



Fall 2021

Eastern Star Masonic Retirement Campus

Spotlight

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



**Doing what you love
is where happiness
lives, at ESMRC**

See photos, page 11

Spotlight on the Board

Annual House of Delegates Meeting

The Board of Trustees from the Eastern Star Masonic Retirement Campus held their annual House of Delegates Meeting Wednesday September 22 at the Radisson Hotel at the kickoff to Colorado Grand Chapter Order of the Eastern Star Grand Chapter.

Jim Jarvis (left photo below) was thanked for the past five years of service and dedication to the Board and ESMRC by Terry Hudson. Jaymie Vaughn and Larry Tygart (below right) were welcomed to the board. They began 5-year terms on the Board of Trustees.



Cover Photo: Moe, checking on the tomatoes that were ripening in the outdoor gardens at ESMRC, picks one for eating. Residents collaborate to keep the gardens thriving.

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Emerging from the pandemic

I am happy to report that all residents and staff received their second dose of the COVID vaccine in February and March. Residents can now move about the community, visit with their families — face to face, and resume life in a much more “normal” way than earlier in the year. It is wonderful to once more welcome new residents to the campus and see residents involved in a variety of social activities that provide a sense of enthusiasm and smiles to their faces.

Currently families may visit their loved ones at their leisure, in their rooms, if they wear masks. Children, age 16 years and younger, still cannot visit inside the community. Residents are spending time with their families outside the community without restriction. They may stay overnight or through weekends to catch up on the lives of their loved ones.

Once again, our buses are offering weekly shopping trips, scenic drives, and medical appointment trips to residents. The entire mood of the campus is changing. People are visiting, enjoying conversations with one another, and feeling optimistic about the future and what it may hold.

All residents and staff are still wearing masks. Our doors are not open to the public. We are still not hosting some of the special events that have been hosted in the past: community picnic and Comedy works trip. In November, ESMRC may begin to host some in-house fraternal meetings to re-engage Masonic members with their lodges and chapters.

Plans are to host the annual Family and Resident Christmas Party in December.

The support of families, friends and fraternal members has been outstanding during this tough time. The donations and financial support by everyone has been tremendous. The words of encouragement that I and many of the staff have received has kept the residents and staff going throughout these difficult months when ESMRC

was entirely shut down and totally isolated.

I can't thank enough the ESMRC staff for their ongoing commitment, hard work, and quality of care they continued to provide during this time to keep residents safe, and well cared for. Their dedication to this community is what makes it special and sets it apart from our competitors.



We are looking forward to returning to “normal” operations by the end of the year. That will certainly depend upon Colorado stopping the spread of the virus. The goal is that by January 2022, ESMRC will have the community fully open for business with lots of community enthusiasm, new residents, and fun activities.

Please continue to watch for and read the weekly email updates to follow what is happening at ESMRC. Other sources of information include weekly postings on Facebook. My staff and I will do our best to keep you in the communication loop, as things change in the Executive Orders, operating guidelines, and regulation mandates from the city and state health departments as they change. I encourage all families, friends, and Masonic members to stay involved with ESMRC. Consider volunteering on the campus. Your ongoing support is paramount to our community being a success now and in the future. I appreciate your support and hope you will come by soon to pay us a visit.

If you know someone who could benefit from living in this community and utilizing the services we offer, please have them contact the Marketing Department for more information about our campus.

Thanks again, for your support.

Larry Lillo
Executive Director

Life Enrichment is not just Bingo

For the elderly, fighting boredom is essential for quality of life. When participating in activities it has been shown to contribute to individuals' development and well-being, providing significant mechanisms for coping. When at ESMRC you don't have to discard all the meaningful activities you once did. No matter the circumstances for making the move to ESMRC, you can adapt, modify, or change an activity to participate once again. It just takes the will to find a way to resume your favorite activities. There are many testimonies by residents who continued all hobbies and activities they have done.

Examples

Moe's hobby of gardening is adapted by using raised flower beds and buckets rather than having to reach down to the ground. (See cover photo and page ?.)

Judi's craft of needlepoint (middle photo below) is done in a well-lit environment. Modifying where she does her needlepoint has helped her continue her craft.

Mary Lou's musical talent of piano (below left) has continued and flourished throughout the ESMRC community with seven pianos. She hears and knows whether the piano is well tuned or not.

Dora's love for baking (below right) continued when she recently moved into ESMRC. With the assistance of the Life Enrichment staff, she has baked cookies, toffee bars and banana bread in the activity room.

Many activities that my staff and I schedule are inspired by a resident's hobbies. We are always willing to assist residents in providing their wants and needs in continuing normal daily life. Our number one job is filling in the gaps when needed.

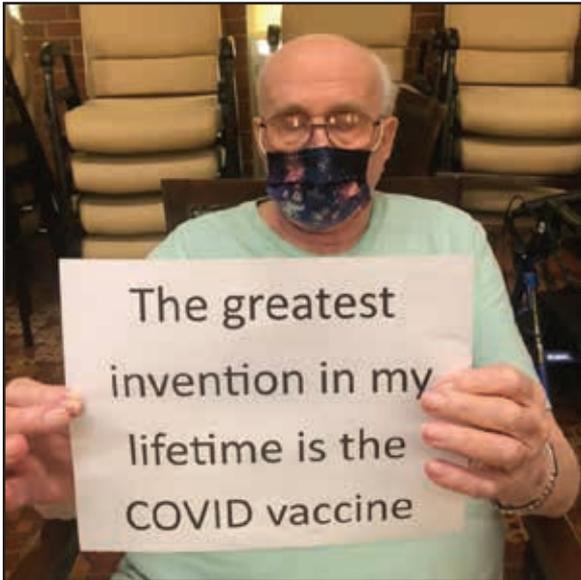
When a resident is engaged in an activity they enjoy, it allows them to escape stress and immerse themselves in a world of carefree spontaneity. Many times it is an avenue for self-expression. Immersing oneself in favorite activities is beneficial to physical and mental health.

Maximizing their participation in activities is an adaptive strategy to compensate for social and physical deficits. It is simple — if you don't use it, you lose it.

– Brettney Starks, Life Enrichment Director



Activities Recap



Left: I asked some of our residents what was the greatest invention in their lifetime. Their answers were: birth control, computers, aviation, the microwave, going to space, indoor plumbing, cell phones to name a few. The one that stuck with me the most was Clay's when he said, "the Covid vaccine." Without it, half of us would not be here. Just food for thought from residents – some of the wisest people I know.



Right: Pati Sawyer Boex, the Fraternal Relations Director at the Eastern Star Masonic Retirement Campus for the past 11.5 years, was given a special letter of recognition for her numerous years of support to the Most Worshipful Prince Hall Grand Lodge of F. & A.M. of Colorado and its jurisdiction. Ed More, Most Worshipful Master of Prince Hall for Colorado, Wyoming and Utah, presented the award to her.



Left: Elsie celebrated turning 104 years young on Aug. 13 with friends and family. She is a 60-year-plus member of the Order of Eastern Star from New York.



The Eastern Star Masonic Retirement Campus held its annual Golf Tournament on July 9 at Hyland Hills Golf Course. Golfers totaling 158,



supported the cause. Major sponsors were Pickard Construction and Benchmark Investments. More than



\$19,456 was raised to support the activities at ESMRC. Save the date for 2022: June 17, at Hyland Hills GC. The goal will be to have 180 golfers!



Below: Rainbow Girls Columbine Assembly made cards and treats for the residents for Valentine's Day.



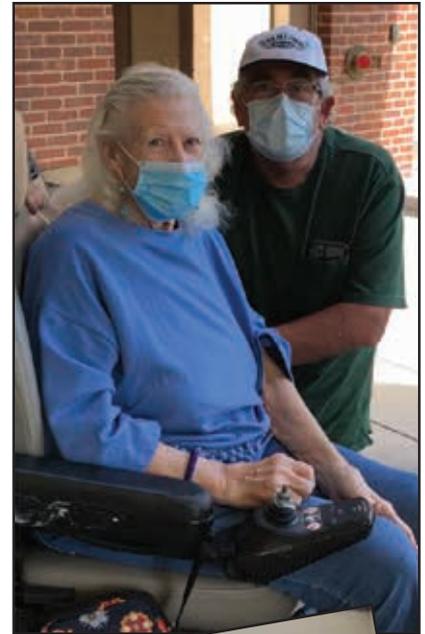
ESMRC held its annual 4th of July BBQ for residents and families. A delicious time was had by all who attended.



Pat Weiland, the sister of PGM Lina Byrd, donated beautiful handmade dolls for residents.



When family visits could resume, it was priceless for all! Residents were most appreciative!



Left: Lillian's family helped her celebrate here 101st birthday!



Left and right: Just some of the wonderful donations that generous "friends of ESMRC" brought to the community.



It's National Donut Day!

Right: Everyone enjoyed the sweet treat.





Marlene Doyle a member of the Grand Chapter of Colorado Museum Committee worked tirelessly to fill built-in cases in the Robert Russell building, using items from the museum. The museum is full of beautiful Order of the Eastern Star items. It is located downstairs. Unfortunately, there is no elevator access. A couple volunteers and staff members decided to bring some items upstairs to showcase them where everyone could enjoy. What a wonderful idea!



Right: Nancy and Karen enjoyed each other's company over lunch one day at ESMRC. Both were relatively new to living here. They discovered that they were both members of Colorado Eastern Star, Southgate Chapter #104.

It had been 40 years since their paths may have crossed (if they had ever met at all). Karen was the secretary of Southgate Chapter. She had tried to send Nancy a dues card but it came back as undeliverable. They both were so happy to find each other living in this community.



Spotlight on Memory Care Department



Thank you, Mt. Zion Chapter, for the busy blankets used in the memory care neighborhood.



Above: Moe harvests ripe vegetables from the garden.



Memory care residents and family volunteers kept the outdoor gardens growing colorful blooms and vegetables.



Left (from left): ESMRC welcomed Brettney Starks to the community to be the Life Enrichment Director; Nola Vaughn returned to serve as the Wellness Director; Kathy Flores was promoted from Activity Assistant to Memory Care Coordinator; and, Rita Waxon is the new receptionist.

5 star rating on Facebook, Yelp or Google



So many of you tell ESMRC how happy you are with the care your loved one is receiving, and how well the community has navigated the past year. Staff efforts are a reflection of the dedication to, and genuine concern for, the residents. We take pride in the ESMRC community.

If you are happy with our service, *please* give us a 5-star rating on Yelp, Facebook, or Google. If you feel you cannot honestly give a 5-star rating, call Executive Director Larry Lillo to discuss your concerns: 303-753-2174, or email: larryl@esmrc.com.



Five Star Rating



The Robert Russell Eastern Star Masonic Campus of Colorado is now participating in the King Soopers or City Market Community Rewards Program. Anyone shopping at King Soopers, or City Market can be a part of the Program! Just like Amazon Smile, the Kroger Corporation makes a donation back to the community.



How to Sign Up for the King Soopers or City Market Community Rewards Program:

Click the link listed below for one or both stores, depending on where you shop.

- King Soopers Stores: go to www.kingsoopers.com/i/community/community-rewards
- City Market Stores: go to www.citymarket.com/i/community/community-rewards

Once logged into the King Soopers or City Market account, you search for Robert Russell Eastern Star Home of Colorado either by name, or use "HQ646". Then click "Enroll." New users will need to create an account that requires some basic information, a valid email address, and a loyalty card.

Staying active is the key to healthy living!

You can learn a lot by observing. Here at the Eastern Star Masonic Retirement Campus, we are observing that the residents who participate in exercise and activities are the ones who are maintaining their physical, emotional, and mental health.

The pandemic has presented multiple challenges for those who live in senior living communities. One of the best ways they coped with some of the restrictions that were instituted was to walk the halls and our beautiful grounds, exercise in our activity classes or on our exercise equipment, and stay in touch with friends and family with calls, visits and video chats.

We observed that the more a resident was engaged in conversation or doing some type of activity, the more they stayed healthy and strong. Much of the interaction was with other residents, which was wonderful. Some of the interactions were with staff, who are always looking for opportunities to keep our residents active and conversing.

Caring for two residential cats, Jack and Sally, reinforce residents feelings that they are an important part of our community. We are so fortunate to have our cats as Pet Therapy. It has been shown to improve health on many levels. Jack and Sally are wonderful caregivers!

Our community has enjoyed inspecting the paintings, needlepoint creations, quilts, vegetable gardens and other hobbies that residents have been doing to keep themselves busy. There is a lot of talent around ESMRC, for sure!



As we continue to navigate the rules and regulations for communities like ours, issued by the City and County of Denver and the State of Colorado, the staff will make modifications as required. Currently, almost all restrictions have gone away. As the new Delta variant makes its way through Colorado, we will be updated about what changes ESMRC may have to make.

In the meantime, ESMRC will keep planning the activities, scenic drives and trips. As always, we want to keep the residents safe.

If you are considering independent, assisted living or memory care for you or your loved one, please contact Diane or Barbara for more information about this beautiful community, 303-756-9489.

**– Diane Martini
Director of Marketing**



Left: Sally, one of the ESMRC house cats makes a friendly visit to a resident in her apartment. Will she share some of her ice cream with the cat?

Philanthropy —



Eastern Star Masonic Retirement Campus thanks the following Chapters, Lodges and individuals for their donations to the ESMRC for January–September 2021.

Kristap Baltin
James and Debra Bosshart
family
Emily Davis in memory of
Maria Sgoutas
Ruth England
Thomas Henshall in memory of
Helen and Ted Opp
Anthony Korvas
Sue Ann Lindaue in memory of
Richard John Owen

Karen Manning
Marylee Mosgovoy
Sophie Nilsson in memory of
Millie Young
Patricia Norman in memory of
Gary Malara
Ella Nuss in memory of
George and Wilma Murray
Karen Ostermiller in memory of
Katherine Pullem, WGM
Rebecca Petra in memory of
Eleanor Norden

Margaret Ringhofer
Robin Lee Terry in memory of
Ray Byrd
Edwin Wichert

Bethlehem Chapter 56
El Jebel Shrine
Harmony Masonic Lodge 61
Loyalty Chapter No 145
Mt. Zion Chapter 133

In-Kind Donations — Thank you to the following Fraternal Family members and private individuals who donated in-kind items for the residents as well as treats/food/lunches for the staff during the months of January–September 2021. You were so generous in encouraging/rewarding our dedicated staff during the very hard months of quarantine.

We appreciate you!

Flannery Family
Jenkins Family
Joanne Kappel
Ann Lanes Family

Murr Family
Christi Rudi
Corrine Schreiber

Colorado Rainbow Girls
Mt. Zion Chapter #133



Did you know that you can choose a charity when you shop at AMAZON? AMAZON will donate a percentage of your purchase directly to your charity of choice on qualifying purchases, at no cost to you! Please choose Eastern Star Home of Colorado/ Robert Russell Eastern Star Masonic Retirement Campus, tax ID number 84-0923572 as your charity of choice. The program is called AMAZON SMILE. It is super easy to set up — at no cost to you!

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

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. You can also go online to ESMRC's website: www.esmrc.com, then click the "donate now" icon. Make a secure donation using the Community First Foundation System.

COMMUNITY FIRST FOUNDATION

COLORADO
GIVES DAY



ColoradoGivesDay.org Dec. 7

Save the Date!

The Eastern Star Masonic Retirement Campus is excited to announce their participation in Colorado Gives Day, Tuesday, December 7, 2021

For 24 hours, Colorado comes together to raise funds for local nonprofits. **ESMRC excited to be part of this wonderful day!**

We invite you to join ESMRC in sharing the news about Colorado Gives Day. Facebook/Instagram/call/meet up your family, friends and all your personal networks to let them know to participate in **Colorado Gives Day on Tuesday, December 7 and give to ESMRC.**

This day of giving is one of the many ways you can make a real difference for many at ESMRC. **To donate on Colorado**

Gives Day, December 7th; go to our ESMRC website at www.esmrc.com; click the "Donate Now" icon, input your information for the donation and you are done! If you are more comfortable writing a check you may do this also. Please send your donation check to ESMRC and in the memo area write "Colorado Gives Day". We also have a tear off portion of this newsletter that you can use also to send along with your check if you desire.

ESMRC looks forward to having you join us for this special campaign. Together, we can make ESMRC a better place for our residents. Every gift is tax-deductible and helps us reach our goal of \$10,000. **ESMRC is a Colorado 501 (c)-3 assisted living community serving seniors in need since 1931.**

The Community First Foundation has committed to match a percentage of donations made to ESMRC on December 7! Thank you Community First Foundation and all the FANTASTIC supporters of our community!

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THROUGH
COLORADOGIVES.ORG

Spotlight

Robert Russell Eastern Star
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\$25 \$50 \$75 Other _____

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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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