



EBEN EZER
Lutheran Care Center

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DECEMBER 2025

Assisted Living Newsletter

CEO Report—DECEMBER 2025

"The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance." ~ 2 Peter 3:9

INSIDE THIS ISSUE:

Message from Chaplain Ro	1-2
Resident Services	3
Alzheimer Support Group	3
Eden Philosophy	4
A Visit with Santa	4
East Morgan County Library Book Delivery	5
Cookie Exchange	6
Holiday Spirit Week	7
Veterans Day Lunch	8
Vision of Trees	9
Calendar of Events	10

As we close out Thanksgiving weekend, and begin this busy holiday time period, I'm reminded how important our job is every day, not just during the holiday season. We plan a lot of special activities during this timeframe and we encourage lots and lots of family involvement. We appreciate how intentional all of you, the family members, are in spending time with your loved ones.

Our activities team works hard all year long, and especially during the holiday season, to create engaging activities everyone can enjoy. Activities are crucial for older adults and especially older adults with dementia. Activities promote emotional and social well-being, provide a sense of purpose and structure, and help maintain physical and cognitive function. By engaging in tailored activities, individuals can experience joy, reduce agitation, and maintain connections to their past and the world around them.

For emotional and social well-being

Encourage self-expression:

Creative activities like painting, music, or crafting allow individuals to express themselves and can provide a sense of accomplishment and freedom, even when verbal skills are limited.

Reduce agitation:

Calming activities like listening to familiar music can soothe agitation, improve mood, and increase social involvement.

Fostering connections:

Group activities and social interaction combat feelings of isolation and create a sense of community.

Improve mood:

Purposeful engagement can lead to happier and more fulfilling interactions for both the individual and the professional caregiving team.

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Be sure to find Eben Ezer on Facebook!
www.facebook.com/Eben-Ezer-Lutheran-Care-Center

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For a sense of purpose and structure

Create a daily routine:

Integrating meaningful activities into a consistent daily routine provides structure and gives individuals something to look forward to.

Maintain a sense of purpose:

Involving individuals in familiar tasks, like setting the table or folding laundry, can provide a sense of success and value.

Avoid learned helplessness:

By encouraging independence and self-sufficiency whenever possible, activities help prevent a decline in abilities that can result from having things done for them.

To maintain physical and cognitive function

Boost brain health:

Physical activity can improve blood flow and nutrient supply to the brain, which may help thinking skills and memory.

Preserve physical skills:

Simple exercises and movement can enhance mobility, coordination, and balance, helping maintain physical fitness and the ability to perform daily tasks.

Stimulate the mind:

Games, puzzles, and other mentally engaging activities help keep the mind active and can help preserve residual skills.

Leverage past interests:

Activities related to a person's former work or hobbies, such as organizing items for a former office worker or gardening for a former farmer, can provide pleasure and a sense of accomplishment.

There are several activities highlighted in this newsletter. We encourage you to join with your loved one and enjoy the fun! If you haven't reserved your spot for the Christmas dinner, please do so today. We would love to have you join in the festivities and celebration.

~Shelly



Life Enrichment Extensions

Kendra Carlson, Regional AL Director ext. 9905

Carrie Webb, Pines AL Administrator ext. 9260

Vanessa Pursley, Case Manager & Activities ext. 9241

Gina Rocha, Case Manager ext. 9808

We care for your loved one, let us care for you too!



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Alzheimer's Support Group

TUESDAY, DECEMBER 9th, 2025 Noon—1:00 pm — Eben Ezer Activity Room

122 Hospital Rd, Brush, Colorado

Kindly RSVP at (970) 842-2861 x 9246 or text 970-370-0856

- **Would you like to gain a better understanding of Alzheimer's Disease and dementia?**
- **Be around those who understand your struggles or who have similar experiences.**
- **Learn more about caregiving resources and options available.**
- **Ask questions about specific caregiving struggles.**
- **Take this opportunity to be a part of a supportive community whether you wish to share your experiences or simply listen.**

This support group can provide emotional support for individuals with a loved one that lives in a nursing home, at your home, or for those who provide care from a distance.

The Eden Alternative Domains of Well-Being

Well-being is a human right.

IDENTITY - being well-known, having personhood, individuality, having a history

GROWTH – development, enrichment, expanding, evolving

AUTONOMY – liberty, self-determination, choice, freedom

SECURITY – freedom from doubt, anxiety, or fear, safety, privacy, dignity, respect

CONNECTEDNESS – belonging, engaged, involved, connected to time, place, and nature

MEANING – significance, heart, hope, value, purpose, sacredness

JOY – happiness, pleasure, delight, contentment, enjoyment

TO FIND OUT MORE VISIT—WWW.EDENALTERNATIVE.ORG



A VISIT
FROM
SANTA

EMCLD Book Delivery Schedule 2025

Pines Off

January 8th Trevor & Ginger

January 15th Megan & Lori

February 5th Trevor & Ginger

February 19th Megan & Ellen

March 5th Trevor & Ginger

March 19th Lori & Ronita

April 2nd Trevor & Deb

April 16th Megan & Ronita

May 7th Trevor & Deb

May 21st Lori & Ellen

June 4th Trevor & Ginger

June 18th Megan & Ronita

July 2nd Lori & Ginger

July 16th Megan & Ellen

August 6th Trevor & Deb

August 20th Megan & Ronita

September 3rd Lori & Deb

September 17th Megan & Ellen

October 1st Trevor & Deb

October 15th Megan & Lori

November 5th Trevor & Ronita

November 19th Megan & Lori

December 3rd Trevor & Lori

December 17th Megan & Lori

Library Phone Number: (970) 842-4596 Lori Rodarte





You're invited to a
**CHRISTMAS
COOKIE
Exchange Party
And pictures with Santa!**

Friday | 19th December | 2:30pm

**122 Hospital Rd, Brush
Multi-Purpose Room**

Bring Cookies to share!!

**Call 970-842-2861 or
schavez@ebenezer.org with
questions**

HOLIDAY Spirit Week

December 15-19

MONDAY

Favorite Winter Character

TUESDAY

Holiday Headwear / Socks

WEDNESDAY

Whoville Day

THURSDAY

Ugly Sweater Day

FRIDAY

Pajama and slipper Day







VISION OF TREES DECORATING



December 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00-Chair Exercises 3:00- UP Bingo	2 2:20- LP Resident Council 3:00- UP Resident Council	3 8:30-UP Manicures 2:30-LP BINGO 2:30-Mens Group BDR	4 9:00- LP Manicures 5:00-Christmas Parade 6:00- UP Movie & Popcorn	5 Happy Birthday Joe! 1:00-Bible Study LP	6 10:00-Candy's Dance Academy MPR 3:00-UP Coffee & Treats
7 9:30-Worship	8 9:00-Chair Exercises 3:00- UP Bingo	9 10 8:30-UP Manicures 2:30-LP BINGO 2:30-Mens Group BDR 6:30- Hot cocoa and Christmas lights	11 9:00- LP Manicures 6:00- UP Movie & Popcorn	12 1:00-Bible Study LP 4:30 AL Family Christmas Dinner	13 3:00-UP Coffee & Treats	
14 9:30-Worship	15 Favorite winter character 9:00-Chair Exercises 3:00- UP Bingo	16 Holiday Headgear and socks Day Thomson Students	17 Whoville Day! 8:30-UP Manicures 2:30-LP BINGO 2:30-Mens Group BDR	18 Ugly Sweater Day! 9:00- LP Manicures 6:00- UP Movie & Popcorn	19 Christmas Pajama Day! 1:00-Bible Study LP 10 Hot Chocolate and Christmas Stories by local city leaders 2:30 Cookie Exchange and Photos with Santa MPR	20 3:00-UP Coffee & Treats
21 9:30-Worship	22 9:00-Chair Exercises 3:00- UP Bingo	23 24 8:30-UP Manicures 2:30-LP BINGO 2:30-Mens Group BDR	25 9:00- LP Manicures 6:00- UP Movie & Popcorn	26 1:00-Bible Study LP	27 3:00-UP Coffee & Treats	
28 9:30-Worship	29 9:00-Chair Exercises 3:00- UP Bingo	30 31 8:30-UP Manicures 2:30-LP BINGO 2:30-Mens Group BDR				