

September Entertainment

September 6th
Music with Beth
@ 3:45

September 13th
Guy and Guitar
@ 3:30

September 25th
Verlyn Kling
@ 10:00

Boulder Times

Tips for Communicating with a Person with Dementia

Always have a positive attitude

The person with dementia may have an increased sensitivity to other people's emotions and feelings, and tends to mirror this. When others are tense and uptight, they feel the same way.



Get the person's attention first

Before speaking, make sure you have eye contact (if they are seated, get down to their level), address them by name, and use nonverbal cues to help keep them focused. Limit outside noise and distraction.

Speak slowly and use simple words

Articulate well and use short sentences. If necessary, repeat your message or question, but always be patient in waiting for their reply (they may feel pressured if you try to speed up their answer). Always try to listen for the meaning and feelings that underlie their words.

Be respectful of their feelings

Do not talk down to them or speak to them as if they were a child. Never ridicule what they say. Instead, acknowledge their answer (even if it seems out of context) and show them you are paying attention.



Use body language and physical contact

Communication isn't just talking. Body language, physical contact, and tone of voice become very significant when a person has difficulty understanding words. A hug, a touch of hands, and a friendly tone of voice will likely help to reassure them.



When all else fails, SMILE.

Instead of getting frustrated when the person with dementia does something that seems perfectly normal to them, and foolish to you, just smile. A smile will take the edge off any situation.

GOOD COMMUNICATION SKILLS

- help make caregiving less stressful
- improve our relationship with our loved ones, and
- enhance our ability to handle their challenging behavior.

September

EMPLOYEE Spotlight

Krista Walerius, RN

Krista is one of our newest employees at Boulder Creek, and she has taken her new role as charge nurse with a much-appreciated sense of ownership, and responsibility.

Krista has proven to be a great addition to Boulder Creek, with her willingness to learn and help where needed, her compassion for our tenants, and a great sense of teamwork with our staff.

Thank you for Krista, for your immediate dedication and devotion to Boulder Creek and the people who call it home.

We are very lucky to have you as part of our team!



Boulder Creek Reminders

Just A Few Reminders When You Come to Visit

- ** Check in the Nursing offices for **mail** at every visit. Some of it may be time sensitive.
- ** Check to make sure they are well stocked in **supplies** such as toothpaste, soaps, lotions and shower essentials.
- ** There are **purple bags** in every tenant closet. These are used by staff to store clothes that are too big or small. Please take these home with you.



The Murray County Dementia Awareness Network (MCDAN)

is pleased to welcome Clarissa Dumdei,
Geriatrics & Nurse Practitioner!



Friday, Sept. 20th at 3pm

Slayton Senior Dining Center

Coffee, Cookies and Conversation!

Clarissa will be speaking with us about changes in memory, reasoning, judgment, language, other thinking skills and supportive roles. She started the Avera Memory Care Clinic in Marshall for those who have memory changes/dementia and offers supportive services for families and caregivers. We look forward to her sharing her knowledge with us!

Following Clarissa's presentation, information on the **Reminiscence** and **Caregiver Kits** will be presented by Michele Steffl, a MCDAN member.

RSVP to Joyce at A.C.E. of SW MN (836-8705) by Sept. 16th

September

September Celebrations we're looking forward too!

September 9th – Sally Olson



Bernadette S – August 4th



Janet B – August 9th



Lillian E – August 5th



Ruth M - August 22nd

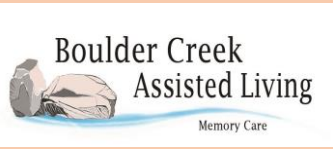
Visit our Facebook Page

Boulder Creek – Marshall MN
for more pictures!

Happy 1 year
Stepping Stone
Anniversary to HHA
Chelsey Busskohl!

WHEN YOU ARE FRUSTRATED WITH ME
BECAUSE OF THE THINGS I CANNOT DO...
JUST IMAGINE HOW FRUSTRATED I MUST BE
BECAUSE I'M NO LONGER ABLE TO.

Be mindful...
Show compassion



2019 Edition

September

