



Fall 2019

Eastern Star Masonic

Retirement Campus

Spotlight



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

Eleanor celebrated turning 100 years old on August 3.

What type of care is most appropriate?

Everything was fine until my husband fell. Now we are confused as to what type of care he needs, and what type of continuing care he may need after his recovery. This article will help to educate on the different types of care and which type will best fit an individual situation.

Example #1

Kay is in her 60s, with no health issues, and she lives in a ranch-style home with her spouse. She recently fell and broke her hip. Rehabilitation Therapy in a center will provide the occupational, physical and speech therapy to help Kay return to her home.

Example #2

Bob is 85 years old, and still lives at home. Bob now needs help with lifting heavy objects, vacuuming and cleaning the bathtub. The best type of care for Bob would be Home Care, which provides care in his own home. Bob can remain independent, but receives a little bit of help.

Example #3

Helen just lost her spouse and is now contemplating selling her home. At 74, she is in good shape and wants to remain independent. An Independent Living community will offer maintenance-free living

while allowing her to maintain her active lifestyle.

Example #4

Ken is 90. He has some physical challenges due to his Parkinson's diagnosis. He will need some assistance with his activities of daily living, but is functioning fine cognitively. Assisted Living would be the perfect setting for Ken to receive the care he needs without impacting his ability to do other activities.

Example #5

Linda had a heart attack and is no longer able to feed herself or get to the toilet without the help of two strong care providers. She needs someone to check on her throughout the day to make sure her needs are taken care of. Skilled Nursing would provide the level of care she needs to live comfortably.

Example #6

Tom is in his 80s and was recently diagnosed with advancing dementia. He is not oriented to time and place, has difficulty expressing his needs, and can make decisions that could cause serious safety issues. Memory Care would be the best option for providing the personal care and stimulation he needs while also providing a safe environment.

See facing page

Eastern Star Masonic Retirement Campus: 303-756-9489

2445 South Quebec Street, Denver, CO 80231-9924

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Rebecca Brown, Life Enrichment Director

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Board of Trustees will select two at Annual Meeting in October

It's time to start looking for two new members of the Board of Trustees. We are taking applications from those who want to serve on the Board for a five-year term. The Trustees manage the affairs of this Eastern Star Masonic Retirement Campus. They perform the duties of a board of directors in accordance with the Colorado Revised Nonprofit Corporation Act, C.R.S. §7-121-101 et seq.

The Board of Trustees meets on the third Saturday of each month at the Eastern Star Masonic Retirement Campus, 2435 South Quebec Street, Denver Colorado. The House of Delegates will select the new members of the Board of Trustees at its annual meeting on October 19, 2019.

The House of Delegates is comprised of members of Masonic Lodges and Eastern Star Chapters. Each chartered Lodge and OES Chapter in Colorado, in good standing, and Star Vista Village are entitled to one representative who shall have one (1)

vote in all business of the Corporation. Each Chapter/Lodge should appoint a member to the House of Delegates, then notify Executive Director Larry Lillo by email: larryl@esmrc.com, or send a letter to:

Eastern Star Masonic Retirement Campus
Attn: Larry Lillo
2435 South Quebec Street
Denver, Colorado 80231.

The House of Delegates meets the third Saturday of January, March, June, and October (the annual meeting).

Board of Trustee applications can be downloaded from the ESMRC website, www.esmrc.com and click on <https://www.esmrc.com/senior-living/co/denver/board-of-trustees/>.

Fraternally,
Executive Committee
Board of Trustees

If you would like more information on which type of care may best serve your situation, please reach out to either Diane, 303-753-2179, or Barbara, 303-753-2100, in the Marketing Department.

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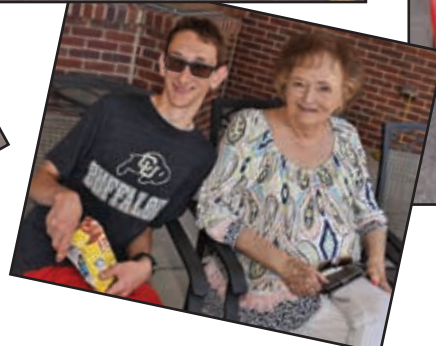
Meet new members of **ESMRC Leadership Team**, from left: Racquel Valdez, Memory Care Coordinator; Barbra Aragon, Sales Counselor; Nola Green Vaughn, Wellness Supervisor; Rebecca Brown, Life Enrichment Coordinator

Happy **99th** birthdays to **Lillian** (left) and **Evelyn** (right). Both celebrated in August!



Activities Recap

On the second hottest day of the summer (98 degrees Fahrenheit), ESMRC had a **Fraternal Family Picnic and Car Show**. More than 60 cars participated. A musical performance by the El Jebel Family band had everyone in a lively mood. More than 450 hot dogs and 450 hamburgers were served. Face painting, bounce house, snow cones, character artist, popcorn and cotton candy were enjoyed. Thank you to Masonic sponsors who helped underwrite the event.



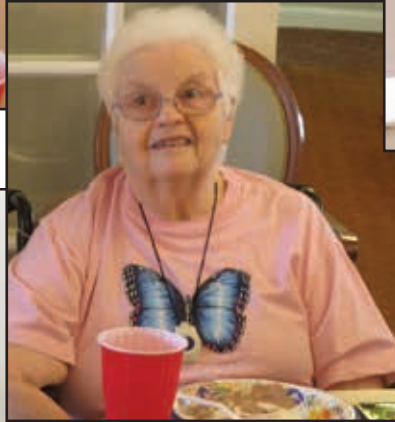


The Eastern Star Masonic Retirement Campus held its **7th Annual Evening of Laughter** on Aug. 7 at the **Landmark Comedy Works**. Residents helped advertise the event with a **Joke of the Day on Facebook**, and made a promotional video with **Chris Parente from TV Channel 2**, which aired two times on the news. Our headliner comedian came in from California. He had everyone laughing. Thanks to Benchmark Investment Advisors for sponsoring the event. We raised close to \$7,000 to benefit ESMRC.





Thank you
**Loyalty
Chapter** for
sponsoring a
root beer float
party for the
residents to
enjoy!



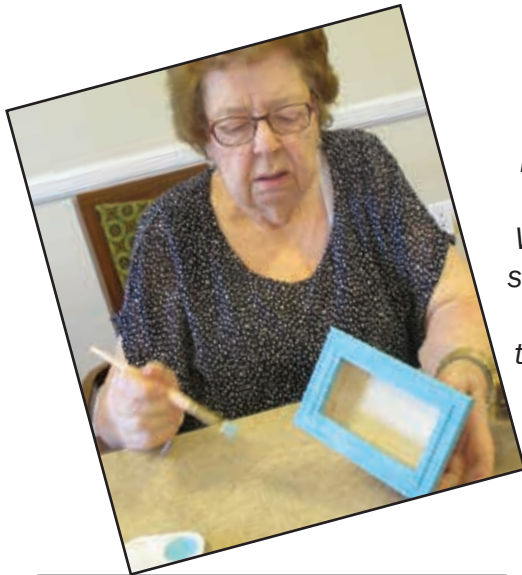
ESMRC invited the
fire fighters from
Denver Station #22 in for
an **Ice Cream Social** in
their honor – thanking them
for all that they do for our
residents and community.



On the hottest day of 2019 (102 degrees Fahrenheit), ESMRC held its 10th annual fundraiser **Golf Tournament at Wellshire Golf Course**. The tournament was sold out for three months prior to the event. It raised more than \$13,500. Thank you to **title sponsors, Pinkard Construction and Benchmark Investment Advisors**.



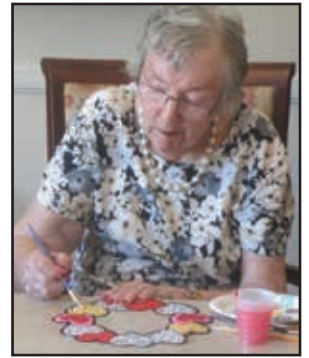
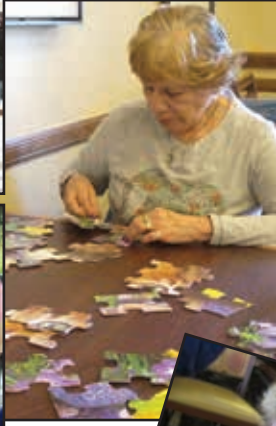
Thank You to Our Sponsors



Crafts and Baking are super popular activities. Notice that there are men having fun, too. When done, you have something to decorate your room, or something delicious to eat!



ESMRC Memory Care Unit knows how to have fun — from joy-riding on the golf cart around the campus, to listening to music on the outside patio or playing ball in the house. Baking treats is popular. Come by. Join in the fun.





A summertime tradition is to go to the racetrack, and watch the horses run. There were three trips with multiple winners.



Above: Mother's Day was a special day for many residents!



It's a wonderful tradition that when Executive Director Larry Lillo is on vacation, or missing at work, the staff and residents throw a pizza party to celebrate.



Residents love to go out to eat, drink

and be merry!



Left: ESMRC residents will do anything for free Chick-fil-A, even if it means dressing up like cows!

What is Colorado Gives Day?

Colorado Gives Day is an annual statewide movement to celebrate and increase philanthropy in Colorado through online giving. For the 10th year, Community First Foundation and FirstBank are partnering to present Colorado Gives Day. Donations are accepted through ColoradoGives.org.



The Eastern Star Masonic Retirement Campus (ESMRC) is a Colorado 501 (c) 3 non-profit assisted living community, serving seniors in need since 1931. ESMRC, sponsored by the Masonic family, embraces the following mission: To take 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.

ESMRC does fund-raisers to ensure the community remains viable and able to provide for as many seniors as possible, regardless of their Masonic affiliation. Fundraising maintains visibility for ESMRC among the surrounding community, promoting awareness of the community services provided.

When you look into assisted living, memory care, or independent senior housing options, you will find many communities under large corporate ownership. Eastern Star Masonic Retirement Campus is unique because, for nearly a century, it has maintained its independence.

We hope on Colorado Gives Day, Dec. 10, you will choose Eastern Star Masonic Retirement Campus as your non-profit to support with a donation. You can schedule your donation as early as Nov. 1. Ways to show your support:

- Visit website www.esmrc.com. Click the "Donate Now" icon
- Visit www.coloradogivesday.org and search for Robert Russell Eastern Star Masonic Retirement Home of Colorado
- Mail or drop off a check addressed to Executive Director Larry Lillo

When you make your donation, ESMRC is also eligible to receive additional funds from the Community First Foundation, similar to a matching donation.

Thank you for your support in the valuable work happening at ESMRC.

The Eastern Star Masonic Retirement Campus recently received a sizable donation from the estate of **James and Jean Duncanson**.

James passed away in 2007. He was a member of Centennial Lodge #84. Jean was a 64-year member of Order of the Eastern Star. She joined Washington Park Chapter (Metro Chapter 154) in 1955. She passed away a few months ago.

They loved the Shriners. Travel, golf and family gatherings were their favorite activities.

Love, kindness and courage were their virtues. They exemplified *The Greatest Generation!*



Spotlight on a Resident

Eric Cahn recently moved to Independent Living, Star Vista Village. He will be speaking about his life before moving to ESMRC at 10:30 am Wednesday, Oct. 23, in the Chapel, multi-purpose room.

He is a survivor of the Holocaust. He is also a published author, *Maybe Tomorrow: A Hidden Child of the Holocaust*.

In his words, here is how his life began:

I was born March 29, 1938, in Mannheim, Germany. My parents were Julius and Johanna Cahn. My father owned a butcher shop. My mother was a housekeeper.

They did experience anti-Semitism and on Kristallnacht spent the night down on the Rhine River with me in a baby carriage. I had

a younger sister who was born on June 4, 1940. (She died on Aug. 19, 2007.)

On October 22, 1940, my family, along with several hundred other Jews, was taken out of our home, taken by truck to the nearby railroad station, and then taken by freight train, like animals, from Mannheim, Germany, to the southern part of France to the holding camp, Camp Gurs. We managed to survive there until August 1942.

My younger sister and I were rescued from Camp Gurs and were separated from each other. My parents had made the difficult decision to give us up so we could be rescued. Had they not done that, I would have wound up in Auschwitz with them and, at the



age of four, I would have died.

To hear more of Cahn's story, please join us on Oct. 23.



Resident **Russell Haughey** celebrated his 65th year of Masonry with a ceremony from Englewood Lodge to commemorate this amazing achievement. His nephew came from New York to help celebrate!



Philanthropy —



Eastern Star Masonic Retirement Campus thanks the following Chapters, Lodges and individuals for their donations to the ESMRC for May–August 2019.

Jay Grossman Estate
Jean Duncanson Estate
Thomas and Claudia Henshall in memory of Helen and Ted Opp
Ed and Wilma Kamps in memory of Keith and Barbra Frey
Marylee Mosgovoy in memory of Walter Mosgovoy
Karen Ostermiller in memory of Katherine Pullen
Mary Ann Ray in memory of Robert P Miller

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–May 2019.

Steve Bennett	John and Carol Peck	Diane and Ed Wichert
Marlene Doyle	Michelle Rowan	Colorado Chapter #2 Leadville

Thanks to the Georgetown #12, Union #7, Aurora #156 and the El Jebel Shrine for co sponsoring the Fraternal Family Picnic and Car show. ESMRC could not have done it without your support.

Thanks to all anonymous donors or those whose names are not acknowledged here — we appreciate your support!

ESMRC will host a Blood Drive

8 am–1:30 pm Friday, Nov. 1,
in the Fraternal Relations Room

Donate blood. You can make a huge difference to someone in need.



Co-sponsored by
Columbine Masonic
Lodge #147 and
Vitalant



Call Fraternal Relations Director Pati Sawyer Boex,
303-753-2160, or patis@esmrc.com

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.



Everyone is invited!

Join Masonic Youth, all ESMRC residents and staff for an Old Fashioned, All Masonic Christmas Party on Saturday, Dec. 14, 2-4 pm. Everyone is invited — ugly Christmas sweaters and all!



Right: Executive Director Larry Lillo in his Christmas sweater.

Fraternal Activities at Eastern Star Masonic Retirement Campus

2019

- Sept. 28 Rainbow Girls Talent Show for residents, 10 am in the chapel
- Oct. 19 **Board of Trustees and House of Delegates Annual Meeting, 10 am**
- Oct. 19 Reverse Trick or Treat, Rainbow, 11:30 am
- Oct. 23 Marquis de Lafayette #41 Lodge, Dinner 6:30 pm and Meeting 7:30 pm
- Nov. 1 Blood Drive with Columbine Lodge, 8 am-1:30 pm
- Nov. 14 Centennial Lodge, Dinner 6:30 pm and Meeting 7:30 pm
- Dec. 10 Colorado Gives Day 2019
- Dec. 10 Heritage Chapter Christmas Cookie and Pizza Party for Residents
- Dec. 14 All Masonic Christmas Party for Residents, 2-4 pm
- Dec. 20 Annual Christmas Open House, 4-6 pm
- Dec. 21 House of Delegates meeting, 10 am

2020

- March 21 House of Delegates meeting, 10 am
- April 25 Community Shred-a-thon, Littleton Assembly IORG, 10 am-noon
- May 2 Senior Prom with Masonic Youth
- June 20 House of Delegates meeting, 10 am
- July 10 11th Annual Golf Tournament at Wellshire Golf Course
- Oct. 17 **Board of Trustees and House of Delegates Annual Meeting, 10 am**
- Dec. 19 House of Delegates meeting, 10 am

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: _____



Jim is a successful poker player