

The Boulder Times

November 2025



Hello everyone,

1. We had about 80% participation on the flu/covid shot clinic this year.
2. **Please let staff know if you plan on taking your loved one out for Thanksgiving Dinner so we can plan accordingly.**
3. **Please don't share. Masks** will be available in front lobby if you are ill.
4. **Nov 11th is our Veteran's Day Program at 1pm.** Family is welcome to attend.
5. Our next **Family Council and Family Dementia Support Group will be on Nov 13th at 11:30am.** Education will still be provided each month in the newsletter. **(This month we will be showing the Dementia Play) Soup & Salad will be provide for lunch. Water will be served. Bring your own beverage if you prefer something else.**
6. The Boulder Creek Christmas Choir will be kicking off in November. Practices will be on Monday and Friday Afternoons.
7. **If you have not signed up to see Gene and would like to please talk to Mary or Jan.**

8. **Tai Ji Quan** modified for Memory will every Friday that Jan is available. It's going well. Residents are doing 55-60 mins.
9. **BC Residents will receive a traditional "Thanksgiving Meal" on Thanksgiving Day.**
10. **Mark your calendars Caregiver Christmas Brunch** – Boulder Creek Community Room Dec. 11th 10-2pm in leu of the December Support Group.
11. **If families would like to reserve the Community room, please contact Jan.**
12. **Watch for the holiday cheer calendar.**
13. **Family Fall Harvest Festival:** November 26th at 2:30pm Introduce our new Activities Director and Asst Activities Director to the families.
14. **Favorite recipe section:** Submit a favorite family recipe for the season. This month will be our Christmas Goodie Favorites. Family council will vote on Dec 7th recipe submissions in December. So please get them in soon.
15. **The Dementia One-Act Play "Moments of Joy",** production went well. Watch for the link. It should be coming out soon.
16. **If you have a new care plan to sign, please stop by Jan's office so we can take care of it.**
17. **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. A few new titles. **Check your shelves for books that need returning.**
18. We had our follow up survey and passed with flying colors. All corrections were made. ;-)
19. **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.
20. **You may see your loved ones trying to go to bed earlier with the change in**
21. 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.

22.Side salads will continue as long as fresh produce is available.

23.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.)

24.Jan continues to have Jury duty until the end of November.

25.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 a Full or Part-time Dining Staff. *If you have any questions, please contact Margaret at 507-537-2415

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

The holidays will soon be upon us. It is a blessing to gather with family and reconnect. Family gatherings can be stressful: food preparation and meal planning, adverse weather causes travel delays, a family member who rubs you the wrong way, opening your home for travelling relatives. In the same way, your loved one with dementia can become easily overstimulated and stressed. Spending time with a room full of family and relatives they don't quite remember or are familiar with can be overwhelming. Give each other some needed grace through this time.

Here are some practical tips for helping you and your loved one navigate the holidays:

- Make sure your loved one is never left alone in a crowd.
- Place something in your loved one's hands or lap, such as a plate of finger food or a loved pet. This can create a positive distraction from noise and stimulation.
- Seat your loved one in a comfortable chair next to their favorite family member.
- Put the caregiver and person with dementia first. The rest of the family can adjust.
- Keep outings brief (1-2 hours, max), peaceful and as low-key as possible. People with dementia are easily and quickly overstimulated. They need time for their bodies and minds to rest and recover.
- If you would like to reminisce, talk about what YOU remember happening and how they were a part of that memory: "I remember packing lunches with you and then taking them out to the guys in the field during harvest. Your scalloped potatoes were everyone's favorite."

I invite you to reach out to Boulder Creek staff with any questions you have about visiting, going out, etc., especially in light of cold/Covid/flu season that is upon us. We're here to help and support you! Most importantly, embrace the true beauty of serving and loving others. In doing so, I hope you find the true joy hidden in the hectic holiday season!

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

November Recipe of the Month:



Cranberry Fluff

Storage Information

Keep leftovers stored in an airtight container in the refrigerator for up to 3 days. .

Cranberry Fluff

What your holiday table is missing! Cranberry Fluff is an easy dessert salad made with cranberries, pineapples, coconut and marshmallows. No one can resist this beautiful and scrumptious dessert!

- 2 cups shredded coconut
- 8 ounces pineapple tidbits drained (or crushed pineapple)
- 1 cup chopped pecans
- 8 ounces Cool Whip thawed

Instructions

1. Pulse fresh cranberries and pineapple chunks together in food processor or blender. Refrigerate for 2 hours.

1 cup fresh cranberries, 8 ounces pineapple chunks

2. Combine cranberry-pineapple mixture with marshmallows, coconut, pineapple tidbits and pecans in a large bowl.

2 cups miniature marshmallows, 2 cups shredded coconut, 8 ounces pineapple tidbits, 1 cup chopped pecans

3. Fold in Cool Whip.

8 ounces Cool Whip

4. Refrigerate until ready to serve.





Family Council Agenda

November 2025

Open the meeting with New Business

New Business: **We will be watching the Dementia Play “Moments of Joy”**

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 14 on North, (2 men and 12 ladies) one male 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. Our Veteran's Day program will be on November 11th. All our welcome.
4. Pang will be leaving us to be closer to her children. We are very sad, but wish her well. We have hired someone to replace her. It is Sue Jants. She has 14 yrs of experience and is very qualified.
5. Diane is back from medical leave and so is Emma. We have a casual activities person starting up named Sydney. So, our activity dept is looking stronger all the time.
6. Flavia has returned from medical leave and Mary is back to retirement status.
7. Tai Ji Quan modified for Memory will be every Friday Jan is available to lead.

8. **The Boulder Creek Christmas Choir** will be in full swing from now until the holidays. Practice will be every Mon/Fri afternoon. Residents will perform for families on the 8th and at the Christmas concert.
9. We are starting a new recipe section of the newsletter. Each month we will vote on the monthly recipe submissions. The submission for December will be?
10. The Caregiver Christmas Brunch will be on Dec. 11th during our Family Council/Support Group time. BC will be hosting.
11. Jan has Jury duty until the end of November.
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

Save the Dates:

Nov. 11th Veteran's Day Program at 1pm

Nov. 26th Family Fun Harvest & Bingo 3:30 (Meet the New Activity Staff)

Dec. 11th Caregiver Christmas Brunch

(Watch for the holiday cheer calendar)

November Education

How Seasonal Changes Affect Dementia Symptoms

- JANUARY 11, 2025

Dementia is a neurological condition that affects millions of people worldwide, with a new person developing the disease every three seconds. It is a progressive disorder that

causes memory loss, changes in behavior, and difficulty in performing daily tasks. While there is no known cure for dementia, various treatments and therapies can help manage the symptoms.

One factor that can significantly affect the symptoms of dementia is the change of seasons. Seasonal changes, such as temperature, weather, and daylight hours, can impact the brain's function and behavior, leading to an increase or decrease in dementia symptoms.

Winter:

As the temperatures drop and daylight hours decrease during the winter months, people with dementia may experience changes in their behavior and mood. The decrease in sunlight can disrupt the body's internal clock, also known as the circadian rhythm, which regulates sleep patterns and can affect mood and cognitive function. In addition to the lack of sunlight, winter is also associated with a higher rate of infections, such as the flu and colds. For people with dementia, these infections can worsen their cognitive impairment and lead to an increase in confusion and agitation. Moreover, the winter season often brings changes in routine, such as family gatherings and holiday celebrations. These disruptions can be challenging for individuals with dementia, causing them to feel overwhelmed and anxious.

Tips for managing winter-related dementia symptoms:

1. Ensure proper lighting: As daylight hours decrease, it is crucial to have ample lighting in the house to reduce disorientation and confusion. Consider using natural light bulbs or installing additional light fixtures to brighten up the space.
2. Stick to a routine: Maintaining a consistent daily routine can help individuals with dementia feel more organized and secure during the winter months. Try to keep mealtimes and bedtime consistent to reduce confusion and anxiety.
3. Stay warm: People with dementia may have difficulty regulating their body temperature, making them more susceptible to colds and infections. Dress them in warm layers, keep the house at a comfortable temperature, and encourage them to drink warm fluids.

Spring:

As spring arrives, the days get longer, and the temperatures start to rise. For people with dementia, this change can bring about a sense of renewal and rejuvenation. The increase in sunlight can help regulate the body's internal clock, improving sleep patterns and reducing mood swings.

However, springtime also means allergies and an increase in pollen in the air, which can cause respiratory problems for individuals with dementia. These issues can lead to a decrease in cognitive function and an increase in agitation and confusion.

Tips for managing spring-related dementia symptoms:

1. Keep windows closed: While letting fresh air into the house is essential, keeping windows closed can help minimize exposure to allergens and pollutants that can worsen respiratory problems.
2. Plan outdoor activities: Taking a walk or spending time outside can be beneficial for individuals with dementia during spring. It provides an opportunity to enjoy the warmer weather while also getting some physical activity.
3. Stay hydrated: As temperatures rise, it is crucial to keep individuals with dementia well hydrated. Encourage them to drink water throughout the day to prevent dehydration, which can worsen symptoms of confusion and disorientation.

Summer:

The summer months bring long days, warm temperatures, and plenty of opportunities for outdoor activities. For people with dementia, this can be a challenging time, as high temperatures can lead to dehydration and heatstroke. Additionally, the increased daylight hours can disrupt sleep patterns and cause agitation and restlessness. Moreover, summer is a popular time for vacations and travel, which can disrupt the daily routine of individuals with dementia. This change in routine can lead to confusion and anxiety.

Tips for managing summer-related dementia symptoms:

1. Stay cool: It is crucial to keep individuals with dementia cool during the summer months. Set up a fan or air conditioner in their room and encourage them to stay hydrated by drinking plenty of fluids.
2. Schedule outdoor activities in the morning or evening: The hottest part of the day is usually between 10 am to 4 pm. Plan outdoor activities, such as walks or picnics, in the early morning or evening when temperatures are cooler.
3. Stick to a routine: Summer vacations and travel can be exciting, but for individuals with dementia, it can cause stress and confusion. Try to stick to a routine as much as possible to reduce any disruptions.

Fall:

As the leaves change color and the temperature drops during fall, individuals with dementia may experience changes in their behavior and mood. The decrease in daylight hours can disrupt the body's internal clock, leading to changes in sleep patterns and increased confusion.

Moreover, fall is also associated with colder temperatures and the start of cold and flu season. These infections can worsen symptoms of dementia, leading to increased agitation and irritability.

Tips for managing fall-related dementia symptoms:

1. Create a fall-friendly environment: As daylight hours decrease, ensure that the house is well lit to reduce confusion and disorientation. Consider using light therapy lamps to mimic natural light and regulate sleep patterns.

2. Encourage physical activity: The cooler temperatures during fall make it an ideal time for outdoor activities such as gardening or taking a walk. Physical activity can improve mood and cognitive function.



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.