



Spring 2022

Eastern Star Masonic Retirement Campus *Spotlight*

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



**Games or crafts (right)
and Happy Hours (below)
at ESMRC are
popular activities
for residents!**



*For more photos of
games and crafts
at ESMRC, see
pages 8–9*



Left and below: Members of Harmony Lodge #61A.F.A.M. waited two years to host a lodge meeting at ESMRC to honor Past Master Gilbert Carlton, who lives at ESMRC. In March, it coincided with an official visit by current Grand Master Ray Dunn.



Thank you to so many wonderful volunteers who play the piano (far right), visit with their dogs (right) and help clean up the community (above).

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

Patti Hayford, Controller

Nola Green Vaughn, Wellness Director

Brettney Starks, Life Enrichment Director

Kathy Flores, Memory Care Coordinator

Barbara Aragon, Director of Sales

Ljiljana Bjelan, Resident Services Director

Jerry Haynes, Dietary Director

Gary Lavoie, Maintenance Supervisor

Grand Lodge Office 719-623-5340

Grand Chapter Office 303-759-5936

Spotlight is published three times per year by the Robert Russell Eastern Star Masonic Retirement Campus. It is intended to provide information of interest to its readers and to promote enjoyable life pursuits in its community. ©2022, Eastern Star Masonic Retirement Campus. Reproduction in whole or in part without written permission is prohibited. To change the address to which this magazine is mailed, call 303-756-9489.

Spotlight is printed by Publication Printers corp., 2001 S. Platte River Dr.

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

Summer is here, let's enjoy the sunshine

It is great to have warm temperatures and sunshine for all residents to enjoy the benefits of Colorado living. I have been looking forward to this time for more than two years while dealing with the COVID pandemic. As ESMRC emerged from the COVID lockdown, it was wonderful to see residents recovering from their isolation, during which they could not visit with their families, and had to cope with all the restrictions necessary to keep them safe. If there is one lesson that I have learned during this time, it is that never underestimate the will of seniors to endure the hardships of the times and persevere.

Families have been so supportive of the community and its staff. I cannot say "Thank you" enough to all the people who kept their loved one's spirits high, maintained communication with them through novel means and supported our ESMRC team — it made a difference.

Unfortunately, dealing with the COVID virus has become a new normal in our business — vaccines, boosters, and special COVID treatments will continue to occur. I am sure that I will continue to see a few outbreak cases throughout the year. The important thing to know is that today we know so much more about COVID, how to treat the virus, and manage the minor outbreaks that may occur.



*Above: Dick and Pati are big Rockies fans!
They were ready for the delayed opening day.*

ESMRC will continue to take guidance from the City of Denver and Colorado State Healthcare Departments to keep this virus under control. It will not let dictate how we offer services or how residents can live their lives.

Now that the worst of the pandemic is behind us, I hope to return to some normalcy during the summer months. ESMRC will continue to offer a full fun activity and social program in which residents can participate. There will be lots of bus trips to the stores and offering scenic drives that all the residents enjoy. My staff and I hope to offer some unique events for both residents and families soon, as we encourage our residents to enjoy the outdoors and spend quality time with their families.

I also expect to continue to add people to our community who are looking for senior independent, assisted living or memory care services. Our goal is to have a vibrant, fully occupied community, offering a quality living environment and meeting the needs of residents. It has been exciting to see many local community seniors come by to look at the community and work with services providers to meet their residential and healthcare needs on the ESMRC campus.

So, let us enjoy the sunshine. Come see us, we are open to all guests. Your loved ones are anxiously waiting to see you and spend time together. Stay in touch. We post weekly what is happening at ESMRC. I would love to see you. Then we can all enjoy the summer together.

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

Thanks again, for your support.

Larry Lillo
Executive Director

The ever-evolving activities at ESMRC

When moving into ESMRC, residents and their families fill out a variety of paperwork that helps staff get to know the new resident. We want to know what they used to do for hobbies, their likes and dislikes and what they do now for fun at their current age. This information helps the staff be able to connect with new residents.

Important information for caregivers is the way they like to start their day to the way they like to end it. We love to know all about their normal routines and what makes them feel comfortable. There may be many activities or hobbies the residents did at a young age that may be adapted for their current capabilities. Residents may not be able to do all the activities they did before but they may be able to find enjoyment in different ways. With that being said, when we find out an interest or activity a resident likes, it may be possible to add it to the community's activity schedule.

As of right now our most participated activity is morning exercise. That is why six out of seven days of the week start with ab exercise activity.

We continually evaluate what is working and what is of less interesting to our residents. Input into our activities comes from different sources:

- Tracking participation
- Resident Council Meetings
- Personal conversations with residents
- Observing residents' physical abilities
- Family member suggestions
- Volunteers offering to teach or lead activities

With numerous opportunities for residents to express their likes and dislikes, we continue to expand and evolve the activity program. With residents able to have a say in what happens in their daily lives, we are more likely to see increased participation and happier residents.

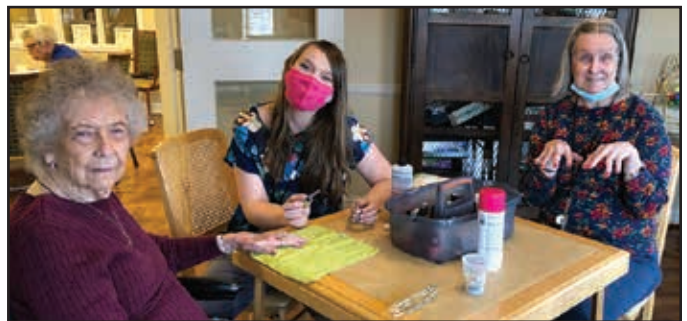
Bringing residents together for activities offers social, physical, and mental benefits each day to help them to live healthy lifestyles.

– Brettney Starks
Life Enrichment Director



Below and right: On Thursdays, shopping at the Dollar Cart is always a thrill for shoppers! They can fill their bag with candy, sodas or toiletries — all for only \$1.





Living in assisted living is not just sitting around waiting for the next meal. You can be as active or inactive as you want to be. ESMRC has a walking club or you can walk on your own. Groups of residents go out to eat or you can have a meal delivered. Some residents go shopping regularly. One group took a trip to the Wings Over the Rockies Air and Space Museum (top left). You can do a jigsaw puzzle, read a book in the sun or in your room, or get your nails done. You can be as active as you want to be.

alphagraphics



benchmark
investment
advisors



PINKARD
CONSTRUCTION

Tito's



Handmade
VODKA
AUSTIN • TEXAS



WR Western
Roofing, Inc.
Our Brand Means
Peace of Mind

SCOFIELD & SCOFIELD
REAL ESTATE BROKERS



A Stitching Shop
We make it & you make it. We're stitching
you with a little bit of love.

The Master's Community Church
Rev. Steve Schroeder PMA
303-405-7780 / info@masterschurch.com



**Prime Time
For Seniors**
Serving Colorado Seniors for over 32 years
www.prime-time-seniors.com



Eco-Cutters



Optum



SCAN ME

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

Eastern Star
Masonic
Retirement Campus

13TH ANNUAL GOLF TOURNAMENT

FRIDAY, JUNE 17, 2022

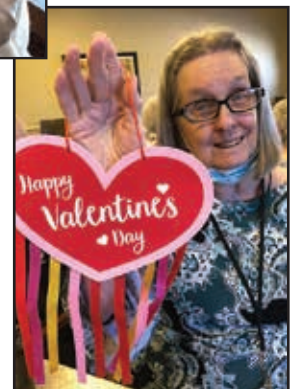
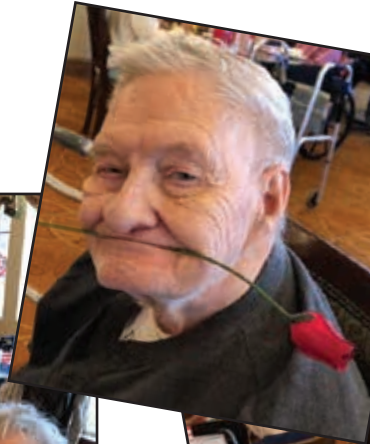
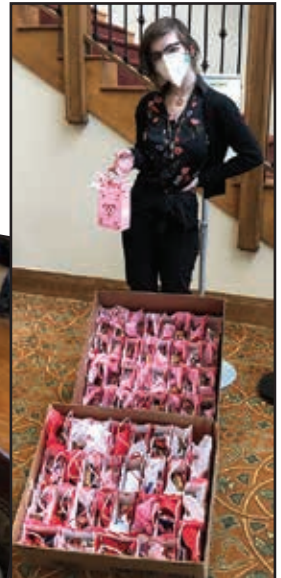
HYLAND HILLS
GOLF COURSE

9650 Sheridan Boulevard • Westminster, CO 80031



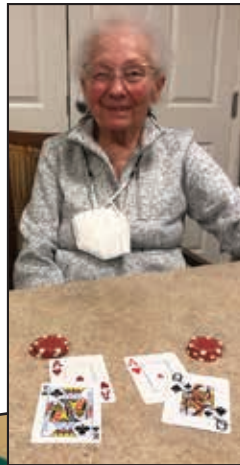
Activities Recap

Our residents felt the love on Valentine's Day as they opened bags of sweet treats from Colorado DeMolay (left) and friend Eli (right).





The games people play — Bridge, Bingo, Dominoes, Pokeno, Scrabble, Yahtzee and, of course, Blackjack!



March was a busy month. ESMRC residents celebrated Mardi Gras and St. Patrick's Day





The crafty seniors enjoy being creative! From tie dye art to door hangers, beaded jewelry to flower arranging, painted ceramics to avocado pillows!



The Easter Bunny arrived in style to visit the residents and handed out eggs filled with candy and money.

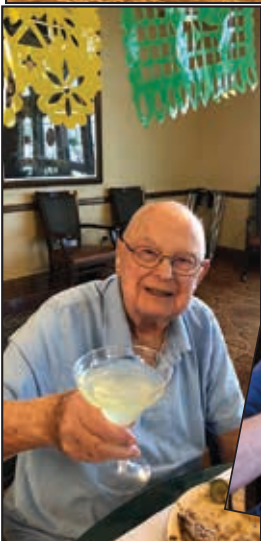
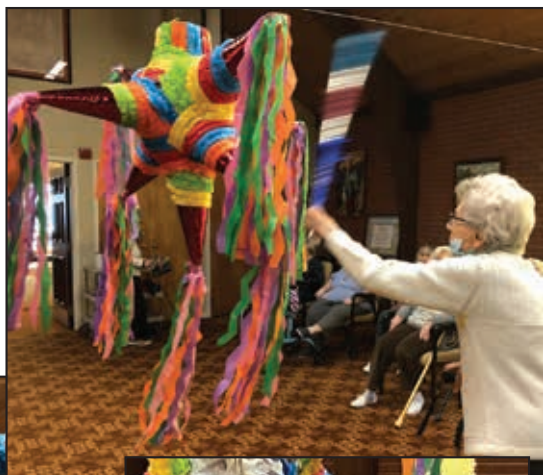


The tradition continues! When Executive Director Larry Lillo is out of town, residents have a pizza party!





We celebrated Cinco de Mayo by destroying a piñata filled with candy, then enjoy a margarita with dinner.



Residents enjoyed a pie buffet for PI Day.



Spotlight on Memory Care Department

Our residents who live in our memory care neighborhood enjoyed a St Patrick's Day Party, a visit from the Easter Bunny, lots of music, arts & crafts and sorting laundry, which is a daily meaningful activity.



It's all right here at ESMRC!

Life is going fine until it isn't. You or your loved one falls, and now cannot get around like they once used to. Memory issues are starting to become a concern. Getting in and out of the shower is a challenge. All of these examples are common issues seniors and their families face as they navigate options to keep their elderly loved one safe.

A popular solution is a retirement community like the Eastern Star Masonic Retirement Campus. Here we offer independent, assisted living and memory care options that will provide the appropriate care for your loved one. The only care we do not provide is skilled nursing care.

Starting with independent living, our campus has 58 patio homes for those who are still completely independent. We have three one-bedroom units, 48 two-bedroom, two-bath units and seven units that are two-bedroom, two-bath with a basement. Residents move here because the patio homes provide maintenance-free living. There are emergency pendants if a person needs assistance. This gives seniors and their families the peace of mind to know that they have some oversight.

The second option is assisted living in either the Barry building or Robert Russell building. The Robert Russell building is older. It is priced



lower than the newer Barry building. In assisted living, you receive care that includes meals, laundry, housekeeping, and transportation. ESMRC has medical services for an added cost such as: medication manage-

ment, escorting, incontinence management, assistance with bathing, dressing and more.

In this setting the resident does as much as they can on their own. We assist with tasks that they need help with. For the resident's enjoyment, there is a full activities program to stimulate participants both mentally and physically. We also have rounding doctors, podiatry, dental and in-house physical/occupational and speech therapy for residents who need some additional support. In addition, we allow hospice care to come into the community when the time comes for end-of-life care. Families love our assisted living option because they know their loved one has 24/7 oversight, and their loved one stays engaged.

The last option is memory care for those who have advanced memory loss. Residents are gently guided through their day by staff who give verbal cues to assist residents with their activities. Memory care offers a specialized activity program for those with memory issues to encourage engagement. Our neighborhood has its own dining room and outside courtyard to provide a quieter atmosphere. It also is all-inclusive, so families don't have to pay extra for things like incontinence care or medication management. This option allows the spouse or family to once again be the family member, not the caregiver, reducing stress for both a resident and family.

If you or your family is struggling with how to care for a loved one who needs more care, it may be time to start exploring options. Our team at ESMRC is available to detail costs, availability and show you around. You can reach the Marketing Department, 303 756-9489, for more information.

{Editor's Note: This was Diane Martinis last article. She retired as the Director of Sales and Marketing at the end of April. She had worked at ESMRC for 15 years.}

**– Diane Martini
Director of Marketing**

Left: ESMRC is lucky that Legacy Healthcare has a physical therapy office in our building. Residents are even luckier when technicians offer massages!

Philanthropy —



Eastern Star Masonic Retirement Campus thanks the following Chapters, Lodges and individuals for their donations to the ESMRC for January–May 2022.

Lina Byrd in memory of Charles Anderson	Stephen Pritchard in memory of Lillian Rogers	Kathleen Zafian in memory of Cyril Regan
Thomas Henshall in memory of Helen and Ted Opp	Margaret Ringhofer	Star Vista Village residents in memory of Lousie Rowe
Anthony Korvas	Janette Romero in memory of Wilma C Romero	and Vivian Duvall
Jean Leonard	Caril Welch in memory of Cyril Regan	Union Lodge #7 in memory of Tom Radow
Joan Naton in memory of Cyril Regan	Edwin Wichert	

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–May 2022.

We appreciate you!

Eli and Judy Batenburg	Murr family	Robin and Mike Terry
Draper family	Reichel family	Colorado DeMolay
Ann Lane's family	Scarpeto family	Colorado Rainbow Girls

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

The Robert Russell Eastern Star Home of Colorado participates 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!

To use the King Soopers or City Market Community Rewards Program click the link for whichever store where you shop:

- For King Soopers Stores: <http://www.kingsoopers.com>
- For City Market Stores: <http://www.citymarket.com>



Once logged into your King Soopers or City Market account, search for Robert Russell Eastern Star Home of Colorado either by name. or **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.



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

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.



ESMRC takes care of residents needs. Once a month there is a weigh-in clinic, regular physical therapy sessions and a beauty salon where appointments can be made to get their hair done. With regular visits by a dentist or various doctors, residents may schedule an appointment. ESMRC staff monitor blood pressure and heart rates regularly. Medications are delivered daily.



Spotlight

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

Postmaster: Deliver to homes May 31, June 1, 2

Non-Profit Org.
U.S. POSTAGE

PAID

Denver, CO
Permit No. 1155

I would like to give a charitable contribution to Eastern Star Masonic Retirement Campus.

☐ \$25 ☐ \$50 ☐ \$75 ☐ Other _____

☐ Tree of Faith ☐ Tree of Hope ☐ Tree of Love
\$100–499 \$500–999 \$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: _____

