



Fall 2022

# Eastern Star Masonic Retirement Campus *Spotlight*



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



**Russell Haughey got the distinguished  
Pillar Award for more than 68 years of  
Masonic service**

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## Milestones:

- On May 29 Elsie turned 105 years young!
- Wellness Director Nola Green Vaughn retires
- New employee in Sales Department, Leeann Looman



*Above: Staff and residents gathered to toast Wellness Director Nola Green Vaughn when she retired.*

*Right: Leeann Looman joined ESMRC as a Sales Counselor.*

### **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  
Brettney Starks, Life Enrichment Director  
Kathy Flores, Memory Care Coordinator  
Ljiljana Bjelan, Resident Services Director

Barbara Aragon, Director of Sales  
Leeann Looman, 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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# Two residents were honored for Masonic service, 60 years or more

On July 14, members of New Frontier Lodge gave Russell Haughey the distinguished Pillar Award for his more than 68 years of Masonic service (cover photo). Russell is also a 57 year member of the Colorado Order of the Eastern Star.

Right: Russell's friends were in attendance and supported him at the ceremony.

...



On June 27, Grand Lodge officers from Colorado gave Jim King his 60-year-pin from the Grand Lodge of Ohio (left photo).

Jim's family was able to be present at the ceremony (photo below). The next day Jim sadly moved from Colorado to Kentucky to be closer to his daughter. He moved into the Masonic Home of Kentucky.



# Spotlight on Memory Care Department

*Memory care residents love musical performances. We have music on a weekly basis to keep them smiling. They love Calvin and his many hats. They enjoyed the ukulele performance. There are also outside activities and sensory activities.*

*Thank you to the Murr family for planting and tending the garden. It is beautiful.*





On June 9, ESMRC held its 13th annual golf tournament at Hyland Hills Golf Course. The sold-out event raised more than \$23,500 to benefit the nonprofit community. We cannot thank our sponsors (left) and golfers enough for making it the biggest success ever in the history of this event. Golfers enjoyed breakfast burritos, lunch, golf and massages! The golfers got fully-loaded goodie bags with all kinds of treats. The Tito's Tiki Bar never ran dry! Congratulations to the tournament winners!



Left: The Tiki Bar was not hard to find. Right: Were they practicing putting or playing golf ball croquet?

The ESMRC held its annual 4th of July community picnic where family and friends enjoyed delicious food and wonderful entertainment.



# Activities Recap

*Just because you move into OUR assisted living community, it does not mean you have to give up doing activities you love! We have a very busy activity calendar for groups: shopping via a community bus, eating at restaurants, or going to movies like Top Gun Maverick.*

*If you like to walk, Ginny walks every day on the treadmill in the gym. Pat does gardening and sewing. Judi does all kinds of crafts. Marlene loves to crochet and is always making a present for someone special.*

*We bring entertainment to residents: the El Jebel Family Band, The St. Andrew Bell Choir, and a Karate demonstration from a resident's grandson.*

*Games are always being played: poker, "Bridge Babes," or Wii Bowling. Flower arranging is one of the most popular activities.*

*We even had a drum circle activity where residents used drums from everyday items to make music.*

*The Dollar Cart is set up weekly in the lobby. Everyone looks for shopping bargains.*





*Above: Judi*



*Above: Judi's grandson and karate friends*

*Right: Dora*



*Right: Bev*



*Above: Pat*



*Right: Ginny*



*Right:  
Marlene*





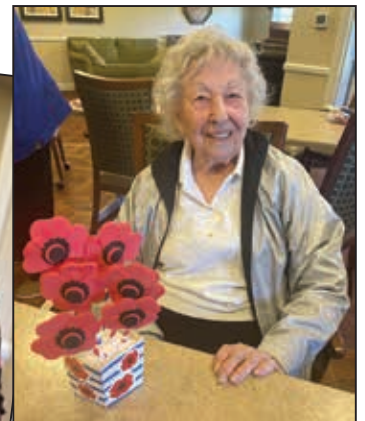
*Left: El Jebel Family Band*



*Below: Drum Circle*



*Left: Dollar cart fun*



*Making crafts to decorate a room or to wear, like bracelets, is a popular activity.*





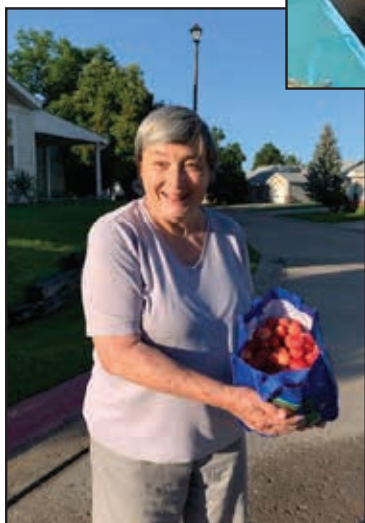
*We invited Community Resource Officers from District 3 for coffee and donuts. They spoke and then graciously posed with residents for photos.*

*The residents jumped on the Avalanche Stanley Cup bandwagon. They enjoyed their own game in which they could win prizes. Now it's all about the Broncos!*





*The campus has 57 patio homes dedicated to independent living for residents who are able and choose these. Star Vista Village residents are nicknamed the "Village People." They plan their own activities to have fun together! They love to have theme dinners (left). Three photos are from the tropical evening as if they were dining on a cruise. Two photos (bottom pair) show one of the monthly excursions that the residents make for culinary exploration!*

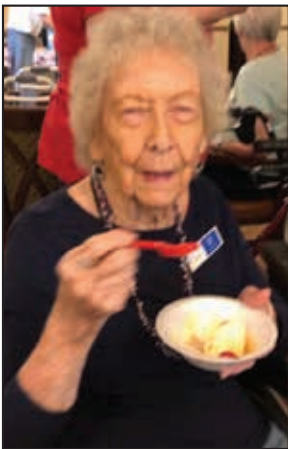


*One Star Vista Village resident, LoAnn Scarpato (left and right), saw opportunity in a neighbor's crab-apple tree. She collected some of the fruit to make crab-apple butter before the birds feasted on the delicacy. (Photos by Jane Cahn)*



## ***ESMRC residents LOVE ice cream.***

*Here they are photographed  
having a delicious time at the ice  
cream sundae parties.  
One was at Bonnie Brae Ice Cream!*



# Benefits of aging in a community

According to the Center for Disease Control (CDC), loneliness and social isolation significantly increases a person's risk of premature death from all causes. Not only does the lack of social interaction increase our chance of early death, but it increases our chance of having dementia by as much as 50 percent! In contrast to these statistics, people living in the Blue Zones (areas of the world who have the highest concentrations of centenarians in the world) attribute social support and a sense of community as one of the reasons for living a longer, healthier life!

Covid contributed to isolation in all age groups, but the senior population was among the hardest hit. Seniors lucky enough to live at Eastern Star Masonic Retirement Campus are provided with multiple fun activities that encourage interaction with others. We offer a variety of classes including exercise, painting, jewelry making, and flower arranging. We also provide games like Bingo, Dominoes, word games, board games, and card games. If you are not interested in games or classes, you can interact with others while dining or attending a weekly Happy Hour with live musical entertainment.

Our community has not only survived the pandemic, but we are thriving in spite of it! In addition to all the fun activities we offer in the community, we also offer day trips with scenic rides as well as special events.

Next month we are sponsoring the Great American Road Trip! This is a "faux" trip where activities that correspond with certain cities are provided. For example, we will have a fishing contest as residents "visit" Seattle. An Elvis concert is planned for a Memphis stop. Homage to the Wild West will have everyone dressed like cowboys, and then there will be a shooting competition. The East coast portion of the trip will include New York pizza and pretzels. The trip concludes in the Florida Keys with a Jimmy Buffet concert! This will be loads of fun for everyone!

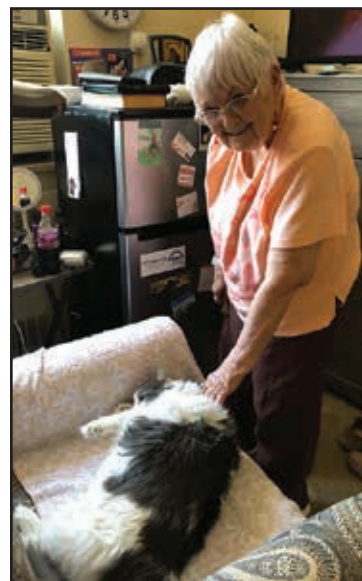
If you live close to ESMRC, please stop by for a visit. Pick up an Activities Calendar so you can see everything that is offered! It is truly a fun place to live and to work!

If you are not in Colorado, there are several national organizations that can help you find places to connect with others:

1. **AARP** can provide helpful information to improve quality of life, including access to Community Connection Tools
2. **Eldercare Locator** is a free national service that finds local resources that help a senior who needs financial support, caregiving services, or transportation. They also include a brochure on how volunteering can help you to feel socially connected.
3. **National Council on Aging** provides a list of programs and services that are available locally to assist with healthy aging.
4. **National Institute on Aging** provides materials on social isolation and ways to overcome it. It studies many topics by funding researchers who publish the results of those studies.

If you are the family member of a senior who spends a lot of their time alone, reach out to one of these organizations for ways to connect your loved one with others. Their lives may depend on it!

– Leeann Loman



# Philanthropy —

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



Joseph Brock	Peter Murr	Excelsior Chapter
Stephanie Fossinger	Ella Nuss	Grand Chapter of Colorado
John Grogan in memory of Joan Draper	Karen Ostermiller in memory of Katherine Pullen, PWGM	OES
Sue Ann Lindauer in memory of Ann Miller	Ardith Prather in memory of Otis and Helen Askren	Star Vista Village in memory of Pete Muench

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## 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 June–August 2022.

We appreciate you!

Blackhawk Lodge #11	Kathy Alderhold	Ilene Morgan
Bethel 33	Carter Family	Whisker Family
Loyalty Chapter #145	Robin Heinrich	
Patchwork Singers	Julia James	

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

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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 or both:

- 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, and again it is at no cost to you!

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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](http://www.esmrc.com), then click the "donate now" icon. Make a secure donation using the Community First Foundation System.

# Colorado Gives Day —

The Eastern Star Masonic Retirement Campus is excited to announce that it will participate again on Colorado Gives Day, Tuesday, Dec. 6. For 24 hours, Coloradans come together to raise funds for local nonprofits. We are excited to be part of the day!

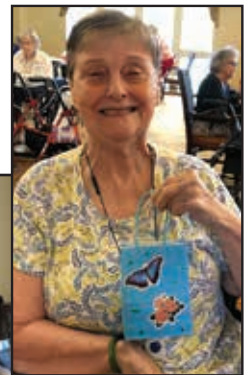
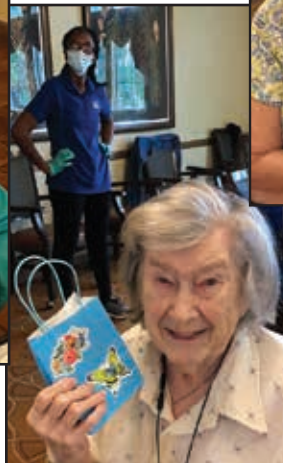


On Colorado Gives Day, you can join us by sharing the news about Colorado Gives Day. Invite your family, friends and others in your personal network to participate on December 6. Every gift is tax-deductible. Our goal this year is \$10,000.

This day of giving is one of the many ways you can make a real difference. We look forward to having you join us for this special campaign. A Colorado 501 (c)-3 assisted living community serving seniors in need since 1931.

To make an online donation go to our website: [www.esmrc.com](http://www.esmrc.com) and click the donate now icon. All donations made on December 6 will be matched by a certain percent by the Community First Foundation. Or, you can send a check labeled "Colorado Gives Day" in the memo line to ESMRC, 2445 S Quebec St Denver, CO 80231.

Below and right Thank you to Eli for your Bags of Love that you put together for residents!



**2435 S Quebec St, Denver 80231**

**Saturday October 1st 10:00am-12:00pm**

★ ★ ★ ★ ★

**DEMOLAY**

**COLORADO**

**BROOMFIELD CHAPTER**

**SHRED-A-THON EVENT**

Hosted by the Eastern Star Retirement Community  
and Broomfield Chapter Order of DeMolay

## Spotlight

Robert Russell Eastern Star  
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Denver, CO 80231-9924

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☐ \$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.**

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