

Community Spotlight

News from your Ebenezer Community

EBENEZER RIDGE POINT APARTMENTS

May 2018

Manager's Notes

From Denise Bierle Svec

dbierle2@fairview.org

952-898-1989

After Hours Assistance:

612-207-3459



ENGAGE AT EVERY AGE: MAY 2018

**“Develop interest in life as you see it;
in people, things, literature, music –
the world is so rich, simply throbbing with rich treasures,
beautiful souls and interesting people.” -Henry Miller**

May . . .

~ Older American's Month

~ Cinco de Mayo-May 5

~ Mother's Day – May 13

~ Memorial Day – May 28

The 2018 theme for Older American's Month, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. **Please see newsletter insert for the schedule of special events for Older Americans Month.**

Arbors Assisted Living Taco Lunch Fundraiser for the Burnsville Fire Department – Thursday, May 3 from 11 am – 1 pm

Ebenezer Ridges Auxiliary Spring Boutique – showcasing potted plants, hanging baskets & spring themed items from area vendors.

Thursday, May 10 11 am – 7 pm	Friday, May 11 11 am – 5 pm
---	---------------------------------------

Ebenezer Ridge Point residents will host a **Grilled Hotdogs Sale** during the **Spring Boutique on Thursday, May 10 from 4-6 p.m. & Friday, May 11 from 11 a.m. – 1 p.m.**

Blessing of the Bikes – Wednesday, May 30 at 10:30 am in the Care Center front parking lot. Everyone is welcome to bring their bikes to be blessed for safety.

Resident Services

From Victoria Sliva

vsliva1@fairview.org

952-898-2052

Guest Speaker Presentation: Thursday May 17, 2018 at 1:30 pm.

Topic: *Remaining In Your Home: Services And Programs To Help*

Speaker: Marianne Fahey and Lynn Bauer, Dakota County

Seniors can have help to continue living in their home or community. Dakota county staff, Lynn Bauer and Marianne Fahey, will discuss programs that help seniors plan and pay for support services to help them remain living in their home or community. This talk is open to all residents and you are encouraged to invite those who support you in your life to attend also.

Resources

As a Resident Service Coordinator I tend to do a lot of reading to look for and keep up with new resources and activities to benefit residents. I have recently noticed an increase in the number of articles discussing the benefits of leaving a legacy of memories not just possessions. One study conducted at Emory University reported that passing on their life stories correlates to a decrease in depression in the person writing. Also the study points out that kids who know about their family's past are more empathetic, better coping skills, and higher self-esteem. Consider attending one of the upcoming Memories groups or the Writing & Reminiscing group led by Peter Blau. Any questions please see Victoria.

Special Events

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



OLDER AMERICANS MONTH – PLEASE ALSO SEE ADDITIONAL SCHEDULE OF SPECIAL EVENTS

- **Thursday, May 3 at 1 pm** – MacPhail Music Appreciation - RP
- **Monday, May 7th at 10 am** – CUB Shopping – RP – Sign Up
- **Mon., May 7 at 10 am**–Devotions & Coffee w/ Chaplain Chris–RP
- **Monday, May 7 at 3:00 pm** – Activity Planning Meeting – RP
- **Wed, May 9 at 1 pm** – Podiatry Clinic – RP – Sign Up
- **Thursday, May 10 at 10:30 am** – Writing & Reminiscing - RP
- **Monday, May 14 at 10:20 am** – Music with Toddlers – RP
- **Tuesday, May 15 at 1:30 pm** – NAPS – RP
- **Tuesday, May 15 at 3:00 pm** – All Resident Meeting – RP
- **Thurs., May 17 at 1:30 pm** – Guest Speaker: Dakota County Senior Programs –RP
- **Monday, May 21 at 10:20 am** – Music with Toddlers – RP
- **Monday, May 21 at 1:30 pm** – Banana Splits \$3 – CC lobby
- **Monday, May 21 at 2:30 pm** – Dakota Co. History Presentation – RP
- **Tuesday, May 22 at 10 am** – CUB Shopping - RP
- **Tues, May 22 at 11:30 am** – Lunch at Jensen's Café followed by a 1 pm tour of River Ridge Art Studios/home of BV Hist. Society-RP – Sign Up
- **Thursday, May 24 at 10 am** – Gardening Volunteers – RP – Sign Up
- **Thursday, May 24 at 10:30 am** – Memories – RP
- **Monday, May 28 at 5 pm** – Memorial Day Potluck – Sign Up
- **Thurs, May 31 at 10:30 am** – Visit with Victoria – RP