

Community Spotlight

News from your Ebenezer Community

EBENEZER RIDGE POINT APARTMENTS

January 2018

Manager's Notes

From Denise Bierle Svec

dbierle2@fairview.org

952-898-1989

After Hours Assistance:

612-207-3459



**You are never too old
to set another goal or
to dream a new dream.**

– C.S. Lewis

Christmas Tree & Decoration Pack-Up – Thursday, January 4 at 10:30 a.m. on all three floors. All who help pack up the Christmas decorations will receive a free lunch at noon. Non-volunteers are welcome at lunch for a cost of \$3.00.

Annual Update of Emergency Information Please review your current emergency information form (that should be stored inside your bathroom medicine cabinet.) If you have **no changes**, you do NOT need to complete a new form, but please **inform the office that there are no changes**. If there are changes, please complete the 2018 form & return to the office.

Martin Luther King Day of Service Dr. Martin Luther King Jr. once said, "*Life's most persistent and urgent question is: 'What are you doing for others?'*" It the perfect time to begin Dr. King's challenge to do something for someone else.

Prince of Peace Lutheran church is hosting the annual ***Feed My Starving Children*** South Metro Meal Pack, partnering with 20 different churches to pack over 2 million meals. If you are interested in volunteering at this event, please sign up on the RP 1st floor bulletin board.

Talking Suitcases begins on Monday, January 29 Ridge Point has been awarded funds for an 8 week opportunity to turn life stories into unique 3-D story objects in suitcases. Participants make art about themselves and their world utilizing 2-D and 3-D materials – drawing, papers, fabrics, wire, boxes, wood, hot glue and more.

Annual Ebenezer Customer Satisfaction Survey Later this month a paper survey will be sent to each Ridge Point resident asking for feedback about your experience at Ridge Point. Exceeding the physical, emotional, and spiritual needs of our residents is our number one priority. Please be honest and specific to help us improve the service we provide. Your responses are anonymous unless you choose to be contacted by a member of our staff. In that case, you will be prompted after certain questions to provide your name and apartment number. We genuinely appreciate your time and willingness to provide us with feedback.

Resident Services

From Victoria Sliva

vsliva1@fairview.org

952-898-2052

Guest Speaker Presentation: Thursday January 18, 2017 at 1:00 at RP

Topic: *Power of Attorneys and Wills*

Guest Speaker: Jessica Timmington Lindstrom,-Attorney at Long, Reher, Hanson and Price, P.A.

So you want to plan ahead and get your legal documents in order, but do you know where to start and what documents you will need? What's the difference between a will and a trust? Do you really need a Power of Attorney and a Health Care Directive? Jessica Timmington Lindstrom will help to alleviate confusion on these issues. Please come and learn more about this subject during this hour long presentation.

Resources

One year ago the Ridge Point "*Memories to Memoirs*" program started in January. Thanks to all who have attended and participated in this group. This group will be continuing in 2018! This year the group will be changing its name to "Memories." Did you know that Reminiscing or Discussing Memories is an actual therapy with benefits? The process of reminiscing is a great way to exercise the brain; it can help to maintain and improve cognitive abilities. This group will be structured as a writing group with resources given to those that would like to write but for those who would like to attend without writing that is also ok. Please consider attending the Memories group and if you have any questions or suggestion regarding this group please let Victoria know.

Special Events

First Floor Bulletin Board includes Sign-Up Sheets and event details.

- **Wednesday, Jan. 3 at 1 pm** – Podiatry Clinic - RP
- **Thursday, Jan. 4 at 10:30 am** – Christmas Pack Up followed by a Taco Bar Lunch at noon free for the Pack Up Volunteers or \$3 for others-RP
- **Thursday, Jan. 4 at 2 pm** – Red Hats – chapel
- **Friday, Jan. 5 at 2 pm** – Music by Bill Cagley – chapel
- **Saturday, Jan. 6 at 12:30 pm** – Schwann's - RP
- **Monday, Jan. 8 at 9:45 am** - Chaplain Chris's Coffee & Devotions-RP
- **Monday, Jan. 8 at 3 pm** – Activity Planning Meeting - RP
- **Wednesday, Jan. 10 at 1 pm** – Visit with Victoria - RP
- **Thursday, Jan. 11 at 10:30 am** – Memories - RP
- **Monday, Jan. 15 at 10 am** – Empty Bowls Pottery Project – chapel
- **Tuesday, Jan. 16 at 1:30 pm** – NAPS – RP
- **Tuesday, Jan. 16 at 3:00 pm** – All Resident Meeting – RP
- **Thursday, Jan. 12 at 1:30 pm** – Guest Speaker Presentation "*Power of Attorney & Wills*" – RP
- **Monday, Jan. 22 at 10:30 am** – Intergen Animal Ambassadors - chapel
- **Tuesday, Jan. 23 from 11-1** – EAC Soup Bar – care center lobby
- **Thursday, Jan 25 at 10:30 am** – Memories – RP
- **Friday, Jan. 26 at 2 pm** – Art with Heart Exhibit - chapel
- **Monday, Jan. 29 at 1 pm** – Talking Suitcases grant project - RP