healthy this holiday season.



Tis' the Season

Start looking for hats, scarves, mittens, gloves, socks to decorate our annual “Giving Tree”. Underneath we will put non-perishable food items and personal hygiene items to go to the local food shelf to be distributed to those in need. We will also have a box for gently used outer wear. Coats, Jackets, and Snow pants. This is something I started over at Boulder Estates in 2017 and have continued over at BC. In January we will be able to bless many.





**THE MORE GRATEFUL
I AM, THE MORE
REASONS I FIND TO
BE GRATEFUL.**



Sometimes over the holidays (especially when things get difficult on our loved ones dementia journey) it is easy to count our grievances instead of our blessings. I asked you to take a deep breath. Don't ruminate on all that you've lost or that has gone wrong in your world. Don't dwell on the shoulda, woulda, coulda's. Dwell on the good things. Count your blessings. Look around all the things that surround you and count them as a blessing, be grateful. Imagine if you woke up tomorrow and everything you have today was gone. I cannot.

He is the reason for the season. That in itself is enough to be grateful for...don't you think?





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.

and
suddenly
there was with
an angel
a multitude of
the heavenly host
praising God
and saying
Glory to God
in the highest, and on earth,
peace, goodwill towards
men
Luke 2
13-14