

The Boulder Times



April 2025

Hello everyone,

Dear Families and Friends,

Happy Spring my friends. I just wanted to touch base on a couple of things that have recently come to my attention. People have been asking questions and I just wanted to clarify a few things...

1. **New billing system roll out.** Well, it went off with just a few bugs. The statements look a bit different. Please note if you have a question as me about it. Also, as you look for the amount due find the line that says “private statement balance”, if it is in () then it is a credit. So, your account is credited that amount. Don’t pay it. If it doesn’t have () then you owe that amount.
2. **Please have consent forms turned in by the 7th of April so pharmacy can have enough of each vaccine ordered. Blank consents are available in my office.**
3. **There is lots of crud going around.** Please use lots of good handwashing and try not to share. Many of our sister facilities have had outbreaks of one sort or another.
4. We are **still waiting on the state surveyors** to show up. They are due and could show up at any time.
5. **When staff are out with phones and iPad they are documenting.** I have asked them to document in the common areas with the residents whenever

possible so that they can keep their eyes on them and be available if the need arises. (For the most part activities staff and management will be the only ones snapping pictures of residents and staff for the Facebook page). They chart & get their assignments from an app call rtask as well as all in house electronic communications, and education.

6. Families please be advised that spring is in the air. This is a time when flowers grow, bunnies are born, and all of the creepy crawlies start to come back. Ants tend to be a problem when the ground thaws or when it rains. Please let staff know if you see anything. We are always on the lookout but appreciate any reported sightings.
7. Speaking of snacks...it is a clear invitation to the little bugs to come in and join your when you bring snacks in bulk. Crumbs tend to get all over the place. If you bring in snacks. Bring in a sealed container for today and maybe one more snack.
8. Additionally, snacks are just that...snacks. They should not replace meals. It is important that residents have nutritionally balanced meals. We also like to monitor their intake. This allows for the staff to have a better understanding of weight loss & weight gain. Also, we are able to monitor their interest in food/drink as well as the fine motor skills and muscle memory related to eating. This is including but not limited to choking/aspiration as well.
9. I am also sending out an Easter Flyer for a Family celebration on April 18th. It should be fun for all ages. Please RSVP as soon as able so we can get an accurate head count. This is a great time to make wonderful memories in a safe environment.
10. We are starting to accept gently used items for garage sale donations on May 1-3. All proceeds will go towards the activities fund. Any volunteers willing to help are welcome. Please let us know so we can plan accordingly.
11. April 7-11 is Severe Weather Awareness Week. Staff & Residents will be participating in drills. We will also be doing spin-it-to-win-it games with staff reviewing on all shifts all the policies and procedures concerning emergency responses. This will include weather, fire, power outages, missing residents, active shooter, bomb threats, and civil unrest. You may walk into some drills as well. This is so that our staff can be as prepared as possible if and when the time comes to deal with any of these emergencies.

12. Vital Research resident state surveyors could come as soon as April. Please send an email to me if do not want your loved one to be interviewed. I will need to present it to them at the time of the survey.
13. Spring Cleaning. It's a great time to do a little spring cleaning. Check for any holey underwear/socks, clothing in disrepair, or clothing that is too large or small. Check shoes for holes, or worn soles. Also, it could be time to replace that tooth brush. We are in the process of getting more purple boulder creek bags to hang in the closets for clothes that need servicing or replacement.
14. Staff SafeCare training is underway. We have 16 staff that have graduated and have a certificate and emblem on their name tag. We will continue to work on getting the rest trained in.
15. State Surveyors still have not arrived. I feel like a broken record but, we are expecting them at any time.
16. There is a new dementia policy that is required as of July 1, 2025. We will be putting it out in Family Council and discussing it in May meeting.
17. **April Family Council/Support Group** will have a special guest speaker Jane Nelson-Como from A.C.E. who just recently went through the loss of her father to dementia. She will be talking about how "family dynamics" played a roll in their dementia journey. Family Council will be on April 10th at 11:30 am followed by Dementia Support Group. A light lunch will be served.
18. If you have a new care plan to sign, please stop by Jan's office so we can take care of it.
19. Tai Ji Quan will start up in May. It will be on Fridays in the am out in the courtyard weather permitting.
20. **Summer Dementia Movie Awareness Program** Starting in July through the month of September. It will be the 3rd Tuesday of the month. Boulder Creek will provide the popcorn. You bring your own beverage. Send any dementia related movie titles you think might be interesting.
21. **Please check out the "BC Lending Library".**
22. Emma Fuhrmann has been hired as a part-time activities asst. She will be here Monday/Wed/Fri. & every other Saturday. Sydney Brandt (HHA) will be home from college and helping in activities every other Saturday. Diane our Tuesday/Thurs for health issues. We are looking for a part-time activities person to help out on the weekends.

23. **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. So, I now have the dates May 1-May 3rd. We need to decide how many days we want to do it. How long? Who would like to volunteer? Where are we going to store this stuff as it comes in? etc...All proceeds for this will stay with Boulder Creek and goes toward the activities dept. Let's think about something cool we could bring in for our residents.
24. As always, my door is open. Please feel free to contact me with any questions or concerns.



Peace and Blessing to You All



Family Council Agenda

April 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. Vital Research is due to come any time starting in April. If you don't want your loved one interviewed please send an email stating it and signing.
3. Surveyors still have not arrived. I feel like a broken record but, we are expecting them at any time.
4. If you have a new care plan to sign, please stop by Jan's office so we can take care of it.
5. **Hoppy Easter Family Day is on the 18th. Please RSVP if you are able to come.**
6. We are looking at August for our Family Fun Day event on a Saturday Morning. Tentatively looking at Aug 9 or 16th. We will be looking for volunteers. 11-1pm. (11-12 games, 12-1 eating/music/raffle.)
7. What are your thoughts of us have Virtual Dementia Tours throughout Madan Week? (Mid -June)
8. It's time to do some spring cleaning. Look through your loved ones

things. Take out the old stuff that is in disrepair, replace that tooth brush, check out their shoes. See if their undies are too holy for Holy Week 😊.

9. **Our April speaker on Family Dynamics will be Jane Nelson-Como** from A.C.E. having just lived through her own pretty traumatic events and how family dynamics played into it April 10th at 11:30am.
 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. It will be May 1- May 3rd. We need to decide how many days we will be putting this on? Who will run it? Where we will store items? Etc.
 12. Talk about the Dementia swing....fundraising
 13. Ask for any questions, new business
- Close the Meeting

Welcome to Mary ‘s Corner

BC’s Nurse Supervisor/Case Manager

April showers bring May flowers! Even though we had a pretty mild winter, the warm sunshine and more daylight is welcome change. Spring is ‘a-buzz’ with a frenzy of activity for all of us. Farmers are itching to get that crop in the ground! Birds return to build nests and raise a brood. Gardeners plan and plant their plots with dreams of beauty and bounty. Little kids head outside to play in mudpuddles. The air is fresh, inspiring many to start ‘spring cleaning.’ It is a good idea to take a look through your loved one’s room here at Boulder Creek. Each room should have a purple bag hanging in the closet. These bags are used for staff to place items that either are too small, too big, need repair or need to go home with you 😊. It’s also a great idea to look over clothing to see if any new items are needed. I encourage you to talk with our staff, as they are very familiar with which outfits are favorites or too small/too big or what your loved one could use more of. A new nightgown or pajama set can make a great Mother’s Day or Father’s Day gift.

Also, this is a great opportunity to take that heavy comforter or quilt on their bed out for a wash. Our washers and dryers are not equipped to handle extra large loads. We can spot clean them as needed; however, they need to be taken to the cleaners or laundromat for a thorough, deep clean.

Your loved ones might want to help with spring cleaning. Get them involved with a purposeful activity like dusting. If there are treasures, keepsakes or trinkets on top of their dresser, for example, staff do not dust around these items. Staff refrains from dusting around knickknacks in order to prevent accidental breakage. Also, take a peek under and behind furniture (as well as in drawers) as staff does not move furniture when cleaning rooms. You might be surprised what you find!



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.

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



April Education-

This month's article was taken from the Alzheimer's today magazine. Volume 20, Number 1

How to Speak When Someone Has Dementia



I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.

Do not lose your patience with me.
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different 'though I try.



This past month I have had several family members who have come and talked to me out of heartbreak, frustration and despair because they were really struggling to talk to their loved ones as they advanced in their dementia journey. I wanted to share some tips with you all...

Encouraging Communication: Adapting to Their Reality:

One of the most important things to consider when caring for someone with memory loss is that at some point, their ability to communicate will be affected, says speech language pathologist Adria Thomson, M.A., CCC-SLP. “Communication isn’t just speaking,” she explains. “It’s far more than that. Be aware that even if someone with dementia can speak well, it doesn’t mean they don’t struggle with communication.”

1. Use Mindful Language.

“In English, we use so much figurative language that feels natural to us, but it has a level of complexity.” Rather than ask someone if they are feeling under the weather, ask them if they feel sick.

2. Use Pronouns Sparingly.

When telling a story about Linda’s vacation, for example, you will naturally use the pronoun “she.” You may say, “After she left Italy, she went to France, and from there shewent to England.”

“For someone with memory loss,” Thompson says, “thirty seconds into the story, they might forget who “she” is. Sprinkle in references to Linda.”

3. Avoid Elderspeak.

Elderspeak can often sound like sing-songy baby talk. “The caregiver may feel it’s coming from a place of care, but research shows when communicating with someone with dementia in elderspeak, it might make it harder for them to understand. It’s also

perceived as condescending. They feel disrespected so they engage less and listen less.”

4. **Consider How You Ask Questions**

“There are different levels of complexity of questions. The most complex are open-ended, which puts the burden on them.” If you ask the person what they want to eat, they have to figure out what day of the week it is and whether they should be asking for breakfast or dinner. They also don’t know what’s available. The least complex option is a yes/no question, such as, “Do you want spaghetti?”

5. **Focus On the Five Senses.**

When it comes to activity choices, Thompson suggests making use of the five senses and focusing on what is in the room. For instance, point to a painting on the wall and ask them what they think of it. You can also discuss something that is on the TV at that moment or music that is playing.

“Using the senses is a good place to start getting them engaged with you in the moment. It’s helpful to bring a prop, such as a family photograph, with you as a conversation piece. You’re bringing them a story.”

6. **Ask them for Advice.**

“We all like to be needed and valued. Use something happening in your life and ask their opinion. This doesn’t require them to have a memory of anything. Their answer doesn’t have to make sense. So much of the engagement of the moment is based on your response.”

***Adria Thomson is the founder and CEO of Be Light Care Consulting in Richmond, KY.**



Look Ahead & Save the Date's for Summer

April 4: Celebrating Jazzy's 4th Birthday with a Pawty

April 7-11: Severe Weather Awareness Week

April 10: Family Council/Dementia Support Group- 11:30am

April 11: Vaccination Day

April 18: Hoppy Easter Family Celebration

April 20: Easter Sunday

April 21-25: Volunteer Appreciation Week

April 22: Hairdresser Appreciation Day

April 23: Administrative Professionals Day

May 1-3 Boulder Creek Garage Sale

May 8: Family Council/Dementia Support Group – 11:30am

May 6-12: Nurse Appreciation Week

May 2025 Old American's Month: Flip the Script on Aging.

May 16th : Boulder Estate Health & Wellness Fair (Open to the public)

May 23: Boulder Creek Memorial Day Program

May 26th : Memorial Day

June 12: Family Council/Dementia Support Group- 11:30am

June 12-18 HHA Appreciation Week

June 16: Boulder Creek Father's Day Celebration

June 16-20 MADAN'S Dementia Awareness Week

June 16-20 Boulder Creek Virtual Dementia Tours by Appt

June 19th MADAN's Walk for Memories

July 4th: Independence Day

July 10: Family Council/Dementia Support Group-11:30am

July 17: Summer Dementia Awareness Movie Night-6pm

Aug 9: Boulder Creek Family Fun Day 11-1

Aug 14: Family Council/Dementia Support Group-11:30am

Aug 21: Summer Dementia Awareness Movie Night- 6pm

Sept 11: Patriot Day " National Day of Service and Remembrance"

Sept 11: Family Council/Dementia Support Group-11:30am

Sept 18: Last Summer Dementia Awareness Movie Night- 6pm

Sept 21: Alzheimer's Awareness Day (special event TBA)



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)

