



EBEN EZER
Lutheran Care Center

Assisted Living Newsletter

VOLUME 14
ISSUE 5

MAY 2026

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CEO Report—MAY 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

Celebrating Older Americans Month: Champion Your Health

Established in 1963, Older Americans Month (OAM) is celebrated every May. OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence.

Championing your health is about making daily choices that support your body and mind. Small, consistent actions — from preventive care to staying socially connected — can help people maintain their health and independence as they age.

This Older Americans Month, communities and individuals alike can take steps to champion health and advance healthy aging.

Here are ways individuals can take charge of their health at every age.

- Stay up to date on preventive care and screenings.
 - Build and maintain social connections that support emotional well-being.
 - Choose nutritious, minimally processed foods.
 - Incorporate regular physical activity to maintain strength and mobility.
 - Practice daily habits that support mental health and resilience.
 - Volunteer at your favorite charity or Eben Ezer.'
 - Join the Eben Ezer Auxiliary
 - Join a community organization and get involved.
- Spend time with friends and family members.

At Eben Ezer, we have a robust volunteer program. Visit our website at www.ebenezer.org to fill out a Volunteer Application or learn more about the Eben Ezer Auxiliary.

~ Shelly





Life Enrichment Extensions, Brush Campus
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!



Be sure to find Eben Ezer on Facebook!

www.facebook.com/Eben-Ezer-Lutheran-Care-Center

Alzheimer's Support Group

TUESDAY, MAY 12, 2026 Noon—1:00 pm — Dahms-Talton Legacy Living

1620 Riverview Ave, Ft. Morgan

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

liberty; self-governance; self-determination; immunity from the arbitrary exercise of authority; choice; freedom



**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

**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



**HORTICULTURE
OPPORTUNITY**

**COMMUNITY INVOLVEMENT
OPPORTUNITY**

**ADOPT AN
EBEN EZER
FLOWER BED**

FOR MORE INFORMATION
CONTACT: SHAIRE CHAVEZ

970-842-2861 X9246

www.ebenezer.org

ASSISTED LIVING
DAHMS TALTON THE PINES
BRUSH CAMPUS

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 May Day! 10:00-Steiner Sils 1:00-Bible Study LP	2 3:00-LP Coffee & Treats
3 9:30-Worship	4 Happy Birthday Charles Jolly! 9:00-Chair Exercises 1:00-Bake a cake LP 3:00- UP Bingo	5 Happy Birthday Janet! 1:00-Bake a cake UP 2:20- LP Resident Council 2:30-Cinco De Mayo Celebration AR	6 Happy Birthday James Morgan! 8:30-UP Manicures 1:00-Bake a cake UP 2:30-LP BINGO 2:30-Mens Group BDR	7 9:00- LP Manicures 6:00- UP Movie & Popcorn	8 9:00-Dollar General 1:00-Bible Study LP	9 3:00-UP Coffee & Treats
10 Nursing Home Week! Happy Mother's Day! 9:30-Worship 2:30-Garden Party CCY	11 Nursing Home Week! Sunshine Day! 9:00-Chair Exercises 2:30 Coffee & Treat Bar MPR 3:00- UP Bingo	12 Nursing Home Week! Hobby Highlights! Happy Birthday Nancy! 10:00-Dining meeting UP 11:30-Lunch w/ Students AR	13 Nursing Home Week! Roots & Heritage Day! 8:30-UP Manicures 2:30-LP BINGO 2:30-Mens Group BDR	14 Nursing Home Week! Bloom where you are planted Day! 9:00- LP Manicures 2:30-Fashion & Talent Show AR 6:00- UP Movie & Popcorn	15 Nursing Home Week! Team Bloom Day! 9:00-Goodwill 1:00-Bible Study LP 6:00-A Night in Rio PROM AR	16 Nursing Home Week! 3:00-LP Coffee & Treats
17 Happy Birth day James Dykes! Happy Birthday Alene! 9:30-Worship 1:00-Bake a cake UP & LP	18 9:00-Chair Exercises 3:00- UP Bingo	19 10:00- Dining meeting LP	20 8:30-UP Manicures 2:30-LP BINGO 2:30-Mens Group BDR	21 9:00- LP Manicures 6:00- UP Movie & Popcorn	22 9:00 Beet Street Coffee 1:00-Bible Study LP	23 3:00-UP Coffee & Treats
24 9:30-Worship	25 9:00-Chair Exercises 3:00- UP Bingo	26 10:00- Dining meeting UP	27 8:30-UP Manicures 2:30-LP BINGO 2:30-Mens Group BDR	28 9:00- LP Manicures 6:00- UP Movie & Popcorn	29 9:00-Walmart 1:00-Bible Study LP	30 3:00-LP Coffee & Treats
31 9:30-Worship						



ARBOR MAY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Outings & campus wide activities are included on this calendar.					1 MAY DAY <u>10:00am</u> Steiner Sils <u>10:00am</u> Bible Study <u>6:30pm</u> BINGO	2 3:00pm Chocolate Cream Pie
3 <u>9:15am</u> Worship <u>1:00pm</u> Lemonade <u>2:00pm</u> (CC) Pianist	4 Natl. Bird Day <u>9:00am</u> feed birds <u>6:30pm</u> BINGO	5 Cinco De Mayo <u>1:45pm</u> Resident Council <u>2:30pm</u> (CC) Music, Food, & Dancers	6 10:00am Coffee & Muffins 	7 2:00pm Coffee Club 6:30pm Movie & Popcorn	8 <u>9:00am</u> Dollar General <u>10:00am</u> Bible Study <u>6:30pm</u> BINGO	9 3:00pm Chex Mix
10 MOTHERS DAY 9:15am Worship 	11 6:30pm BINGO	12 1:00pm Sit on the patio	13 1:00pm Apple Pie	14 2:00pm Coffee Club <u>2:30pm</u> (CC) Talent and Fashion Show	15 <u>9:00am</u> Goodwill <u>10:00am</u> Bible Study <u>6:30pm</u> BINGO	16 3:00pm Root Beer Floats
17 9:15am Worship	18 9:30am Pancake Breakfast 6:30pm BINGO	19 1:00pm Dominoes	20 10:00am Manicures 	21 2:00pm Coffee Club 6:30pm Movie & Popcorn	22 <u>9:00am</u> Beet Street Coffee Shop <u>10:00am</u> Bible Study <u>6:30pm</u> BINGO	23 3:00pm Pigs In A Blanket
24 9:15am Worship	25 MEMORIAL DAY  6:30pm BINGO	26 1:00pm Sit on the patio	27 1:00pm Popsicles	28 Happy Birthday Lois!  2:00pm Coffee Club	29 <u>9:00am</u> Walmart <u>10:00am</u> Bible Study <u>6:30pm</u> BINGO	30  3:00pm May Birthdays
31 9:15am Worship						

Moments in Bloom NHW Color Days

May 11 - May 15

These Colors Symbolize Purpose and Meaning



MONDAY -

Sunshine Day - Wear Yellow



TUESDAY -

Orange You Great Day - Wear Orange



WEDNESDAY -

Growth and Renewal Day - Wear Green



THURSDAY -

Love and Kindness Day - Wear Pink



FRIDAY -

Calmness and Serenity Day - Wear Blue

JOIN THE FUN THIS WEEK - YOU DESERVE IT!!

Contact anyone in activities with questions ex. 9246 or 9222

Eben Ezer Moments in Bloom Nursing Home Week

May 10 - May 16



Monday - 10 am Campus wide planting,
2:30 Garden Party **CCY**

Tuesday - 2:30 Coffee and Treat Bar,
Thank you wall staff recognition **MPR**

Wednesday - Intergenerational Day -
11:30 lunch with students **AR**

Thursday - Food Truck Rally front parking lot
2:30 Fashion/ Talent Show **AR**

Friday - 6pm A Night in Rio Prom **AR**

Saturday - Storytelling on neighborhoods

Contact anyone in activities with questions.

WELCOME TO OUR
CINCO DE MAYO
CELEBRATION



MAY 5, 2026
2:30pm

EBEN EZER ACTIVITY ROOM

Music, Dancing, Food

COME CELEBRATE WITH US!!

CONTACT ANYONE IN ACTIVITIES WITH QUESTIONS



Fashion and Talent Show

**Thursday May 14, 2026
Eben Ezer Activity Room
2:30pm**

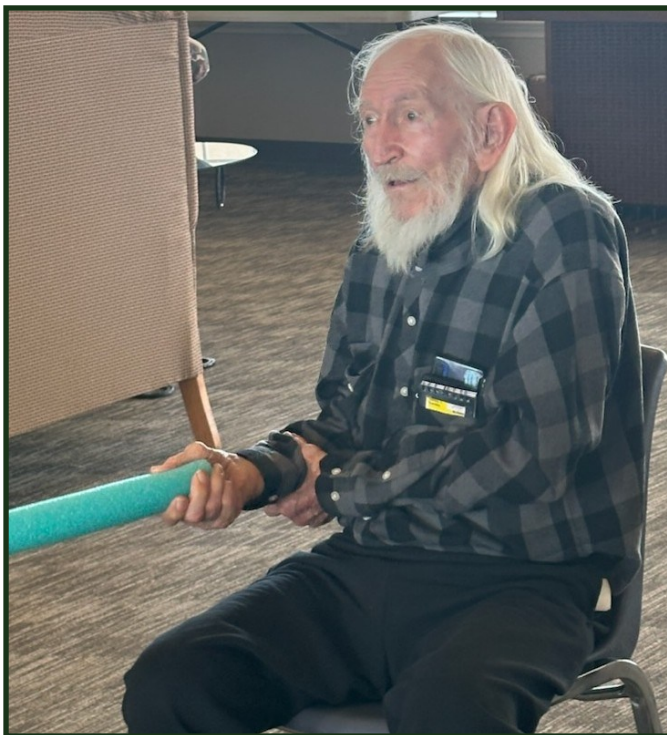


**Come share
your talent
and or
your fashion
with us!**

Contact anyone in Activities with questions.



GROUP ACTIVITIES & YUMA HS MUSIC CONCERT





**PANCAKE BREAKFAST
AND
BIRDHOUSE CONSTRUCTION**





B U N C O F U N

Yuma