

The Boulder Times



August 2025

Hello everyone,

1. Our **Boulder Creek Family Fun Day** is on Saturday August 9th from 11-1pm.
2. Our next **Family Council and Family Dementia Support Group** will be on **Aug 14th 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.** We will be showing the docudrama “Spark” Narrated by Robin Williams wife talking about Lewy Body Dementia.
3. **If you have not signed up to see Gene and would like to please talk to Mary or Jan.**
4. Tai Ji Quan modified for Memory will be started in June, every Friday under the Pergola weather permitting. Jan has Jury duty so trials permitting as well.
5. **Vital Research will be here on August 6th** at 8:30 am to interview our residents. If you do not want your resident interviewed, please send an email if you haven’t already stating that you would not like them to be interviewed at this time. Make sure you put your name, how you are related, and such.
6. **Starting a new recipe section:** Submit a favorite family recipe for the season. This month will be a patriotic recipe. Family council will vote on Sept recipe submissions on August 14th. So please get them in soon.
7. Our 3rd **Summer Dementia Awareness Movie Night** will be coming soon. . Boulder Creek will provide the popcorn; you bring your own beverage.
Tuesday August 5th at 6pm we will be playing the movie “Aurora

Borealis”.

8. If you have a new care plan to sign, please stop by Jan's office so we can take care of it.
9. **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.
10. **Vital Research will be sending out the State of MN Quality of Life Surveyors which should be coming soon.** They usually come shortly after your loved ones are interviewed. This is your opportunity as family members to speak on behalf of your loved ones. It is also very important to us as a facility. It stays on our state report card for two years.
11. **Flash floods:** Boulder Creek like many of those who reside in Marshall was affected by flood waters on Friday the 18th of July. The waters came fast and furious but I want to assure you all that the staff did great and our flood emergency action plan worked. It was a real-world situation where we literally tested the waters. We are looking at making a few improvements that unfortunately will have to be approved by the city of Marshall. Look for more information to come.
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. 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.)
15. Speaking of ants. With all of the water. The ants are being driven out of the ground. We are finding more and more seeking refuge, and trying to come in. You may find ant traps around the building.
16. Sad news...The promise of another year of funding for the Senior Companion Program was withdrawn suddenly. More information below. ☹
17. As always, my door is open. Please feel free to contact me with any questions or concerns.

Boulder Creek is Celebrating 11 years!

Sad news is coming...

I was informed by the head of the Senior Companion Program and Volunteer Grandparent Program that they will be losing funding as of Sept 2025. They do not feel the program has any impact and can line itemed out. The gov't at the state and federal levels don't realize the day to day impact that the Senior companion have on our elderly alone. It's our most vulnerable that are being impacted by this bill and frankly it makes me ill. After 20 years of service our own Yvonne

Caron will no longer be able to help. She who has dedicated a lifetime to a service to others after her husband's diagnoses with MS and she alone literally helped thousands of people but according to the government the program has had no impact. Can you imagine how many people the entire program has touched. As a Head Start teacher I experienced the impact first hand everyday watching the children with our Volunteer Grandparent. So, although they have cut it for this year please reach out. Send a letter. Let your voice be heard. Maybe they will refund the program. This isn't about whether you are republican or democrat. This is about the people. I know I am asking a lot, but this is democracy at it's finest. This is a grassroots movement. Let the voice of the people be heard by those who's loved ones are being impacted. It's your voices they need to hear. Okay, I will get off my soap box now. I just am passionate about our residents and these programs.

Call, write, email! State and Federal levels.....

Below are the federal numbers

Amy Klobuchar-US Senator-202-224-3244

Tina Smith – US Senator-202-224-5641

Angie Craig- US State Representative-202-225-2271

Brad Finstad- US State Representative- 202-225-2472

Kelly Morrison- US State Representative -202-225-2871

Betty McCollum -US State Representative -202-225-2871
Iihaan Omar- US State Representative- 202-225-2871
Tom Emmer- US State Representative -202-225-2331
Michelle Fischbach- US State Representative- 202-225-2165
Pete Stauber- US State Representative- 202-225-6211

Jan has been lucky enough to been given the privilege and honor of jury duty from August 1st until November 26. She's so lucky that she was chosen to participate on her first day of Jury duty in a trial. For how long we are unsure at this time.

That being said, while at the courthouse doing her civil duty she will be coming in after hours and on weekends to catch up here at B.C. Please leave an email and she will get back to you as soon as able.



Boulder Creek Is Currently Hiring...

It's that time of year. With kids getting ready to go back to school and off to college we are looking.

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 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.



For August 9th Family Fun Day 11-1pm.

We will be having many booths for residents and families to visit. If interested please let Jan or activities know. This is an intergenerational event. That is safe and fun for all ages.



Join Us for Some Family Fun!

Carnival Games, Live Music, Popcorn, kids coloring table, sidewalk chalk, dunk tank, free will donation lunch (hot dogs, baked beans, and chips, lemonade, and a cookie)

Crazzy Raffle: Collectible Blown Glass Vase, 2 willow tree figures, 1 cooler bag, 1 dementia shirt, 1 giant teddy bear, 1 kids dinosaur tent, 1 kids princess tent, 1 Thomas Kinkaid Collectible cup and candle set, 6 individual cakes

Welcome to Mary 's Corner

BC's Nurse Supervisor/Case Manager

Each week, I receive articles from Teepa Snow's Positive Approach to Care team. The articles are different each week and focus on various facets of providing care and support to our loved ones living with dementia. I would like to share with you what I learned from last week's article about eating and drinking. Teepa acknowledges that each individual's experience varies with the type of dementia diagnosis as well where they are along the dementia journey. That being said, some individuals experience risk for dehydration related to decreased thirst drive, lack of interest in drinking water. The best approach, in this case, is to come up with a plan.

Doesn't usually work: "Do you want something to drink?" Explaining why they need to drink (or drink more) is often not effective to convince them to drink.

Instead, hand them the drink and say, "Here you go." If they don't drink right away, be patient and after a few seconds, say: "If you'd like, you can take a sip of that and I'll set it back on the table." This approach uses the power of suggestion while preserving the dignity of choice.

Dementia effects the way the brain processes sensory information, impacting an individual's sense of taste, smell and texture. Chewing and eating may require more concentration and effort. Eating at a restaurant may be challenging with unfamiliar environment, foods and noises. Chewing tough meats like steaks and chops usually require too much effort, whereas entrees like meatballs, hamburger patties or meatloaf is easier to chew and swallow. Pleasurable experiences are often associated with sweet foods, especially if they are tied to good memories or preferences. For example, if Jim always enjoyed ice cream as a youngster, he will probably always like a bowl of ice cream. Or, if Suzanne's husband gave her chocolates on special occasions, she will likely have a lifelong affinity for chocolates (once a chocoholic, always a chocoholic!)

Just as all humans are unique, those living with dementia will have very different experiences and perspectives related to nourishment and hydration. Most

individuals who are living with dementia do experience changes in taste, smell, and texture tolerance at some point. However, their preferences, intolerances, and swallowing abilities vary widely, and frequently shift throughout the journey of the disease. To effectively support an individual who is living with brain change, it is absolutely essential to know the individual's specific food and beverage likes and dislikes, as well as other preferences related to eating and drinking

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



August Dessert of the Month:



Strawberries & Cream Tiramisu

This No Bake Strawberry Tiramisu looks amazing and tastes just as good! It's my go to dessert when I need something fast. It's simple and easy with only few ingredients, without coffee, but with lots of strawberries in it.

What is tiramisu?

It is an Italian dessert made with several layers of cream and ladyfingers. Traditionally, it is coffee, wine and rum in it. But this easy recipe is a more wholesome version popular for kids and grownups like than the original recipe.



How to make Strawberry tiramisu?

- In a large mixing bowl beat heavy cream until soft peaks form
- Add in the mascarpone cheese, powdered sugar and vanilla extract and beat on medium speed until stiff, set aside
- Line the ladyfingers in a single layer, in the bottom of 9×13 or similarly sized baking dish
- Brush half of the ladyfingers with half of the orange juice
- Spread half of the mascarpone mixture over the ladyfingers and layer with half of the sliced strawberries
- Repeat the steps again
- Cover with cool whip and refrigerate for at least 4 hours or overnight
- Garnish with sliced strawberries and mint leaves



Helpful tips for making this Strawberry Tiramisu:

- Mascarpone cheese is Italian cream cheese that tastes like cream and has a smooth consistency. I don't recommend using cream cheese instead because this would change the typical tiramisu flavor.
- Ladyfingers are perfect for making traditional tiramisu and this summer version. They are sweet, finger-shaped sponge cakes. Use hard ladyfingers, not soft ones, because soft ones will get mushy after a day in the fridge
- The Tiramisu will taste best if you use fresh and good quality strawberries



Strawberry Tiramisu is the perfect dish for your next summer party because you can make it in advance, it is best made a day ahead so all the flavors can meld together and the ladyfingers can soak and soften. You can use blueberries, raspberries or bananas if you prefer, I think this just might become your new favorite dessert. It does not get any simpler than this you are going to love how amazing it tastes. Despite how easy it is, it tastes like you spent a ton of time on this creamy dessert! Enjoy!



Pin

No Bake Strawberry Tiramisu

Recipe by Lidia cookbook Course: Dessert Cuisine: Italian Difficulty: Easy

Servings

12

servings

Prep time

20

minutes

Total time

4

hours

20

minutes

No Bake Strawberry Tiramisu – is the perfect No Bake summer dessert made with fresh strawberries, mascarpone cheese and ladyfingers!

Ingredients

- 24-30 ladyfingers
- 8 oz mascarpone cheese

- 2 cups heavy whipping cream
- 1 teaspoon vanilla extract
- ¼ cup powdered sugar
- ½ cup orange juice
- 4 cups fresh strawberries, sliced
- 8 oz cool whip
- **For garnish:**
 - 1 cup fresh strawberries, sliced
 - Mint leaves, optional

Get Ingredients

Directions

- In a large mixing bowl beat heavy cream until soft peaks form
- Add in the mascarpone cheese, powdered sugar and vanilla extract and beat on medium speed until stiff, set aside
- Line the ladyfingers in a single layer, in the bottom of 9×13 or similarly sized baking dish
- Brush half of the ladyfingers with half of the orange juice
- Spread half of the mascarpone mixture over the ladyfingers and layer with half of the sliced strawberries
- Repeat the steps again
- Cover with cool whip and refrigerate for at least 4 hours or overnight
- Garnish with sliced strawberries and mint leaves
- Serve



***Let us know what you think on these months dessert. Be sure to turn in your favorite dessert to share for the month of September.**





Family Council Agenda

July 2025

Open the meeting with New Business

New Business:

Vital Research: They will be surveying our residents on August 6th at 8:30am.

Analisa from Guide Pointe and Mary will be contacting you if your loved one is in need of a vaccination. This will be for the 2nd part of the shingles and possible the RSV/Pneumonia

Covid/Flu vaccination clinic will be happening in October.

It expectation is that they will return to make sure we have made the corrections to the tags given within the next 90 days.

1. Our current census is 13 on North, (2 men and 12 ladies), and 12 on South (all ladies)....one resident pending
2. For those that wrote your congressional representatives it helped. I was told they have secured funding for one more year. Keep filling out surveys and I may ask again. This is one of those things where they don't realize the benefits of the program unless they are a recipient or know of someone who is.
3. Next meeting will be on Thursday July 10th at 11:30 am, followed by Support group. Will be a work day with meeting putting labels on water for Memory walk.
4. Bake Sale- \$162 Donation to MADAN & \$162 went to BC Activity Fund.
5. Tai Ji Quan modified for Memory will be starting again in June every Friday under the Pergola weather permitting.
6. We are starting a new recipe section of the newsletter. Each month we will vote on the monthly recipe submissions. The submission for August will be?

7. Our August Summer Dementia Awareness Movies will be Aug 5th at 6pm. We will be showing “Aurora Borealis”. Bring your own beverage.
8. August 9th is our Family Fun Day. So, mark your calendars.
9. Jan has Jury duty and has been chosen to participate in a trial starting on Aug 1st.
10. Please note Jan is a notary and can notarize paperwork for you & your loved ones.

Ask for any questions, new business

Close the Meeting

Save the Dates:

Aug 5th “Aurora Borealis” -August Dementia Movie Night 6pm

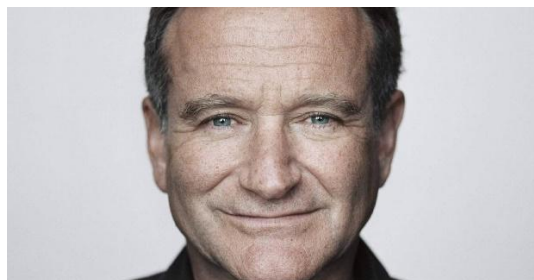
Aug 9th Family Fun Day

Sept 9th “The Artist’s Wife”- - Sept Dementia Movie Night 6pm

Sept 23rd “Glenn Campbell’s I’ll Be Me”- Summer Dementia Bonus Movie

In honor of Alzheimer’s Awareness Month: Last Week of Sept release of One Act Dementia play- looking at recording it and also possibly performing it at the library.

Oct 7th “Shine the Light One Dementia Event”



August 14th Family Council/Support Group – Special presentation of the Docu-drama “Spark” Narrated by Robin Williams wife talking about the realities of Lewy Body Dementia.

August Education

What is Considered Normal Aging?

Aging naturally changes us physically and how we interact with our surroundings. This usually means that our worlds get smaller, with fewer activities, and relationships. However, it does not have to be this way!

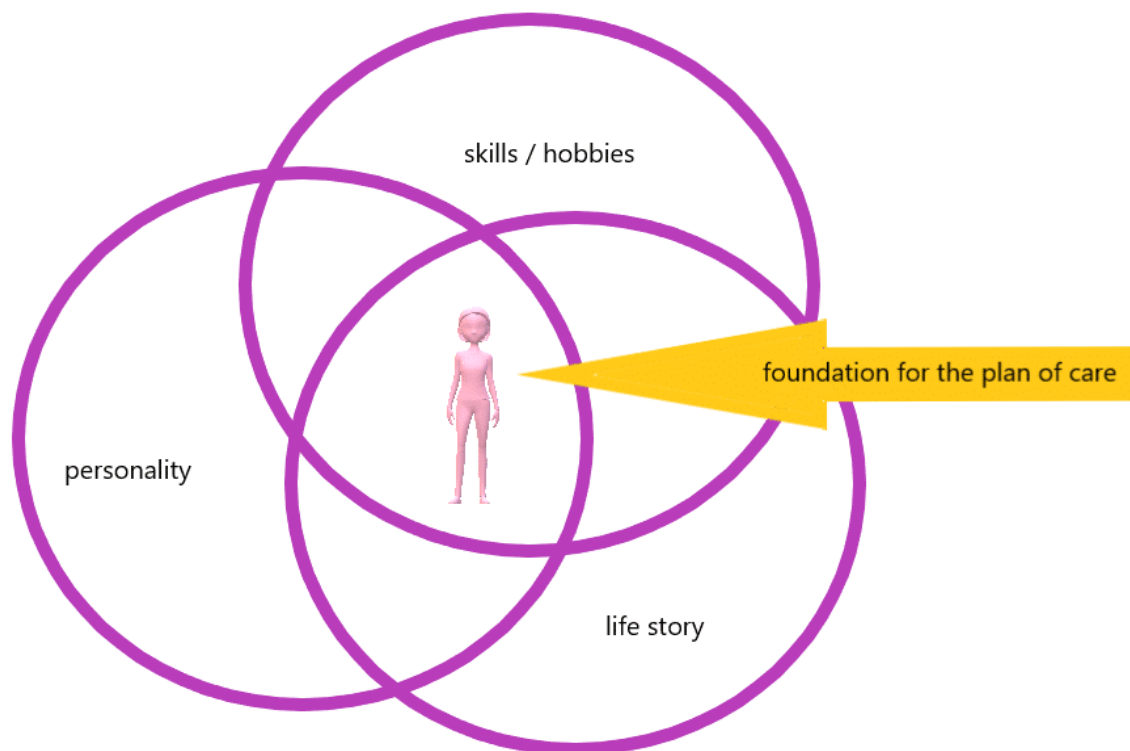
We spend a lot of time thinking about those living with dementia. How can we fill their lives with meaningful activities? How can we connect before providing care? How can we build meaningful care plans that leverage their life experiences, skills, and interests? Many of these ideas can also be applied to support **Sapphires**, the brain's state of optimal cognition as per [Teepa Snow's GEMS Model](#), or those who have no significant change in cognition nor sign of dementia.

Teepa helps us understand the importance of using someone's life story, skills, interests, and personality in developing their plan of care. That plan of care begins at the center of the convergence of what makes each person unique. After learning about what makes a person unique, only then can we proceed to layer on instructions about clinical care needs.

Why do I feel this way?

*They say these are
suppose to be our
golden years. They
sure don't feel that
way. I can't seem to
do anything right
anymore. Is what I'm
feeling normal or not?*





The Alzheimer's Association has a popular presentation about the ten early warning signs of dementia. When we give these presentations, it is always important to contrast a given warning sign with normal aging. We all are human, we all make mistakes, and we all forget. All of this continues through old age. The key is knowing when a new trend is developing that is different from the aging process.

These are also important to know in determining one's baseline. It is abnormal for a previous telephone operator to forget how to use a traditional telephone. It would be strange for a bookkeeper to forget how to write a check. Neither would be abnormal if the person was encountering grief, depression, or was sick with another illness. It is all about context and understanding the person who is the center of the care plan.

Here are a few generic ways we can think about issues as either being early warning signs or normal aging:

Warning Signs	Normal Aging
Memory loss that disrupts daily life.	Forget names of people after meeting them for the first time.
Challenges in planning or solving problems.	You are never the chef, but today you were, and you burned the pie.
Difficulty completing familiar tasks at home, at work, or at leisure.	You love crossword puzzles, but cannot even begin this one. Yesterday you learned that your good friend passed away.
Confusion with time or place.	You are breaking your routine to go to a store one further highway exit from your home. You accidentally turn off the exit for your home while listening to music.
Trouble understanding visual images and spatial relationships.	Issues brought about by cataracts, glaucoma, or age-related macular degeneration are not signs of dementia.
Changes in oral or written fluency.	Sometimes having issues finding the right words to describe complicated concepts.
Misplacing things and losing the ability to retrace steps.	Misplacing your keys in a messy house.
Decreased or poor judgement.	Signing up for a new subscription after a convincing marketing campaign.
Withdrawal from work or social activities.	You did not participate in a social activity if feeling weary, depressed, or sick.
Changes in mood and personality.	Someone disturbs your set routine, and you get angry.



Teepa also emphasizes the use of the Positive Physical Approach (PPA) to optimize outcomes with those living with dementia. These techniques include getting at or below eye level for the care recipient, as well as grasping their hand in yours in order to comfort and show support. Above all, they include connecting before providing care.

These are techniques that we could use in many types of relationships, to better understand one another. When providing care for someone not living with dementia, they are still applicable. Although Sapphires are experiencing normal aging, they can still shine with the right care.

A Sapphire

True to self: personal preferences remain basically the same

Can be flexible in thinking and appreciate multiple perspectives

Stress/pain/fatigue may trigger Diamond state: back to Sapphire with relief

Able to suppress and filter personal reactions: effectively responds

Selects from options and can make informed decisions

Processes well and able to successfully transition

Aging doesn't change ability: processing slows, more effort/time/practice needed



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.