

The Boulder Times--



December 2025

Hello everyone,

1. If you haven't brought in your loved ones stocking please do so as soon as possible.
2. Check out the check out the BC Christmas Cheer Calendar for the latest holiday events.
3. Please don't share. Masks will be available in front lobby if you are ill.
4. Dec 11th is Caregiver Community Christmas Brunch. This will be in place of our Traditional Family Council/Support Group. It will be from 10am until 2pm and set up so you can come and go with your loved one. It is a safe environment to be spoiled. **Please RSVP so we can get a good count for food & gifts at (507-829-1143) asap! ☺**
5. The Boulder Creek Christmas Choir practices on Monday and Friday afternoons. We will have a **Family Christmas Concert on the 8th at 2pm.**
6. **Boulder Creek is having a Christmas Door Decorating Contest.** We need your help. Please Come and Vote after the 8th of December. Santa & His Elf will announce the winners on 15th of Dec. They are making a special trip down from the north pole just for this purpose.
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 "Christmas Meal" on Christmas Day.**
10. **If families would like to reserve the Community room, please contact Jan.**
11. **Watch for the holiday cheer calendar posted at the end of the newsletter.**
12. **Favorite Winter recipe section:** Submit a favorite family recipe for the season. This month will be our January Soup Favorites. Family council will vote on Dec 16th recipe submissions in January. So please get them in soon.
13. **If you have a new care plan to sign, please stop by Jan's office so we can take care of it.**
14. **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.**
15. We had our follow up survey and passed with flying colors. All corrections were made. ;-)
16. **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.
17. **You may see your loved ones trying to go to bed earlier with the change in**
18. **BC Christmas candlelight Service will be at 2:30pm on the 24th. This way you can spend it with your loved one and still make it to church with the rest of your family.**
19. If you have gifts for your loved ones, you want delivered on Christmas or by Santa, please drop by activities office or Jan's with their name on it. Make sure it's by the 23rd.
20. **Gifts from the staff will be given on 23rd** by Santa and Christmas morning they will receive stocking filled with Christmas cheer.
21. With the holidays 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 will be leaving the evening of the 24th -30th to go to Vegas to see her son for Christmas.

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 are upon us with a wonderful opportunity to gather together and visit...to create lifelong memories with your loved one. Moments of joy.

When you come in a visit make sure you bring something with you so you have something to talk about, something to give, something to do. They may lose the ability to communicate but you can still give them something to put a smile on their face. Here are some other suggestions to make visiting easier and to create a moment of joy for both of you!

Dance with them, be silly, remind them who they are, give them their greatness back and smile because your mood absolutely affects their mood. Hold hands. Go for a stroll with them throughout their neighborhood – walking is great exercise. Participate with them in a Boulder Creek activity (group exercise, craft, BINGO, sing-a-long, church, etc.) Look at old family pictures and share stories (their accounts may sound a little flawed at times, but just go with it) There is so much you can do to create a moment of joy.

When it is time to go, do not say, “I have to go home, now,” because they will want to go home too. Take the word “home” out of your vocabulary. Timing visits near a meal or snack time is often helpful. When staff arrive to escort your loved one to a meal or snack, it provides a perfect opportunity to gracefully depart without causing them distress. You can also say, “I have to go to the bathroom. I’ll be back shortly.” Your goal is to make them feel like everything is ok for the moment when you walk out the door. And know you don’t have to come back for another week because of their short-term memory loss.

As a side note, I urge you to exercise moderation with bringing Christmas sweets and treats. Certainly, bring treats, if you wish! But, please remember that they may not have the impulse control to prevent them from eating that whole box of chocolates in one sitting. They may eat a few one minute, forget that they already had some and then come back to finish the rest of the bag moments later.

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

From the desk of the Asst. Living Director:

My Dad grew up very poor. He and his six siblings lived with their mom in a tar paper shack along side the railroad tracks in Sioux City. They heated it with the coal that fell off the train and sold the copper wire they found in old mattress's for a penny a pound.

Their breakfast was day old bread broken up with a little milk pour over the top and some cinnamon sprinkled on top. Spaghetti was tomato soup with noodles. Hammie-downs were the name of the game but they made due and they were happy.

They put newspaper in the bottom of they rubber boots to help insulate and cover the holes.

My Dad often said, without the Salvation Army and programs like that they would have never had a Christmas at all. He always encouraged us to give back. So, in honor of my Dad and all of our Boulder Creek residents we try and give back each year with our "Hat Scarf and Mitten Tree." It is decorated with the donations and then given to United Community Action to be distributed to those in need in the New Year.



Boulder Creek has decorated it's main tree in the lobby with hats, scarves, mittens, and socks, and below has been personal hygiene

products, and non-perishable food items. We invite you to help us decorate our tree and warm up those in need.

Please Join Us for Our Annual Christmas Eve Candle Light Service



Where: Boulder Creek (South Neighborhood)

When: December 24th

Time: 2pm

***Coffee Social to follow**

This event is non-denominational following the book of Luke. It is a traditional service. Everyone is welcome. It's earlier to help avoid the worst of the sundowning and

allow families to go and enjoy their own Christmas Eve traditions.

December Recipe of the Month:



Frosty Peppermint Milkshake

Ingredients

Milk, Vanilla Ice Cream, Peppermint Extract, Peppermint Candy, Sweetened whipped cream

Step 1: Blend Ice cream, milk, peppermint extract (more or less to taste), cover and blend for about 30 seconds.

Step 2: Then stir in ¼ cup of crushed peppermint candies

Step 3: Garnish and serve pouring milkshake mixture into chilled glasses. Top each with sweeten whipped cream, then sprinkle with remaining crushed peppermint candy.

Step 4: Add straw and serve with a napkin

Step 5: Enjoy!



December

Be present.

Let the day flow with grace.

Expect joy. Be positive.

Serve with compassion.

Speak only kindness.

Impart only love.

Never forget you're not alone.

Give thanks for everything.

See goodness in others. mary
davis

EveryDaySpirit
.NET



Family Council Agenda

December 2025

Open the meeting with New Business

New Business: **No Family Council/Support in December**

We will be having The Dementia Caregiver Community Christmas Brunch instead from 10 -2 pm.

Boulder Creek Holiday Cheer Calendar

12/1 Making Belgium Cookies w/ Yvonne 10am

BC Christmas Choir Practice 1:30pm

Trim the Neighborhood trees 3:30pm

12/2 Join us for a Christmas Sing-along 3:30

Celebrating Betty M's Bday

12/3 Birthday Bingo- Celebrating Kathryn H's Bday 3:30

12/4 Holiday Sing-along with Norma

12/5 Boulder Creek Christmas Choir 1:30, Christmas movie and popcorn

Crafters Corner: Making scarves for the Choir and to decorate the Hat/Scarf/Mitten tree 3:30

12/7 Christmas Movie in the afternoon

**12/8 Boulder Creek Christmas Choir Concert/Family & Friends
Sing-along 2pm, December Trivia**

Crafters Corner: Christmas Stockings 3:30

12/9 Christmas Carols & Cocoa Walk

12/10 Residents Vote on their favorite Christmas door

**12/11 Dementia Caregiver Community Christmas Brunch 10-2
(come and go)**

Songs of the Season w/ the Lakeview Students 1:30

**12/12 Christmas with Lonny Carpenter, Christmas movie &
popcorn**

12/13 Snowball Toss- 3:30

12/14 Christmas Movie in the afternoon

**12/15 Santa & His Elf do an early Visit and announce on the BC
Door decorating contest winner. BC Christmas Choir rehearsal.
Special Christmas Peppermint taste testing.**

**12/16 Christmas Music w/ True Light Christian School at 11:30
and 3:30 we have a good ol' fashions Christmas Sing-along.**

**12/18 Holiday Sing-along with Norma at 1:30 and Winter
Bingo w/ Hope Harbor at 3:30. Staff Christmas Goodie
Potluck.**

**12/19 Boulder Creek Christmas Choir practice, Christmas
Movie and popcorn**

12/20 Snowman Bowling

Winter Officially Begins (shortest day of the year)

**12/21 St. Nicholas Day- Residents put their shoes out,
Christmas movie in the afternoon**

**12/22 Wear Red, White, or Stripes, BC Christmas Choir,
Christmas Cookie decorating at 3:30pm**

**12/23 Wear Cozy Flannel or Plaid, Santa Visits at 11am and
gives out gifts, Christmas Craft at 3:30**

**12/24 Wear Red & green today. Christmas Candlelight Service
on South side w/ Families coffee social to follow.**

**12/25 Wear a Christmas Sweater, or scrubs, Christmas
Activities Packets given out, Stocking given out Christmas
morning. Christmas meal served at lunch time with all the
trimmings.**

**12/26 Wear Snowflakes or Sparkles, Boulder Creek Choir,
Christmas movie & popcorn**

12/27 Christmas Bean Bag toss

12/28 Christmas Movie in the afternoon

**12/29 BC Choir Practice, Cheers to the New Year Photo Booth
Fun at 3pm**

12/30 Resident Holiday Sing-along at 3:30

**12/31 New Year's Party Bingo with Prizes at 3:30, Happy
Birthday Margaret J.**

1/1 Happy New Year's Day 2026- activities packets given out.



December Education

Lately a lot of people have been asking about the different kinds of dementia and what they are all about. Many people thought Alzheimer's was the only kind of dementia. Well Alzheimer's is one of the most common, but not the only as you can see when you look at the list below.

I thought I would give an overview:

Where does one get the truth about Alzheimer's Disease and other forms of Dementia? Right here.

We have collected definitions we believe will be helpful to you. We also offer a variety of presentations and programs to help people living with these conditions and their families and caregivers. You don't have to make this journey alone. We can help. Access additional Dementia resources here.

DEFINITIONS

A broad factual definition of Dementia from the U.S. Government:

"Dementia is not a specific disease. It is a descriptive term for a collection of symptoms that can be caused by a number of disorders that affect the brain. People with dementia have significantly impaired intellectual functioning that interferes with normal activities and relationships.

They also lose their ability to solve problems and maintain emotional control, and they may experience personality changes

and behavioral problems, such as agitation, delusions, and hallucinations. While memory loss is a common symptom of dementia, memory loss by itself does not mean that a person has dementia. Doctors diagnose dementia only if two or more brain functions - such as memory and language skills -- are significantly impaired without loss of consciousness.

Some of the diseases that can cause symptoms of dementia are Alzheimer's disease (AD), vascular dementia, Lewy body dementia, frontotemporal dementia, Huntington's disease, and Creutzfeldt-Jakob disease. Doctors have identified other conditions that can cause dementia or dementia-like symptoms including reactions to medications, metabolic problems and endocrine abnormalities, nutritional deficiencies, infections, poisoning, brain tumors, anoxia, or hypoxia (conditions in which the brain's oxygen supply is either reduced or cut off entirely), and heart and lung problems. Although it is common in very elderly individuals, dementia is not a normal part of the aging process"*

Moreover, recent studies have found that newer brain scans may point to other causes of Dementia in approximately one-third of presumed AD cases, thereby helping avoid an Alzheimer's disease misdiagnosis, which may lead to better treatment and care.**

A fundamental concept to grasp is that the symptoms of Dementia often go beyond memory loss. They can include significant shifts in mood, more falls, disturbed gait (how we walk), and more. In addition, hallucinations, delusions, and paranoia are not uncommon.

*

We will learn more about both common and more rare conditions, syndromes and diseases, that can cause, or include symptoms leading to Dementia in 2026:

Dementia-Like Conditions (that may be reversible);

Mild Cognitive Impairment (MCI)

Alzheimer's Disease (AD or ALZ) Dementia;
Mixed Dementia;

Vascular Dementia;

Young Onset Dementia;

Lewy Body Dementia (LBD);

Frontotemporal Dementia (FTD);

AIDS Dementia Complex (ADC);

Huntington's Disease with Dementia;
Multiple Sclerosis (MS) with Dementia;
Parkinson's Disease (PD) with Dementia;
Chronic Traumatic Brain Injury (CTE) Dementia;

Traumatic Brain Injury (TBI) with Dementia;

Down Syndrome with Dementia;
Posterior Cortical Atrophy (PCA);
Primary Progressive Aphasia (PPA);
Wernicke-Korsakoff Syndrome (WKS) Dementia;

Limbic-predominant Age-related TDP-43 Encephalopathy (LATE);***
Creutzfeldt-Jakob Disease (CJD) Dementia;

Corticobasal Degeneration (CBD);

Progressive Supranuclear Palsy (PSP);

CADASIL;***

Sanfilippo Syndrome***

Batten Disease (Childhood Dementia);***

Binswanger Disease.***

Cerebral Amyloid Angiopathy (CAA)***

Various Childhood Dementias***

Adult-Onset Leukoencephalopathy***



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.



Merry Christmas

May this Christmas bring joy and blessings into your life.
Merry Christmas!

Blessings From Boulder Creek