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Eben Ezer Family Newsletter

VOLUME 15
ISSUE 12

DECEMBER 2025

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

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.

(Continued on next page)

Gods Work. Our Hands.

(Continued from previous page)

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



Resident Services Extensions

Heather Johnson, Resident Services Manager ext. 9257

Chris Garfield, Social Worker ext. 9252 (Deaconess/Elim & Madsen)

Melissa Bledsoe ext. 9239 (Sommerlyst & Madsen)

Life Enrichment Coordinators ext. 9222

Cassandra Rohn, Beautician—ext. 9221

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

If you are interested in communicating with your loved one via technology (facetime, skype, duo, facebook, etc.) please reach out to the Social Services office to set this up. We understand how hard it is not seeing your loved one, we would like to help with this.

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



CONNECTEDNESS



TO FIND OUT MORE VISIT WWW.EDENALTERNATIVE.ORG

DECEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Worship Service ASLC	2 Noon-Rotary AR	3	4	5:45 Skilled Family Christmas Dinner MPR Bob Sagel Act Room-Margaret Elin/Deac-Silver Madsen East/West BHS Choir Bethany-Somnn. Wes & Nancy Cable	6 10 Candy's Dance Academy MPR
7 9:30 Worship Service ASLC	8 11:30 Alz. Support Group AR	9 11:30 Alz. Support Group AR	10	11	12:45 AL Family Christmas Dinner Arbor-Greg Mullen UP-FM Musicians LP-Teri Spooner Evergreens- Richard Fairchild	13
14 9:30 Worship Service ASLC	15 Favorite winter character 6 Dinner and Christmas Lights	16 Holiday Headear and socks Day Noon-Rotary AR Thomson Students	17 Whoville Day! 10 Resident Council SR	18 Ugly Sweater Day!	19 Christmas Pajama Day! 10 Hot Chocolate and Christmas Stories by local city leaders 2:30 Cookie Exchange and Photos with Santa MPR	20
21 9:30 Worship Service ASLC 3 Festival of Lights ASLC	22 6 Dinner and Christmas Lights	23	24 CHRISTMAS EVE Service ASLC	25 9:30 Christmas Church Service ASLC	26 9:30 Movie & Popcorn MPR	27
28 9:30 Worship Service ASLC	29 30		31 2:30 New Year's Eve Celebration AR			

AR - Activity Room SR - Sun Room

MPR - Multi-purpose room

AL-Assisted Living BDR-Bethany Dining Room

Green = Special activities or events

Black = Reoccurring activities or events

Blue = skilled outings

MERRY *Christmas*

SKILLED NURSING
FAMILY CHRISTMAS DINNER

FRIDAY DECEMBER 5 - 5:00 PM

• 2 GUESTS PER NEIGHBOR - FREE
ADDITIONAL GUESTS - \$15 EACH
CHILDREN UNDER 8 - FREE
MAKE RESERVATIONS AT RECEPTION DESK



**CHRISTMAS
GOODIE
BASKETS TO
SHARE**



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





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**





TRICK OR TREAT

www.ebenezer.org



NATIONAL CAKE DECORATING DAY

