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Eben Ezer Family Newsletter

VOL MUE 16
ISSUE 5

MAY 2026

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.

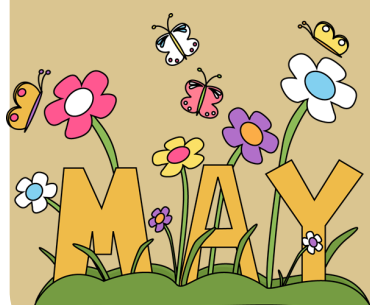
This Older Americans Month, communities and individuals alike can take steps to champion health and advance healthy aging.

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

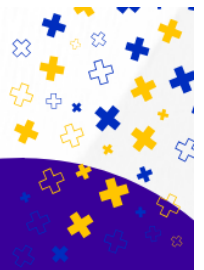
- Stay up to date on preventive care and screenings.
 - Build and maintain social connections that support emotional well-being.
 - Choose nutritious, minimally processed foods.
 - Incorporate regular physical activity to maintain strength and mobility.
 - Practice daily habits that support mental health 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



Gods Work. Our Hands.



Join the FUN!!

MAY ONLY - MONDAY MAY 18TH

**Chair
Yoga** Classes

Sun Room
2:45 pm



***AN EXCITING GAME
OF CARDS!!***

Resident Services Extensions

Heather Johnson, Resident Services Manager ext. 9257

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

TBD 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, 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 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



GROWTH MUSEUM TRIP



TO FIND OUT MORE VISIT WWW.EDENALTERNATIVE.ORG



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**

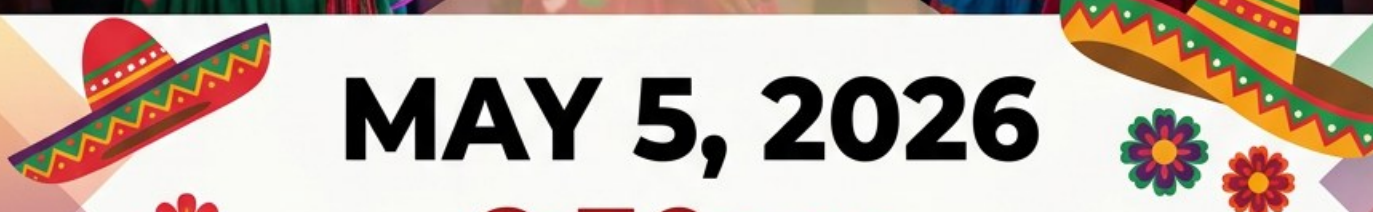
**ADOPT AN
EBEN EZER
FLOWER BED**

FOR MORE INFORMATION
CONTACT: SHAIRE CHAVEZ

970-842-2861 X9246

www.ebenezer.org

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



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

Care Center

2026



Abbreviations

(AR) Activity Room (MPR) Multi-purpose
(B) Bethany (D/E) Deaconess and Elim
(M) Madsen (SR) Sunroom
(BDR) Bethany Dining Room

Sun	Mon	Tue	Wea	Thu	Fri	Sat
		Red = Education community meetings or events Green = Community - celebrations or events Black = Reoccurring activities or events			1 MAY DAY 9:30 Movie & Popcom (MPR) 1:30 Bingo (SR) 2:45 Hand out Baskets 3:30 Deck Social	2 Daily One on Ones 1:30 Bingo (SR) 3:30 Patio Social
3. 9:15 Worship Service (ASC) Neighbors Choice -Spring Reading 2:00 Pianist Margaret (AR)	4 9:30 Flower Trivia (D/E) 1:30 Bingo (SR) 2:30 Walk Abouts 3:30 Patio Social	5 Cinco De Mayo 9:00 Neighborhood Meeting 9:30 Morning Warm Ups 2:30 Cinco De Mayo 3:30 Deck Social	6 9:30 Manicures (M) 1:30 Bingo (SR) 3:00 Men's Group W/ Larry (BDR) 3:30 Blessings	7 9:00 Baking (B) 9:30 Morning Warm Ups 1:30 Neighborhood Meeting 3:30 Patio Social	8 9:30 Movie & Popcom (MPR) 1:30 Bingo (SR) 3:00 Walk abouts 3:30 Deck Social	9 9:00 Plant Sale at The Block 9:00 Mother's Day Craft 1:30 Bingo (SR) 3:30 Patio Social
10. HAPPY MOTHER'S DAY NURSING HOME WEEK BEGINS 9:15 Worship Service (ASC)	11. 9:20 Characters in the Bible 9:30 Gardening 1:30 Bingo (SR) 3:30 Talent Show Practice (AR)	12 9:00 Neighborhood Meeting 9:30 Morning Stretches 10:30 Woman's Group W/RO(BDR) 3:30 Talent Show Practice (AR)	13. Intergenerational Day! 9:30 Waffle Bar (SR) 1:30 Bingo (SR) 3:00 Men's Group W/ Larry (BDR) 3:30 Blessings	14 10:00 Morning Movement (SR) 10:00 Morning Bingo (SR) 1:00 Prep for Show Time (AR) 2:30 Fashion/Talent Show (AR)	15 Prom Spa 6:00 A Night in Rio Prom (AR) 	16 Morning Movie- RIO 1:30 Bingo (SR) 3:30 Patio Social
17 9:15 Worship Service (ASC) Neighbors Choice -Spring Writing 3:30 Patio Social	18. 9:20 Characters in the Bible 1:30 Bingo (SR) 2:45 Yoga W/ Megan (SR) 3:30 Deck Social	19 9:30 Walk Abouts 10:30 Woman's Group W/RO (BDR) 3:30 Patio Social	20 9:30 Manicures (B) 1:30 Bingo (SR) 3:00 Men's Group W/ Larry (BDR) 3:30 Blessings	21 9:00 Baking (D/E) Neighbors Choice -Spring Crossword 3:30 Deck Social	22 9:30 Movie & Popcom (MPR) 1:30 Bingo (SR) 2:45 Bake Sale (SR) 3:30 Patio Social	23 Daily One on Ones 1:30 Bingo (SR) 3:30 Deck Social
24 9:15 Worship Service (ASC) Neighbors Choice -Spring Coloring 3:30 Deck Social	25 Memorials Day 9:20 Characters in the Bible 1:30 Bingo (SR) 2:45 Board Games 3:30 Patio Social	26 9:30 Music Therapy 10:30 Woman's Group W/RO (BDR) 3:30 Deck Social	27 10:00 Resident Council (SR) 1:30 Bingo (SR) 3:00 Men's Group W/ Larry (BDR) 3:30 Blessings	28 9:00 Craft (M) Neighbors Choice -Spring Trivia 3:30 Patio Social	29 9:30 Movie & Popcom (MPR) 1:30 Bingo (SR) 2:45 Bowling (SR) 3:30 Deck Social	30 Daily One on Ones 1:30 Bingo (SR) 3:30 Patio Social
31 9:15 Worship Service (ASC) Neighbors Choice -Spring Trivia 3:30 Patio Social					Activities and Time are Subject to Change	

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.

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!



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**



ALZHEIMER'S ASSOCIATION®



Ft. Morgan 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 (odd months)

Time: Noon - 1:00 p.m.

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



RSVP 970-842-2861 ext. 9246

ALZHEIMER'S ASSOCIATION®

**EBEN EZER
GIFT SHOP**

OPEN

WEDNESDAY'S

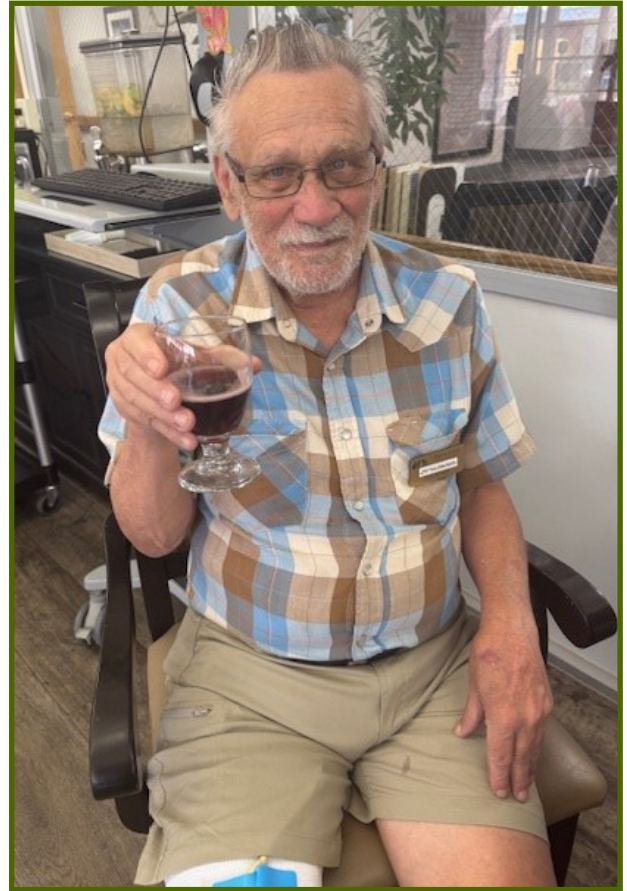
10:00 AM - NOON

•



EASTER EGG HUNT ENJOYED BY ALL







HELPING ASSEMBLE MARKETING PACKETS

