

# The Boulder Times

We remember their love when they can no longer remember

February 2025



**Happy Valentine's Day**



Hello everyone,

1. If you have not turned in a baby picture for your loved one yet please do so. We have a special activity planned for them.
2. Surveyors still have not arrived. I feel like a broken record but, we are expecting them at any time.
3. **Walker Clinic** on the 17<sup>th</sup> at 1:30pm
4. We have something special for all of our caregivers. **Feb 21<sup>st</sup>. Is "Caregiver Appreciation Day"**.
5. If you have a new care plan to sign, please stop by Jan's office so we can take care of it.
6. **Residents will have a Valentine's Day Social on the 14<sup>th</sup>.**
7. **February is Heart Health Month.** In 2024 we had more people have strokes younger than ever before in the history of the United States. A lot of factors go into this...stress is one of them. Caregiving can be a big stressor. So we are going to focus on self-care this month. Self-care for our staff and for all of you. If we don't take care of ourselves first we won't be able to do a very good job of taking care of anyone else.
8. **We will be starting a "Healthy Challenge" in February.** This will include staff, residents, and we are inviting family members to take part. March and April will also have opportunities to continue on a healthier path for the year.
9. **Next Family Council/Support Group will be Feb 13<sup>th</sup> at 11:30am.** Mary will be facilitating, as Jan will be off at a training in the cities. Our focus will be introducing the healthy challenge and starting our series on "Family Dynamics".
10. **Please check out the "BC Lending Library".**

11. **Marshall City-Wide Garage Sale-Boulder Creek** will be taking part in the garage sale. If you have any donation please hold onto until week of sale. All proceeds will be going to the activities dept. More information will be coming soon.
12. As always, my door is open. Please feel free to contact me with any questions or concerns.

**“Caregiving often calls us to lean into love we didn’t know possible”**



Jane Nelson-Como will be taking over the helm for MADAN as Jamie Lanners stepped down and moved with her children after the loss of her husband to cancer last year.

## **Employment Opportunities:**

### **WANTED: Part-time Activities Assistant**

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 and creative person who is understanding of their care needs. Position includes M/W/F from 2-7 or 3-7 (negotiable for students), Saturdays 10-6.

**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**

February 2025

Open the meeting with New Business

1. Current Census is 14 on North 2 men and 12 women with one pending move in, and 13 on South 12 women and 1 man.
2. Jan will be gone to a training on the 12<sup>th</sup> & 13<sup>th</sup> of February.
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  13. Ask for any questions, new business
- Close the Meeting

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

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

Last month, I started a series focusing on different types of dementia. This month, I will talk about Alzheimer's dementia. 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.

Alzheimer's disease is the most common cause of dementia. Alzheimer's disease is the biological process that begins with the appearance of a buildup of proteins

in the form of amyloid plaques and neurofibrillary tangles in the brain. This causes brain cells to die over time and the brain to shrink.

About 6.9 million people in the United States age 65 and older live with Alzheimer's disease. Among them, more than 70% are age 75 and older. Of the more than 55 million people in the world with dementia, 60% to 70% are estimated to have Alzheimer's disease.

Early symptoms of Alzheimer's disease include forgetting recent events or conversations. Over time, Alzheimer's disease leads to serious memory loss and affects a person's ability to do everyday tasks.

There is no cure for Alzheimer's disease. In advanced stages, loss of brain function can cause dehydration, poor nutrition or infection. These complications can result in death.

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 Monday-Thursday from 7:30am-5:00pm.

Mary Mitzner, RN  
Nurse Supervisor/Case Manager  
Boulder Creek Assisted Living  
Phone: (507) 337-9536



## **February Education-**

It can be tough as your loved one is advancing in their dementia journey. You can see they need more help but don't want to take away their independence too soon.

# **4 Ways to Help Someone That is Moving Further into Their Dementia**

***Have you ever been unsure of how to assist someone who is moving deeper into their dementia?***

This can be a very tricky transition and learning period when both parties don't quite know what to do or what is best. It is important for you to be helpful but also not to take over. You'll want to try to help the person feel smart, confident, and capable, even when they understand very little of what is going on.

When an individual is progressing further into their dementia, they often lose the ability to make and sustain decisions. They can also become unable to initiate actions that are consistent with these decisions.

Many times, their brains don't realize how much has changed and how their skill set has diminished. Often, they are also unable to see someone else's point of view.

Unfortunately, caregivers are often unaware and unable to identify certain shifts and issues until the person they are caring for is already into the middle stages of the disease. Once dementia reaches this stage, the actions and thinking that have become difficult can now become almost impossible for the individual.

Once-simple tasks like doing the bills, making breakfast, or doing household chores, can now become seemingly impossible tasks.

At this point of the dementia progression, you may have a challenging situation on your hands. Teepa and the Positive Approach to Care (PAC) Team suggest breaking down overwhelming tasks into smaller, more achievable steps:

### **1. Do some homework and gather information**

It can be overwhelming for people living with dementia to initiate actions on their own.

Consider doing a bit of homework before beginning a task. Try to understand the individual's thoughts and their past methods of completing certain tasks.

For example, if you are trying to help them do the bills, work to understand how they used to complete the task. Perhaps they liked to lay everything out to get the big picture. Or maybe they liked to only focus on one element of the task at a time.

If you are able to understand the methods that used to work well for the person, it could be very beneficial to develop a similar but modified plan to help them complete the same task now.

### **2. Provide some suggestions and sequencing**



Once you have gathered information and done some homework, try to come up with a plan. Note how this is not an *agenda*, but rather, simply a *plan*. When you come at a person with a timeline of actions to be completed or a specific agenda, it may seem overpowering and controlling. Instead, work on suggesting ideas and sequencing actions.

In the example of doing the bills, try to gather all the necessary documents for the person first. Then, let them do the actual action. If this is still too overwhelming, offer to complete one of the steps for them; however, it is important to keep them involved and to continue to ask for input. Try asking for them to make smaller decisions.

For example, offer choices like, *Do you want this pen or that pen to sign with? Or, Would you rather do the water bill or the electric bill first?* In essence, be respectful but also steer the ship.

Also acknowledge when a task is accomplished. This recognition of *Great! We just got one bill done!* shows the individual that progress is being made and that they are still capable of accomplishing tasks.

### **3. Be patient and take your time**



It is very likely that you will not be able to get an entire task done in a single sitting. It is important to be patient and to not project your own expectations for getting things done.

If one or more parties are getting overwhelmed or frustrated, it is important to take a break from whatever the frustrating thing is. If you and the individual are frustrated with each other, take a break from each other. If you or the individual are getting frustrated by the task itself, try putting all things related to that task away, out of eyesight, and introduce a new activity to redirect the focus.

### **4. Consult with others and ask for help**



What is important is that you get help. You are right to be concerned about changes you see in the person, and there are so many resources to assist you.

- Try looking up information relevant to the stage of dementia that is being shown. [Teepa's GEMS State Model](#) is a great resource to learn about the different states of dementia progression, like what to expect and the best ways to help.
- [Talk to one of Positive Approach to Care's Consultants](#). Whether it's for a listening ear, answering questions, or coming up with strategies, we are here to help you! Call the info line or [go to our website](#) for a [free 30-minute consultation](#).

If possible, try to prepare your family as best as you can for your own possible future challenges. Talk to your children, partner, or friends about care that makes the most sense for you and would be the most helpful if you begin having brain changes.

When we communicate and share, we are able to do better- so have those conversations!

### **Conclusion:**

It can be very scary and frustrating to help someone who is moving further into their dementia. Many times, you are simply unsure of what to do to help while still letting them feel smart, confident, and capable.

You'll both benefit if you can do some homework and gather information, give suggestions, be patient, and consult with help when you need it. With these strategies in mind, you will be able to provide supportive and positive care to those progressing through their dementia.



Check out the Boulder Creek Facebook page to see all of the fun we have had over the past month and going forward.

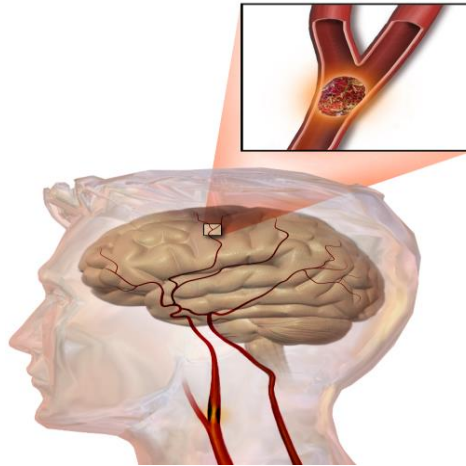
<https://www.facebook.com/BoulderCreekMemoryCare>

**Remember you are not alone. We are in this journey together.**

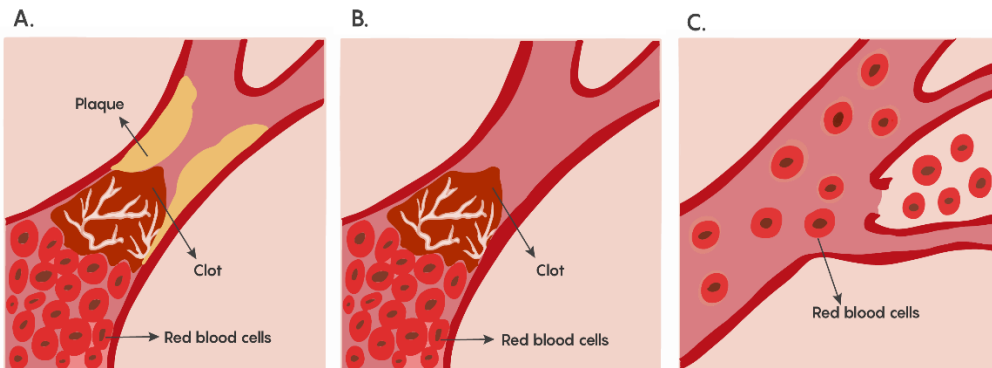


## Heart Healthy Challenge: Are you at risk?

# *Why are strokes on the rise?*



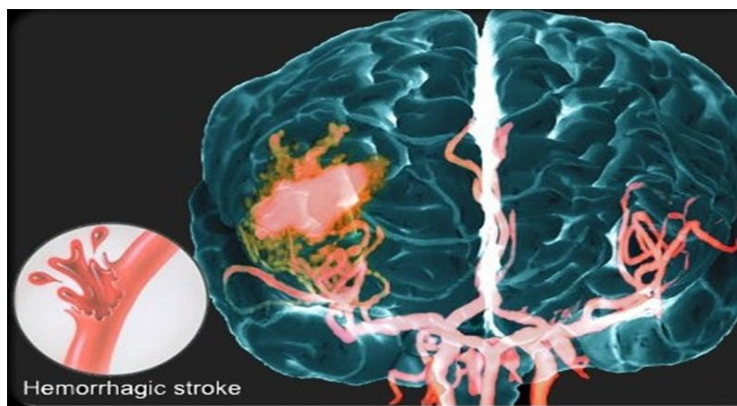
## *Types of Strokes*



Thrombotic stroke

Embolic stroke

Hemorrhagic stroke



Hemorrhagic stroke

The increasing prevalence of stroke has been paralleled by increases in both obesity and high blood pressure in the same age groups. These conditions are both linked to an increased risk of stroke. "This report is concerning because in the younger population, the stroke rates are going up." May 24, 2024

If someone is having a stroke, what can people keep in mind in terms of improving outcomes?

Most people can identify signs and symptoms of a heart attack, but not for stroke, so it is important to be familiar with them. The acronym BE FAST covers most stroke symptoms. In 2021, the AHA endorsed a version of BE FAST in Spanish: RÁPIDO. It is important to emphasize that if someone has these symptoms, and they only lasted a few minutes, it could be a sign that a bigger stroke is about to come. People should still come to the hospital as quickly as possible.

BE FAST stands for:

B: Sudden loss of balance or unsteady walking.

E: Double vision or loss of vision.

F: The face becomes droopy on one side compared to the other.

A: Arm drops when trying to lift it, or the patient is unable to move the arm.

S: Speech becomes slurred and speaking is unintelligible or gibberish.

T: Time to call 911. People are seen and treated more quickly when they arrive by ambulance. Ambulances can notify the hospital ahead of time that they are coming in with a stroke patient. For every minute lost, it is almost 2 billion neurons that you lose, or 2 billion brain cells.

What are ways to reduce risk of stroke?

What are ways to reduce risk of stroke?

The American Heart Association (AHA) has measures called Life's

Essential 8, which goes a long way to reducing the chances of not just heart disease and other health problems, but also stroke. The measures are eating better, being more active, quitting tobacco, getting healthy sleep, managing weight, controlling cholesterol, managing blood sugar, and managing blood pressure.

Eating better could include having a diet rich in vegetables, such as the Mediterranean diet. Aim for a diet with less fried foods and lower on the glycemic index if you have diabetes. In terms of getting active, daily exercise for at least 30 minutes daily would be ideal. Managing weight is key so that your body mass index – the ratio of your weight to your height – is anywhere between 18 to 25. Monitoring blood pressure, blood sugar, and cholesterol is also important to manage if they are high.

How can people with cardiovascular conditions manage them to prevent stroke?

We are going to potentially see an increase and more emphasis on managing blood pressure. We used to say a blood pressure of 140 was OK, but now we are pushing the agenda more on having blood pressure be less than 120. This is one way that could help reduce risk of stroke. We have also seen significant changes in the management of diabetes. New onset diabetes drugs and self-monitors on the skin have been a positive development and are helping people better manage the condition.

It is important to continue to get people to the doctor and there are going to be economic forces, including access to healthcare, that limit that. Stroke overall is a major source of healthcare-related disparities. Having culturally tailored programs and meeting people where they are is important for stroke prevention. This can help inform what the stroke

signs and symptoms are, increase screening, and improve management of different health conditions, like high blood pressure.



*It takes a village to keep us safe:*

*Remember: The Flu, Norovirus, and Covid is still quite prevalent in our community. If you have had a possible exposure please be sure to take precautions on behalf of all of our residents.*

*We have hand sanitizer & masks in the front lobby.*

Happy  
Valentine's  
Day

