

The Boulder Times



January 2026

Hello everyone,

1. **Happy New Year!** I hope all of you have had a safe and happy holiday season. Please remember although it's wonderful to share the holidays with our loved ones we don't want to share the germs they may have brought with them.
2. **We want to keep our facility healthy.** Masks will be available in front lobby if you are ill.
3. **Jan 8th is our next Family Council/Support Group. It starts at 11:30am.** We will be discussing ambiguous loss. Please come and share. A light lunch will be served. Please bring your own beverage if you would prefer something besides water.
4. **Thank you to all who came in and participated in the many holiday activities we had this year.** We had a wonderful turnout for the Caregiver Community Christmas Brunch, and the Christmas Eve Candle light service was beautiful as usual. It truly takes a village to help make the season bright for all of our residents.
5. **If you have not signed up to see Gene and would like to please talk to**

Mary or Jan.

6. **Tai Ji Quan** modified for Memory will every Friday that Jan is available. It's going well. Residents are doing 55-60 mins.
7. **If families would like to reserve the Community room, please contact Jan.**
8. **Vote on Family Council/Support Group Date and time Change** during meeting. I need your input. This group is for you. If you cannot attend you can vote via email. If you would like it to remain the same. Let me know. **If a different day, Mornings, Mid-day, afternoons, early evenings work better let me know. Majority will rule.** If you like the lunch being served or just a light snack let me know that as well. **We will be voting on the 8th.** **Favorite Winter recipe section:** Submit a favorite family recipe for the season. This month will be our January Soup Favorites. So please get them in soon.
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. A few new titles. **Check your shelves for books that need returning.**
11. **Thanks for all those that were here during family survey time.** We had a great response from our family members which is so important. With our being a memory care it is important that our families speak on behalf of the residents. This is literally part of the report card people will see for the next two years. I will report the results when they come out during family council.
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. **You may see your loved ones trying to go to bed earlier with the change in**
14. **Our Boulder Creek Giving Tree is filled with wonderful things.** If you find our have any non-perishable food items or health and beauty aides, please feel free to drop them off. We will be taking things over at the end day on Jan 8th.

15. 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.
16. **Side salads will continue as long as fresh produce is available.**
17. 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.)
18. Jan will be gone on the 9th of January for a minor procedure but should be back on Monday as normal.
19. Boulder Creek will be having their Staff Christmas Party on January 22nd in the afternoon. If will be come and go. (Theme is a Casino Christmas) so the community room will be dressed up just a bit.
20. As always, my door is open. Please feel free to contact me with any questions or concerns.

What is a dementia caregiver support group?

A caregiver support group offers education, guidance and emotional support in a safe, non-judgmental space.

You can attend while caring for someone with any stage of dementia. Some group guests are at the beginning of their journey, while others have been at it for a while.

In a support group you'll find other dementia caregivers who understand the basic outline of your daily challenges. Finding people who "get it" is a pretty big deal.

Support group is a place to share joys and fears and to laugh and cry—but only if you want to. Just listen if that's your preference.

Knowledge is power for any caregiver. The more that you understand the illness, the better you can face reality and solve problems.

For example, say your loved one routinely gets tired and agitated in the afternoon, which is a phenomenon called sundowning. Sure, you could read a pamphlet or seek advice online, but do you have time for that? Do you even want to?

More helpful might be a real-life conversation about what did and did not work for others. Another example: A retired nurse in support group shared a problem she couldn't figure out. Over and over her husband would ask where his mother was, and she'd answer, "Oh, honey, your mother has been dead for forty years." He would cry, and they'd both get upset.

Years of research tell us it's sometimes better to validate and redirect someone with dementia rather than reorient to them to a distressing truth. In group the woman learned to tell a "fiblet"—*Your mother went to get her hair done, but in the meantime let's go for a walk until she's back*—and the result was much less emotionally exhausting for both of them. Of course, support group is also a place to share joys and fears and to laugh and cry—but only if you want to. Just listen if that's your preference.

We love helping people find resources that make a difference in their caregiving experience. Nobody should suffer anticipatory grief alone. Expert, compassionate care is here if you reach for it.

Boulder Creek offers a support group the 2nd Thursday of every month at 11:30 am. If this time or days doesn't work for you, please feel free to contact us. There are more support groups in our community.

Please also be aware of on-line groups. In some ways it can be a great way to connect with a group of people struggling with the same issues. The anonymous nature make it feel safe. Beware, that same anonymous nature make it ripe for those that are trying to exploit people. Who feed the site with negativity rather

than helpfulness. Please measure your feelings. If you feel worse after being on a site steer clear of it in the future.

As always please know our staff is here to help you during this difficult time and can also recommend resources if you need a little more help than we are able to give.

God Bless you all and remember we are on this journey together. You are not alone. Together we are better.

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

Guidepoint Pharmacy partners with Boulder Creek to provide medications to the large majority of our residents. Last year, we worked together to perform comprehensive medication reviews (free of charge) for residents with eligible benefit under their insurance plan. Guidepoint is able to identify residents that have this free benefit.

We have found these in-depth medication reviews to be very advantageous and definitely provide us with a better clinical picture of each resident. Consequently, we feel significantly more confident evaluating the appropriateness of medications and keeping track of medication changes.

I schedule a time to meet with a pharmacist to review medications and discuss their disease states. This generally takes anywhere from 30-60 minutes. The pharmacist generates a report with recommendations for the resident's doctor and family to review. This report helps the doctor and family make informed healthcare decisions for the best outcome of the resident. I am hoping that this could become an annual review for each eligible patient and allow us to provide our residents with a higher level of pharmaceutical care.

Please contact me if you are interested in a Guidepoint pharmacy review. If your loved one has insurance that does not include this free benefit, there will be an out-of-pocket cost which is usually \$75-\$150. Additionally, please make sure that you provide Boulder Creek with a copy of any new insurance cards as soon as possible, as there are sometimes changes that occur at the beginning of the year.

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

January 2026

Open the meeting with New Business

New Business: Happy New Year!

Rent increase goes into effect in January.

Attendance has been down

Talk about time changes for meeting.

1. Vote on Family Council/Support Group Date and time Change during meeting. I need your input. This group is for you. If you cannot attend you can vote via email. If you would like it to remain the same. Let me know. If a different day, Mornings, Mid-day, afternoons, early evenings work better let me know. Majority will rule. If you like the lunch being served or just a light snack let me know that as well. We will be voting on the 8th.

2. Topics of Interest for New Year? How can this group support you better.

3. Favorite Winter recipe section: Submit a favorite family recipe for the season. This month will be our January Soup Favorites. So please get them in soon.

4. Boulder Creek has a full month celebrating in January. We have Activities Professional Week, plus a week of Elvis, and a week of Dolly. On the 30th we will have the Boulder Creek's Got Talent Show and Hula Hoop Contest.

5. Final count on the BC Giving Tree this year was.....

6. The parking lot often gets quite slippery in the winter with the wind tunnel we have. Please be careful.

7. Staff Christmas party will be the afternoon of the 22nd. It will be come and go so you might hear a lot of Christmas Casino Cheer ☺

8. Our Window Art was done by Bailey Langin one of our casual college students. She did a wonderful job.

**Boulder Creek
Celebrates Our
Activities Professionals
in January 2026
“Beyond the Ordinary: Everyday
Superheroes”**



Week 1 - Will be all about Elvis

Week 3 - Will be all about Dolly

Week 4- A whole Week of fun

M- Favorite Color Day

T- Hat or Scarf Day

W- Wild West Day

T- Sports Fan Day

F- Nifty 50's Day*

***Boulder Creek's Got Talent Show & a Hula Hoop
Contest**



January Education-We will explore two different memory or dementia like conditions this month.

A.Dementia-Like Conditions (that may be reversible)

Many other conditions may cause dementia-like symptoms. Once these underlying conditions are treated, the dementia-like symptoms generally resolve. Here are 11 other common conditions that can mimic dementia symptoms.

1. Urinary tract infection

You may be familiar with the common symptoms of a [urinary tract infection \(UTI\)](#) — pain when urinating, urgency to urinate, and fever. A UTI may also result in something called UTI [delirium](#), causing symptoms similar to those of dementia. Delirium is a condition in which a person is confused or disoriented. They may not be aware of their surroundings, seem agitated or anxious, or have another sudden change in behavior. [Researchers](#) explain that this is an atypical presentation for UTI but that it can be common in people over age 65.

A doctor may prescribe oral antibiotics to [treat a UTI](#).

2. Sleep apnea and other sleep issues

When your sleep is disrupted, it can lead to a host of symptoms throughout the day. With [obstructive sleep apnea](#), you may experience cognitive impairment that mimics dementia. Memory issues, attention problems, and issues with executive function are other possibilities. Treatment for sleep apnea involves [continuous positive airway pressure \(CPAP\)](#) during sleep, changing sleep positions, and occasionally surgery.

3. Depression

[Depression](#) is a mood disorder marked by persistent sadness and anxiety. A person with depression may also have cognitive symptoms, like confusion, difficulty concentrating, or trouble making decisions. Older adults are at a higher risk of depression than other groups of people. Treatment can help reverse dementia-like symptoms and help with mood. [Treatment](#) can include things like talk therapy, medications, or both in combination.

4. Normal pressure hydrocephalus

Normal pressure [hydrocephalus](#) is a condition in which a buildup of [cerebrospinal fluid \(CSF\)](#) puts pressure on the brain. It's more common in people over age and causes symptoms like urinary incontinence, trouble walking, and issues with thinking and memory. Treatment involves [surgery to place a shunt](#) that can drain the excess CSF.

5. Thyroid disease

Hormones produced by the thyroid are responsible for releasing neurotransmitters — like [serotonin](#) and [dopamine](#) — in the body. When this process is affected by either [hypothyroidism](#) or [hyperthyroidism](#), a person may experience issues with mood or thinking. Thyroid issues can be treated with [medication](#) and sometimes [surgery](#).

6. Lyme disease

Symptoms you may associate with [Lyme disease](#) include a bullseye rash, muscle aches, and headaches. In [rare](#)Trusted Source circumstances, though, a person may experience dementia-like symptoms, trouble walking, or [tremors](#). Early diagnosis is key to reversal, as some people may be more prone to develop more permanent health issues. One [study](#) showed that treatment with antibiotics for 2 to 4 weeks helped to reverse cognitive symptoms.

7. Some types of cancer

Cognitive issues are also associated with cancer. The affected areas include a person's memory, attention, and [executive functioning skills](#). Researchers say these symptoms may occur as the result of cancer itself or [cancer treatments](#). Potential treatments may include [occupational therapy](#), learning coping skills, [mindfulness techniques](#), cognitive rehabilitation, and lifestyle changes.

8. B12 deficiency

Low levels of vitamin B12 in the body can lead to things like [anemia](#), numbness, and [vertigo](#). It can also lead to dementia-like cognitive and memory issues. In one study, a group of people with B12 deficiency were put on supplements to raise their levels and saw a dramatic improvement in these areas. B12 levels tend to decline as a person ages. This puts older people at a [higher risk](#) of B12 deficiency and associated neurological issues. If you have symptoms or concerns, a doctor can order a blood test to check your levels.

9. Heart and lung disease

When the brain

doesn't get enough oxygen, a person may experience confusion, trouble concentrating, or other cognitive symptoms. For example, people with [chronic obstructive pulmonary disease \(COPD\)](#) are at a higher risk of developing dementia symptoms than people who don't have this condition. The risk increases with age. Treatment depends on the specific disease a person has.

10. Kidney disease

Having chronic kidney disease also puts people at a [higher risk](#) of cognitive issues. When the kidneys aren't functioning properly, there may be a buildup of [uremic toxins](#) in the body. Specifically, researchers say a toxin called indoxyl sulfate may lead to memory problems, language issues, and other dementia-like symptoms. Treatment involves [dialysis](#) to remove toxins from the blood.

11. Dehydration

How hydrated you are may make a difference as well. Even people with just [mild dehydration](#) may feel the effects of it on the brain. Dehydration,

especially in older people, [has been linked](#) to mortality, poor health outcomes, and cognitive issues. However, dehydration affects children and younger adults as well. [Treatment for dehydration](#) involves home measures, like drinking more liquids with electrolytes, or rehydration with [intravenous \(IV\) fluids](#).

Boulder Creek also has a lending library filled will resources for you to check out. Please feel free to check it out at your leisure. It is in the book case in the main lobby.



Santa Claus didn't just come to town; he came to Boulder Creek! Check out the Boulder Creek Facebook page to see all of the fun we have had over the past month and going forward.

<https://www.facebook.com/BoulderCreekMemoryCare>