

The Boulder Times



June 2025

Hello everyone,

1. The Whisper Glide Dementia Swing is here. We are just getting all the staff trained and comped out for safe usage.
1. Our next **Family Council and Family Dementia Support Group** will be on **June 12th at 11:30am**. Education will still be provided each month in the newsletter. **Soup & Salad will be provide for lunch. Water will be served. Bring your own beverage if you prefer something else. Will be a work day with meeting putting labels on water for Memory walk.**
2. **Monday June 16th we will be having our “Father’s Day” Celebration. Please RSVP with number of guest if you have not. We want to make sure we have enough food. It is not on Father’s Day so that families can have time to do their own celebrating.**
3. **June 17th is this year’s MADAN’s “Walk for Memories” at the YMCA from 4-7pm. Walk starts at 6pm. Jazzy will be kicking off the walk.**
4. **If you have not signed up to see Gene and would like to please talk to Mary or Jan.**
5. Tai Ji Quan modified for Memory will be starting again in June every Friday under the Pergola weather permitting.
6. We are still waiting on Surveyors.
7. It is that time of year when severe weather can pop up quickly. Please be aware of this when you take your residents out.

8. The Summer Dementia Awareness Movie Night will be starting up again in the months of June-September. Boulder Creek will provide the popcorn; you bring your own beverage. Tuesday June 24th at 6pm we will be playing the movie "Savages".
9. **If you have a new care plan to sign, please stop by Jan's office so we can take care of it.**
10. **Boulder Creek Lending Library:** Please take a moment to check it out the next time you are in the area. It's there for your use.
11. **State of MN Quality of Life Surveyors should be coming soon** to interview our residents. If you prefer your loved one not be interviewed, please contact me by email as soon as able. I need to show proof of your choice to the surveyors. You as family members will also be receiving survey questions in the mail. **This is your opportunity as family members to speak on behalf of your loved ones.**
12. **Be advised:** We are entering that time of year when heat injuries happen. Please be mindful. Especially with your loved ones. Their bodies don't give them typical signals due to their dementia.
13. **Resident Council requested more side salads during a survey. Starting this month, they will be enjoying a fresh side salad with their evening meal.**
14. **Jan will be taking off the afternoon of the 19-23rd** for her adopted daughter's wedding. Then heading to a triple birthday party for her son, son-in-law, and father. It will be a busy few days of family celebrations and making memories.
15. 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.)
16. As always, my door is open. Please feel free to contact me with any questions or concerns.



MADAN Walk for Memories

Sponsored by the Marshall Area Dementia Awareness Network

Tuesday June 17th at the YMCA (Normally it's on a Thursday but Juneteen falls on the Thursday the 19th this year.)

I would like us to put together a "Boulder Creek Team" to walk for our memories together. They have a 1-mile walk. Jazzy will be starting everyone off at 6pm. There will be booths of local dementia resources available in our area and refreshments as well as live entertainment. There will even be a petting zoo for the kids. I will pass along more information. If you are interested, please let me know. It is usually between 4:00 and 7pm.

In addition, Boulder Creek will be providing an opportunity to go through a Virtual Dementia Tour June 17-19 in honor of Dementia Awareness right here at Boulder Creek.



Are You Ready?



The MADAN Store is Now Open

Do you have your purple dementia attire ready?

We got a deal for you!

Here is the link: <https://stores.apdesignpro.com/madan>





Gentlemen Start Your Engines....

**Boulder Creek will be hosting the race
of the ages...**

(Families of our gentlemen please RSVP by the 9th)



June 16th

Boulder Creek's Father's Day Event

The Competition will be unbelievable

RC Car
Races

Grilled
hot dogs,
and chips

Muscle Cars

Classic Cars

Delicious
Ice Cream

Iced
Coffee
Wanted
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 Part-time Activities Staff. 12-15 hours per week with the opportunity during the summer and during breaks to get more hours.

To Apply: Stop in to one of our locations to pick up an application or apply online at boulder-creek.org or boulderstates.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.

Welcome to Mary 's Corner

BC's Nurse Supervisor/Case Manager

My, how time flies...from spring right into summer! Summer gives us a wonderful opportunity to enjoy warm weather and sunshine. That being said, it is important to make sure your loved one stays hydrated and protected from prolonged exposure to heat and direct sun. Understand that people living with dementia have significant and irreversible changes in their brains that interfere with their body's 'thermostat' and ability to correctly perceive different sensations. For example, they may ask for a jacket or sweater when it is 95 degrees outside. Their drive for thirst is diminished, increasing their risk for dehydration. Adequate hydration is important for mental function as the body and brain are mainly comprised of water. Cognitive function is enhanced when the brain cells receive the appropriate amount of hydration. Also, protect skin by applying sunscreen to prevent painful sunburns. Boulder Creek has sun hats, sun glasses and sunscreen available for our residents to use when venturing outdoors. And lastly, germs never take a vacation. Although exposure risk to certain illnesses may be lowered through the warmer months, we ask that you self-monitor symptoms before visiting, refrain from visiting until you've fully recovered and are symptom-free. As you spend time with your loved one throughout the sunny summer days, be mindful of risks and simple preventative steps to help keep them safe, happy and healthy. YAY, SUMMER!

Thank you for entrusting your loved one's care to us. It is an honor to support them AND you! Please do not hesitate to reach out to us with concerns or questions as they arise. We are here to help and serve!

Please feel free to contact me with any ideas, suggestions, questions or concerns. As a reminder, typically my schedule is Monday-Thursday from 7:30 am-5:00 pm.

As always, it is a joy and privilege to serve and care for your loved ones. Thank you for entrusting them to us!

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





Family Council Agenda

June 2025

Open the meeting with New Business

New Business:

2. Our current census is 13 on North, (2 men and 12 ladies), and 12 on South (all ladies). .
3. Next meeting will be on Thursday June 12th at 11:30 am, followed by Support group. Will be a work day with meeting putting labels on water for Memory walk.
4. CNA Appreciation Week
5. Tai Ji Quan modified for Memory will be starting again in June every Friday under the Pergola weather permitting.
6. June 16th will be the Father's Day Celebration. Please RSVP.
7. Jan will be gone the 19-23rd for a couple of big family celebration.
8. LSS Senior Companion Supervisor will be visiting and touring on the 13th. BC was a piolet project. Prior to this they didn't believe that Senior Companions could be effective in memory cares.
9. MADAN's Memory Walk will be on Tuesday the 17th because of Juneteenth.
10. Our June we will start the Summer Dementia Awareness Movies. It will be June 24th at 6pm. We will be showing "Savages". Bring your own beverage.
11. August 9th is our Family Fun Day. So, mark your calendars.
12. Please note Jan is a notary and can notarize paperwork for you & your loved ones.

Ask for any questions, new business

Close the Meeting

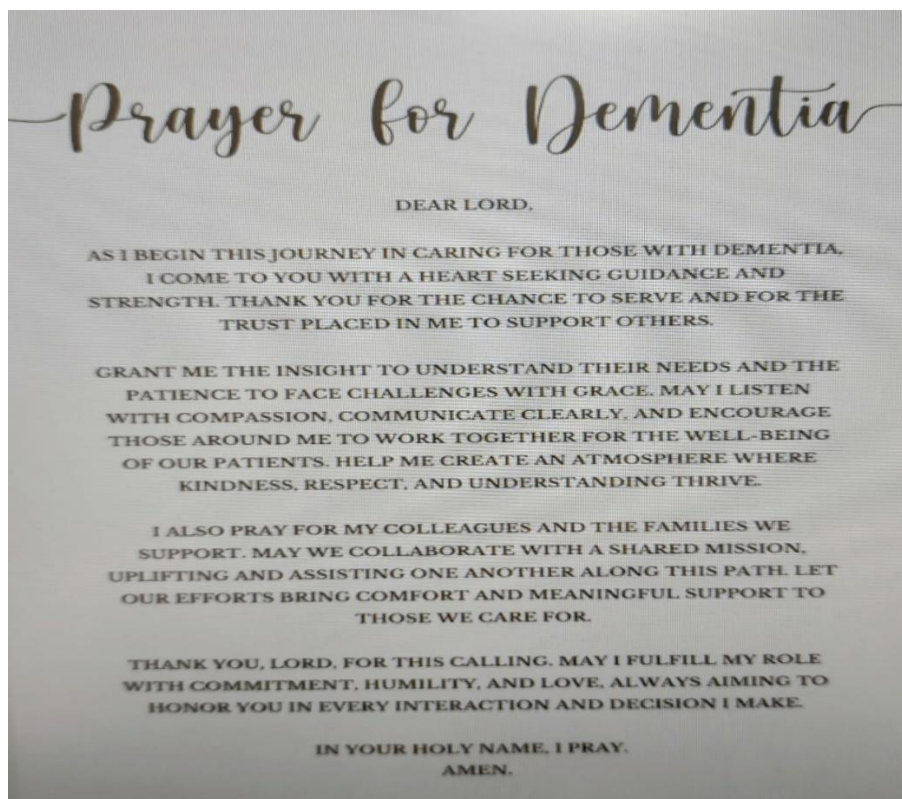
Celebrating HHA Appreciation Week



“We are the Champions”

Our Boulder Creek HHA's get a knock it out every day!

Each day will be doing something a little special to celebrate our HHA's. If you see them tell how much you appreciate them.



June's Education

The MN dept of Health launch a campaign to encourage Minnesota's to "Stay Cool" during extreme heat. It kicked off May 30th. Heat kills more people in the US each year than tornadoes, hurricanes, and flooding combined. The state will run the campaign through Labor Day. (mn.gov/heat)



Dementia is widely recognized for its impact on cognitive abilities and memory, but one lesser-known aspect of dementia is its potential to impair the body's ability to regulate temperature. Dementia, particularly advanced stages, can significantly impair a person's ability to regulate body temperature. This impairment can be due to damage to the hypothalamus, the brain region responsible for thermoregulation, as well as reduced sensitivity to temperature changes and impaired ability to respond effectively to them. Individuals with dementia may not recognize when they are too hot or too cold, making it harder for them to adjust their clothing or environment accordingly. That is why it is so important for those around them to pay attention to the environment, and the person suffering with dementia. Avoiding extreme temps in either direction is usually safest. Let's take a closer look as to the why those with dementia are so adversely affected.

The Role of Temperature Regulation in the Body

Our bodies strive to maintain an optimal internal temperature of approximately 98.6°F (37°C) to ensure proper functioning of vital organs and metabolic processes. This regulation involves the hypothalamus in the brain.

How Dementia Interferes with Temperature Regulation

1. **Impaired Central Control:** The brain's hypothalamus plays a pivotal role in regulating body temperature by responding to changes in external conditions and internal cues. Dementia can damage or disrupt the functioning of the hypothalamus, leading to a diminished ability to control body temperature.
2. **Reduced Perception:** Individuals with dementia may experience reduced perception of temperature changes. They might not recognize when they are feeling too hot or too cold, making it difficult for them to take appropriate measures to adjust their clothing or environment.
3. **Ineffective Responses:** Dementia can impair the body's ability to respond effectively to temperature fluctuations. For example, the shivering response, which generates heat to combat cold, may be compromised in individuals with advanced dementia.

Implications and Risks

The impairment of temperature regulation due to dementia can have several significant implications and risks:

1. **Hypothermia:** Dementia may cause someone to become more susceptible to hypothermia, a condition where the body loses heat faster than it can produce it. Symptoms can include confusion, disorientation, and shivering, which can worsen existing cognitive challenges.
2. **Overheating:** In warm weather, individuals with dementia may struggle to recognize the signs of overheating, leading to heat-related illnesses like heat exhaustion or heatstroke.
3. **Worsened Cognitive Symptoms:** Prolonged exposure to extreme temperatures, whether hot or cold, can exacerbate cognitive symptoms and

behavioral changes associated with dementia, making daily life more challenging.

4. **Increased Vulnerability:** Persons living with Dementia may become less aware of their surroundings and more prone to accidents or injuries related to temperature extremes.

Understanding the impact of dementia on temperature regulation is crucial for caregivers, family members, and healthcare professionals. Caregivers should take proactive steps to ensure a safe and comfortable environment for those they are caring for, including maintaining a suitable indoor temperature, providing appropriate clothing, and monitoring for signs of discomfort or distress. By addressing temperature regulation challenges, we can enhance the quality of life and safety of those we love and support.

**Tips for the summer: Keep out of direct sunlight. Wear loose clothing. Dress in layers. Drink plenty of fluids. Use sun screen. Wear a hat. Wear sunglasses. Don't spend long periods of time out in the heat.*

Coming Soon In June:

Virtual Dementia Tour (VDT)

Boulder Creek will be offering an opportunity to take part in a virtual dementia tour during the MADAN Dementia Awareness week June 17th-19th. This will give each participant an opportunity to have a glimpse of what it is like in the day and the life of someone living with dementia.

As someone who had the book knowledge, but had never experience dementia themselves, I found the tour to be very enlighten. I remember telling the guide that I knew just a little bit of what my mother-in-law was going through now. I told her touching my head, "I thought I understood here before", but now I understand here....touching my heart with tears in my eyes. I encourage everyone to take the time to walk in your loved ones shoes just for a few moments. It will give you insight beyond what you can imagine.

In June we will be opening up times for tours for health care workers, families of those living with dementia, and the public. If you are interested, please watch for more information to come.



When someone is diagnosed with dementia, it affects everyone: family, friends, long term care, hospitals, surrounding community. The VDT, used internationally since 2001, helps shed light on some of the seemingly inappropriate and at times difficult behaviors exhibited by those with dementia. Appreciation of the challenges facing those with dementia results in greater understanding. This increased understanding sets the stage for better care.

Why we need the Virtual Dementia Tour:

- 7 out of 10 people with dementia live at home where family and friends provide 78% of the care. The VDT creates an understanding that results in more empathetic care.
- 50-70% of people with Alzheimer's disease (AD) will exhibit agitated and sometimes violent behavior. The VDT gives a "feel" for why a person may get agitated and what can be done to lessen the likelihood of agitation.
- The National Association of Elder Abuse and Neglect states that the better educated the caregiver is about how to provide good care, the less likely they are to abuse (physical or emotional) or neglect the elder. Over 50% of caregivers admit to being abusive to their AD family member.

A few of the statements made after the VDT include:

- "We take too much for granted."
- "I will take more time with the residents."
- "I felt very vulnerable, alone and helpless."
- "I will try harder."
- "At least I knew it would be over soon and I could go back to normal.
Our Mother has to live with it every day."
- "I don't know how they do it."



Check out our Facebook page and keep up with all the latest and greatest things going on at Boulder Creek where we live life to the fullest.

