



Winter 2022

Eastern Star Masonic Retirement Campus

Spotlight

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



Residents
Enjoyed a
“Cruise to
Nowhere”



More photos, see page 3 and 7



Above and right: On Oct. 25, ESMRC invited Good Day Pharmacy to administer COVID-19 booster vaccines to all residents and staff.



Below left: Being able to talk to family on an iPad or tablet using Zoom was a treat for many residents.



Below right: Judi completed a cross-stitch project that took many hours. It was a perfect project during a pandemic when few visitors could come to ESMRC.



Eastern Star Masonic Retirement Campus: 303-756-9489

2445 South Quebec Street, Denver, CO 80231-9924

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A cruise to nowhere!

Residents went on a “Cruise to Nowhere” in October. Each day the community was decorated to be a different “port” for their trip. They dressed up like “tourists.” They “stopped” in Mexico to drink margaritas and beat up a piñata, In Alaska, they went deep sea fishing. For a day at sea, pirates took over. The “tourists” explored the Amazon rainforest on an animal safari. Thank you to those who donated items for the cruise. We had a BLAST!



How ESMRC feels like home

For more than 150 residents, ESMRC has been “home.” Some residents have been with us for many years. One resident has called ESMRC home for more than 20 years.

The question posed is why ESMRC? Where does this longevity come from? It could be from the history of the building. It could be the people who have lived at ESMRC in the past or present.

I believe ESMRC has created a homelike atmosphere that is contagious. When anyone moves into ESMRC all staff embrace each new resident for who they are as an individual.

Staff recognize that each resident is unique with their life experiences, values, and interests. This helps staff to uphold a standard of acceptance when someone joins the community. We ensure that each resident is encouraged to participate and be part of ESMRC. Residents may receive personal invites or escorts, along with daily and monthly schedules — this promotes community.

Another way that ESMRC creates a home-like environment is by surrounding each resident with a wide range of opportunities to socially interact with others. From communal dining, various scheduled activities, and many common

areas. A resident can spend quality time with others — some who may have many of the same struggles, concerns, and ailments.

Many residents have table mates that they routinely join for meals. Some residents are bingo buddies who always “bring each other luck.” There are couples who have met here too. Who said you are too old for love! It all happens at ESMRC.

The biggest objective for us working here is to create an atmosphere that gives the feeling of home and belonging. We offer an openness to all values and interests to support a more enjoyable life for each resident.

I believe that residents have pride in being part of something bigger than themselves. Being a part of a community that offers a sense of “knowing how things are done around here.”

One of my favorite comments that I hear from many new residents is, “Wow, everyone is so nice and accepting here.”

– Brettney Starks
Life Enrichment Director



Legacy Healthcare Services is excited to announce its partnership with ESMRC! Legacy opened its on-site, outpatient therapy clinic on Jan. 24, conveniently located next to the Fitness Center. Legacy will be providing physical, occupational and speech therapy services Monday–Friday with a dedicated, on-site rehabilitation team.

Legacy provides therapy services to both residents of ESMRC and those living in the surrounding neighborhood. Legacy focuses on helping clients with balance and coordi-



nation, strength, walking and mobility, fall prevention, brain health and memory, medication management, low vision, challenges with dressing, bathing and grooming, incontinence, pain, difficulty with swallowing and much more! Legacy’s clinicians are trained in world-class clinical programming so individual and unique needs can be met.

Legacy is able to assist cli-

ents with rehabilitation following a hospitalization, surgery, or to assist patients in getting stronger in anticipation of an upcoming procedure. Legacy is able to assist people with both acute injuries and chronic challenges that are more common as we age.

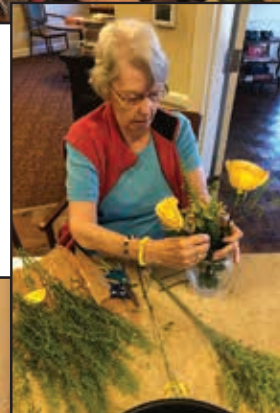
Legacy’s goal is to offer the therapy services you need and deserve, in a convenient and easily accessible location! Additionally, Legacy coordinates physician orders and insurance authorizations for you.

Call today for an appointment, 719-941-9017.

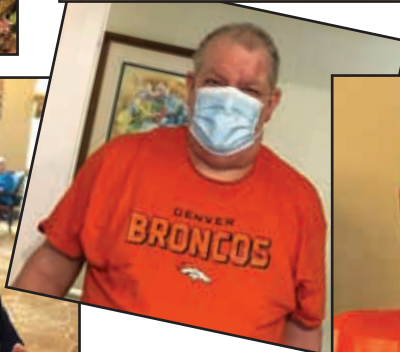
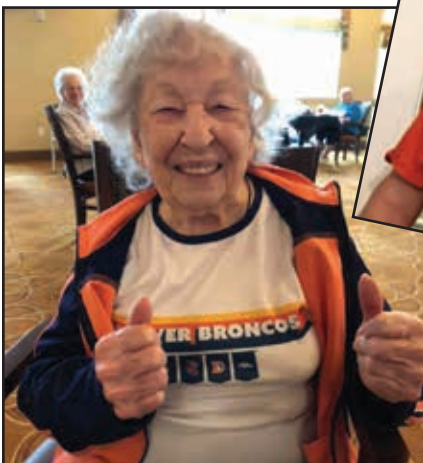
Activities Recap



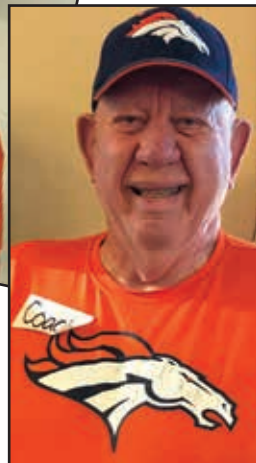
The El Jebel Shrine hosted their 2nd annual car and horse parade. They even brought a clown to bring out the smiles.



Flower arranging has taken the community by storm!



Residents never missed a Broncos game!



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Sponsorship opportunities are available! Cash, check made out to ESMRC Golf or you can pay by scanning the QR code
Contact Patti Sawyer Boex for more information: 303-753-2160 • patti@esmrc.com

Eastern Star
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13TH ANNUAL GOLF TOURNAMENT

FRIDAY, JUNE 17, 2022

HYLAND HILLS
GOLF COURSE

9650 Sheridan Boulevard • Westminster, CO 80031





Left: Residents enjoyed lunch at The Red Lobster.

Right: A community partner, John Swift from Benchmark Investments, treated all staff and residents to a Kentucky Fried Chicken Feast.



Left: Aviant Hospice brought in virtual reality headsets that residents could use to view vacation spots.

Far left: Volunteers gave residents "bike rides" along the High-line canal in a specially designed bike with a front cart for riders.

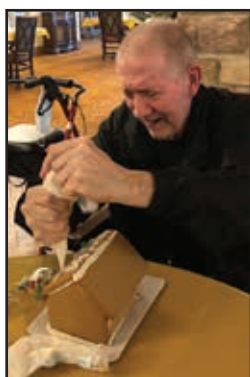


One day on the cruise to nowhere, residents learned about snakes, tarantulas and giant cockroaches.



***Families and friends were invited to our Christmas Party.
Even the Grinch made an appearance.***





Residents enjoyed making gingerbread houses.



**Happy
New Year!**



Halloween brings out the “inner child” in all of us!



Spotlight on Memory Care Department

The wonderful memory care staff takes residents on joy rides, leads exercises and helps with crafts or baking activities!



Our community is so blessed to have many people who donate money and other wonderful items. Every resident got a Christmas gift of cookies, tissues and a box of Sees Candy. Those who are cold, get beautiful handmade blankets. Homemade cookie treats were also enjoyed. Treat bags were handed out for Halloween and Christmas. Can't forget the special hand-wrapped candy bars and breakfast burritos for staff!



***Thank
you all!***



Your holiday visit with Mom and Dad was a wake-up call!

Many of you visited your parents or older loved ones over the Thanksgiving and Christmas holidays. You may have noticed that things have changed in your loved one's home. You noticed that things are not as tidy as before, the bathrooms are not clean, the bed sheets have not been changed in quite a while and, possibly, there are unpaid bills on the kitchen table. Also your loved one may be moving slower than the last time you visited.

These are all signs that your loved one may need assistance with activities in their daily living (ADLs). You can provide assistance in several ways. One, you can go over every day and make sure they are getting their meals, bathing, ensure that the home is safe, and bills are getting paid. Many adult children who are still working — this option may not be viable. Your loved one may need assistance during the time that you are at work.

The second option is to assist your loved one by hiring a home care company to provide assistance with dressing, meals, transportation to medical appointments etc. You could schedule the company to help with either every day activities or several times a week. The drawback to this option is — because someone is not there 24/7 — there may be times when your loved one needs help, but there is no one there to assist.

The third option is to move your loved one into a retirement community where they provide all the services a person needs to live comfortably. This option offers 24/7 oversight so no matter what time of the day, your loved one can receive assistance through an emergency pendant.



Here at the Eastern Star Masonic Retirement Campus (ESMRC), we have been providing seniors assisted living care since 1931. You can move your loved one into our care community and know that they will have three meals a day; their medications will be managed; they will receive housekeeping and laundry services; and they will have plenty of activities to enjoy.

The comment we hear the most from families is that after placing their loved one in assisted living, they now have the peace of mind to know that their loved one is safe and has 24/7 oversight.

If you would like to explore ESMRC's beautiful community, please call me or Barbara Aragon for more information or a tour, 303-756-9489.

**– Diane Martini
Director of Marketing**



Philanthropy —

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



Jareene Barkdoll
Paul Chamberlin
Katherine A Cook
Dwight Garrett
Rod and Linda Huskey
Mark Mitzman
Marylee Mosgovoy
Donna B Musciano

Sophie Nilsson
Dottie Nittler
John and Susan Oderkirk
Janet Perkins
Thomas Robyn
Ellen Schaffer
William and Dorris Schrupp
Karen Spence

Esther Strickland
Elaine Tayman
Ann C Tobey

Benchmark Investment
Advisors
Star Vista Village

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!

Ramoma Abeyta
Kara Barkdoll
Judy and Eli Batenberg
Brian Booms
Lyna Byrd
The Grazianos Family
Leigh Green

Julia James
Jim Jarvis
Shirley Kirkham
Family of Ann Lane
Dan and Marlene Reichel
Sally Roe
Scaripato Family

Doris Scrupp
Laura Shierberg
Dick Surroz
Robin Terry
Hazel Watson
Loyalty Chapter 145
Metro Chapter 157

The following Masons and Masonic Groups donated to the Christmas Santa Wish Program:

Ron Williamson
Denver Chapter No 2 RAM
Colorado Chapter 29 RAM
Denver Colorado Commandery #1
Past Matrons & Patrons Club of Colorado

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.

Colorado Gives Day — Thank you to the community members who made a donation on Colorado Gives Day in December! ESMRC participated for the fifth time.

Ramona Abeyta
 Craig Bailey
 Kara Bartolik
 John Befus
 Wayne Burch
 Eric H Cahn
 William Scott Cromwell
 Charles W. Downing
 Janis Dupuis Mourer
 Phyllis Everitt
 Pam Feigitsch
 Gasper Graziano
 Don Hayford
 Terry Hudson
 Curtis and Joann Johnson
 Lillian Johnson
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 Diane Martini
 Kathlyn McKeown
 Peter Murr
 Dotty Nittler
 Tammy Oldson
 Gleen Perkins
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 Walter Rowell
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 Charlene St. John

Vicfor and Loann Scarpato
 Doris Schrupp
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 Sally Skiver
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 Edwin J Wichert

 Barbara Aragon-Riede in honor
 of Barbara Aragon
 Phil Black in memory of
 Philip D Black
 Pati Boex in honor of
 Bonnie Boex
 Gregory Curd in memory of
 Patsy Curd
 David Wayne Daigler in honor
 of Gary Daigler
 Kathy Easterday in honor of
 Alice Easterday
 David Gans in memory of
 Joan Gans
 Amy Graziano in memory of
 Phyllis Graziano

Robin Heinrich in memory of
 Eleanor Norden
 Julia James in honor of
 Susan Knebel, "Mom"
 Ben Kemker in honor of
 Grady Kemker
 Peggy I Kleffer in honor of
 Charlotte Leader
 Lawrence J Lillo in memory of
 Darryl Waller
 Barbara Morgan in memory of
 Jim Morgan
 Ilene Morgan in memory of
 Eleanor Genaro
 Daniel O Regan in honor of
 Cy Regan
 Daniel Reichel in memory of
 Will Landon
 Corrine Schreibe in honor of
 Charlotte Leader
 Pamela K Smiley in memory
 of Don St John
 Paul Ward in memory of Candy
 Ward
 Shirley Wideman in honor of
 Fletch Wideman



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