

The Boulder Times



January 2025

Hello everyone,

1. **We are still expecting Surveyors any day, but the results of the family surveys are finally in.**
2. **Many of you will receive new insurance cards** for your loved ones. If you do, please stop by so we can make a copy for our records and send the information to the pharmacy. (Thanks to all those that already have)
3. **January Family Council/Support Group** will be the 2nd Thursday of the month at 11:30am. Jodi Baglien will be speaking about aromatherapy patches. A light lunch will be served.
4. When we take the tree down the articles from the **Giving tree** will be taken over to united community action to help those in need.
5. Family participation Opportunity: Resident/Family Tai Chi 1x per week on Friday at 2pm for 30 mins. This will continue through the End of March.
6. 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.
7. We've hired a new charge nurse for the new year. Her name is Dani.
8. 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.

9. **The Family Council Speaker/Support Group will be on Thursday January 9th** at 11:30am. In addition to our speaker please bring any ideas you would like to focus on for education 2025. A light lunch of Soup and Salad will be served. Bring your own beverage if you prefer something other than ice water.
10. **Staff will be having their Christmas Party on January 22nd from 3-4pm. The theme is a Christmas Ho Ho Ho Down! So, you may see some western apparel that day trimmed with a little Christmas cheer.**
11. **Reserve the community room.** Check with Jan for open days/times. She is the one that does the scheduling.
12. After the holidays we usually see an uptick in illness. 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.
13. Weather is changing. Please be safe out on the road.
14. 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



Keep your ears open:

Boulder Creek is launching an exciting new marketing campaign for 2025. The first ad comes out on the radio January 1st. You will also see it on social media!



Boulder Creek is excited to welcome Dani Thrush our new RN, Charge Nurse to the family.

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 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.



Family Council Agenda

January 2025

Open the meeting with New Business

New Business: How is the new door working for everyone?

A year in review

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

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. SafeCare Information will be presented to staff in February
3. 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. Round 2 will be end of January.
4. If you are interested in signing your loved one up to be seen by our in-house provider, please contact Mary.

5. Giving Tree- These items will be donated after Christmas to United Community Action to help those in need... We will give a total of our donations once we take them down from the tree...
 6. **Reserve the community room in advance for the holidays.** Check with Jan for open days/times. She is the one that does the scheduling.
 7. Jodi Baglien will talk about aroma therapy at one of the meetings in the new year. .
 8. Current Census is 15 on North 3 men and 12 women, and 15 on South 14 women and 0 man. (We are assessing a few people)
 9. Our new RN Charge nurse: Dani Thrush is started Dec 30th.
 10. We are continuing to look for a full/part-time evening, overnight people to be HHA's
 11. We are looking for a part-time activities person for nights and weekends. M/W/F and Sat.
 12. Ask for any questions, new business
- Close the Meeting

Welcome to Mary 's Corner

BC's Nurse Supervisor/Case Manager

Happy New Year Boulder Creek families! 2025 is now upon us – my how time flies!

In the next few months, I am going to provide information about some specific dementia diagnoses. It goes without saying that any individual with a dementia diagnosis requires supportive care regardless of the type of dementia. Providers and clinicians utilize cognitive testing, mental examinations as a screening tool to suggest dementia. Reports of behavioral, cognitive and functional changes from loved ones are also used as collateral information to support the diagnosis. Definitive diagnosis can only happen post-mortem at autopsy.

Vascular dementia is a type of dementia that occurs when blood vessels in the brain are damaged, which can lead to problems with memory, thinking, and behavior. Vascular dementia can be caused by conditions like high blood pressure, atherosclerosis, strokes, blood clots, or ruptured blood vessels. You can develop vascular dementia after a stroke blocks an artery in your brain, but strokes don't always cause vascular dementia. Vascular dementia is the second most common type of dementia, after Alzheimer's disease. Symptoms can be similar to Alzheimer's, but vascular dementia symptoms tend to change in noticeable steps, rather than

gradually decline. Everyone experiences it differently. Symptoms vary depending on the person, the cause and the areas of the brain that are affected. On average, people with vascular dementia live for around five years after symptoms begin, less than the average for Alzheimer's disease. Because vascular dementia shares many of the same risk factors as heart attack and stroke, in many cases, the person's death will be caused by a stroke or heart attack. A healthy diet, exercise, and avoiding smoking and alcohol can help prevent further decline.

Occupational, speech, and physical therapy can help with daily tasks, communication, and movement. Cognitive stimulation therapy can help with memory, thinking, and communication. Talking therapy, such as cognitive behavioral therapy (CBT), can help with depression and anxiety.

Dementia, regardless of the type, is progressive. Some medications can slow progression for a short time, but there is no cure. This is not encouraging news to hear, but it is important to be educated so we can best support our loved ones. Effective caregivers model their approach and support to the individual's specific needs. Take cues from them. Anticipate their needs. Know them. Meet them where they are and have the grace to accept it. It takes practice, patience and self-care. We are with you to support you on this journey.

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 in the new year.



January Dementia Education

Alzheimer's treatments: What's on the horizon?

Despite many promising leads, new treatments for Alzheimer's are slow to emerge.

[By Mayo Clinic Staff](#)

Current Alzheimer's treatments temporarily improve symptoms of memory loss and problems with thinking and reasoning.

These Alzheimer's treatments boost the performance of chemicals in the brain that carry information from one brain cell to another. They include cholinesterase inhibitors and the medicine memantine (Namenda). However, these treatments don't stop the underlying decline and death of brain cells. As more cells die, Alzheimer's disease continues to progress.

Experts are cautious but hopeful about developing treatments that can stop or delay the progression of Alzheimer's. Experts continue to better understand how the disease changes the brain. This has led to the research of potential Alzheimer's treatments that may affect the disease process.

Future Alzheimer's treatments may include a combination of medicines. This is similar to treatments for many cancers or HIV/AIDS that include more than one medicine.

These are some of the strategies currently being studied.

Taking aim at plaques

Some of the new Alzheimer's treatments target clumps of the protein beta-amyloid, known as plaques, in the brain. Plaques are a characteristic sign of Alzheimer's disease.

Strategies aimed at beta-amyloid include:

- **Recruiting the immune system.** Medicines known as monoclonal antibodies may prevent beta-amyloid from clumping into plaques. They also may remove beta-amyloid plaques that have formed. They do this by helping the body clear them from the brain. These medicines mimic the antibodies your body naturally produces as part of your immune system's response to foreign invaders or vaccines.

The U.S. Food and Drug Administration (FDA) has approved lecanemab (Leqembi) and donanemab (Kisunla) for people with mild Alzheimer's disease and mild cognitive impairment due to Alzheimer's disease.

Clinical trials found that the medicines slowed declines in thinking and functioning in people with early Alzheimer's disease. The medicines prevent amyloid plaques in the brain from clumping.

Lecanemab is given as an IV infusion every two weeks. Your care team likely will watch for side effects and ask you or your caregiver how your body reacts to the drug. Side effects of lecanemab include infusion-related reactions such as fever, flu-like symptoms, nausea, vomiting, dizziness, changes in heart rate and shortness of breath.

Donanemab is given as an IV infusion every four weeks. Side effects of the medicine may include flu-like symptoms, nausea, vomiting, headache and changes in blood pressure. Rarely, donanemab can cause a life-threatening allergic reaction and swelling.

Also, people taking lecanemab or donanemab may have swelling in the brain or may get small bleeds in the brain. Rarely, brain swelling can be serious enough to cause seizures and other symptoms. Also in rare instances, bleeding in the brain can cause death. The FDA recommends getting a brain MRI before starting treatment. The FDA also recommends periodic brain MRIs during treatment for symptoms of brain swelling or bleeding.

People who carry a certain form of a gene known as APOE e4 appear to have a higher risk of these serious complications. The FDA recommends testing for this gene before starting treatment.

If you take a blood thinner or have other risk factors for brain bleeding, talk to your healthcare professional before taking lecanemab or donanemab. Blood-thinning medicines may increase the risk of bleeds in the brain.

More research is being done on the potential risks of taking lecanemab and donanemab. Other research is looking at how effective the medicines may be for people at risk of Alzheimer's disease, including people who have a first-degree relative, such as a parent or sibling, with the disease.

The monoclonal antibody solanezumab did not show benefits for individuals with preclinical, mild or moderate Alzheimer's disease. Solanezumab did not lower beta-amyloid in the brain, which may be why it wasn't effective.

- **Preventing destruction.** A medicine initially developed as a possible cancer treatment — saracatinib — is now being tested in Alzheimer's disease.

In mice, saracatinib turned off a protein that allowed synapses to start working again. Synapses are the tiny spaces between brain cells through which the cells communicate. The animals in the study experienced a reversal of some memory loss. Human trials for saracatinib as a possible Alzheimer's treatment are now underway.

- **Production blockers.** These therapies may reduce the amount of beta-amyloid formed in the brain. Research has shown that beta-amyloid is produced from a "parent protein" in two steps performed by different enzymes.

Several experimental medicines aim to block the activity of these enzymes. They're known as beta- and gamma-secretase inhibitors. Recent studies showed that the beta-secretase inhibitors did not slow cognitive decline. They also were associated with significant side effects in those with mild or moderate Alzheimer's. This has decreased enthusiasm for the medicines.

Keeping tau from tangling

A vital brain cell transport system collapses when a protein called tau twists into tiny fibers. These fibers are called tangles. They are another common change in the brains of people with Alzheimer's. Researchers are looking at a way to prevent tau from forming tangles.

Tau aggregation inhibitors and tau vaccines are currently being studied in clinical trials.

Reducing inflammation

Alzheimer's causes chronic, low-level brain cell inflammation. Researchers are studying ways to treat the processes that lead to inflammation in Alzheimer's disease. The medicine sargramostim (Leukine) is currently in research. The medicine may stimulate the immune system to protect the brain from harmful proteins.

Researching insulin resistance

Studies are looking into how insulin may affect the brain and brain cell function. Researchers are studying how insulin changes in the brain may be related to Alzheimer's. However, a trial testing of an insulin nasal spray determined that the medicine wasn't effective in slowing the progression of Alzheimer's.

Studying the heart-head connection

Growing evidence suggests that brain health is closely linked to heart and blood vessel health. The risk of developing dementia appears to increase as a result of many conditions that damage the heart or arteries. These include high blood pressure, heart disease, stroke, diabetes and high cholesterol.

A number of studies are exploring how best to build on this connection. Strategies being researched include:

- **Current medicines for heart disease risk factors.** Researchers are looking into whether blood pressure medicines may benefit people with Alzheimer's. They're also studying whether the medicines may reduce the risk of dementia.
- **Medicines aimed at new targets.** Other studies are looking more closely at how the connection between heart disease and Alzheimer's works at the molecular level. The goal is to find new potential medicines for Alzheimer's.
- **Lifestyle choices.** Research suggests that lifestyle choices with known heart benefits may help prevent Alzheimer's disease or delay its onset. Those lifestyle choices include exercising on most days and eating a heart-healthy diet.

Hormones

Studies during the 1990s suggested that taking hormone replacement therapy during perimenopause and menopause lowered the risk of Alzheimer's disease. But further research has been mixed. Some studies found no cognitive benefit of taking hormone replacement therapy. More research and a better understanding of the relationship between estrogen and cognitive function are needed.

Speeding treatment development

Developing new medicines is a slow process. The pace can be frustrating for people with Alzheimer's and their families who are waiting for new treatment options.

To help speed discovery, the Critical Path for Alzheimer's Disease (CPAD) consortium created a first-of-its-kind partnership to share data from Alzheimer's clinical trials. CPAD's partners include pharmaceutical companies, nonprofit foundations and government advisers. CPAD was formerly called the Coalition Against Major Diseases.

CPAD also has collaborated with the Clinical Data Interchange Standards Consortium to create data standards. Researchers think that data standards and sharing data from thousands of study participants will speed development of more-effective therapies.



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.





Vikings Are headed for the playoffs!

In honor of this I looked up an old Vikings Norse prayer:

“Hail to the gods! We praise and honor you as we praise and honor the dead. Hail to the brave warrior, the bright shield-warrior was called! To his kinsmen and friends: may he live long in the memory of men and sit among his kinsmen in Valhalla. I praise him for standing forth, and for his bravery, and for his blithe manner and wise spirit.”

Skol!

I don't know if it will help take us to the Superbowl but it can't hurt! Can it?



