

# May

## APRIL ENTERTAINMENT

May 2<sup>nd</sup>

Dana and Luann  
@ 1:15

May 3<sup>rd</sup>

Sing along w/ Beth  
@ 3:45

May 10<sup>th</sup>

Guy and Guitar  
@ 3:30

May 14<sup>th</sup>

Uncle Ron  
@3:30

May 23<sup>rd</sup>

Slewfoot Band  
@ 10:00

May 29<sup>th</sup>

Music with Bruce  
@3:30

## Boulder Times

**Mother's Day** is a modern holiday that was first celebrated in 1908 when Anna Jarvis held a memorial for her mother at St. Andrew's Methodist Church in Grafton, West Virginia. In 1914, Woodrow Wilson signed a proclamation designating Mother's Day as a national holiday to honor mothers. It is held on the second Sunday in May every year.

In the United States alone, around 122 million phone calls are made to moms on Mother's Day

Nearly 1/4<sup>th</sup> of all flowers purchased throughout the year are purchased and gifted on Mother's Day

The carnation is the flower most often associated with Mother's Day. Red and pink carnations for moms who are still living, and white carnations for mothers that have passed away.

According to a legend, the link between carnations and Mother's Day goes back to the passion of the Christ. Seeing Christ's sufferings, his mother Mary shed tears, which fell on the ground. These tears are supposed to have turned into the fragrant and beautiful carnations.

## EMPLOYEE SPOTLIGHT! Carla Lupkes

Carla is Boulder Creek's full-time Housekeeper that started in February. Carla has been an amazing addition to our team. She is always willing to drop what she's doing to help when she is needed. She is a great team-player, and is always willing to learn something new. We are lucky to have such a compassionate individual working with us and working hard every day to make sure Boulder Creek is a great place to live.

Thank you, Carla, Boulder Creek appreciates your hard work.

Fun Facts: Her favorite drink is coffee and her favorite candy is "anything chocolate!"

Just a reminder that the **Caregiver Support Group** is open to the public, and is held every Wednesday at the AVERA café from 10 – 11:30 am. There is coffee and muffins provided, along with good company, conversation and support.

**MADAN** (Marshall Area Dementia Awareness Network) is a group that meets monthly to discuss different opportunities we have in our community to support individuals with dementia, and their caregivers. We welcome new members and meet every first Thursday at Boulder Creek at 11:30

Email [desiree@boulder-creek.org](mailto:desiree@boulder-creek.org) with any questions

## Support Group

(May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>)

## MADAN Meeting

May 2<sup>nd</sup> (11:30) at Boulder Creek



# May



Happy Birthday Liz!

**\*\*April 9<sup>th</sup>\*\***



Happy Birthday Aileen!

**\*\*April 6<sup>th</sup>\*\***



Happy Birthday Jan!

**\*\*April 13<sup>th</sup>\*\***



## May Birthdays

Verdina – May 13<sup>th</sup>

Lillian L – May 29<sup>th</sup>

Joe and Mel's anniversary – May 21<sup>st</sup>



Happy Anniversary

**Ron and Dianne!- April 17<sup>th</sup>**

## *Stepping Stone*

### *Staff Anniversaries*

Tammy Gustafson – 11 years

Mary Paw – 2 years

## Boulder Creek Updates

**Mother's Day Tea-** Friday May 10<sup>th</sup>, our Boulder Creek tenants will be hosting a Tea and they would love for their families to join them. Tea and social hour will be from 2-3 pm, with music and dancing to follow at 3:30. A formal invite will be sent as well – please RSVP to [desiree@boulder-creek.org](mailto:desiree@boulder-creek.org)

**Clothing order-** Boulder Creek and Boulder Estates apparel is being sold through, Borch's Sporting Goods in Marshall. If you would like to view, or purchase clothing, please visit <https://bouldercreek19.itemorder.com/> The order will remain open through May 31<sup>st</sup> 2019.

**Garage Sale-** Boulder Creek will have its annual garage sale on May 31<sup>st</sup>. We will be taking donations for the garage sale up through May 24<sup>th</sup>. Please bring any donations to Desiree in the front office. If you have larger furniture you would like to donate, please first call Desiree at 507-401-3637 to arrange for drop off.

**Coupon Books-** Boulder Creek is selling the 2019 "Live Local" Coupon Books for the Marshall area. The coupons total over \$2,600 worth of savings, and \$5 from every book goes towards a donation to a local non-profit. Please stop in if you would like to purchase a coupon book.



## **Our Director of Nursing, Tammy, has answered some frequently asked questions regarding our new Aroma Therapy Program.**

1. Currently, Clarissa Dumdei, Boulder Creek's visiting nurse practitioner is 'prescribing' the patches for her patients that exhibit behaviors that aroma therapy may help. (not all Boulder Creek tenants are patients of hers)
  - a. If Clarissa is not your loved one's medical provider, we will need an "order/prescription" from their PCP before we can administer a patch
2. The patch packaging states the patch lasts for up to 8 hours
3. We look to see some response by change in behavior or calmness within the first hour
4. If we do not see a positive response, we look for other alternatives
5. Patches are most often used in the afternoon/evening hours when tenants get tired and more anxious, this is also when "sundowning" is most prevalent
6. The patches are removed between 6-8 hours of use (although it is not harmful if they are on longer). The most effect is received with in the first hour. The length of time the effect continues is dependent on the person
7. The patch doesn't necessarily need to be on skin, it can be on the clothing, but needs to be near the face (not touching) but close enough that it can be breathed in.
8. The patches are not paid for by insurance, Medicare, or Medicaid, they will be billed to you at the cost of \$2.00 each and you will see it on your rental bill as a sperate line item.

If you would like for your loved one to participate in the aromatherapy program, please send an email to Tammy at [tammy@boulder-creek.org](mailto:tammy@boulder-creek.org) stating you would like your loved one to participate in the program and you understand that the patches will be billed on your monthly statement.

We have been, and will continue to track the patches effectiveness with our tenants. We are excited to see some positive results. We currently have 6 out of 27 tenants that are participating in the program.

*-Tammy Gustafson, RN, DON*

# May



Visit our Facebook Page

Boulder Creek – Marshall MN for more pictures!

