

# January

## JANUARY ENTERTAINMENT

January 3rd

Dana and Luann  
@ 1:15

January 4<sup>th</sup>

Music with Beth  
@ 3:45

January 17<sup>th</sup>

Pastor Kelly, Living  
Word @ 1:15

January 11<sup>th</sup>

Music with Cletus  
@ 10:30

January 18<sup>th</sup>

Music with Guy  
and Guitar @ 10:00

## Boulder Times

Many cultures celebrate New Year's day on March 21st, the Spring Equinox, but In order to set the calendar right, the Roman senate, in 153 BC, declared January 1st to be the beginning of the new year. During the Middle Ages, the Church remained opposed to celebrating New Year's Day. January 1st has been celebrated as a holiday by Western nations for only about the past 400 years."

January is named for the Roman god Janus, protector of gates and doorways. Janus is depicted with two faces, one looking into the past, and the other into the future.

Fun Fact \*\* January 1<sup>st</sup> is both the furthest away and closest day to December 31<sup>st</sup>\*\*

January is National "Staying Healthy Month", this is clear after viewing the top 5 New Year's Resolutions as done by a study of over 2,000 people.

1. Diet or eat healthier
2. Exercise more
3. Lose weight
4. Save more and spend less
5. Learn a new hobby or skill.



# January

## FREE MEAL TICKETS!

We are looking for family testimonials that explain what it is that you enjoy most, and appreciate about Boulder Creek.

To receive two free meal tickets to be used here at Boulder Creek, please submit a testimonial by leaving a review on our Facebook page (Boulder Creek -Marshall MN), emailing the Housing Manager at [desiree@boulder-creek.org](mailto:desiree@boulder-creek.org), or dropping it off at the front office.

There are plenty of tickets to go around 😊

## Boulder Creek Updates

**Tenant Council** – The first monthly tenant council will be held on Thursday the 24<sup>th</sup>, and will be held the 4<sup>th</sup> Thursday of every month for the remainder of the year. This is a time for the tenants to get together to discuss activities they like and dislike. It will also give them the opportunity to express any ideas or concerns they have with the dining program. Updates will be given, and a snack will be served! Families are not currently being asked to join us, as we want to give our tenants the floor, but if you have anything you would like to add to our agenda to be discussed, we would be more than happy to add it in! A short recap of our discussion at Tenant Council will be put into the newsletter each month for family to review.

**Employee of the Quarter** – We will be switching from an Employee of the Month program to Employee of the Quarter. There will be a few extra gifts given to our EOTQ, and we will be able to celebrate them longer! There will no longer be nomination forms for families, as we will be choosing the EOTQ a bit differently, but we still love to hear what the families have to say!

**Icy parking lot** – We want to make sure all of our guests are staying safe. Just another reminder that the Boulder Creek parking lot tends to get a little slippery. Please be careful while you're visiting us here at Boulder Creek! 😊

# January

## Happy Birthday Dianne

December 3<sup>rd</sup>



December 21<sup>st</sup>

## Happy Anniversary Ken and Margaret!



### January Birthdays

Jeff - January 3<sup>rd</sup>

Elvera – January 17<sup>th</sup>

Donna – January 23<sup>rd</sup>

Katherine – January 24<sup>th</sup>



### December 2018 Staff Anniversaries

Deann Vogl – 6 years

Desiree Petrich – 1 year

Nancy Vigil – 1 year

Ashley Reynaga – 1 year

Vera Njemanze – 1 year

### January 2019 Staff Anniversaries

Shirley Przybys – 7 years

Vee Moua – 1 year

# January

## Introducing Aromatherapy to Clients at Boulder Creek!

The use of Aromatherapy has grown in practice and evidence of its positive effects for a number of health concerns. We are happy to introduce the use of Aromatherapy at Boulder Creek Assisted Living-Memory Care as an option for your loved one!

We are confident about the benefits aromatherapy offers, and we are excited to offer this to our community.

- **What is Aromatherapy?** Aromatherapy is the skillful, controlled use of pure essential oils from aromatic plants. The use of essential oils helps create a positive wellness focused environment where the whole person is addressed – mind, body and spirit.
- **How does Aromatherapy Work?** When we inhale the plant molecules from the essential oils, the receptor sites in the nose relay messages to the limbic system in the brain. Depending on the "message" of the oils used, the messengers encourage our bodies natural healing abilities.
- **What are Essential Oils?** Essential oils are distilled extracts from aromatic plant materials, for example Lavender, Mandarin or Rosemary. The use of pure and genuine essential oils is necessary to achieve a therapeutic effect.
- **What are the Benefits of Aromatherapy?** Although there are many benefits, the primary goal of our aromatherapy program is to use the oils as a natural option for additional comfort for those in pain, and help with anxiety, agitation, mental alertness, improve sleep.

The use of Aromatherapy will be offered by staff who have completed an aromatherapy training program, guided by a Certified Clinical Aromatherapist, and will use the oils within the guidelines of professional aromatherapy best practices.

Each client will be evaluated to determine if essential oils are appropriate for them. Nurses will note allergies or sensitivities to essential oils or if the client prefers not to use it.

We are using Aromatherapy for:

- Helping with agitation, anxiety, moods
- Uplift, and help with mental alertness
- Comfort, help ease muscle tension, headaches, and other common symptoms
- Helping with calming and rest.

### Essential oils can be delivered / used in a variety of ways.

There are various other methods of using essential oils. At Boulder Creek we will initially be using patches, aroma jewelry, and electronic diffusers in client rooms and common areas. Other methods of delivering essential oils are through aroma sticks, cotton balls attached to clothing and massage oils.

At this time Boulder Creek will be using only specific oils from Jodi Baglien, Certified Clinical Aromatherapist. Feel free to check out prices on her website: [www.JodiBaglien.com](http://www.JodiBaglien.com)



If you have any questions or concerns, please let us know. We are excited to offer this resource to you and your family.



# January

## Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

**Tuesdays**

**January 15, 22, 29, February 5, 12, 19**

**5:15-7:15 pm**

**Marshall Library-Minnesota Room**

**201 C Street, Marshall MN**

Class size is limited. **Please register by contacting**

**507-829-1143 or**

**[Ace.lyon@co.lyon.mn.us](mailto:Ace.lyon@co.lyon.mn.us)**

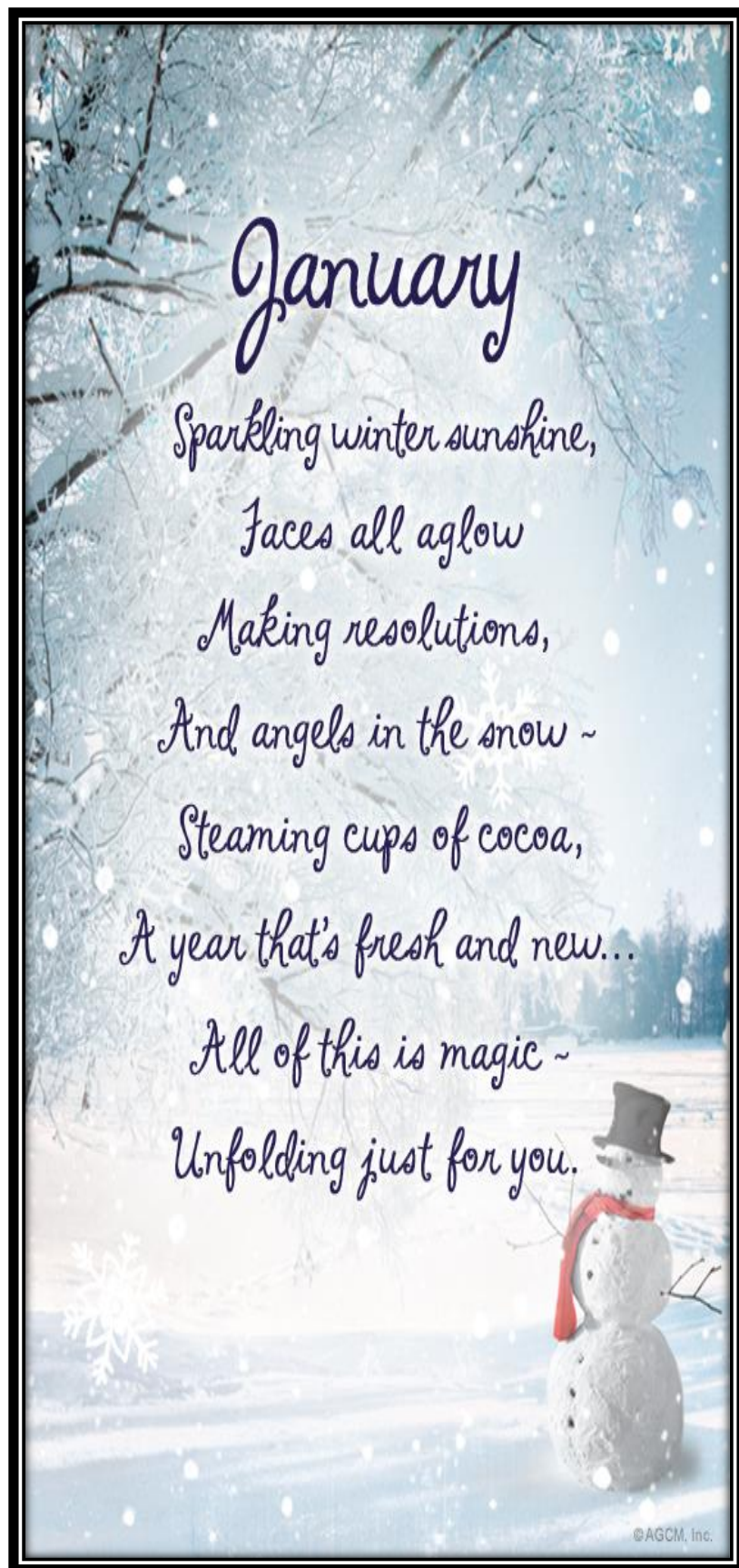
**Class Leaders are Jaen Weilage and Jamie Lanners**

**Donations accepted. Snacks will be offered.**

**Respite care is available during class, please inquire when registering for the class.**

**For transportation contact: Community Transit**

**@ 507-537-7628**





# January

Visit our Facebook Page

Boulder Creek – Marshall MN for more pictures!

