



Assisted Living Newsletter

VOLUME 14
ISSUE 3

MARCH 2026

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CEO Report—MARCH 2026

"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

Spring has arrived, bringing longer days, warmer temperatures, and a sense of renewal, making it the perfect time to embrace fresh air, gardening, and increased outdoor activity. As nature wakes up with blooming flowers and returning birds, this season offers a mental health boost and a renewed sense of optimism.

Embrace the Season of Renewal

- **Get Outside:** Enjoy the increased sunshine, which helps boost Vitamin D levels, improving both mood and mental health. The neighbors across all our communities are enjoying the warmer days and time spent outdoors in the sunshine.
- **Spring Gardening:** Start planting to connect with nature's cycles and improve your emotional well-being. We have lots and lots of garden areas, especially on the Brush campus and again we are asking for families or community groups to adopt a garden bed for the growing season. (See flyer in this newsletter)
- **Active Lifestyle:** Take advantage of longer days for walking, cycling, and exploring nature. We have lots of activities across the campus.
- **Refresh Your Space:** Open windows for fresh air, tackle spring cleaning, and let in the light to revitalize your home, apartment, or room. The neighbors love to sit on many of the beautiful patios across campus. Our groundskeepers are working hard to get things in beautiful shape for the warm spring days.

Did you know?

- **Earlier Blooms:** Scientific observations show plants and trees are blooming earlier, which is shifting the timing of the season.
- **Bird Migration:** Spring sees a massive influx of birds returning north, often starting as early as mid-February.
- **Health Benefits:** Increased social activity in warmer months helps reduce stress and improves cognitive function.

As you enjoy the beautiful spring weather, take a moment to appreciate the new growth all around us.

~ Shelly



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

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, MARCH 10TH, 2026 Noon—1:00 pm — Dahms-Talton Legacy Living

1620 Riverview Ave, Ft. Morgan, 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 weather 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



AUTONOMY

**EBEN EZER
GIFT SHOP**

OPEN

WEDNESDAY'S

10:00 AM - NOON

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EBEN EZER



CALLING ALL COMMUNITY
GROUPS, CLUBS, YOUTH
GROUPS OR FAMILIES
LOOKING FOR A COMMUNITY
IMPROVEMENT PROJECT

**HORTICULTURE
OPPORTUNITY**

**COMMUNITY INVOLVEMENT
OPPORTUNITY**

**THE EBEN EZER NEIGHBORS
INVITE YOU TO THEIR CAMPUS
TO BE PART OF ADDING BEAUTY
TO THE PLACE CALLED HOME**

You could be part of -

Serving others

Connecting with Older Adults

Intergenerational engagement

Bringing JOY to neighbors on the campus

**ADOPT AN
EBEN EZER
FLOWER BED**

FOR MORE INFORMATION
CONTACT: SHAIRE CHAVEZ

970-842-2861 X9246

www.ebenezer.org

SHAMROCK SHINDIG

ST. PATRICK'S DAY BASH



MARCH 17, 10:00am

Eben Ezer Activity Room

Music by Silver

Wear your green!



March

UPCOMING EVENTS

MARCH
07

Keyboard Music by Jimmy

10:00am
Sun Room

08
MARCH

2:00 Guitar Music by Richard AR and Piano by Margaret The Evergreens

11

MARCH

Spring Wreath Making

10:00am - 3pm AR

15

MARCH

Music by Wes and Nancy

2:00 AR

17

MARCH

St. Patrick's Day Celebration

10:00am AR

29

MARCH

Piano by Margaret

2:00 AR

30

MARCH

Yoga with Megan

2:45 Sun Room

March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 <i>Happy Birthday Pemi!</i> 9:30-Worship 1:00 Bake a cake</p>	<p>2 9:00-Chair Exercises 3:00- UP Bingo</p>	<p>3 2:20- LP Resident Council 3:00-UP Resident Council</p>	<p>4 8:30-UP Manicures 2:00-Soup Tasting AR 2:30-LP BINGO 2:30-Mens Group BDR</p>	<p>5 9:00- LP Manicures 6:00- UP Movie & Popcorn</p>	<p>6 10:00-Steiner Sils 1:00-Bible Study LP 2:30 Ice Cream Social AR</p>	<p>7 2-Keyboard Music with Jimmy SR 3:00-LP Coffee & Treats 3:15 Bingo SR</p>
<p>8 Daylight Savings 9:30-Worship 1:00-Halway Cornhole</p>	<p>9 9:00-Chair Exercises 3:00- UP Bingo</p>	<p>10 10-3 Spring/Summer Wreath Making AR</p>	<p>11 8:30-UP Manicures 2:00-Soup Tasting AR 2:30-LP BINGO 2:30-Mens Group BDR</p>	<p>12 9:00- LP Manicures 6:00- UP Movie & Popcorn</p>	<p>13 11:00 Brush Pizza Emporium 1:00-Bible Study LP 2:30 Karaoke AR</p>	<p>14 3:00-UP Coffee & Treats</p>
<p>15 9:30-Worship 1:00-Chip/Dip and conversations</p>	<p>16 9:00-Chair Exercises 3:00- UP Bingo</p>	<p><i>Happy Birthday to St. Patrick's!</i> 9:00 Paint Rocks 1:00-Roll a Leprech ann LP</p>	<p>18 Happy Birthday Lucy! 8:30-UP Manicures 2:00-Soup Tasting AR 2:30-LP BINGO 2:30-Mens Group BDR</p>	<p>19 9:00- LP Manicures 6:00- UP Movie & Popcorn</p>	<p>20 9:00 Walmart 1:00-Bible Study LP 2:30 Happy Hour AR</p>	<p>21 3:00-LP Coffee & Treats</p>
<p>22 9:30-Worship</p>	<p>23 9:00-Chair Exercises 3:00- UP Bingo</p>	<p>24 Happy Birthday Martha! 1:00 Bake a cake</p>	<p>25 8:30-UP Manicures 2:00-Soup Tasting AR 2:30-LP BINGO 2:30-Mens Group BDR</p>	<p>26 9:00- LP Manicures 6:00- UP Movie & Popcorn</p>	<p>27 9:00-Dollar General 1:00-Bible Study LP</p>	<p>28 10:00-Piano/singing with coffee & donuts EG</p>
<p><i>Palm Sunday</i></p>	<p>30 Happy Birthday Debbie H! 1:00 Bake a cake</p>	<p>31</p>				



Unlikely Lent

BEGINNING , FEBRUARY 26 AT 10:00AM
THURSDAY MORNINGS FOR 5 WEEKS
CHANNEL 39

CHAPLAIN RO WILL PRESENT AN
UNLIKELY CHARACTER WHO
EXPERIENCED THE CRUCIFIXION.
TUNE IN TO SEE IF YOU KNOW THE
CHARACTER.





A sunny afternoon to catch some rays and a nap!!



Arbor Pancake Breakfast!!