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September 2025

Hello everyone,

1. Our **Boulder Creek Family Fun Day** on Saturday August 9th was a success.
2. Our next **Family Council and Family Dementia Support Group will be on Aug 11th 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.**
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 every Friday that Jan is available. It's going well. Residents are doing 55-60 mins.
5. **Vital Research will be here on August 6th** went without a hitch.
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 Oct 9th recipe submissions in September. So please get them in soon.
7. Our 4 & 5 **Summer Dementia Awareness Movie Night** will be coming soon. . Boulder Creek will provide the popcorn; you bring your own beverage. Sept 9th "The Artist's Wife"- - Sept Dementia Movie Night 6pm & on Sept 23rd "Glenn Campbell's I'll Be Me"- Summer Dementia Bonus Movie will close out the season.
8. The One-Act Play has been written and will be shown on Oct 18th at 2pm at the Marshall Lyon County Library. (Flyer below)
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. **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.
12. The weather is beginning to change. With the weather changes often, we see changes in symptoms because of the differences in barometric pressures. So, do not be surprised if your loved one exhibits different symptoms than you are used to seeing. .
13. With kids going back to school we often have an influx of exposures to flu, stomach bugs, cold, covid, RSV, etc...Please be aware and do not share. Things spread within the facility like wild fire. If you need to come when you have cold/flu symptoms please wear a mask. They will be available in the front lobby for your convenience.
14. **Resident Council requested more side salads during a survey. Starting this month, they will be enjoying a fresh side salad with their evening meal.**
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. Sad news...The promise of another year of funding for the Senior Companion Program was withdrawn suddenly. September will be the last month of the Senior Companion program.
17. Crista decided to go to Boulder Estates so we are currently conducting interviews for a full-time Activities assistant and a part-time activities assistant.
18. Jan continues to have Jury duty until the end of November.
19. Jan will be out the weekend of the 12th for her 40-year class reunion.
20. Jan will be gone the weekend of the 20th to watch the grandkids
21. Boulder Creek will be celebrating Assisted Living Week Sept 22nd-26th.
22. Flu/Covid shot consent forms will be attached for Oct 8th. Please sign consent forms if you are interested in your loved one getting their immunizations. GuidePoint will be coming to Boulder Creek to give them.

23. As always, my door is open. Please feel free to contact me with any questions or concerns.

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 Full & 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.

Welcome to Mary 's Corner

BC's Nurse Supervisor/Case Manager

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



September Dessert of the Month:



Apple Crisp

Spiced Apples

6 granny smith apples peeled/sliced
2 tbsp granulated sugar
3/4 tsp ground cinnamon

Topping

1 cup light brown sugar Pinch of salt
3/4 cup quick oats 1 1/2 tsp lemon juice
3/4 cup all-purpose flour
1 tsp ground cinnamon
1/2 cup butter diced into small cubes

*Prepare

1. Preheat oven to 350' F. Butter an 8x8 baking dish, or spray with non-stick cooking spray and set aside.

Make Spiced Apples

1. In a mixing bowl, add chopped apples, granulated sugar, $\frac{3}{4}$ tsp of the cinnamon and lemon juice. Stir to combine, then transfer to prepared baking dish.

Make Topping

1. In a separate mixing bowl, add topping ingredients(brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter.
2. Use a pastry cutter to cut the butter into the oat mixture using a slight downward twisting motion, until mixture resembled pea-sized crumbs. Alternatively, you can use two forks or even your hands to cut butter into the mixture.

Bake

1. Spread topping over apples in baking dish, and gently pat to even out. Bake 40-50 minutes, until golden brown and bubbly.

Serve

1. Serve warm and enjoy! We love to top ours with some vanilla bean ice cream, or whipped topping. You can also add some caramel drizzle for a caramel apple twist.
2. Will serve 6 ppl easily. Enjoy!





Family Council Agenda

September 2025

Open the meeting with New Business

New Business: Assisted Living Week will be the Sept 22-26th.

Vital Research: They will be surveying our residents on August 6th went very well.

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 Notifications sent out to those needing it. Please fill out consent forms and return.

Covid/Flu vaccination clinic will be happening in October 8th.

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 12 on North, (2 men and 11 ladies) one resident pending, and 13 on South (all ladies) two 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. Crista has left us. We are very sad, but wish her well. Interviews have started.
4. Bailey will not be returning next year.
5. Housekeeper is still out on medical leave- Mary is will to stay for a bit longer.
6. Yvonna did receive outstanding Senior Citizen of the Year and was recognized at the Lyon County Fair on the 16th.

7. Lutheran Social Services Senior Companion Program will be ending at the end of September.
8. Family Funday- \$250 Donation to MADAN & \$250 went to BC Activity Fund.
9. Tai Ji Quan modified for Memory will be every Friday Jan is available to lead.
10. The State Family Survey's have been sent out. Please keep your eyes open.
11. We are starting a new recipe section of the newsletter. Each month we will vote on the monthly recipe submissions. The submission for October will be?
12. Our September Summer Dementia Awareness Movies will be Sept 9th "The Artist's Wife" - - Sept Dementia Movie Night & Sept 23rd "Glenn Campbell's I'll Be Me"- Summer Dementia Bonus Movie both at 6pm. Bring your own beverage.
13. Assisted Living Week will be Sept 22-26th. Get ready for an adventure. We will be traveling around the world.
14. Oct 8th is our Flu/Covid. Get Consent forms in and mark your calendars.
15. Jan has Jury duty until the end of November.
16. 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:

Sept 9th "The Artist's Wife" - - Sept Dementia Movie Night 6pm

Sept 23rd "Glenn Campbell's I'll Be Me"- Summer Dementia Bonus Movie

Oct 7th "Shine the Light One Dementia Event"

Oct 18th 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. 2pm

Flyer is below: Please share the word and support the cause through the arts.



MOMENTS OF JOY

WRITTEN BY MAUREEN KEIMIG IN
COLLABORATION WITH BOULDER CREEK ASSISTED
LIVING AND MEMORY CARE IN MARSHALL, MN

In an Effort to Shine the Light on Dementia

On October 18th at 2pm

Hosted by the Marshall Lyon County Library

One Performance Only- Free Will Donation

September is Alzheimer's Awareness Month.

Here are some startling facts about Alzheimer's.

Did you Know...

Memory Loss is not a normal part of aging.

The number of Americans living with Alzheimer's is growing -and growing fast. Over 7 million Americans have Alzheimer's.

Over 7 million Americans are living with Alzheimer's. By 2050, this number is projected to rise to nearly 13 million. About 1 in 9 people age 65 and older has Alzheimer's disease.

Almost two-thirds of Americans with Alzheimer's are women.

Older Black Americans are about 2x as likely to have Alzheimer's or other dementias as older White people. Older Hispanics are about 1.5x more likely to have it than older white people.

Early onset Alzheimer's and dementia can develop in people under age 65. It has been seen as young as 30 years old. So far about 200,000 Americans in total, have been dx with early onset dementia of some sort.

By 2030, the baby boom generation will be at the greatest risk for dementia. By 2050, the number of people 65 and older with Alzheimer's may grow to a projected 12.7 million, barring the development of medical breakthroughs to prevent or cure Alzheimer's.

We lose many of our unpaid Caregivers to stress/caregiver burnout, illness, and accident while their loved one with dementia is still at home with them.

Early detection is the key. Although at this time there is not a cure, some medications can help significantly delay the progression of the disease.

It's All About LOVE

Those suffering from dementia can't change what they are doing. So, we need to **"Listen- Observe- Validate- Empathize"** with those suffering from dementia. Don't try to hide it.

Meet them where they are at on their journey. Remember they may not understand everything that is going on or is being said, but they do know how you make them feel.

It doesn't help to tell the person with dementia that they are wrong. It is also very frustrating for them when you say, "Don't you remember?". When a person repeats

themselves often that means they have lost their short-term memory. The expectation should be they do not remember. Break things down into simple steps. Give them one at a time.

Always give yourself plenty of time. It never helps to rush the person with dementia. Also, if there is a big family event tell them the morning of so they can get a good night sleep and not worry about anything.

Family birthday party ideas for Alzheimer's or other kinds of dementia patients

When planning a birthday party for someone with Alzheimer's, it's important to consider their cognitive abilities and preferences. Here are some ideas to help create a memorable and enjoyable experience:

- **Small Gatherings:** Keep the party small to avoid overwhelming them. Bring a cake or cupcakes and sing "Happy Birthday" to create a festive atmosphere.
- **Sensory-Friendly Activities:** Incorporate soft music, fragrant flowers, or a cozy blanket to stimulate positive emotions.
- **Personalized Gifts:** Choose gifts that have personal significance, such as a photo album or a favorite book, to evoke cherished memories.
- **Engaging Activities:** Plan activities that are suitable for their cognitive abilities, like simple games or puzzles, to maintain mental engagement.
- **Memory Book:** Compile a memory book or scrapbook that highlights significant moments in their life, including photos and notes.

These ideas can help ensure that the birthday celebration is meaningful and enjoyable for both the individual with Alzheimer's and their loved ones.

Resources:

Teepa Snow-Positive Approach to Caregiving – books and website

Jolene Brackey "Creating Moments of Joy"- book

Alzheimer's Association- Many resource available on-line

Check for local resources in your area



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.