

**JUNE  
2022 AT  
A GLANCE**



# THE BOULDER REMINDER

Boulder Estates Congregate and Assisted Living 601 Village Drive Marshall MN 56258

Bridal Shower for Nurse Addy in the Summit at 2:00pm	6/01
Outing to Lyn County Museum meet Front Entrance 2:00pm	6/03
Happy Hour & Live Music w/ Pete and Ross In the Summit at 2:00pm	6/08
Salad Stand Off Competition in the Summit at 2:00pm	6/10
Movie Matinee in the Quarry at 1:00pm Showing "The Pacifier"	6/13
Ice-cream Social in the Summit at 2:00pm <i>Hot Fudge Sundaes</i>	6/15
<i>Gone Fishing</i> Father's Day Open Social 2:00-4:00pm in the Summit	6/16
Nursing Assistant Appreciation in the Summit at 2:00pm	6/22
Welcome Summer Splash Party in the Front Entrance at 2:00pm	6/24
Tenant Council in the Summit at 2:30pm	6/29



## Summertime Sun and Safety

Summer is upon us and its getting warmer each day. Summer can be a nice time to enjoy the outdoors, family, and nice weather. While it has its perks, it can also be dangerous if proper precautions are not taken to ensure safety and hydration while enjoying this season.

On hot days, excessive heat forces your body to work harder than usual to maintain a normal temperature. This forces your body to work past its limits, causing heat related illnesses.

Heat related sicknesses are a result of prolonged exposure to the sun which includes sunburn, heat exhaustion, dehydration, and even heat stroke which can be dangerous even deadly. Here are some easy ways to stay safe from the summer heat.

**Stay Hydrated!** Is the easiest way to stay cool and comfortable, but is often ignored. Drink plenty of water.

**Limit high energy activity and exercise in the heat.** Strenuous activities can overload your body in hot temperatures. Practice trying to exercise in the early morning or late evenings when temperatures are typically cooler, taking regular breaks allow your body time to recuperate from hot temperatures, and limit exposure to the heat during the hottest time of the day.

**Protect your skin!** From the damaging rays of the sun, using sunscreen is necessary when you know you'll be outside. It is easy to apply and save you a lot of discomfort later. Wearing a hat is a great way to lessen sun exposure to your face and neck as these are two spots that are very vulnerable to the sun.

## Welcome Jadyn our Tenant Service Team Member



"Hi, my name is Jadyn Briffett! I grew up in Marshall and went to college at South Dakota State University where I got my Associates degree in general studies. Some of my favorite hobbies include baking, going on bike rides, walking my dogs, spending time at the lake, and playing cards with my grandma. I am very excited to get to know everyone here at Boulder Estates!"

**Special Meals at**  
**the**



*Omelette*



**Breakfast**

**Tuesday, June 3rd at 7am-8:30am**

**Tasty Omelets with all your favorite fixings!**

*Remember you could have your name entered in our monthly drawing to win a free omelet breakfast!*

**Summit Premiere Thursday, June 2nd**  
**11:30-12:30pm**

**Creamy Shrimp Pasta with Sun-dried Tomatoes, Breadstick OR Raspberry Pork Chops with Scalloped Potatoes**

**Cheesy Corn OR**

**Asparagus with Lemon Garlic Sauce**

**Strawberry Bunt Cake Dessert**

**Night at the Summit Thursday, June 16th**  
**5:00-6:00pm**

**Baked Potato Bar**

**Choose your Toppings**

**Green beans**

**Jell-O with Fruit Dessert**

**Refreshments Served Daily at 2:00 (No Charge)**

Feel Free to Pick up a Menu from Georgette at the front desk! Thank you!

Food Council Meeting will be **June 29th at 9:00am**

*\*Remember to Bring your Food containers to meal if you are wanting to bring leftovers back to your room!*

*Thank you!*

**Margaret Sawchak**  
**Director of Dining**  
**Services!**



**JUNE 2022**

**Tenant of the Month!**



*Congratulations Cletus Lanners!*

Cletus worked and managed the Traveler's Lodge Motel for 20 years. He also worked at SMSU for 31 years as the building manager of the resident halls. Cletus and Lorraine have been married for 23 years. He has 5 children, 2 girls and 3 boys, they all live in Minnesota. He has 10 grandchildren. His wife also has 6 children 3 boy and 3 girls and 13 grandchildren.

He have lived at Boulder Estates since March of 2021. He likes that it is close to his home and his wife is near by.

What Cletus enjoys best about living at Boulder Estates is the friendly people, nice, good food, good nurses, and nice aides. His favorite activities to attend are bingo, Pokeno, cards, rosary, mass, and flex & stretch. He also enjoy taking walks outside of the building daily. He also enjoys watching the Minnesota TWINS! Win Twins!

Cletus was chosen as tenant of the month for June 2022 because of his kind spirit, willingness to help, and he enjoys being active.

Cletus favorite color is blue, his favorite food is bacon and ribeye steak with a diet pop. He will turn 84 years young on June 2nd. Words of wisdom from Cletus "Be kind, help people, and say hello to everyone."

He would recommend Boulder Estates for a place to live because "you meet so many nice people, and its clean, and they take care of a person!"

WELCOME TO THE  
*Neighborhood*

Please join me in welcoming our new Tenant!

**\*Bernice Wewetzer Apt. #344**



CORNERSTONE CHURCH



Pastor Josh Doughty will be coming to give communion

**Every 4th Monday at  
12:30pm In the Chapel  
Starting Monday, June 27th**

### Sunday Catholic Mass



will be on TV  
At 10:00am  
In the Quarry  
Communion will  
also be given



**Library Outreach** will be here to swap books at the door every 2nd and 4th Thursday of every month at 12:30.

Please give your book returns to Tenant Services before or by 12:30pm and pick up new books from Activities office. Thank you!

You may now reserve the **Boulder Books & Brew Room** for personal parties. Please make



**MAKE YOUR  
RESERVATION**

your reservation with Tenant Services. We recommend you follow our Covid Policies for visitors to wear masks.



## June Events

Join us for a **Bridal Shower** honoring our own Boulder Nurse Addy Schaefer; Wednesday June 1st at 2:00pm in the Summit.

**Outing** to the Wedding collection Exhibit at the Lyon County Museum showcasing wedding dresses, bridesmaid dresses, wedding accessories, and wedding photographs. Sign up with Tenant Services by June 1st as we take the Public Transit Friday, June 3rd at 2:00pm. *Bring some Cash if you would like to purchase an ice-cream treat.*

**Happy Hour and Live Music with Pete & Ross** Wednesday, June 8th at 2:00pm in the Summit. Enjoy some great tunes, snacks, and our special drink of the month!

**Super Salad Stand off** Friday, June 10th at 2:00pm in the Summit! Bring your best cold salad savory or sweet for tenants and staff to taste test for the best cold salad of the summer! Sign up with Tenant Services to be entered into the competition or come simply to taste test!



### **GONE FISHING Father's Day Open Social**

Thursday, June 16th in the Summit! All tenants are welcomed to celebrate father. Come and go anytime between 2:00-4:00pm. Boulder Fathers can invite up to x2 family members to join them but will need to RSVP by June 8th. *Masks are still required to wear for all visitors.*

**National Nursing Assistants Week** is celebrated June 16th-22nd! We want to show our appreciation to our Boulder Estates certified nursing assistants on Wednesday, June 22nd at 2:00pm in the Summit. You don't want to miss it, its going to ROCK!

### **Summer Fun Splash Party!**

Friday, June 24th  
2:00pm Outside the Front Entrance of Boulder Estates as we welcome summer with a dunk tank, water games, snacks and so much fun!





**LET'S GO  
FISHING  
Lake Shetek**

**"Re-Launch Event" Come Join the Fun!**

**Thursday, June 2nd 6:30-8:30pm**

\*At Shetek Marine, 33 Valhalla Drive, Lake Shetek

Event includes a Meet & Greet, Volunteer Training, Captain & 1st Mate training, pontoon rides on the lake, snacks & FUN!



**FRIDAY CRUISE – June 3<sup>RD</sup>**

- ◆ Line-up 6PM on Baseline Street (behind Running's store)
- ◆ Cruise starts at 6:30PM
- ◆ FREE drawings for all registered Cars, Trucks, Bikes and Rat Rods at Runnings. (Must be present to win)

**CAR SHOW REGISTRATION – SATURDAY  
JUNE 4<sup>TH</sup> – 8AM-11AM**

- ◆ \$15 Pre-registration by May 20th
- ◆ \$20 Registration at the gate
- ◆ FREE to first 300 Show Day Registrants (Must be present to win)
  - Shades of the Past T-shirt
  - Dash plaques / Door prizes / Goodie Bags (Must be present to win)
- ◆ Give-away items courtesy of **Runnings**
- ◆ Top 60 awarded a uniquely designed trophy via participant picks. Awards presentation at 3 pm
- ◆ Premium jackets with embroidered Shades of the Past logo, will be awarded to the TOP 5 overall grand winners
- ◆ Must be present and have vehicle displayed to be eligible for any prizes/awards (except raffles)

*Upcoming*  
**COMMUNITY  
EVENTS**

**City Band Concerts** at Liberty Park Starting Wednesday, June 8th beginning at 7:00pm (Weather Permitting) through July 20th



**FREE AND OPEN TO THE PUBLIC**

Presented by Linda Westrom  
Former President of the MN Genealogy Society

this project is funded in part or in whole with money from Minnesota's Arts and Cultural Heritage fund.

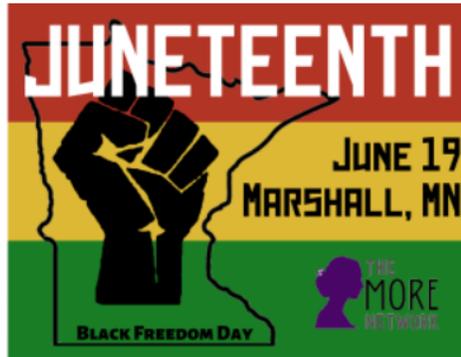
**Genealogy Classes**

**GENEALOGY FOR BEGINNERS**

Saturday, June 4  
10 am - noon

**CENSUS & VITAL RECORDS**

Saturday, July 9  
10 am - noon



**Date and Time**

Sunday Jun 19, 2022  
8:00 AM - 4:00 PM CDT

**Location**

Independence Park

**Fees/Admission**

Free

*Walk for Memories / 5K Run*

**Thursday, June 16**

**4:00 - 7:00 p.m.**

**\*Marshall Area YMCA\***

**200 South A Street, Marshall, MN 56258**

**\*WEAR PURPLE!\***

Come walk and/or run with your family and friends, honor and remember families affected by dementia, and celebrate our dementia champions.

**4:00 - 7:00 p.m. Walk for Memories** (free and no registration)

\*Booths with family fun activities \*Music \*Giveaways and drawings  
\*Food available for purchase \*Marshall Area Chamber Business After Hours

**6:00 p.m. 5K Fun Run for Memories**

To sign up: <https://runsignup.com/Race/MN/Marshall/RunforMemories>  
Early Bird Price Deadline May 31: \$25

There are T-shirts or bags for those who registered before the May 31st deadline.

Dementia Store: <https://store.western-printing.com/dementia-s/265.htm> Store closes June 1

For more information visit Facebook page: <https://www.facebook.com/events/262514061358597/>

\*\*Listen to radio for weather related announcements : Walk inside at YMCA if rains.

Donations will go to Marshall Area Dementia Awareness Network

# TENANT MEAL SURVEY

Date:

1) How would you rate the quality of your meals.

Excellent	Very Good	Good	Poor	Very Poor

Comment: \_\_\_\_\_

2) How would you rate your overall satisfaction of your Dining experience?

Excellent	Very Good	Good	Poor	Very Poor

Comment: \_\_\_\_\_

3) How would you rate the appearance of the food on your plate?

Excellent	Very Good	Good	Poor	Very Poor

Comment: \_\_\_\_\_

4) How would you rate the temperature of your food?

Excellent	Very Good	Good	Poor	Very Poor

Comment: \_\_\_\_\_

5) How would you rate the portion size of your food?

Excellent	Very Good	Good	Poor	Very Poor

Comment: \_\_\_\_\_

6) How would you rate the taste of your food?

Excellent	Very Good	Good	Poor	Very Poor

Comment: \_\_\_\_\_

7) How would you rate your Waitstaff's helpfulness and attentiveness

Excellent	Very Good	Good	Poor	Very Poor

Comment: \_\_\_\_\_

8) What 4 items would you delete from the menu if you were preparing the meals?

\_\_\_\_\_

\_\_\_\_\_

9) What 4 items would you add to the menu if you were preparing the meals?

\_\_\_\_\_

\_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# ACTIVITY SATISFACTION SURVEY

Circle the answers below accordingly

.....

1. Please rate the current activity program:

very poor                      poor                      fair                      good                      excellent

2. Do you feel that the activity programs offered meet your individual needs?

yes                      no                      sometimes

3. Do activity programs begin as scheduled and on time:

yes                      no                      sometimes

4. Do activity programs offered match the programs scheduled on the monthly activity calendar?

yes                      no                      sometimes

5. Does the activity staff assist you to meet your recreation needs if activities you are interested in aren't scheduled or currently provided:

yes                      no                      sometimes

6. Please check all that apply regarding the activity program area:

Organized                       Cluttered                       Homelike

Clean                       Welcoming

7. Your overall satisfaction with the activity programs offered:

very poor                      poor                      fair                      good                      excellent

8. Programs that you feel are offered to often:

\_\_\_\_\_

\_\_\_\_\_

9. Programs that you would like to see added to the calendar of events:

\_\_\_\_\_

\_\_\_\_\_

Please include additional comments on the backside of this survey. **THANK YOU!**

**\*REMINDER:**

Please fill out your Tenant Services/ Activity and Tenant Meal Surveys! No name required

Can drop off survey to Monica Amaya Director of Tenant Services or the box outside her door.

Thank you for your help we look forward to your suggestions!



## Boulder Lil' Store

**Help Keep our Lil store OPEN!**

*If you don't use it we will lose it !*

*Mondays 9:00am-10:30am*

*Wednesdays 3:30pm-4:30pm*

*Fridays 9:00am-10:30am*



Cletus Lanners 6/02

Eileen Johnson 6/05

Elaine Dressen 6/07

Justine Wenger 6/14

Barb Sirovy 6/14

Jim Tully 6/17

Harriet Doom 6/23

*\*Make sure you turn in our birthday sheet ASAP and return to Tenant Services so we can fill out your B-day Boards and take a photo!*

## Tenant Lead Card Games Here at Boulder!

### 1st Floor Activity Room

**Open Cards 6:00pm Every Evening!**

**In the Quarry \*Located on 2nd floor**

**Tuesdays: Farkle 6:00pm 10 cents per game**

**Thursdays: Pepper 6:30pm 25 cents per game**

**Fridays: Dominos 6:00pm 25 cents per game**

**Sundays: Ponytail 1:00pm 50 cents per game**



Families of residents of Boulder Estates have the right and are encouraged to meet for Family Council. Join other family members to share your thoughts, ideas, and concerns. Help impact the quality of care and quality of life for your loved ones! Please Contact Jim Knudson at [jim@boulderestates.org](mailto:jim@boulderestates.org) or Monica Amaya at [monica@boulderestates.org](mailto:monica@boulderestates.org) if you are interested in starting and leading a Family Council.

## Boulder Support Group

Changing to Every 3rd Monday at 1:00pm in the Chapel!

A private place for anyone who would like support for mental health or emotional challenges and would like to meet others to create a support network.





**ICE CREAM**  
Meat & Magic  
**SOCIAL!**

 Find us on  
**Facebook**

Make sure you check out the Boulder Estates Facebook page for pictures and videos of all of our events. Invite your family and friends to check it out!