

# Eben Ezer Family Newsletter

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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

Gods Work. Our Hands.



## 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  
Angela Vonarx Kellogg, Beautician—ext 9221

**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, 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

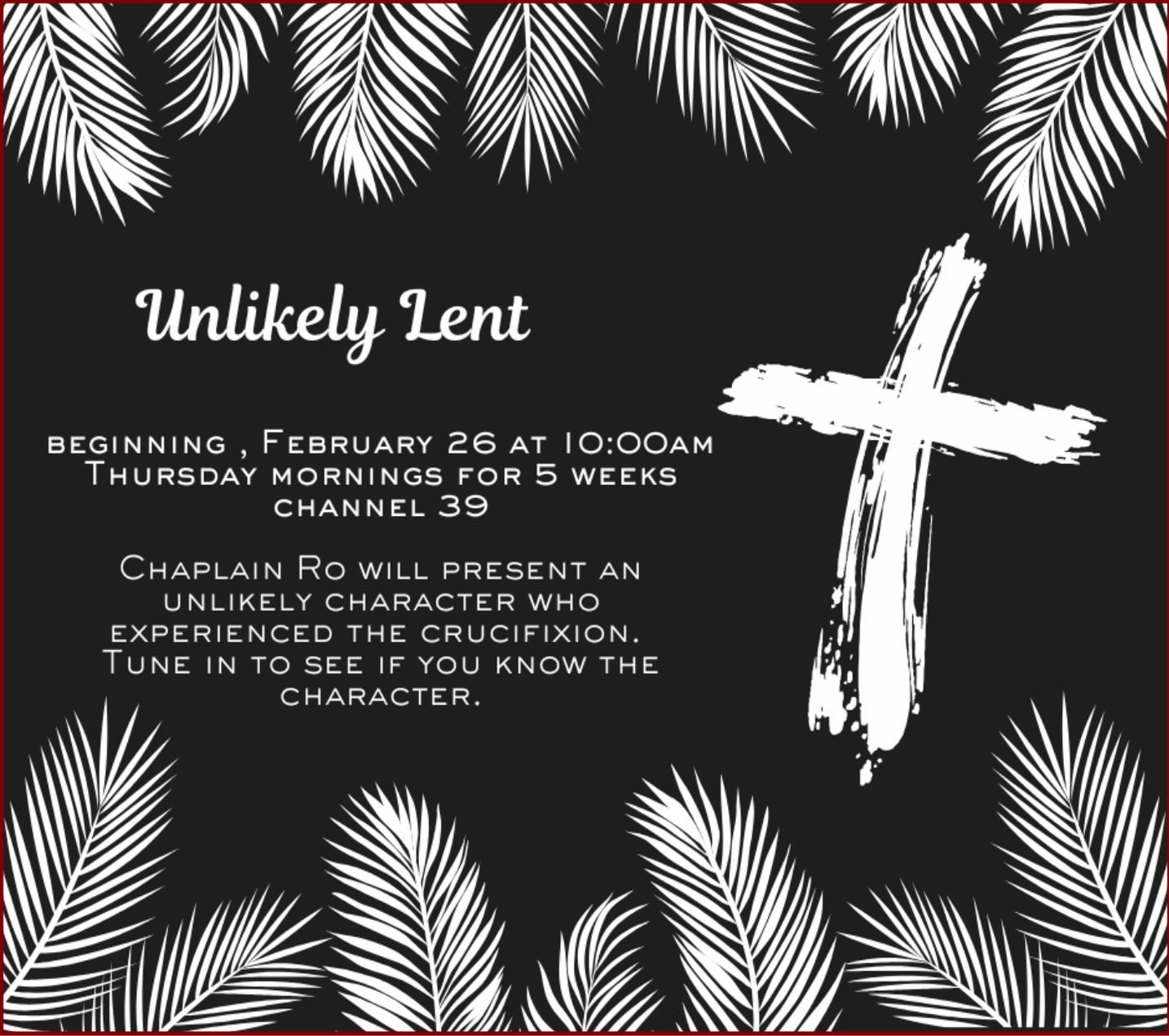


## ***AUTONOMY***



***HAPPY  
BIRTHDAY  
LOVEON!!***

**TO FIND OUT MORE VISIT [WWW.EDENALTERNATIVE.ORG](http://WWW.EDENALTERNATIVE.ORG)**



# *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.



*Happy*



*Easter*

# 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



## Ft. Morgan SUPPORT GROUP & EDUCATION OPPORTUNITIES



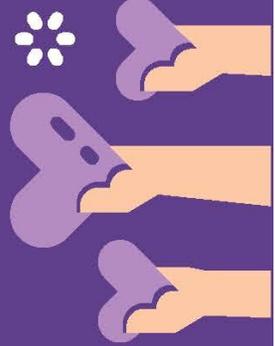
## BRUSH SUPPORT GROUP & EDUCATION OPPORTUNITIES

Caring for a loved one with Alzheimer's can be overwhelming, but you don't have to do it alone. Join the Brush Alzheimer's Caregivers Support Group for a safe and supportive space to share experiences, gain helpful resources, and connect with others who understand your journey. Meetings are held monthly and are open to all caregivers seeking support.

**When: Second Tuesday every other month (even months)**

**Time: 11:30 a.m. - 12:30 p.m.**

**Place: Eben Ezer  
122 Hospital Rd. Brush CO 80723**



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**When: Second Tuesday every other month (odd months)**

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**Place: Dahms - Talton Legacy Living  
1620 Riverview Ave. Ft. Morgan**



RSVP 970-842-2861 ext. 9246

ALZHEIMER'S ASSOCIATION®

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**EBEN EZER  
GIFT SHOP**

**OPEN**

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**WEDNESDAY'S**

**10:00 AM - NOON**

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# SHAMROCK SHINDIG

ST. PATRICK'S DAY BASH



**MARCH 17, 10:00am**

**Eben Ezer Activity Room**

**Music by Silver**

**Wear your green!**



# 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**

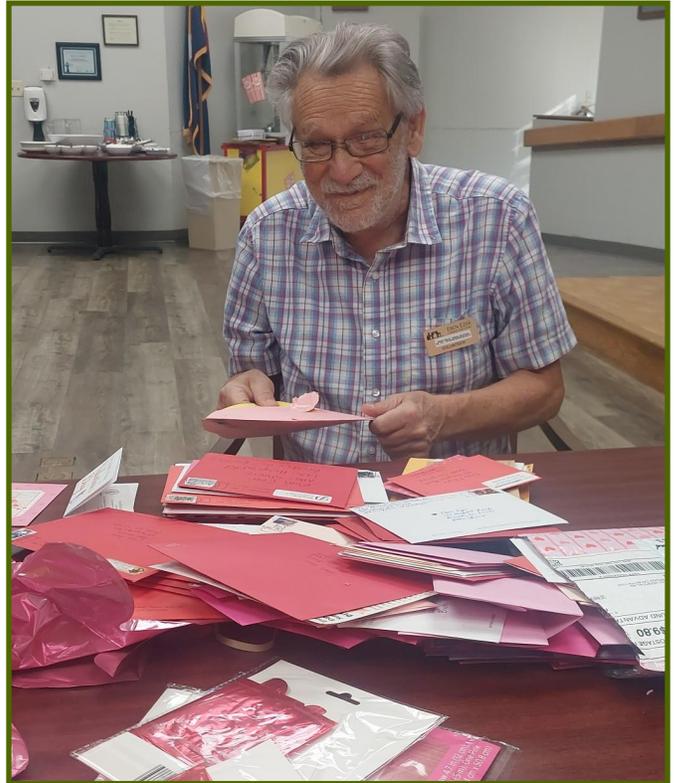
[www.ebenezer.org](http://www.ebenezer.org)

# LIBRARY & LUNCH





**PROJECT VALENTINE!!**





VALENTINE  
PARTY

