

# EASTERN STAR FOUNDATION AND THE SENIOR LIVING COMMUNITY



Fall 2014

*For the Eastern Star in California*

WE ASKED, AND YOU ANSWERED. IN ONE WORD WHAT DOES EASTERN STAR MEAN TO YOU?

**FRIENDSHIP**      **SERVICE**  
**TRADITION**      **FAMILY**  
**COMMUNITY**      **COMMITMENT**  
**CONFIDENCE**  
**INTEGRITY**  
**FRATERNALISM**      **FELLOWSHIP**

## WE WANT TO HEAR FROM YOU!

Our goal, like yours, is to stay connected to the Eastern Star at its heart: its members. We hope to provide valuable information and resources to you through our new and improved newsletters. If you would like to submit anything for consideration such as chapter photos, events, highlights or even have an idea for a new article, please email: [eclark@easternstarhomes.org](mailto:eclark@easternstarhomes.org).

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## From the Worthy Grand Matron and the Worthy Grand Patron

Hello California,

The month is October and it is time to reflect on the year about to close and look forward to the year ready to begin. I must thank our Director of Charitable Giving, Emily Clark, for the excellent job she has done this past year. Her innovative ideas, enthusiasm for the betterment of the Order, and reaching out to our neighbors for their support of the Senior Living Community has brought results already. She is working to make our SLC a vital part of the Yorba Linda Area.

It has been my pleasure to visit the SLC often in 2014 and become friends with our residents. They enjoy the visits from us whenever we can drop by to see them. They are active, and happy to be a vital part of the Order. The smiles that await me every visit are irreplaceable. Thank you to the residents for their warm welcome and friendship this year. You have added much Joy to 2014.

Our Fiesta was successful in June, and all who came had a great day at the SLC, with vendors, a car show, Gourmet food trucks, our traditional ice cream and strawberries, breakfast and so much more. Save the date of June 6, 2015 for the Fiesta next year. It can only become better every year with the community involvement in our Home. Thank you for enjoying the day and we'll see you next year. It will be here before you know it.

Randy, I and the Joyful Flerd are anticipating greeting many of you at the Grand Chapter Session in Visalia, just a few weeks away. It is during our annual session that decisions are made, regarding the government of our Jurisdiction, through the vote of the members attending. The social events at the session are always filled with fellowship and laughter. Come be a part of your Grand Chapter. Randy and I leave you with full dance cards and many memories of an unforgettable year. Thank you for making the music that kept us tapping our toes. May your feet keep the beat going after the last song is played.

With Hope, Joy, and Integrity,

*Debbie Maiman*  
Worthy Grand Matron

*Randall Cady*  
Worthy Grand Patron

## WHAT DO THEY DO ALL DAY?

There is a resource available to California Eastern Star members which is largely untapped and/or misunderstood.

*There are six people who work full time to ensure that your needs as members and as chapters are met.*

Your Grand Chapter office is located next door to the Senior Living Community for the Eastern Star. We work behind the scenes daily to make sure that all of your member and chapter needs are constantly being met. We do everything from ship member supplies to research Masonic heritages and verify connections. Each and every day keeps us busy!

Let me tell you a bit about the staff...

Whether you call or come into the office, the first person you talk to is Nancy Steger, our office clerk/receptionist. By the time you read this, she will be Yorba Linda Chapter No. 347's newest member, having been initiated at the beginning of September. She is responsible for your first impressions, answering the telephone and making sure you are routed to the correct person to help you. She distributes mail and helps Pamela enter your membership updates into the system. She also helps Jim in the shipping of anniversary pins and certificates, along with Rob Morris/Service Awards.

Depending on your question, you may be directed to Stacy Warren or Wendy Bryan, our Accounting personnel. Stacy, our Controller, is a wealth of knowledge and is committed to making sure that the accounting records of the State of California are in order and that all are following appropriate Federal and State laws. Wendy, our Accounting Clerk, is on top of all things payable and receivable. She also is our keeper of your payroll tax return copies so that we have what we need when workers' compensation rates are due to be refigured.

If your question is membership-related, then Pam Sandstrom is your point of contact. She is the Assistant to the Grand Secretary and is amazing at researching your prospective members connections and history; she updates our database with your member info and keeps track of monthly and other reports. If you need supplies or help with our website or forms, Jim Hannum is the person you're looking for. He's also VERY knowledgeable on issues relating to Robert's Rules of Order and our Constitution and Laws. He is the person who prepares and sends out 25/50/75 year certificates and Rob Morris/Service Awards, and prepares for printing our Constitution and Laws, Instruction Books, rosters, itineraries and calendars.

Then, of course, you have me, your Grand Secretary. I have various duties: I am the corporate secretary to the Eastern Star Home Board of Trustees and take minutes at their meetings. All checks and many other official documents must have my signature. I acknowledge donations and prepare and send out other communications so that you are kept informed. I answer questions on procedures and C&L issues where I can and refer more complex questions to the appropriate committees. I have arranged meetings for various committees, conference calls, hotel rooms for the schools of instruction, and supervise the membership side of the office. I am responsible for the publishing of the proceedings of our Grand Sessions and ultimately ensure that the deadlines set by the Constitution and Laws are met.

If you need us, we are a phone call or email away. Telephone hours are 9 a.m to 4 p.m. or you can email us at [adminmail@oesca.org](mailto:adminmail@oesca.org).

Sincerley,

*Maryann Barrios*  
Grand Secretary

*from the desk of*  
  
*Terri Ewing*

As I write my final newsletter as President of the OES Foundation Board, I have bittersweet emotions.

Bitter, because this has been a rewarding and satisfying experience and I am sorry to see it come to a close. I have worked with a cadre of dedicated, knowledgeable and spirited Sisters and Brothers over the past five years. I have enjoyed these relationships very much, and will miss our regular exchanges.

However, the parting is also sweet because I feel the Board is in an exciting place and is poised to continue a steady upward growth. While I would enjoy being around to witness the "next steps," it is probably time for me to move on so a "fresh brain" can come to the table. I sincerely thank Past Grand Matron Beverly Wade and Past Grand Patron Larry Coffin for giving me the opportunity to serve on the Board.

In the past months the Foundation has continued to receive generous gifts to all the funds, and the recent mailing highlighting the Endowment Fund has been very successful. Not only have donations come in for the Endowment, but for several of the other funds as well. In this newsletter you will see an article showcasing the Disaster Fund. This fund has a minimal balance, and while it is true money often comes in as a result of a plea sent out to members following a major disaster, a number of our members suffer losses on an individual basis due to fire, floods, and the like. And as a very timely reminder, our recent earthquake in the North Bay impacted numerous of our members in Napa and surrounding counties. While not of the magnitude of a couple past earthquakes, the damage to numerous homes and business was still significant. Please consider a donation to this fund to assist our Sisters and Brothers in need at this time.

Brick orders continue to come in, and we would love a few more orders so we can submit a large enough order to qualify for reduced rates (volume pricing) and free shipping. The bricks are a very nice thank you and/or acknowledgement to a deserving member, Chapter, Association, etc.

Another upcoming project that I think all will appreciate is some maintenance/updating to the website. Now that the new site has been up and running for a year, some inevitable bumps have been discovered, as well as what would be helpful additions. This work will start in the very near future and should be accomplished quite quickly. Stand by for more on this subject.

At our final meeting we will be talking about what we can next tackle from the strategic plan. One of our biggest goals is to be constantly vigilant in communication, so we will be doing more collaborating with the chairs of each of the funds of the Foundation and with our membership as a whole. I am pleased to announce that Sherie Gustafson will be stepping in as Board President for 2015, and she and the entire Board of Trustees will do an excellent job in their continuing stewardship of the Foundation.

I thank everyone for their support, guidance and friendship during these past five years.

Fraternally,

*Terri Ewing*  
 President, California Eastern Star Foundation

### KNOWING WHEN TO ASK FOR HELP!

In 1994 the Northridge Earthquake hit at about 4:00 A.M., leaving many homes and businesses in disarray throughout Southern California. Nothing was left untouched without damage, including museums, stadiums, and schools. CNN reported that more than 20,000 people were displaced from their homes and needed to find temporary alternative housing. Many of our own Eastern Star members were included in those affected. With the Napa Earthquake on August 24th, some of our members were faced with similar situations and the negative effects became even more real for all of us.

An earthquake may have been the most recent to strike, but here in California we are also often affected by mudslides, floods or fires. Regardless of what is creating the damage, many have hardships resulting from it, and their lives change forever.

In any disaster, it is important to not only be prepared but to know when to ask for help. In the coming pages you will read about how to be prepared and

how to have difficult conversations. Here we want you to know, it is okay to ask for help.

Sisters and Brothers, come together to support each and every one of you. We are a family, and when hardship strikes, we support you emotionally, financially and physically. Open arms greet you, regardless of what is happening in your lives.

The Eastern Star Foundation has set up a fund for those hit by disasters and in immediate need of support. Often funds like these, are only contributed to immediately after something happens. We realize that our fund is drastically low and not able to help as many as we would like. Thankfully the Napa quake was not as impactful as some other things we have seen, but what if Another disaster strikes and many of our members are struggling?

We need your help now. We need to increase the availability of the Disaster Fund, so that if and when something happens you have a place to turn. When a flood ruins your flooring, we

can help you restore and find alternative housing. When an earthquake shatters your belongings, we want to help you replace them and return you to a safe environment.

Please take this opportunity to donate to our Disaster Fund by including a check written to the California Eastern Star Foundation. Please write "Disaster Fund" in the memo field, or check off the appropriate box on the reply envelope. Your gift of \$50, \$100, \$500 or \$1,000 will help change the lives of members statewide. If you would like to donate, but to a different fund, please use the same envelope provided and mark accordingly.

It's okay to ask for help. Routines are shattered, property may be destroyed and members may be displaced. We are here to help you when catastrophic disaster occurs. With YOUR generous help, we can provide hope and light for our struggling members.



## CAREGIVING TIPS FOR DISASTER PREPAREDNESS

While preparing for a disaster can be a huge undertaking for anyone, some people require additional preparation. Here is a very useful resource that we found. It is geared towards those caring for family and friends with Alzheimer's, but can be applied to anyone. We hope it helps!

In general, you should prepare to meet the needs of your family for 3 to 7 days, including having supplies and backup options if you lose basic services such as water or electricity. Organizations such as the Federal Emergency Management Agency (FEMA, [www.fema.gov](http://www.fema.gov)) and the American Red Cross ([www.redcross.org](http://www.redcross.org)) provide information about making a general disaster plan.

### Gather Supplies

As you assemble supplies for your family's disaster kit, consider the needs of the person with Alzheimer's. Be sure to store all supplies in a watertight container.

### The kit might contain:

- Incontinence undergarments, wipes, and lotions

- Pillow, toy, or something the person can hold onto
- Favorite snacks and high nutrient drinks
- Physician's name, address, and phone number
- Copies of legal, medical, insurance, and Social Security information
- Ziplock bags to hold medications and documents
- Recent photos of the person

### Other supplies you may need are:

- Warm clothing and sturdy shoes
- Spare eyeglasses and hearing-aid batteries
- Medications
- Flashlights and extra batteries

### If You Must Leave Home

In some situations, you may decide to "ride out" a natural disaster at home. In others you may need to move to a safer place, like a community shelter or someone's home.

Relocation may make the person with Alzheimer's very anxious. Be sensitive to his or her emotions. Stay close, offer your hand, or give the person reassuring hugs.

### To plan for an evacuation:

- Know how to get to the nearest emergency shelters.
- If you don't drive or driving is dangerous, arrange for someone to transport your group.
- Make sure the person with Alzheimer's wears an ID bracelet.
- Take both general supplies and your Alzheimer's emergency kit.
- Pack familiar, comforting items. If possible, plan to take along the household pet.
- Save emergency numbers in your cell phone, and keep it charged.
- Plan to keep neighbors, friends, and family informed about your location.

- If conditions are noisy or chaotic, try to find a quieter place.

### If You Are Separated

It's very important to stay with a person with Alzheimer's in a disaster. Do not count on the person to stay in one place while you go to get help. However, the unexpected can happen, so it is a good idea to plan for possible separation:

- Enroll the person in the MedicAlert® + Alzheimer's Association Safe Return® Program—an identification and support service for people who may become lost.
- Prepare for wandering. Place labels in garments to aid in identification. Keep an article of the person's clothing in a plastic bag to help dogs find him or her.
- Identify specific neighbors or nearby family and friends who would be willing to help in a crisis. Make a plan of action with them should the person with Alzheimer's be unattended during a crisis.
- Give someone you trust a house key and list of emergency phone numbers.
- Provide local police and emergency services with photos of



**Need help finding the right resources?**

<b>1</b>	Do you need assistance?
	Questions about: · Dual Eligibility? · Admission to the Senior Living Community?
<b>2</b>	· Scholarships? · Foundation Programs? · Outreach Information? · Referrals?
<b>3</b>	Call: StarCARE 1.800.567.CARE (2273) or email <a href="mailto:information@easternstarhomes.org">information@easternstarhomes.org</a>

the person with Alzheimer's and copies of his or her medical documents, so they are aware of the person's needs.

*The Alzheimer's Disease Education and Referral (ADEAR) Center is a service of the National Institute on Aging, part of*

*the National Institutes of Health. The Center offers information and publications for families, caregivers, and professionals about Alzheimer's disease and age-related cognitive changes.*



## DONATE YOUR CAR!

OUR TAX DEDUCTIBLE CAR DONATION PROGRAM HELPS BRING COMFORT AND SECURITY TO SENIORS IN OUR SENIOR LIVING COMMUNITY.

QUESTIONS? DONATION SPECIALISTS CAN BE REACHED AT [ECLARK@EASTERNSTARHOMES.ORG](mailto:ECLARK@EASTERNSTARHOMES.ORG) OR 714.577.9281. WHEN YOU DONATE A CAR, TRUCK, MOTORCYCLE, SUV, RV, OR BOAT WE CHANGE WHAT MAY BE YOUR BURDEN INTO CHANGING LIVES FOR SO MANY SISTERS AND BROTHERS IN NEED. JOIN OTHERS IN THE ORDER BY DONATING TODAY. PLEASE CALL 714.577.9281.

- ✓ FREE TOWING ✓ ALL CARS ARE ACCEPTED – RUNNING OR NOT ✓ NO PAPERWORK HASSLES – WE DO IT ALL FOR YOU
- ✓ PROFESSIONAL SERVICE AND EASY DONATION PROCESS ✓ YOUR DONATION COULD QUALIFY YOU TO ENTER THE MILLION DOLLAR CLUB
- ✓ DONATIONS HELP FUND PROGRAMS RIGHT HERE, AT THE SENIOR LIVING COMMUNITY

from the desk of  
  
 Jim Whiteley

Sisters and Brothers,

This has been a very busy year for your Board of Trustees, one with many challenges, changes and rewards. There have been several significant changes in our management staff at the SLC over this past year, and they have all had a positive effect on the operation of our Home and how we care for our beloved residents. The most significant change was the hiring of a new Executive Director. We hired our Sister Kimberly Cooke to serve as our interim Executive Director. This allowed us sufficient time to advertise, interview, and hire a new director. I am very happy to report that the process was completed in June with the hiring of Sister Kim as our new Executive Director. I want to thank her for her excellent service this year to our Home and our Order. Other areas of management changes include: Plant Operations Manager, Wellness Manager, Social Services Coordinator and Human Resources Manager.

Your Board has worked diligently this year to accomplish the goals and objectives of our Strategic Plan and, in the process, recognize areas that require further review and planning. One area of concern is the goal to establish a Skilled Nursing Facility within five years. We will be holding another Strategic Plan review early next year, and this goal will be up for review. As always, we will welcome any input from you, the members of our Order. We will be interested in hearing your concerns or encouragement relative to the goal of establishing a Skilled Nursing Facility. In addition, we will be working to establish a good working relationship with the Masonic Homes of California, with a goal to find ways that we can complement each other's programs.

I would like to encourage our incoming Worthy Matrons and Worthy Patrons for 2015 to include a fund raiser in their planning that would help build our Endowment Fund. The fund raiser could be a coin march dedicated to the Endowment Fund. It has always been our goal from the establishment of our Eastern Star Home to build an Endowment Fund that would fully fund the operation of our home with the income from such a fund. This is a goal that is shared by your Board of Trustees, the Endowment Fund Committee and our Director of Charitable Giving, Emily Clark. If you need assistance or information, consider inviting a Board Member, Committee Member, or Emily Clark to one of your meetings. Some other fund raisers that can be considered are the brick project and our Northern and Southern Festivals that support our Home.

**StarCARE**— Remember that StarCARE is always there for you. If you need help or have a question about services that are available to you, please make a call to StarCARE for assistance at 1-800-567-CARE (2273), or you can email your request to [information@easternstarhomes.org](mailto:information@easternstarhomes.org). You can obtain information regarding Benevolent, Outreach, Cancer Assistance, Admission to the Senior Living Community, and Scholarships. Don't wait too long to learn what your options are. Timing can be very important when it comes to allowing one of these programs to meet your needs.

The best way to learn about your Senior Living Community and our residents who reside there is to make a visit and learn firsthand. Please give our Executive Director, Sister Kim Cooke, a call and let her know that you would like to make a visit and she will help you set up a time. Our residents look forward to your visits and they enjoy having you see what a great place it is. We look forward to hearing from you and/or seeing you at our SLC.

Jim Whiteley,  
 President  
 Board of Trustees  
 Eastern Star Homes of California

from the desk of  
  
 Kim Cooke

It has been an amazing year here at the Senior Living Community. Our residents are thriving in their "golden" years and bring joy to everyone's heart that they come in contact with, especially mine.

By the year 2050, the number of Americans aged 85 and over could quintuple to 21 million. That is one reason that it is so important for us to have this marvelous community to assist our members if and when the time comes that they need somewhere to go. Our Senior Living Community is not just a place to live, but offers our members Outreach services with small and large needs. In addition, through StarCARE we direct our members to the best possible place for assistance and walk them through the process, for questions about Medicare and VA Benefits to how to get assistance for an aging parent so that the caregiver can take some much needed time off.

Our staff at the Senior Living Community needs to be at the top of their game every day to ensure that our Residents' needs are met. We are constantly updating our services to enhance their daily living needs from activities to brain games.

We continue to offer a tremendous amount of activities to our Sisters and Brothers, everything from local trips to Walmart and the grocery store, to museums, current exhibits, luncheons, plays and activities geared toward each individual resident's needs. In-house activities also keep our active residents entertained.

A big thank you to our Boosters, who continue to visit the residents monthly, play games with them, share treats and always support the home.

I'd like to invite the members of California Eastern Star to visit the Senior Living Community, visit with our Residents and share in the enjoyment and happiness that we're able to experience each day as we assist our Sisters and Brothers in their twilight years.

Fraternally,  
 Kim Cooke  
 Executive Director

## THE RESIDENTS OF THE SENIOR LIVING COMMUNITY TELL US WHAT THEY LOVE MOST ABOUT LIVING HERE.

*"Knowing that finally I can feel safe and secure. That knowledge that the dear dedicated sister now in charge of our home would never hurt or betray me."*

~ Sharon Viedman-Agular  
 Burbank Chapter #352

*"I never have to feel alone."*

~ Clo Hyder  
 Yosemite Gateway Chapter #126

*"Being given the opportunity of choice."*

~ Anonymous

*"... And the wonderful staff that sees us as more than just a job. They really care about us."*

~ El Stipp  
 San Lorenzo Chapter #177

*"Not worrying about home or food daily."*

~ Anonymous

## HOW TO HAVE THE “TALK” WITH YOUR PARENTS

### Words to Use -- and Avoid -- When Discussing Tough Issues

By Paula Spencer Scott, Caring.com contributing editor

Wondering how to start the conversation with an aging parent about a sensitive topic? Whether you need to talk about moving, giving up driving, or bringing in help, knowing which words to use and to avoid can improve the odds of moving toward solutions.

“Start by realizing that there are fundamentally two different types of parents,” says Caring.com senior medical editor Ken Robbins, a geriatric psychiatrist at the University of Wisconsin-Madison. “Those with whom you have a relationship in which you can be straightforward and they welcome your ideas and feedback, and those who tend to be more self-conscious or private and don’t welcome this kind of discussion -- and may even find it somewhat insulting.”

Even if, in the past, your parent was sharing and receptive, this can change due to aging-related issues such as depression, creeping dementia, lowered self-esteem, or other frustrations. On the other hand, a close-lipped parent may be relieved to talk because he or she is worried, too.

What to say about sensitive subjects can also be tricky because you have different goals. Geriatric communication expert David Solie, author of *How to Say It to Seniors*, notes that adult children want to solve the problem and move on. Their parents, however, want foremost to maintain a sense of control and dignity in a season marked by many losses. Your goal in how to have “the talk”: Balance both sides’ needs by moving forward slowly and with care.

#### Plan Ahead

#### Start a Conversation

#### Listen and Follow Your Parent’s Cues

#### Follow Up

#### Plan Ahead

#### Do some homework.

Before you say a word, take time to collect some information and research possible solutions, Robbins says. Ultimately, the goal is to problem-solve together through a dialogue with your parent (not to dictate the solution or to convince through arguments). But if you gather facts first, you’ll be able to help in a way that’s better informed and less stressful for everyone.

#### Driving

Watch your parent drive, looking for signs of an unsafe driver. Research the alternate transportation services in your parent’s area or explore other ways he or she might get around if there’s no personal car.

#### Health issues

Observe what specific kinds of limitations you’re seeing: Trouble climbing stairs? Cooking? Managing finances? Grooming? Thinking in terms of specifics helps you figure out the best solutions, as well as be able to describe the problem accurately to your doctor (and your parent).

#### In-home care

Closely observe what activities your parent is having trouble with. Look around the house for concrete signs he or she may not be faring well independently. Start to research sources of in-home care help and costs.

#### Moving or relocating

Check out a few places on your own so you have concrete examples to talk about. “In general, most people have more difficulty with abstract conversations about assisted living,” Robbins notes. If you live in a different city, you can read reviews about options and make appointments to check them out when you’re there, or consult a local geriatric care manager to get recom-

mendations. Don’t think of it as being “sneaky” -- it can be less anxiety-provoking for your parent if you present winnowed options. You can always go through the whole list of choices together if he or she prefers.

#### Test the waters.

Also before you start the conversation, take time to get a sense of whether your parent is open to it. You can do this by first introducing an unthreatening related topic -- by phone before a visit or, if you see your parent often, in a separate visit. This isn’t yet the time for hot-button topics, criticism, or anything contentious.

Stick to the positive and general. Does he or she respond openly? Defensively? Evasively? This will give you important insight into how to proceed.

#### Choose the best messenger.

What if your parent resists any talk about his or her future? Pause to consider whether this conversation is best had by another party. Robbins says that a neutral third party -- a doctor, a family friend, a cleric -- is often better suited to bring up tricky topics like driving or whether to live independently.

These people can lay the same groundwork, explaining what seems to be wrong and suggesting options for fixing it, without risking a strained relationship in the way an adult child does when a parent is especially resistant or feels manipulated.

#### Start a Conversation

#### Set the right tone.

So you’ve done some homework and gotten a sense of how ready (or indifferent) your parent is. How do you take the plunge? Plan to start the conversation on a different day from your test-the-waters chat, in person if possible. This feels less threatening and overbearing, and more natural.

#### Look for an opening.

The best time to segue into a serious conversation is when your parent brings it up first and asks for your help. Failing that, look for an opportunity when everyone is relaxed. Then take the plunge. Describe what you’re seeing.

#### Listen and Follow Your Parent’s Cues

Use reflexive listening, an effective communication technique for difficult conversations. Rephrase what your parent says, as a way of playing back that you understand -- making your parent feel supported -- and then move the conversation forward.

#### Follow Up

#### Let it percolate awhile.

Whatever you do, don’t launch an aggressive “sell” on your favorite option the minute you get back home or the next time you talk. Don’t push for making a decision right away. Try not even to hint or nag at first.

#### Know when to bring in help.

Total resistance means it’s time for a third party (not the adult child) to try, Robbins says. “This conversation may

need to be more direct,” he says. “It may have to include a discussion of the risks and the possibility that if they don’t voluntarily yield, say, their driver’s license or residence -- there is a risk that others will take over because of the dangers involved, and then they may have less say in what comes next. They can be told it’s better to work on it voluntarily with someone who loves them and only wants to help them get what they need.”

If the issue is critical and the person still won’t make a safe choice, it may be time to get a family doctor and lawyer involved to evaluate competency and, if appropriate, activate a power of attorney or appoint a guardian who can make safe choices on the person’s behalf. See *How to Make Difficult Decisions When Your Loved One’s Mental Capacity Is Failing*.

#### Make it clear that you’re comfortable with any decision.

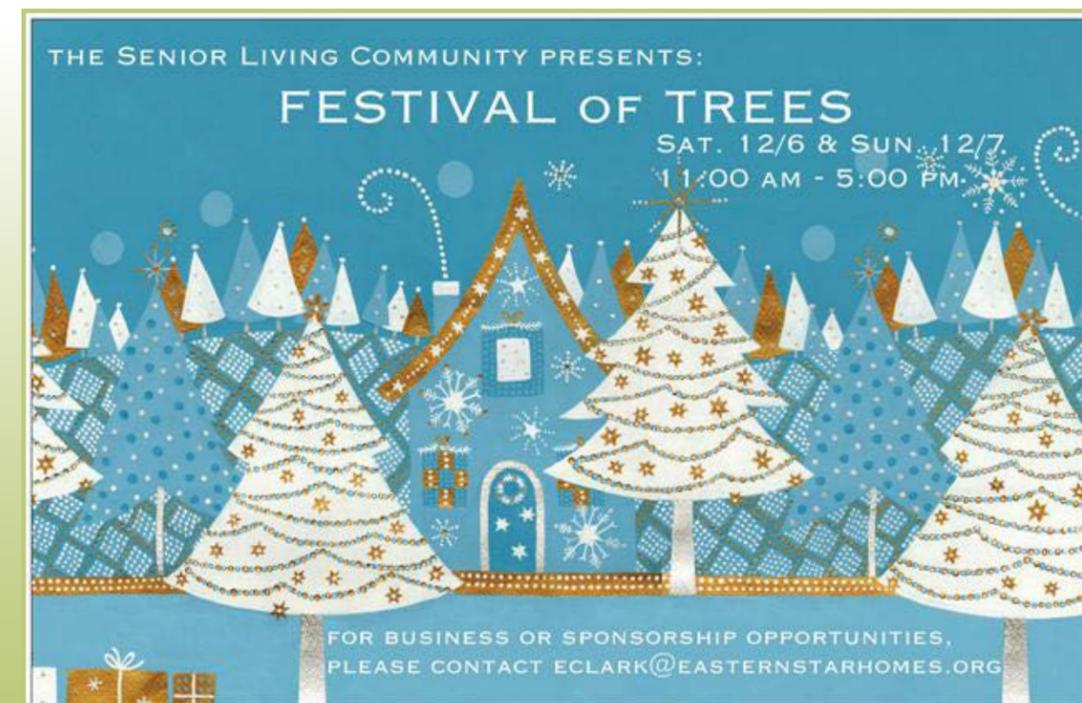
If your parent is of sound mind but just making decisions that you disagree with (not endangering ones), all you can do is continue the conversation in a

positive way. Any choices are ultimately his or hers. You may not like the choice, or you may end up needing to revisit the matter later, but you can’t make the decisions for him or her in that case.

What you can do, Robbins says, is to remain upbeat and supportive, even if you’re frustrated or worried. This keeps you a welcome sounding board as your parent moves, however slowly, toward resolution.

Remember that transitions involve an ongoing dialogue. Difficult as that first conversation about a sensitive topic is, it’s only the first of many you’re likely to have as you strategize your way toward a solution that everyone can feel better about.

*This copyrighted content was originally published by Caring.com: “How to Have ‘The Talk’ With Your Parents: Words to Use -- and Avoid -- When Discussion Tough Senior Care Issues,” and this excerpt reprinted here with permission. For the full article or more information, please see [www.caring.com](http://www.caring.com)*



*Kay Ivey*



At the Senior Living Community, traditions and experiences vary per resident, and our residents have warm and inviting stories to share with their friends, staff, and family. Kay Ivey has a wealth of experience holding offices in the Order of the Eastern Star. From Secretary, to Electa, Marshal, Associate Conductress, Conductress, Associate Matron, Worthy Matron (twice) and Deputy Grand Matron in 1986. Kay has illustrated time and again her dedication to Star as well as her love and compassion for others. Not only has she earned her 50 Year Pin and Service Award, she is the President of our Resident Council Executive Board at the SLC and her service continues on. Kay is known to have one of the best laughs that is contagious. With her help, anyone can improve their Wii bowling score or learn a few pointers on how to play cards.

*Marty Pritchett*



One of the great things about the Senior Living Community is that we have so many residents with a variety of talents. Marty Pritchett is a prime example with her innate ability to sew. She has made lots of dresses and pillow cases, and even knits baby hats! Always in the most fashionable glasses, she is eager to show off her talents. Marty received the Dr. Rob Morris award in 1993 and her 50 Year Pin in 2013. As her dedication and service carries on, she is often found working on the Ethan and Teyler totes.



*Resident Highlights*





Continuing A Way Of Life



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*Our Golden Chain has been broken by the passing of...*

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*1-13-2014*

*Helen Overcash*

*6-13-2014*

*Barbara Wand*

*1-18-2014*

*Earla Collie*

*7-5-2014*

*Sophie Kudlik*

*2-2-2014*

*Dorothy "June" Demel*

*8-2-2014*

*Emma Jolley*

*3-7-2014*

*Ginelle Winchester*

*8-17-2014*