

# Community Spotlight

*News from your Ebenezer Community*

## **EBENEZER RIDGE POINT APARTMENTS**

*March 2018*

### **Manager's Notes**

*From Denise Bierle Svec*

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After Hours Assistance:

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**SPRING**  
**BREATHES**  
**new**  
**LIFE**  
**INTO THE WORLD AROUND US**



The beautiful Spring came; and when Nature resumes her loveliness, the human soul is apt to revive also. –Harriet Ann Jacobs



### **March . . .**

- ~ Sunday, March 11  
Daylight Savings Time  
begins at 2 am
- ~ Saturday, March 17  
St. Patrick's Day
- ~ Tuesday, March 20  
First Day of Spring
- ~ Sunday, March 25  
Palm Sunday
- ~ Friday, March 30  
Good Friday

**Free AARP Assistance with Rent Refunds** - Monday, March 5 from 9 am – 1 pm. Please sign up for an appointment on the first floor bulletin board. You need to bring the 2017 CRP form that was provided with your February rent statement and all other 2017 tax related documents that you have received since January 1<sup>st</sup>.

**Empty Bowls Soup Lunch** – Wednesday, March 14 from 11:30 am-1:30 pm in the chapel. Hand-crafted pottery bowls and a variety of soups will be available as a fundraiser for the stopping hunger. (free will donation) All residents, family and friends are invited to this worthy cause.

**Reuben Sandwich Lunch** – Thursday, March 15 at Noon. Cost is \$6 per person. Please sign up on the first floor bulletin board by Monday, March 12.

**Healthy Eating on a Budget Presentation** on Monday, March 19 at 2:30 pm at Ridge Point provided by Masters Level Dietician Interns. Bring your questions about special diets and pick up nutrition information and healthy recipes.

**Ebenezer Ridges Campus Easter Eggstravaganza** - Saturday, March 24 from 10:00-11:30 a.m. Please invite your favorite little ones to this FREE intergenerational event. Take photos with the Easter Bunny, collect Easter eggs throughout our campus, play games & visit the petting zoo.

**Reminiscing Question of the Month:**

*What is your favorite first sign of spring?*

## Resident Services

From Victoria Sliva

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952-898-2052

### Guest Speaker Presentation: Thursday March 8, 2017 at 1:30

**Topic:** *Honoring Choices MN Health Care Directive*

**Guest Speaker:** Sheila Johnson, Advance Care Planning Liaison, Fairview

In this presentation, Sheila will guide you through the Honoring Choices Minnesota Health Care Directive document. You will receive copies of the Health Care Directive document and resources that will help you complete it. Sheila will also discuss the POLST and how it differs from the Health Care Directive.

On March 15<sup>th</sup> from 12-3 pm, Sheila is offering individual appointments to assist Ridge Point residents with their Health Care Directive. Please sign up if you are interested.

## Resources

**As a Reminder by Victoria** *“You cannot escape the responsibility of tomorrow by evading it today.”* — Abraham Lincoln

A gentle reminder to pay attention to items you may get in the mail that have time sensitive deadlines attached to them. For example, Dakota County often gives you paperwork with deadlines and if the deadlines aren't met you could be in jeopardy of losing your benefits. I encourage you to open mail, fill out paperwork and return the paperwork within the first week of getting it delivered to you. If you find yourself needing help please don't hesitate to contact Victoria at 952-898-2052. Make a choice to help yourself reduce stress in your life: *“Don't put off tomorrow what you can do today”*- Benjamin Franklin.

## Special Events

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

- **Friday, March 2 at 2 pm** – Music by Mary Hall - chapel
- **Monday, March 5 at 9am-1pm** – AARP Rent Rebate Assistance - RP
- **Wednesday, March 7 at 1:00 pm** – Podiatry Clinic - RP
- **Thursday, March 8 at 10:30 am** – Memories - RP
- **Thurs., March 8 at 1 pm** – Guest Speaker: Healthcare Directives–RP
- **Sunday, March 11 at 2 am** – Daylight Savings Time begins
- **Monday, March 12 at 10:30 pm** – Animal Ambassadors - chapel
- **Monday, March 12 at 3:00 pm** – Activity Planning Meeting – RP
- **Tues, March 13 at 2:00 pm** – Visit with Victoria – RP
- **Wed., March 14 at 11 am** – Lenten Empty Bowls Soup Lunch – chapel
- **Thursday, March 15 at Noon** – Rueben Sandwich Lunch – RP
- **Mon., March 19 at 10 am**–Devotions & Coffee w/ Chaplain Chris–RP
- **Mon, March 19 at 2:30 pm** – Nutrition Presentation - RP
- **Tuesday, March 20 at 1:30 pm** – NAPS – RP
- **Tuesday, March 20 at 3:00 pm** – All Resident Meeting – RP
- **Thursday, March 22 at 10:30 am** – Memories – RP
- **Sat., March 24 at 10-11:30 am**–Easter Eggstravaganza–across campus
- **Monday, March 26 at 10:30 pm** – Intergen High Tech Science – chapel
- **Tuesday, March 27 at 11:30 am** – Outing to Flower Show at Galleria & Lunch at Big Bowl - RP
- **Thursday, March 29 at 11 am** – Dying Easter Eggs - RP
- **Thursday, March 29 at 11 am** – Decorate Easter Eggs - RP