



Spring 2018



2445 South Quebec St
Denver, CO 80231-9924
303-756-9489

\$20,000 Donation to benefit Gap Fund presented by Pythagoras Lodge #41



Eastern Star Masonic Retirement Campus residents, Russell Haughey, Tom Moss, Jim Earhart and Phil Black, accepted a check on behalf of the entire Campus from members of Pythagoras Lodge #41 for \$20,000, which has been designated for the Gap Fund Program. The Gap Fund was established to help Masonic residents who transition from private pay to Medicaid, which requires a funding gap of 90 days. Presenting the check from Pythagoras are Past Masters Linc Soule, Rick Haskell, and Randy Penn.

Transition to Assisted Living: Some Points to Consider

Most seniors delay the decision to move to assisted living because they want to stay in their home as long as possible. They are concerned about finances. They fear losing their independence. They know things will really change when they make the move.

At some point, seniors recognize that their current living situation is becoming too much to handle. Driving, cooking, cleaning, shopping, paying bills and maintaining the home are all activities that get neglected when a senior can no longer manage the home. This is especially true if one spouse is the full-time caregiver of the other.

Why do people move into assisted living? There are two main reasons. The first is memory issues. One in nine Americans over 65 has Alzheimer's or some form of dementia.

If your loved one cannot remember to feed his/her pet or pay the bills, maintaining an independent life is difficult. Family members notice that things are not getting done. This starts the conversation about moving to an environment where the senior can still live fairly independently, but gets help with medication management, or getting in and out of the shower.

The second reason people move into assisted

living is mobility issues. At some point in the aging process, seniors begin to have balance and stamina issues. They sometimes feel unsteady and lose energy quickly when they are moving around. Being in an assisted-living environment allows them to freely move around while aware that staff are watching, should they need assistance.

Another factor in the decision to move to assisted living is cost. Depending on which community you choose, the cost can range from \$3,000 to \$7,000 per month, based on how much care the person needs.

If a person does not have the funds, they can apply for Medicaid. The only challenge with this is that there are not enough Medicaid facilities to accommodate all of the seniors needing care. This has resulted in huge wait lists for those who need assisted living that is paid for by Medicaid. The Eastern Star Masonic Retirement Campus does offer Medicaid, but we have a lengthy wait list.

If you have any questions on assisted living or memory care, please feel free to call Diane or Debra, in the Marketing Department, for more information, 303 756-9489. They can steer you in the right direction based on your current situation.

– Diane Martini
Director of Marketing

Eastern Star Masonic Retirement Campus: 303-756-9489

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Meet Jonathon Hoyt, Director of Memory Care

Jonathon Hoyt was born and reared on the South Side of Chicago, but moved to Charleston, Illinois, at 17 years of age to attend Eastern Illinois University (EIU). He graduated from EIU with a B.S. in Family and Consumer Sciences, concentrating in Family Services, and a minor in Psychology.

Six months later, he was invited to return to EIU and pursue a masters degree in Gerontology while working as a graduate assistant for the Aging Services Department. During his time in Graduate School, he also had the opportunity to work as the community liaison for the Coles County Council on Aging and Eastern Illinois University.

Shortly after completing his masters program, Hoyt moved to Colorado, and spent a little under two years, working as both an administrative specialist, and a case manager in mental health. He

also has two years of experience as a caregiver, working with both seniors and individuals with intellectual and physical disabilities.

Hoyt thoroughly enjoys having the opportunity to work with a senior population. Many people view memory care as the “last step” for the individuals who reside here, but he likes to look at memory care as the “next journey” in life for ESMRC residents.



A day in the life of an ESMRC Memory Care resident

Most ESMRC residents start their day between 6 and 7 am, although there are a few early risers who are up sometimes at 4 am or earlier. During these morning hours, residents are greeted by one of the Memory Care staff, who help the resident with completing their morning activities of daily living (ADLs) before coming to breakfast.

Some residents simply require a verbal prompting to complete these ADLs, while others require a physical assist. Nevertheless, resident assistants are trained and ready to provide care at the level that is required for each resident individually. As much as possible, residents are allowed to maintain their independence.

After eating breakfast, residents are encouraged to gather together in the activity room where they will be able to participate in morning exercises, daily chronicle reading, music therapy, and various other activities. Those residents who choose not to

participate in the larger group activities are encouraged by staff to engage in individual activities of leisure to promote mental stimulation.

Another part of the morning routine that both residents and staff enjoy is the fresh-baked treats. Every morning, during the large group activity, staff will prepare fresh-baked treats such as cookies, brownies, banana bread, etc., for the residents. When appropriate, residents may assist with preparing the treats.

Lunch is typically served between 11:30 am and noon. During this time, some of the staff are encouraged to eat and spend time with the residents, while noting when anyone experiences issues during their meal. After lunch, many residents use this time to relax either in their apartments or in the common area. Others choose to engage in individual activities of leisure.

See **Daily Life...**page 4

The importance of FUN at ESMRC

In addition to the daily activities happening at Eastern Star Masonic Retirement Campus, residents may participate in special events and entertainment, when possible. All of these activities are planned with the idea that family and friends may attend with the residents, as well.

One of these events is the annual Senior Prom. This year's theme was *Sock Hop Senior Prom*. The entire campus, which includes residents, family and friends, are invited to attend the dance.

Job's Daughters, Rainbow Girls and DeMolay sponsor the event. There are never too many dancers. Oftentimes, residents physically are not able to get up and dance, but they love to watch those that can "cut a rug." Chances are, they are reminiscing about the days they danced.

We also have a weekly Happy Hour, with live entertainment, during which residents and volunteers get the opportunity to dance.

A dedicated volunteer from the Eastern Star family comes in every Sunday afternoon to do a sing-a-long with residents. This is everyone's chance to use their singing voice, no matter how good they are.

Occasionally, we have a Drum Circle on Sunday afternoon! Residents really get their frustrations out on these days!

Another favorite is pets and children. We have several opportunities when school children visit the campus. There have been some special bonds made between these children and residents.

For the pet-loving residents, we have the Canine Companions Puppy Training, as well as individual therapy dogs visiting on a regular basis. We have even had a miniature horse and pigs visit residents at the campus!



Above: A volunteer played video games with Russell

Daily Life...from page 3

At 2 pm, the staff will begin to encourage all residents to gather together again, to participate in group activities, or individual activities of leisure. During this time, many residents enjoy playing bingo, working a puzzle with one another, or crafting and comparing various artistic creations.

Dinner is typically served at 5 pm. By this time, many of the residents begin to grow weary after having a day full of engaging activities. After dinner, staff encourages residents not to go to bed right away. They may participate in one last group activity for the evening. Aroma-therapy moisturizing is one of the many evening activities that the residents may enjoy. This activity is intended to relax the residents, and improve their quality of sleep. It

also soothes pain and inflammation, while improving overall skin health.

After the evening activity, most residents retire to their apartments. Some will remain in the common area to watch the evening news, *Golden Girls*, or another evening program on the television.



Right: Music therapy for Memory Care residents is a favorite activity.

ANNUAL FRATERNAL FAMILY



AUGUST
18TH
2018



PICNIC *and* CAR SHOW 2018



11AM-2PM
2445 S. QUEBEC ST.
DENVER, CO 80231

Sponsored in part by the following lodges:

El Jebel Shrine Aurora Lodge #156 Denver #5 Centennial #84 Georgetown #12
Liberty #134 Black Hawk #11

♪ Music by El Jebel Family Band ♪

Bounce House • Dunk Tank • Face Painters • Airbrush Tattoo Artist • Character Artist
Hot Dogs • Hamburgers • Water • Pop Corn • Cotton Candy • Snow Cones

If you are bringing your car for the show please have it parked by 10am
Attending overflow will be at Iliff and Quebec in the shopping center next to Big Lots



Please leave your pets at home

For information or to register your car call

Pati Sawyer Boex Fraternal Relations Director: 303-753-2160



Activities Recap



Above: The Rainbow Girls Littleton Assembly #5 held their annual spring community shred-a-thon at ESMRC on April 28. Over \$1,300 was raised for their scholarship fund and other assembly events.

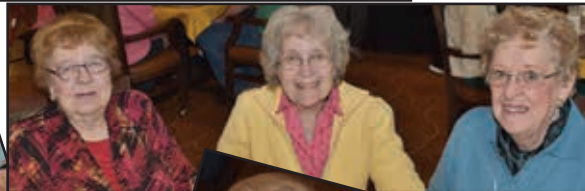


Art from the resident art show.



90s Club Party. ESMRC has 37 residents who are currently 90 years old or older, living in the community. The party featured champagne, music and

cake. Family members joined the celebration.



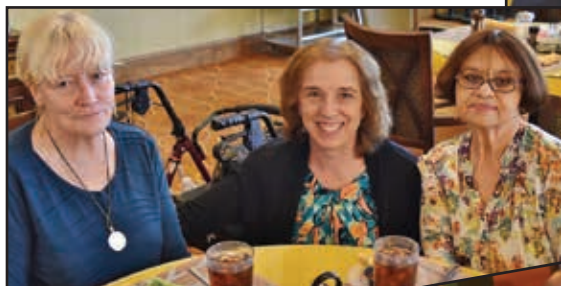


Buzz and Pat Coover received their 50-year membership pin to the Order of the Eastern Star in a special ceremony hosted by their chapter: Loyalty 145.

ESMRC hosted the annual **Masonic Family Appreciation** evening for the leaders of the Masonic community, donors, volunteers, and board of trustee members.



Left: Two awards to outstanding volunteers Jana (left below) and Mary Lou Martin (left) were awarded during the Appreciation evening. Jana's mother lived in ESMRC. Mary Lou has been a volunteer for more years than anyone can count.





Left: Ed showed off his art work

Right: Unity Chapter #97 had a Valentine's Day Ice Cream Party for residents



Left: Thank you Pinterest, for describing how to make these cute bunnies, and various painting and craft projects.



Thank you, Jobs daughters, for hosting an Easter Egg Hunt for residents to enjoy.





Left: Russell is the oldest past high priest of Denver Royal Arch #2. The lodge held a meeting at ESMRC, so Russell could attend.



Above, right and below: St. Patrick's Day Party at ESMRC was complete with Irish Step Dancers



Above (from top to bottom):
Skyline Chorus performed
The XYZingers
Silverado Chorale



Below: Iouri with a special friend



Right and above: The chocolate therapist (right) visited in February, and spoke about the health benefits of chocolate, giving out tasty samples.



Below: Unity #97 Chapter meeting



Right: ESMRC held a blood drive in April with BONFILS and Columbine Lodge. Next one is Oct 5.



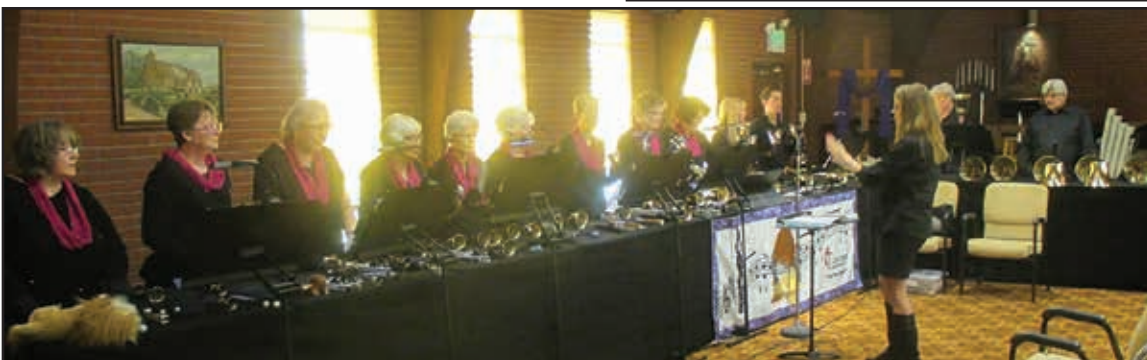


Left: ESMRC had Olympic Gold Medalist Anita Naul Richesson, from the Barcelona Summer Olympics, come with her Gold, Silver and Bronze medals during the Winter Olympics. She gave residents the inside scoop on what it was like to be an elite Olympic athlete, and go to the games. She graciously let residents try on her medals!

Right: Friends and family gathered to help Betty W. celebrate her birthday. It was a party!



Above and right: Residents donned their hats, and went to the races for the Kentucky Derby party.



Left: St. Andrews Bell Choir entertained

BOARD OF TRUSTEES:

The ESMRC Board of Trustees is currently accepting applications for Board Member positions. Fraternal affiliation not required. The board meets monthly throughout the year. Selected members serve a five-year term. Interested applicants may contact Larry Lillo, Executive Director, for specific information, 303-753-2174.

HOUSE OF DELEGATE REPRESENTATIVES:

Interested current Masonic Lodge or Eastern Star Chapter members, who would like to take in active role in helping shape the current and future direction of the Eastern Star Masonic Campus, should contact their Lodge or Chapter Secretary about becoming a House of Delegate Representative. Meetings are held quarterly throughout the year. Contact Larry Lillo, Executive Director, for further information, 303-753-2174.



**EASTERN STAR MASONIC
RETIREMENT CAMPUS
GOLF TOURNAMENT**

JUNE 15TH, 2018

**Eastern Star
Masonic
Retirement Campus**

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Evening of LAUGHTER

AUGUST 1ST, 2018

AT THE LANDMARK
COMEDY WORKS
5345 LANDMARK PLACE
GREENWOOD VILLAGE 80111

TICKET PRICES
\$15 - BALCONY SEATS
\$25 - FLOOR SEATS
\$10 OF EACH TICKET IS TAX DEDUCTIBLE
DOORS OPEN 6:30PM
SHOW TIME 7:30PM

PATI SAWYER BOEX
303.753.2160
ED MOORE
720.633.5449
FOR TICKET PURCHASE & INFORMATION
(cash or check only)



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Most Worshipful Prince Hall Grand Lodge of Colorado & its Jurisdiction

Everyone 18 years or older regardless of Masonic affiliation is invited to attend the PG-13 performance. There is a 2 drink or 1 drink item, 1 food item minimum purchase at the Comedy Works Show during performance.

Philanthropy —

thanks the following Chapters, Lodges and individuals for their donations to the ESMRC for January–April 2018.

Jay Brossman
Dennis Churgovich
Kenneth Condray for
the Gap Fund
Greg and Amy Curd in
honor of Patsy Curd

Douglas Daiss *in mem-
ory of Keen Daiss*
Laurie Su Haak
Richard Minard
W. Mosgovoy
Mary Quigley

Anita Stubbs and
Heritage Chapter
#154 *in memory of*
Jack Stubbs
Michael Terry
James Waldrop for the
Gap Fund

Columbine Chapter #11
Excelsior Chapter #66
Widows and Sons for
the Gap Fund



In-Kind Donations —

Thank you to the following Fraternal Family members and private individuals who donated time or in-kind donations for the residents of the ESMRC during the months of January–April 2018.

Diane Felt
Kay Finnerty
Megan Fritts
Donna Haas

Sara Hady
Mary Mercer
Swift Family
John Warren

Wayne Wells/Dawn Chapter
Colorado Chapter #2 Leadville
Pueblo Chapter #7
Unity Chapter #97

We are in need of new sheets, twin size, new or very gently used bath towels, toiletry items: boxes of Kleenex, feminine wipes.



The **Eastern Star Masonic Retirement Campus** has partnered with **Elitch Gardens** to offer you discounted daily admission tickets to the theme and water park for the 2018 season. ESMRC gets a percentage of each season ticket or daily ticket you buy. *Currently, the season tickets are discounted!*

Anyone, Anywhere can purchase the tickets!

It's super easy!

1 – Go to the Facebook page for **Eastern Star Masonic Retirement Campus**.

2 – Select the **Elitch** logo pinned to the top of the page. Click on the link. It will take you to a virtual store page.

3 – Follow instructions to buy your tickets.

Alternatively, use this line to get to a webpage to purchase tickets:

<http://tinyurl.com/ESMRCatEG>

Or, call Pati Sawyer Boex, Fraternal Relations Director, 303-753-2160

One Day Admission: \$29.99 (regularly \$54.99)

Includes access to the Theme and Water Park, concerts, shows and dive-in movies!

Individual Season Pass = \$69.99 (*Price available until Aug. 19)

The Robert Russell Eastern Star Masonic Retirement Campus is a 501 (c) 3 non-profit, so all donations are tax deductible. Please make checks payable to Robert Russell Eastern Star Masonic Retirement Campus or R.R.E.S.M.R.C. Send them to Attention Director, 2445 S. Quebec St, Denver, CO 80231.

ESMRC will host a Bonfils Blood Drive

**8 am–1 pm Friday, Oct. 5,
in the Fraternal Relations Room**

Its very easy to sign up:

Go to www.Bonfils.org • Click: DONATE NOW

• FIND LOCATION

• Enter site code: 0474

And you can register!

Or you can call Bonfils: 303-363-2300

They can help you make the appointment.

If you are interested in signing up, contact Fraternal Relations Director Pati Sawyer Boex,
303-753-2160, or patis@esmrc.com

Do you know someone who unexpectedly needed blood? Bonfils Blood Center must collect thousands of pints each week to ensure that Colorado has an adequate blood supply to meet needs.



Fraternal Activities at Eastern Star Masonic Retirement Campus

2018

- June 15 Annual Golf Tournament at Park Hill Golf Club
- June 16 **House of Delegates Meeting**, 10 am, Fraternal Meeting Room
Presentation on Summer Fun for Seniors
- June 26 Aurora Lodge Dinner, 6 pm; Lodge meeting, 7 pm
- Aug. 1 Evening of Laughter, 7:30 pm, DTC Comedy Works
- Aug. 18 Fraternal Family Community Picnic and Car Show, 11 am–2 pm
- Aug. 23 Centennial Lodge Movie Night for residents
- Sept. 6 Southgate Lodge Dinner, 6:30; Lodge meeting, 7:30 pm
- Sept. 19 Weston Lodge Dinner, 6:30 pm; Meeting, 7:30 pm
- Oct. 5 Bonfils Blood Drive, 8 am–1 pm, Fraternal Relations Room
- Oct. 9 Pythagoras Dinner, 6:30 pm; Lodge Meeting, 7:30 pm
- Oct. 18 Centennial Lodge Movie Night for residents
- Oct. 20 Colorado Rainbow District 1 and Jobs Daughters: Reverse Trick or Treating
- Oct. TBD Annual Meeting for House of Delegates, date TBD
- Nov. 8 Centennial Lodge Dinner 6:30 pm and Meeting 7:30 pm
- Dec. 8 Masonic Family Christmas Party hosted by the Masonic Youth 2–4 pm
- Dec. 15 **House of Delegates Meeting**, 10 am, Fraternal Meeting Room
Presentation on Staying Fit Indoors

2019

- April 13 DeMolay hosts Easter Egg Hunt, 11:30 am
- May 4 Masonic Youth Senior Prom, 2–4 pm, “Kentucky Derby Prom”

It is ESMRC’s mission to host a once-a-month Chapter or Lodge meeting in the R. Keith Milheim Fraternal Meeting Room, which can include Masonic residents. If your Chapter or Lodge is interested in hosting a meeting for residents, please contact Fraternal Relations Director Pati Sawyer Boex, 303-753-2160 or patis@esmrc.com.

Spotlight

Robert Russell Eastern Star
Masonic Campus of Colorado, Inc.
2445 South Quebec Street
Denver, CO 80231-9924

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I would like to give a charitable contribution to
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☐ \$25 ☐ \$50 ☐ \$75 ☐ Other _____

☐ Tree of Faith \$100-499 ☐ Tree of Hope \$500-999 ☐ Tree of Love \$1,000 and up

Make checks payable to Eastern Star Masonic Retirement Campus or ESMRC.
Your donation is tax deductible to the fullest extent of the law.

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Business Office
2445 S. Quebec Street
Denver, CO 80231

- ☐ Operating Fund
☐ Home Endowment
☐ In memory of: _____

Different generations have fun at ESMRC!

