



Fall 2023

Eastern Star  
Masonic  
Retirement Campus

# Spotlight

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



***Cheers to Summer!***

***ESMRC held its  
community family  
picnic to celebrate the  
4th of July Holiday!***



**DEMOLAY** COLORADO  
**Eastern Star Masonic**  
 Retirement Campus

## SALUTE TO SERVICE

This special tribute fundraiser will recognize and honor those who have served and continue to serve our country. Our SALUTE to SERVICE campaign is an opportunity for you to purchase a 3' x 5" American Flag that will be displayed on the front lawn of the Eastern Star Masonic Retirement Campus the week of November 5 through November 12 in honor of Veterans Day.

- 3'x5" Flag on a 6'ft pole cost: \$40.00
- Flags are limited to 200 and will be sold on a first-come basis.
- Flags from each of the five services are also needed. Air Force, Army, Coast Guard, Marines, and Navy. Cost: \$40.0

QR link to Eventbrite to reserve your flag:  
 If you have any, questions please call:  
 Pati Sawyer Boex, 303-753-2160  
[patis@esmrc.com](mailto:patis@esmrc.com)  
 Chuck Goodwin, 314-703-4966  
[chuckgoodwin@hotmail.com](mailto:chuckgoodwin@hotmail.com)



### 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  
 Rick Rimes, Memory Care Coordinator  
 Ljiljana Bjelan, Resident Services Director

Theresa DiGioria, Wellness Supervisor  
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# Masonic News



*Left: In September the Board of Trustees for the Eastern Star Masonic Retirement Campus held their annual House of Delegates meeting. Re-elected to the Board*

*of Trustees were Kathy Easterday, (bottom right) and Bart Wegner (third from left standing). Sue Schultz and Associate member Danny Tomilson were elected. Other board members (from left standing) are Steve Schroeder, Larry Tygart, Bart Wegner, Jaymie Vaughn, Danny Tomilson, and Ashley Buss. Seated from left: Sue Schultz, Steve Davis, Terry Hudson, and Kathy Easterday. Thank you for your dedication and service to the community and its residents.*



*Loyalty Chapter #145 (left) and Dawn Chapter #125 (right and below) held ice cream parties for residents.*



*Above: Jobs Daughter member Evelyn held her own birthday party at ESMRC. Residents had a wonderful time playing BINGO.*



*Right: Park Hill Lodge held a lodge meeting at ESMRC for resident Masons.*



The ESMRC held its **14th Annual Golf Tournament at City Park Golf Course**. 144 golfers helped raise more than \$26,000! Family members, community partners and members of the Masonic community enjoyed the sunniest day in June to play golf, bid on gift baskets, and support the ESMRC community.



and support the ESMRC community.



# Golf Tournament

*Sponsored By*

**More Golf Tournament...**



**Summer Luau** brought out the grass skirts (left) and colorful Hawaiian leis.



*Below: Through the magic of facetime, Toni spoke to her family in Italy for her 95th birthday.*



# Activities Recap



*Activities like baking, cracking jokes, taking scenic rides, dining out, gardening, eating with friends, or shopping the Dollar Cart — residents live a full life in RETIREMENT!*



*Right: Rooting for the Broncos is always fun.*

*Below: Some residents enjoy sitting on the patio.*





*Right and below right: Going back to the 1970s with hand-made tie-dyed T-shirts, hats, purses or towels is colorful and brings back wonderful memories.*



*Below and right below: Residents love the visits with animals (in this case — friendly dogs.)*





ESMRC has doctors who visit regularly to see residents in their apartments. We also have the most popular doctor who comes and trims toenails (left). Manicures are provided for fun (bottom right)! The Mobility Clinic sends a technician to tune up walkers (below middle). The dentist is a regular on campus too (right).

Thanks to Legacy Healthcare who provides physical

therapy, speech therapy and occupational therapy as needed from their onsite office.



Left: Residents always enjoy the Pizza Party when Larry is not at ESMRC.



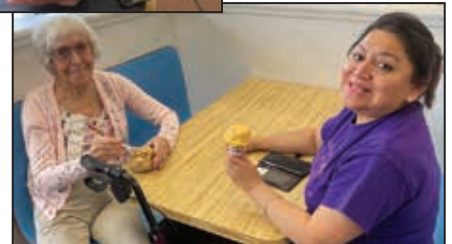
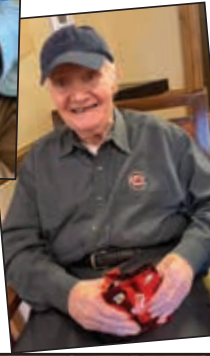
*Residents enjoy a variety of games.*



*From left, clockwise:*

- Billiards
- Cornhole toss
- Jigsaw puzzles
- Poker
- Blackjack poker
- Balloon toss
- Scrabble

# Spotlight on Memory Care Department



# Spotlight on Employees



*Left: Executive Director Larry Lillo congratulates Victor Massey who just celebrated working at Eastern Star Masonic Retirement Campus for 20 years. Victor is always smiling and gives hugs to residents who love him like family. Thank you, Victor, for your dedication to our community and its residents. We appreciate YOU!*



*Right: Annette Namubiru celebrated working at ESMRC for five years.*



*Left: ESMRC said goodbye to Kathy Flores, Memory Care Coordinator. Her replacement, Rick Rimes, was welcomed to the leadership team.*



*Right: Alex Flores took and passed his U.S. citizenship exam! Congratulations, Alex!*



**ESMRC Blood Drive**  
**March 21, 2024 and August 22, 2024**  
**9 am–1 pm**

In Fraternal Meeting Room  
2435 S Quebec St, Denver

To schedule an appointment, call 303-363-2300,  
or visit [donors.vitalant.org](https://donors.vitalant.org); use **0474** blood drive code

Or, contact Pati Sawyer Boex, 303-753-2160,  
[patis@esmrc.com](mailto:patis@esmrc.com)

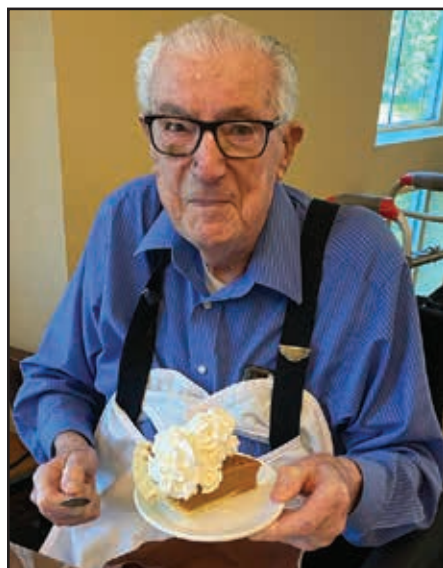
# Spotlight on a Resident

I started living here in 2004, the year of my stroke. I really like it here (for the most part). Part of why I like it is that I was in a nursing home for a while after my stroke. The staff here is much more stable. Most of the staff have been here multiple years, which means you have a chance to get to know them.

I like the food. The choices we have when we don't like what's on the menu is a nice alternative. Breakfast is the best meal of the day, probably because I have so many choices and I'm so hungry. There are two choices at lunch, plus an a la carte menu with cold sandwiches, hot sandwiches, and salads. There is one choice at supper, plus the a la carte menu. I don't have to cook or clean up!

There are activities going on for most of the day, plus shopping at various places. I can make trips to places like the library and Hobby Lobby. Trips to King Soopers and Walmart are always popular. The bus can take 12. Sometimes it is full. I try to go to my own church. There are also church services here (with free doughnuts)!

I sometimes go to activities, like jewelry making. Other times, I spend time by myself in my room. I like to play games on my computer, read, watch movies on TV, and tend my plants. I am glad I have my own room. Married couples may share a room.



My mother lives here too. When her dementia gets too advanced for Assisted Living, I can move her to Memory Care. There are only 20 or fewer residents in Memory Care. Everyone gets the care they need. We moved her from Independent Living to Assisted Living at this campus. Thus, she already knew some people and staff.

I recommend this place for anyone who has a reason they can't live independently. There are people here who are 58. Many residents are in their nineties. Most staff and residents are really nice.

I recommend this campus to anyone who needs it for themselves, or has a relative who has a need for more care, to move here. (No, I don't work for marketing!).

– Nancy Susman

*{Editor's Note: Having lived at ESMRC for 20 years, Nancy Susman is the youngest resident but has lived in the community for second longest of all residents.}*

*Left: Bill's secret to living to be age 102: eat pie with lots of whipped cream!*

# Is it time for assisted living?

Many families are dealing with this question. They are noticing that mom or dad, or both, are not maintaining their home like they used to. They are letting more things “slide” as they struggle to keep up. It can be a tricky situation because many seniors are resistant to accepting more help in their home or moving to an assisted living community.

Retirement communities, like the Eastern Star Masonic Retirement Campus, are designed to help seniors with their activities of daily living so the resident can enjoy the day without worry. Staff provide dignified care making the resident feel comfortable with daily activities that they used to do themselves. This includes dressing, bathing, toileting, providing meals, and managing medications. Although the residents are receiving services, they still feel like they are independent.

*The biggest fear for seniors is losing their independence.*

Most seniors want to stay in their homes, but when it becomes difficult or impossible to live safely, they may not have a choice. This is why it is so important to include them when researching and touring of communities.

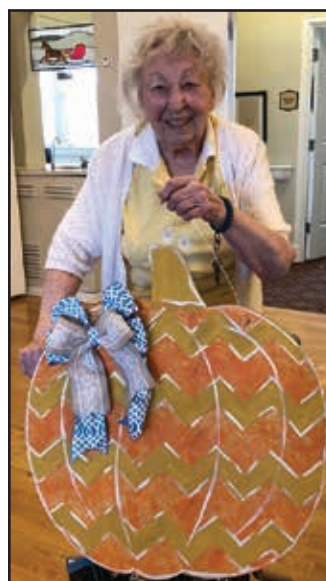
Another strategy is to visit a nearby retirement community. Before you do this, however, it is a good idea to do your homework first. Check out the community yourself to make sure it will meet the needs of your loved one.

A good strategy is to bring your loved one for a fun activity. Then have lunch at the community. This is a non-threatening way to introduce the idea of a different lifestyle to your relative.

If you or someone you know is needing more help, but not on board with receiving assistance, or moving to an assisted living community, a good starting point is to suggest a visit to the doctor to review how safe the senior is without assistance. Hearing advice from a doctor can be very powerful.

Convincing your loved one to move to assisted living can be a challenge, but with the right approach, you can accomplish the task while making everyone happy. For questions on assisted living, or more information on the Eastern Star Masonic Retirement Campus in southeast Denver, please call Barbara, 303-756-9489.

**– Barbara Aragon  
Director of Sales**



*Above and right: Thanks to a donation by the Humphries, residents painted pumpkin door decorations.*

# Philanthropy —



Eastern Star Masonic Retirement Campus thanks the following Chapters, Lodges, and individuals for their donations to the ESMRC for June–September 2023.

Wayne Burch	Walter Rowell	Loyalty Chapter 145 OES in memory of Lina Byrd
Diane Burns in memory of Helen and Dewey Matthews	Maxine Stamper	Star Vista Village residents in memory of Hattie Post
Carol Danford	Bart Wagner	
Adam Groom	Centennial Chapter #58 OES	
Christine Hause	Excelsior Chapter 66 OES	
Joanne Johnson	Grand Chapter of Colorado OES	
Karen Ostermiller in memory of Katherine Pullen WGM		

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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–September 2023.

We appreciate you!

Judi and Eli Batenberg	Jane Cahn	Janice Sales
Jeff Brothers	Ellen Lillo	Robin Terry
Family of Lina Byrd	Sherry Lund	Denver Royal Arch #2



*The Eastern Star Masonic Retirement Campus is excited to announce Colorado Gives Day, which is Tuesday, Dec. 5. For 24 hours, Colorado residents raise funds for local nonprofits. We are excited to be one nonprofit! Join us by sharing the event. Invite your family, friends, and your personal network to participate on Dec. 5. Every gift is tax-deductible and helps us reach our goal of \$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. Together, we can make a better place for the residents of the ESMRC, a Colorado 501 (c)-3 assisted living community, serving seniors in need since 1931.*

*To donate online, go to our website: [www.esmrc.com](http://www.esmrc.com). Click the “donate now” icon. All donations made on Dec. 5 will be matched by the Community First Foundation (small percentage). Or you can send a check with “Colorado Gives Day” in the memo line to ESMRC, 2445 S Quebec St, Denver, CO , 80231.*

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To all anonymous donors or those whose names are not acknowledged here — we thank 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.



*Above: Thanks to the Frits for donating Depends for in-need residents.*



Nearly **1,000 Bags of Love** have now been delivered by Eli and her mother Judi.

Judi's mother was a 50-year member of The Eastern Star in New Jersey. This project by the mother-daughter team started out as a school volunteering project for Eli more than a year ago.

We now call it Eli's "Bags of Love." Boy, do the residents LOVE the bags distributed. Everyone loves Eli and Judy!

They brought their gifts on the birthday of their mother/grandmother, in her memory. Each bag was decorated with ducks because she loved ducks.



# Spotlight

Robert Russell Eastern Star Masonic  
Retirement Campus of Colorado, Inc.  
2445 South Quebec Street  
Denver, CO 80231-9924  
Postmaster: Deliver to homes Oct. 25,26,27

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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: \_\_\_\_\_

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Denver, CO 80231

- Operating Fund
- Home Endowment
- In memory of: \_\_\_\_\_

