



Fall 2018



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

Who put the Eastern Star in the Eastern Star Masonic Retirement Campus?

*Residents who
live in assisted
living, and are
members of
The Order of
the Eastern
Star.*



*Front row
(from left):*

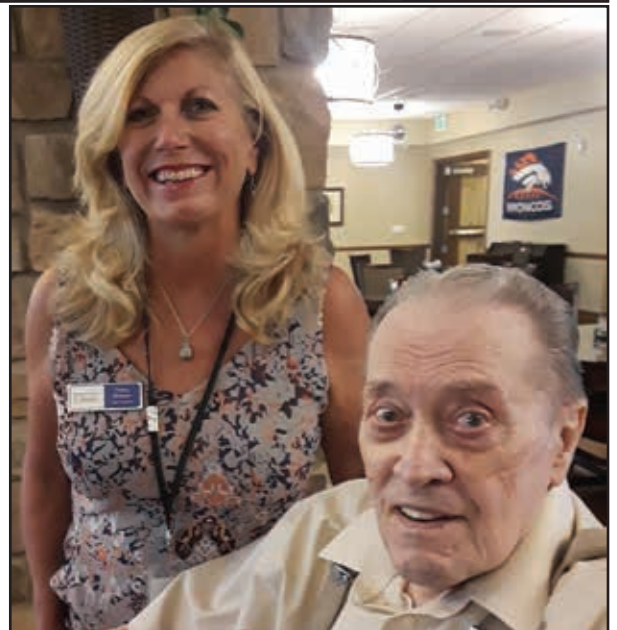
Dottie Martin, Mt. Zion #133, is a 45-year member;
Lita Worrell, Sunshine #53, is a 43-year member;
Russell Haughey, Areme #124, is a 53-year member;
Jean Leonard, Areme Chapter #124, is a
59-year member;
Bea Varney, Areme Chapter #124, is a 35-year member.

Middle row (from left):

Jim Earhart, Dawn Chapter 125, is a 4-year member;
Pat Coover, Loyalty #145, is a 50-year member;
Eleanor Norden, Metro #157, is a 38-year member.

Back row (from left):

Liz Woodman, Pueblo #7 and
Dawn #125, is a 64-year member;
Buzz Coover, Loyalty #145, is a 50-year member;
Belle Blair, Metro #157, is a 47-year member;
Jean Levin is a past member of OES



Above right: Staff Member Debra Kirsten is a two-year member of OES.
Resident Ron Rutter, PP of Heriate #154, is a 54-year member.

See ***Eastern Star***...page 2



Above: John and Gloria Pool, who live in the independent-living patio homes, are both members of Manzanita #85. John, 47 years, and Gloria, 54 years

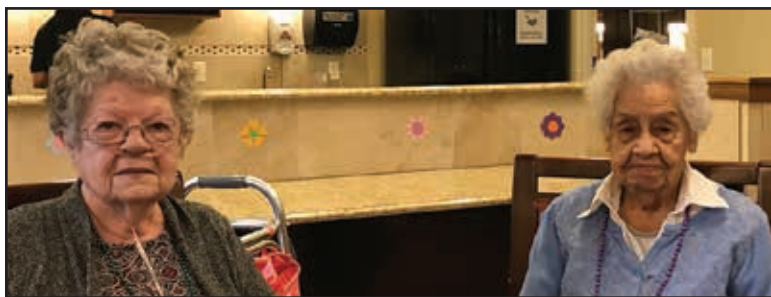


Above: Lillian Rogers is a 78-year member from New York



Above: Tom Moss is a 34-year member of Metro #157

Not photographed:
Virginia King, #157 Metro,
is a 68-year member; and
Kim Scott, Manzanita #85,
is a 17-year member.



Above: Ramona Larson (left) is a 69-year member of Manzanita #85. Marie Daley is ESMRC's oldest resident, 104 years young. She is a 58-year member of Unity #97.

Eastern Star Masonic Retirement Campus: 303-756-9489

2445 South Quebec Street, Denver, CO 80231-9924

Larry Lillo, Executive Director
Pati Sawyer Boex, Fraternal Relations Director
Jennifer McLaughlin, Business Manager
Shirley Norman, Controller
Marcie Hall, Nursing Supervisor
Jonathon Hoyt, Director of Memory Care
Jane Adams, Life Enrichment Director

Diane Martini, Director of Marketing
Martha Valdez, Resident Services Director
Debra Kirsten, Sales Counselor
Jerry Haynes, Dietary Director
Gary Lavoie, Maintenance Supervisor

Grand Lodge Office 719-623-5340
Grand Chapter Office 303-759-5936

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Editor: Lynn Donaldson, 303-766-8649, LynnNeu@comcast.net

Advanced directives and power of attorney: What are they?

When ESMRC staff begin working with new residents and their families, the subjects of Advanced Directives and Powers of Attorney often come up. A move to a retirement community will open the door to the discussion of what and why both are needed.

To clarify, an advanced directive is a legal document that lets your healthcare team know your preferences for medical care that you want to receive in the future. In Colorado, you do not need a lawyer to complete your advance directive — all that is required for it to be legal is your signature and the signatures of two witnesses.

Often Living Wills will cover one's advanced directives. Colorado also has a MOST (Medical Orders for Scope of Treatment) form, which is a one-page, two-sided document that consolidates and summarizes patient preferences for key life-sustaining treatments including: CPR, general scope of treatment, antibiotics, artificial nutrition and hydration.

On the form, individuals may refuse treatment, request full treatment, or specify limitations. The standardized form can be easily and quickly understood by patients, healthcare providers, and emergency personnel. The MOST form is completed by the patient (or representative), then signed by either the patient or representing agent, and a physician, nurse practitioner or physician's assistant. The MOST form travels with the patient. It must be honored in any setting: hospital, clinic, day surgery, long-term care facility, assisted living, hospice or at home.

The original form is brightly colored for easy identification. Photocopies, faxes, and electronic scans are also valid.

At the time an advanced directive is initiated, it is also wise to assign a Medical Durable Power of Attorney (POA). This is the person you would want to speak on your behalf regarding your medical care in the event you are unable to speak for yourself. Ideally, this person knows your values, is easily

reachable (at least by phone), and is comfortable speaking with healthcare providers. You can name primary decision makers as well as back-ups. This is probably the most important aspect of an advance directive.

When setting up a Medical POA, it can also be time to set up a Financial Power of Attorney (also called a General Power of Attorney), which allows a person to make financial and property-related decisions on your behalf. A Durable Power of Attorney combines the Medical and Financial POAs.

You can give Power of Attorney to anyone you trust to carry out your wishes. This person, called an agent, is supposed to act however you would act in similar circumstances. It is usually best to choose someone who you know well and who you trust to protect your interests. You should also choose a successor in case your agent dies or is unable to act.

Powers of Attorney can take effect in one of two ways, depending on how they're structured. A springing POA only goes into effect when a certain event happens. For example, you might create it to take effect only when you are unconscious or otherwise unable to communicate your wishes. A standing POA goes into effect when it is signed by the person creating it.

A Power of Attorney must be drafted and notarized to be effective. It may be best to work with an experienced estate-planning attorney to ensure you are properly protected.

It is hoped that this explains some of the confusion that you might encounter when establishing Advanced Directives and Powers of Attorney. If you have questions, feel free to contact Diane or Debra in the Marketing Department. We can provide you with additional information and referrals to an elder-law attorney, if needed.

**– Debra Kirsten
Marketing Department**

Meet Jane Adams, Director of Life Enrichment

Jane Adams is the Life Enrichment Director at Eastern Star Masonic Retirement Campus. She started in August 2018.

Adams brings eight years of experience in developing and leading community programs and activities for successful aging. She has worked with independent living, assisted living, memory care, and adult day care populations. Working with elders is her passion.

Jane has a bachelor's degree in graphic design from Rochester Institute of Technology. She added a masters degree in Creative Arts

Therapy from Nazareth College. Her master's thesis explored the use of creative arts and crafts in the lives of people living with dementia — how it helped to enable expression and communications.

Having worked in health-care from New York to California, Jane claims Denver is her favorite. She lives with her dog, Maus, whom she walks daily.

She cherishes her friends and maintains many long-standing relationships with individuals all over the world.



The benefits of socialization at ESMRC for memory care

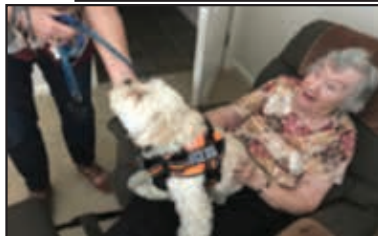
When living with a loved one who has dementia, you may find it increasingly difficult to have meaningful conversations with them. You may have once enjoyed discussing what's going on with your favorite sports teams, what you saw in the news a few days ago, or maybe an upcoming family event you have planned. As this disease progresses, it can be challenging for a loved one to keep up with these things.

This oftentimes creates a feeling of loneliness for your loved one. Studies have shown that loneliness often contributes to an accelerated

cognitive decline. Here at ESMRC, in our memory care unit, residents have the opportunity to participate in a multitude of group activities on a daily basis. These activities provide residents with the chance to converse with one another, and find the social fulfillment that they seek.

Staff in the memory care unit realize just how beneficial mental stimulation is for ESMRC residents. We make a genuine effort to learn how each person enjoys spending their time. Then we do our best to keep them engaged throughout the day.

– **Jonathan Hoyt**
Director of
Memory Care



All Masonic Christmas Party at the Eastern Star Masonic Retirement Campus
Cohosted by the Masonic Youth:
Colorado DeMolay, Jobs Daughters & Colorado Rainbow

CHRISTMAS PARTY

Saturday, December 8 from 2pm-4pm

Good Old Fashion Sing A Long • Ugly Sweater Contest
Christmas Cookies • Punch • Champagne Fountain
Hot Chocolate • Santa Claus



Activities Recap

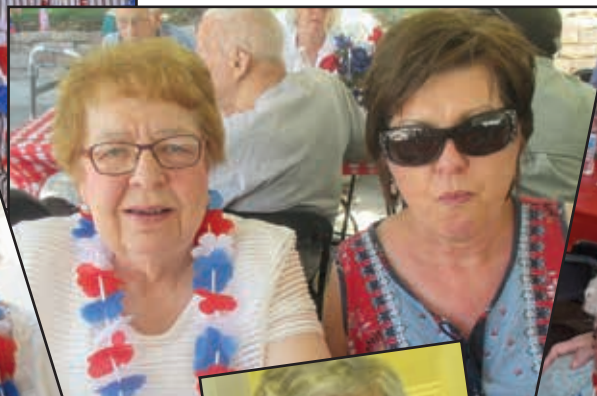


The residents of ESMRC had family members and friends join them, to celebrate the 4th of July with a DELICIOUS BBQ

prepared by ESMRC's kitchen team.

We had lovely weather and many participants made lasting memories to

celebrate the day.



Left: It is always a good day when you can take a break with a chocolate chip cookie. The Memory Care resident had been doing arts and crafts.



Above and right:
Ben Higgins from the
ABC Bachelor show
dropped by, giving roses
to all the ladies.



Above: One of the residents'
favorite activities is critter
racing!



Below (left and right): Bingo
is popular in Memory Care.
Yaya and Carla (below)
enjoyed the activity



Left: Diane Martini,
from the marketing
department,
performed with
dancers from her
group, dancing with
the stars

Right: ESMRC
has a happy
hour every
Friday (4 pm).
Dancing is
optional, but
fun!



9th Annual Golf Tournament raised a record \$17,500





Above: Dick and Jonathan
Below: Peggy, Genie, Dee



Annual Fraternal Family Community Picnic was celebrated Aug. 18 with a bounce house, face painter, tattoo artist, and character artist. Music by the El Jebel Family Band. Denver Fire Department was on hand to fill up the dunk tank and gerbil pool. We had over 65 cars and motorcycles on display.



Above: Denver Fire Station #22
Below: El Jebel Family Band





We had a Door Social party where the residents made decorations for their doors.



Right and below: Sun visors were made in arts and crafts



Left: Two volunteers showed residents how to make slime



Arts and crafts for Memory Care residents



Above: Pet therapy in memory care with Chopper



Left: Memory care baseball

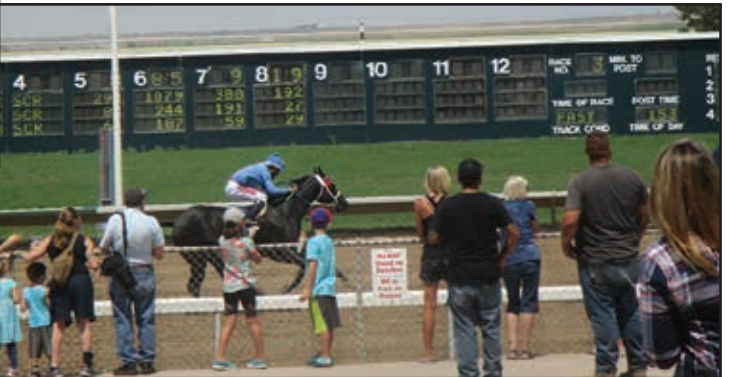


Left: Out to lunch — cheers from Chili's Restaurant



Above: Poker party

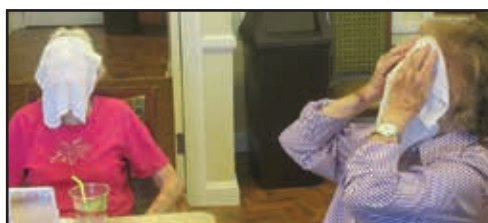
Left and below: Residents went to Arapahoe race track and had more winners than losers. A man bought everyone a round of treats.



Residents love it when the reptile man visits

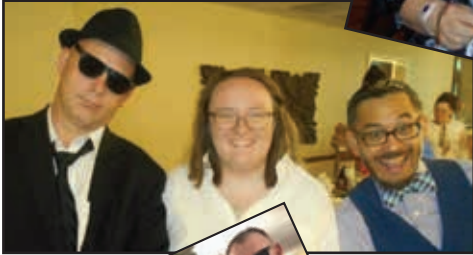
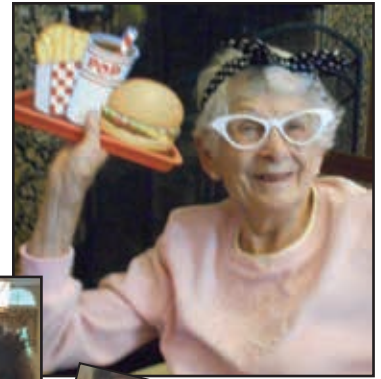


Below: Spa Day and make overs. Looking BEAUTIFUL!



Senior Prom

channeled
Blues Brothers and
1950-era diners,
soda shops



Comedy Night at Comedy Works



ESMRC
raised
\$6,700
during
Comedy Night

Support The Eastern Star Masonic Retirement Campus on Colorado Gives Day 12.4.18

Dear Eastern Star Masonic Retirement Community,

Colorado's largest one-day online giving movement, presented by Community First Foundation and FirstBank, is coming up. We need your support.



On Tuesday, December 4, 2018, thousands of donors will come together to support Colorado non-profits like ours. This is our third year participating. Our goal is to raise \$5,000. Your support helps us stay true to the Mission Statement: The Robert Russell Eastern Star Masonic Center, sponsored by the Masonic family, takes pride in meeting the social, physical and spiritual needs of the residents of its campus through high quality housing and services, while being true to the Masonic families principles and values.

About Colorado Gives Day

Colorado Gives Day is powered by ColoradoGives.org, a year-round website featuring more than 1,900 nonprofits. ColoradoGives.org encourages charitable giving by providing comprehensive, objective and up-to-date information about Colorado nonprofits and an easy way to support them online.

\$1 Million Incentive Fund

Thanks to Community First Foundation and First Bank, Colorado Gives Day features a \$1 Million Incentive Fund, one of the largest gives-day incentive funds in the country. Every nonprofit receiving a donation on Colorado Gives Day receives a portion of the Incentive Fund, which increases the value of every dollar donated.

To donate to us on Colorado Gives Day, go to www.esmrc.com and click "The Donate Now" icon, or beginning Nov. 1, 2018, schedule your donation early!

Thank you very much for your support,

Larry Lillo,
Executive Director

Pati Sawyer Boex,
Fraternal Relations Director



Picnic at Bible Park

Philanthropy —

Eastern Star Masonic
Retirement Campus



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

- Dr. Robert and Bette Finkelmier in memory of Leo Hagele
- Tom and Claudia Henshall in memory of Helen and Ted Opp
- Karen Ostermiller in memory of Katherine Pullen, PWG, 1955-1956
- Jack and Sue Witkin

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 May–July 2018.

- | | |
|-------------------------------|---------------------|
| • Dave Harden | • Denver Consistor |
| • Robin and Mike Terry Sheets | • Excelsior Chapter |
| • Mary Weigeman | • Pueblo #7 |

ESMRC had a few donations that did not have names to go with them. Thank you for thinking of our community and our residents with your donation.

Thank you to the following groups for helping to support our Fraternal Family Car Show and Picnic: El Jebel Shrine, Aurora Lodge #156, Denver #5, Centennial Lodge #84, Georgetown Lodge #12, Liberty Lodge #134, Black Hawk Lodge #11, the Ol'Skool Street Rollers, DJ Gary and State Farm/Magoffin Agency.

Thank you to the following groups for sponsoring tickets for ESMRC residents to attend the Evening of Laughter: OPTUM, Georgetown Lodge #12, and John Swift and Benchmark Investments (who also paid for a first drink of the evening for all ESMRC residents.)

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



Every year for her birthday in July, and in memory of her Aunt Katherine Pullen, PWG, 1955–1956, Karen Ostermiller sends ESMRC a donation. Photo of Katherine Pullen (center, with corsage) taken when she was WGM, 1955–1956.

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

It is 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

- Sept. 27 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. 20 Annual Meeting for House of Delegates, 9 am, Fraternal Meeting Room
- Nov. 8 Centennial Lodge Dinner, 6:30 pm; and Meeting, 7:30 pm
- Dec. 4 Colorado Gives Day
- 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
- Dec. 21 Christmas Open House, 4–6 pm

2019

- April 13 DeMolay Hosted Easter Egg Hunt, 11:30 am
- May 4 Masonic Youth Senior Prom, 2–4 pm, “Kentucky Derby Prom”
- May 7 Dawn Chapter #125 Chapter Meeting
- June TBD Golf Tournament
- July 31 (or Aug. 7) Comedy Night
- Aug. 17 Fraternal Family Community Picnic

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
Eastern Star Masonic Retirement Campus.

☐ \$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.

Name: _____

Address: _____

City, State, Zip Code: _____

Send to:

Business Office
2445 S. Quebec Street
Denver, CO 80231

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

