

EASTERN STAR FOUNDATION AND THE SENIOR LIVING COMMUNITY



Winter | Spring 2015

For the Eastern Star in California



SAYING GOODBYE TO 2014 AND WELCOMING 2015

Saying goodbye to 2014 and welcoming 2015 is a great opportunity to reflect on our past year and decide what goals to have for the upcoming year. I have never liked the idea of making resolutions. In my opinion they are an opportunity to set irrational goals and break them once the newness of the New Year wears off. But what I do strive for is to be a better version of myself each and every day. With the New Year just beginning, we have a fresh start to redirect and refocus on being who we want to be, the best version of ourselves.

In the following pages you will read some of our upcoming goals and ideas for Foundation and the Senior Living Community, so that we too can improve as well. Whether nutrition is your focus, being more tech savvy, making a difference in the lives of others or just refocusing your efforts, included here are tips to help you as you move forward in the process. We welcome you to 2015.

Message from the
WGM/WGP

2

Message from the Home
Board President

3

Foundation News

4-9

Senior Living
Community News

10-15

From the Worthy Grand Matron and the Worthy Grand Patron

The Worthy Grand Patron and I are excited to inform you about our special projects for 2015.

This year we have selected the Grand Chapter Heart Fund as one of our projects. We are selling heart-shaped pins for \$5 each and they can be purchased from your Deputy Grand Matron. Thank you for the support you have given our project thus far.

We have selected Blue Star Mothers as our community project. Blue Star Mothers is a national organization composed of mothers, stepmothers, grandmothers and legal female guardians who support each other and their sons, daughters and other family members currently serving in the Armed Forces of the United States. They also support our country's veterans and families of our fallen heroes. There are over 6,000 members in over 200 Chapters throughout the United States. We are continuing our support of Relay for Life.

Saturday, February 21, will be the Northern Event "Hearts of Love" at the Pleasanton Masonic Center, 3370 Hopyard Road, Pleasanton. Happy Hour and a Best Appetizer Contest will be from 5:30 PM to 6:30 PM. Dinner will be served at 6:30 PM with a silent auction of various items for your bidding pleasure.

The Senior Living Community Northern Event will be held at the Machinist Hall, 2749 Sunrise Blvd., Rancho Cordova, on Saturday, March 14. The theme for this event is "The Good Old Days" with a Social Hour starting at 5:30 PM followed by Dinner at 6:30 PM. Again, there will be a silent auction held at this event.

On Saturday, June 6, will be our Senior Living Community Fiesta in Yorba Linda from 9:00 AM until 4:00 PM. The theme for this event is "Meet Our Stars at Their Home Track." For those of you who have never visited our Senior Living Community, we encourage you to attend the Fiesta and tour our beautiful facility. Our residents look forward to this event every year.

That evening at the DeMolay Center in Anaheim will be our Southern Event, "Hearts of Love", for our Grand Chapter Heart Fund Project. Social is at 5:30 PM with Dinner at 6:30 PM with a silent auction.

The members of the Board of Trustees, the California Eastern Star Foundation and the Director of Charitable Giving are actively working together to get our Senior Living Community and the Order of the Eastern Star more visible in our communities. The Festival of Trees in December 2014 was very successful with more community participation. The plans for the 2015 SLC Fiesta are underway to get more outside vendors and members of the community to attend this annual event.

Please come out and join in the fun with your Sisters and Brothers at the events we have planned for you. We hope to see you as we Race Around California this year.

With Hope, Joy, and Integrity,



Martha Peters
Worthy Grand Matron

Roger Nieder
Worthy Grand Patron

from the desk of
Jim Whiteley

Sisters and Brothers,

I would like to wish all of you a Happy New Year and I pray that your year is off to a great start and that it will be one of good health and prosperity for you and your Chapters. We have closed out our 2014 year at the Senior Living Community and have started the 2015 year in good spirits, thanks to many of you who made donations in support of our Holiday Party and gifts for our residents.

When you visit our Home this year, you may have the opportunity to observe some of our building improvements and updates in progress. To name just a few, we will be installing a new roof on the facility, doing interior and exterior painting, and performing lighting and security upgrades. The major item is the roof with a budget of \$300,000 and it will have a 25 year warranty. Unless there is a major change in technology, this is the last layer of roofing that we will be able to apply without completely stripping the roof and starting over with a new single roofing layer. The projected cost for this in the future could easily push a million dollars. With that said, it is all the more important that we give some priority to building our Endowment Fund. We have a great facility and we plan to keep it that way to support our future needs. We are continually committed to operate our Home in the most cost effective and efficient manner but, as the years pass, we will be faced with many cost increases beyond our control, such as minimum wage requirements, utilities and insurance increases. Now is the time to plan for those increases by building our Endowment Fund.

We have two major fund raising events coming up in the near future. The first will be our Northern Event for the Senior Living Community on March 14th in Rancho Cordova and then our Southern Event known as the "Festival", on June 6th at the SLC in Yorba Linda. Both of these events are important and your attendance and support will be very much appreciated. As you continue through the year, please consider holding a Chapter fund raiser that will directly support our Endowment fund. If your Chapter exceeds 200% this year, they will be recognized at Grand Chapter.

Our Star CARE is an important resource that it 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 Star Care for assistance at 1-800-567-CARE (2273), or you can email your request to 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.

We have many opportunities for volunteers at the SLC and if you are interested in contributing some time, please contact our Executive Director, Sister Kim Cooke, to explore the possibilities. In addition to benefiting the operation of the Home, it would be a great way to meet our residents and become familiar with our great facility. We always look forward to hearing from you and/or seeing you at the SLC.



Jim Whiteley
President
Board of Trustees
Eastern Star Homes of California

from the desk of

 Sherie Gustafson

The story of our California Order of the Eastern Star Foundation starts back in September of 1995 and was a dream of an individual gentleman that I chose as our Grand Chaplain in 1996: Brother Donald Oliver, PP; from Santa Paula.

He had shared with his church what had been successful with another foundation, and he felt that Eastern Star in California should have one too. With the help of Brother Thomas Grant McKinney, PP, who had worked for the Grand Lodge Foundation and his wife Sister Sue who was our Grand Conductress; Foundation would have a great team. In addition, one of our 1996 Worthy Patron's Brother Max Rush, was an attorney who started working with the IRS and spent hours to form our 501(c)3 status so that our members could make tax deductible donations. After diligently working it came to fusion in 1997. As the Worthy Grand Matron of 1996 I am very proud of them for all their efforts. No project such as this is easy to put together and they are commended for their efforts.

In June of 2013, our Associate Grand Matron, Sister Debbie Maiman, asked if I would serve on this committee and step into the Vice President's position. Wow!!!!!! Is what I thought. Normally, you should always start at the bottom of any committee and work your way to the top. However, she felt I knew enough about the committee and knew I would have hope and joy in my heart to serve. (After all, I had worked with these committees as WGM in 1996.) All those involved were the Home Board of Trustees, the Finance Committee, the employees at the Senior Living Community, our PGT Sister Kim Cooke, PM; Emily Clark our new Director of Charitable Giving, Sister Lauren Derryberry; our new Social Services & StarCARE Coordinator. I was welcomed with opened arms onto the committee, and was eager to work with the President Sister Terri Ewing. She works with various foundations and really had what it takes to not only be president but had the knowledge that it took to get this Foundation working with the help of Emily Clark. Thank you, Sister Terri, for everything you did for our Foundation. With her help, she has made my position a lot easier to step into this year.

This year means everything to me. I'm excited to work together with everyone at the SLC, the Home Board of Trustees, and the Finance Committee. They have all have been very patient with me and all of my questions (and there are many). My Mother always said: "The dumb question is the one you don't ask." She would tell you too that when I take on a project I jump in with both feet and give it my all to be constant, loyal and true to our obligations and duties that have been given to me over the years. Starting with the wonderful Masonic Foundation I was given by my father to be a Job's Daughter in 1954, this Foundation has brought me through to my 52 years of service to our members of the Order of the Easter Star.

Please be ready to attend our Question and Answer sessions at meetings throughout the state. Have one of our members on the committee come and speak on our Foundation. And, if you haven't planned an event in your chapter, please plan on doing so because they are very informative.

And don't forget to make donations to your monthly charities that our Worthy Grand Matron and Worthy Grand Patron have planned for each month in addition to their special projects!

With fraternal Love,

Sister Sherie Gustafson
 PGM, President California OES Foundation

HEALTH BENEFITS OF HAVING PURPOSE - By Julie Halpert, Caring.com Contributor

For Eric S. Kim, a PhD candidate in the Department of Psychology at the University of Michigan, the inspiration for studying the impact of having a meaningful purpose was his grandparents. They ran an orphanage on the border of North and South Korea after the Korean War, which he says kept them active and accounted for their good health. After they retired, their health deteriorated. "They stopped running around every day," he says. He suspects that having a purpose -- taking care of children -- motivated them to live a healthier life. His research bears that out. A study he coauthored in the 2013 Journal of Psychosomatic Research found that, among those ages 50 and older, having a meaningful purpose in life was associated with a reduced risk of strokes. "Intuitively, it seems that if they want to keep accomplishing their purpose, they want to remain healthy" and will continue engaging in healthy behaviors, Kim says.

Kim's research represents a growing body of evidence demonstrating the value of having a purpose, and a new model of providing incentives for living life in a more positive, optimistic way that brings both emotional and physical benefits. These results are particularly significant for caregivers, who often neglect their own health while focusing attention on others.

Reducing short-term stress while benefiting long-term health

A study by Patricia A. Boyle, published in the Archives of General Psychiatry, found that those who had a greater purpose in life were 2.4 times less likely to develop Alzheimer's disease than people who had a weak purpose or no purpose in life. "People with a strong purpose in life versus a weaker one live longer," says Vic Strecher, a professor and Director for Innovation at the University of Michigan School of Public Health and the author of *On Purpose*. In addition to reduction in Alzheimer's disease, he says those with a purpose are also less likely to suffer from heart attacks, strokes, and depression. He says the reason isn't yet clear but could be related to a reduction in stress, since those with a strong purpose in life may be more directed and apt to worry less about stressful events. High stress can contribute to sleep disturbances, which lead to poor health outcomes. He says that having a purpose is a better model to proactively motivate people to engage in healthier behaviors. Saying to a smoker, "If you don't stop smoking, you'll die" isn't an effective message, he says. But those with a purpose will be motivated to stop smoking so they'll have more vitality and energy to achieve that purpose.

Purposeful striving: Protective and productive for the immune system. Studies support the general idea that purposeful striving tends to be both protective and promotes people toward activities that are more healthy, so people live healthier lives, says Patrick McKnight, an associate professor of psychology at George Mason University who has researched the issue. He says a purpose, to have the desired healthful effects, must not be focused

on one's personal gain, since that comes at the expense of others. He says that when you're striving for something, a biological process takes place that leads to better immune functioning. Even a simple purpose can be effective, he says. For example, providing a resident of a retirement community a plant allows them to be the caregiver for that plant, and they internalize that as important.

How helping others can help yourself

Dr. Robert Brooks, a faculty member at Harvard Medical School, says there are demonstrated benefits to a "helper's high." When people help others, they feel better about themselves. He has seen many patients, initially anxious and depressed, who, when they began to help others, felt a sense of purpose in their lives that improved their emotional health. However, he says that helping others cannot come at the expense of taking care of yourself.

Caregiving: When helping others can hurt you

And that's a common problem, says Mary J. Connaughton, a nurse and principal owner of Connaughton Consulting, a healthcare consulting practice. She says she often sees caregivers exhausting themselves while caring for others. Many "tuck their chin in and just plow through, trying to make it through the day," leading to exhaustion. She sees many people in their fifties having cardiac problems brought on by the stress of having to juggle caregiving with outside employment.

Caregivers often put themselves last and feel like they're duty bound for the task. A positive reframing, an antidote to feeling they're burdened by caregiving, could be, "Because of the skills and loving kindness I have in my heart, I'm able to offer this care to my parents at this time," she says. Strecher says that having a caregiver say something like, "I'm a caregiver to my mother" in itself seems to help buffer stressful events.

Kendall Cotton Bronk, an associate professor of psychology at Claremont Graduate University and author of *Purpose in Life*, says caregiving is one of the few areas where people report a higher level of purpose and meaning but lower levels of positive effect. So they should keep the "big picture" in their minds, realizing that they're helping a person at a very important time in their life, even though they don't enjoy every moment of it. That can help reap psychological benefits, she says.

Caregiving and purpose: Self-care is key to reestablishing purpose

The pursuit of being a good caregiver should lead to healthier behaviors, says Carole Ann Drick, RN, PhD, president-elect of the American Holistic Nurses Association. She says self-care is essential. If caregivers don't take care of themselves, they can't take care of others. Sacrificing sleep, for instance, can lead to irritability, dehydration, or the inability to make sound decisions. When caregivers begin to live more healthfully by nourishing their own

needs, they tend to relax and may find caregiving to be less stressful, she says.

Sometimes the solution is to step back, since many caregivers get burned out. "Get someone to assist and think about the good you're doing and how your effort is appreciated by your relatives and society in general," says Peter A. Spevak, who ran the Center for Applied Motivation in Rockville, Maryland, for 30 years. "You have to reestablish meaning in what you're doing. Otherwise, you get beaten down," he says.

How to develop a meaningful purpose

So besides realizing the value in their caregiving job, how can caregivers develop a meaningful purpose?

1. Identify three to five core values that best represent who you are.

One way to determine this is to think about what you'd like written on your tombstone, what you want your legacy to be. Then rate how important each value is to you.

2. Decide on a brief purpose statement that's right for your life.

Think about your top five priorities, those activities that provide you the most meaning and purpose in life, says Brooks. If a priority is being a good parent to your children, make sure you build in time to do that. Though you may not have control over being a caregiver, think about other areas where you could make a difference. He recalls working with a woman in her fifties who was caring for an elderly parent. Once a week, she volunteered at a school, reading to children, which buoyed her, he says. Engaging in a meaningful activity for even just a half hour a week can make a difference, he says.

3. Make the purpose meaningful to you.

It need not be lofty, Strecher says. He points to a custodian's purpose: to keep the school where he worked clean for students. A breast cancer survivor decided to paint to express her experience and help others express their emotions.

4. Check in, to determine how you're aligning yourself with values that help you achieve your purpose.

For example, if you want to be a vital caregiver, make sure you're doing what you need to stay healthy so you're up to the job.

5. Build in time for exercise.

This can help you achieve any purpose. Walking regularly for even a ten-minute period throughout the day can improve your emotional well-being, Brooks says. Strecher has a free downloadable app that helps you determine your own purpose and tracks how well aligned you are with it. For more info, go to <http://www.dungbeetle.org/about-the-app/>

This content was originally published by Caring.com: Health-Benefits of Having Purpose reprinted here with permission.

WELCOME SISTERS AND BROTHERS TO A BIT OF INFORMATION FROM YOUR FOUNDATION BOARD.

In this article we are focusing on the Benevolent Fund.

What is that, you may ask...

Simply stated, the Fund was established to assist our Sisters and Brothers who are in good standing, or their families who are dependent on them, who are in need of short-term help for one-time unexpected expenses.

There is one qualification, though...the applicant must be an affiliated member of the Order in CA for five (5) years prior to application.

Application for assistance may be made by contacting our StarCARE office at 1-800-567-CARE (2273) or completing the application found

on the web site at www.oescal.org under the Foundation tab.

Help is in the form of up to \$1,000 to assist in funeral expenses or oth-



er destitute circumstances needing one time financial aid. Also, help up to \$5,000 may be available for extenuating circumstances.

Of course, donations are always

accepted. You can do so via our web site or sending a check to our Grand Chapter (make sure to make notation of Benevolent Fund).

By the way...you can contact any Foundation Board member for questions or work with your WM and ask us to visit your chapter and talk about your Foundation. All our names and contact information are listed in the roster.

Your Board members are here for YOU!

Suzanne Gallicho

Suzanne Gallicho

HOW TO READ A NUTRITION FACTS LABEL

Solving the Ninth Mystery of the World

What do you look for when you're checking out the nutrition facts on that macaroni and cheese box? Whether you're one to zoom in on total calories or total carbs, you might be missing the real picture. Nutrition facts should be a part of your decision in what to eat or even what to buy. But interpreting the facts requires a bit of know-how, so make sure you aren't misleading yourself.

Understand the Power of "Serving Size"

The most important rule is to know your serving size and the number of servings in the package or can. If the label says "one cup" per serving size and "two servings per container," that means there are two cups in the whole package. If you know you'll eat the whole package by yourself, you are going to consume two cups (1 cup x 2 servings/container = 2 cups). That means that you must double all the nutrition facts measurements to know your total intake of each nutrient – the good and the bad. Using the mac and cheese example, eating the whole package means you will have consumed 500 calories, 220 of which are from fat. You will have consumed 24 grams of fat, of which 6 grams are saturated fat.

The only time you can avoid doing the math is when you eat the exact serving size that is listed. Always compare the listed serving size to how much food you think you'll eat and compute calories from there.

Crack the Code in "Percent Daily Value"

Confused by what all those percents really mean? The percents refer to "percent daily value" and they're a bit trickier to interpret. The FDA bases these percents on a 2,000-calorie-a-day diet. Looking at cholesterol on the mac and cheese label, the FDA says that you are getting 30 milligrams per serving, or 10% of the recommended amount of cholesterol for a person eating about 2,000 calories per day. (Remember,

you're getting 20% if you eat the whole package.) So how do you know if 10% is a good or bad number?

For ease of explanation, let's break this down into a guide that will help us look at a percent and immediately know if it is high or low for one food source. The magic numbers are 5 and 20%. Anything listed in the percent daily value column that is 5% or less is a low number for nutrients. This is a good range for things that you want to limit (fat, saturated fat, cholesterol, and sodium), but too low for things you want to eat plenty of (fiber, calcium, and vitamins). Anything listed as 20% or more is high. This is a bad range for things that you want to limit (fat, saturated fat, cholesterol and sodium), but a good range for things you want to eat plenty of (fiber, calcium, and vitamins).

Look at "Total Fat" on the mac and cheese label. The 18% daily value is close to the high point, but if you ate the whole package, you actually ate 36% of the recommended daily amount of fat (well above our benchmark of 20%). That amount, coming from just one source of food in a day, contributes a lot of fat to your daily diet. It would leave you 64% (100% - 36% = 64%) of your fat allowance for all other meals, drinks, and snacks you would eat that day.

If your daily goal is well below 2,000 calories for your weight loss plan, then use the percents as a frame of reference (realizing you need to be below the percents shown, per serving). Or, you may find it simpler to keep track of grams and milligrams instead of the percents. The Nutrition Facts footnote gives a scale in grams and milligrams for recommended amounts of fat, cholesterol, sodium, carbohydrates, and fiber based on 2,000- and 2,500- calorie diets. (This footnote does not appear on small packages where there is no room for it.)

The percent daily value also offers a great way to watch your diet without completely giving up your favorite foods. For example, if you ate one serving of macaroni and cheese but ensured you had a low fat intake for all other foods you ate that day, you made a successful trade off. When you really want a food that is high in fat, always balance it with healthy low-fat foods in the same day.

Quick Interpretation Guide

- Start at the top with Serving Size and Servings Per Container. Adjust all measurements be low this point according to the serving size you will eat.
- Look at the number of calories per serving (including how many calories are from fat).
- Limit these nutrients: total fat (including saturated and trans fat), cholesterol, and sodium.
- Get plenty of these nutrients: fiber, vitamins, calcium, and iron
- Use the % Daily Value to determine what is a high or low number for your daily diet. 5% or less is low; 20% or more is high.

Don't just use the nutrition facts to track the nutrients you want to cut back on. Use it to track the nutrients you want to increase (like fiber, calcium and vitamins)! Whether you're a stickler for tracking every fat gram and calorie per day or someone who just wants a rough estimate of her daily nutrient intake, the nutrition facts label is a handy tool. Learn how to use it for foods you eat frequently and anything new that you are tempted to incorporate into your regular meal plan.



Article reprinted from SparkPeople.com

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 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**

CAN'T GET A GOOD NIGHT'S SLEEP? 5 SURPRISING REASONS —By Melanie Haiken, Caring.com senior editor

It's natural to blame sleep problems on stress or physical changes that come with age. But many cases of either sleeplessness or poor sleep are caused by a handful of specific problems, most of them fixable with lifestyle changes or the help of a doctor. Here, five little-known causes of sleep problems and what to do about them.

1. Light

How it disrupts sleep: You probably already know that when you stay up late under bright lights, you interrupt your body's natural sleep-wake cycle, because light tricks your brain into remaining in daylight mode. Less well known is that the light from computer screens and iPads shining directly into your eyes at close range is especially troublesome. Why? Part of the problem is that the light from these devices is at the blue end of the spectrum, which scientists believe is particularly disruptive to circadian rhythms. Blue light, although common during the day, doesn't occur naturally during the evening.

Similarly, light shining in your eyes while you sleep -- even very small amounts coming from, say, a lighted clock -- makes your brain think it's morning and emerge out of deep sleep. Darkness triggers production of the hormone melatonin, the hormone that triggers sleepiness and the onset of sleep. Light prevents this release or shuts it off.

The evidence: Studies have long shown that shift workers and those who work late at night have poorer sleep and higher incidences of certain conditions associated with lack of sleep than those who regularly sleep eight or nine hours at night. A recent study published in *Cancer Causes & Control*, for example, found that the countries generating the most light at night have the highest incidence of breast cancer. And studies at the Light Research Center at Thomas Jefferson University in Philadelphia have found that the use of computers, lighted readers, and TVs at close range is tied to a higher incidence of sleeplessness.

Who's at risk: Everyone exposed to light shortly before bed or during sleep. Light is also bad for hearts, which need deep sleep to recharge. Surprising fact: Every year there's a spike in the number of heart attacks just after the start of daylight savings time in the spring.

What to do: Dim the lights and turn off all lighted screens at least an hour before bed. If you use a reading light, make sure it's not any brighter than necessary and doesn't shine in your eyes. Do a "light police" room check: Are there streetlights outside your windows? Use blackout curtains or shades and make sure they fit the windows tightly so no light seeps in around the edge. Charge laptops, phones, cameras, and other devices in another room. Use an alarm clock without a lighted dial, or turn it to face the wall. Keep a flashlight next to your bed and use it whenever you have to get up to use the bathroom or let the dog out -- and be careful to point it away from yourself so you don't look into the beam. Don't turn on an overhead light, and never use nightlights.

If you must use a laptop, turn down the screen brightness as low as you can tolerate and prop the laptop as far away from you as your typing arms will reach. If you love eReaders, try a Kindle or other device with a screen that's not backlit.

Pain and breathing problems

2. Pain

How it disrupts sleep: Just about any kind of pain signals sent by the brain -- jaw pain, headaches, back pain, or arthritis, for example -- disrupt sleep, lifting you from the deep, restful REM cycle into lighter sleep or causing you to sleep fitfully and partially wake up over and over, which experts call "microarousals."

The evidence: Surveys of chronic pain sufferers reveal that between 60 and 90 percent sleep poorly. But many don't realize that their pain is the cause of their poor sleep. "This can become a vicious cycle," says Thomas Roth of the Sleep Disorders and Research Center at the Henry Ford Hospital in Detroit, because "even partial sleep disruptions can increase sensitivity to pain." In other words, even mild pain causes poor sleep, which in turn leads to more pain.

Who's at risk: Anyone who suffers chronically painful conditions such as arthritis, back or neck pain, jaw alignment problems, dental pain, fibromyalgia, headaches, or any other type of chronic pain.

Note: The pain doesn't need to be severe; studies show that even mild pain disrupts sleep. According to Roth, frequent mi-

croarousals can occur throughout the night without your being aware of them. The result is that you never attain deep REM cycle sleep and wake up feeling tired and grumpy, but you don't know why.

What to do: Take steps to treat your pain proactively. Using over-the-counter pain relief is a start, but it's always best to consult with a doctor and develop a comprehensive pain-relief program. For example, you may need physical therapy to combat back and neck pain, or migraine medication if your frequent headaches might be migraines. If bruxism (teeth grinding) or jaw clenching is leading to jaw pain, a mouth guard is often the solution.

3. Disrupted breathing

How it disrupts sleep: When oxygen flow to the brain is interrupted, your brain sends a warning signal that wakes you up either fully or partially, causing fitful sleep or preventing deep, restful sleep. The result: You wake feeling like you didn't sleep well, even if you were out for nine hours straight.

The best known version of this is apnea, which is a complete stoppage of breathing. A much more common and less recognized problem is upper airway resistance syndrome, or UARS. In UARS, structural blockages somewhere in the airway -- nasal congestion, your tongue falling back and blocking the back of the throat, or just having a smaller airway to begin with -- begin to interfere with the flow of air. What happens is that you wake up over and over again without knowing it, but the sleep interruptions last only a few seconds, too short to be detected by a standard sleep apnea test.

The evidence: "Even subtle levels of restricted breathing can lead to deep brain stimulation and arousals that prevent your ability to stay in deep sleep," says otolaryngologist Steven Park, an otolaryngologist and author of *Sleep, Interrupted: A Physician Reveals the #1 Reason Why So Many of Us Are Sick and Tired*. "You don't realize you're waking up, but your brain wakes up, so it's now in a light sleep. We see people who are waking up 100 times a night."

Who's at risk: People who breathe through their mouths or have chronic congestion, such as from asthma or allergies. If you sleep more poorly on your back, this can be a

sign of UARS, because when you sleep on your back your tongue is more likely to sink back and block the entrance to your throat. If you have a narrow face, a thin neck, or had extensive orthodontic work to correct a crowded jaw, you're likely to be at particular risk for UARS, says Park.

What to do: Start with some self-tests. Try using pillows to keep yourself on your side, or put a tennis ball in the back pocket of pajama bottoms, so you can't sleep on your back. If your nose often feels stuffed up, you might find relief with breathing strips, available at the drugstore. Another option is to try a device designed to hold the nostrils open; brand names include Nozovent and Breathe with Eez. A saline nasal spray works for many people. If you have congestion due to seasonal allergies, try an antihistamine. (But if you take one that can act as a stimulant, such as Claritin or Sudafed, don't take it too close to bedtime.)

If none of these help, ask your doctor to refer you to an ear, nose, and throat (ENT) specialist, who can evaluate whether you're a candidate for Continuous Positive Airway Pressure (CPAP), a nasal mask that delivers air directly through your airways. An ENT can also determine whether tongue position is causing your UARS, in which case a dental device that pushes the jaw and tongue forward can help.

For many people, losing a few pounds can be the ticket to better sleep, since excess weight is linked to all kinds of breathing problems, including UARS, snoring, and sleep apnea.

Medications and depression

How they disrupt sleep: Medications sometimes have side effects that trigger sleeplessness or interfere with deep sleep. Most common culprits: asthma medications, corticosteroids, blood pressure medications, and antidepressants.

Also, many ingredients in common medications act as stimulants. They may cause jitteriness during the day and trigger sleeplessness or prevent deep sleep at night. Example: Bronchodilators like albuterol and salmeterol, commonly used to treat asthma, bronchitis, and COPD, can amp you up and interfere with sleep, yet patients are often

directed to use them at the end of the day. Other common medications that can interfere with sleep include SSRIs, such as Prozac and Paxil, and beta-blockers taken for high blood pressure and heart disease.

Sometimes medications sabotage your sleep indirectly. Diuretics, for example, can interfere with sleep by causing you to use the bathroom at night. Tagamet (generic name cimetidine), taken to control reflux and ulcers, can cause sleeplessness, especially when combined with caffeine or other medications. Like many side effects, sleeplessness from medications can affect some people but not others; Propecia, used to treat hair loss, and the antihistamine loratadine (brand name Claritin) are both known to cause sleeplessness in a percentage of those who take them. Some people react to opioid pain medications with rebound sleeplessness, feeling sleepy at first but then waking up and being unable to get back to sleep.

The evidence: Although every medication is tested for side effects during the FDA approval process, in many cases evidence of side effects mounts over time as a drug enters more widespread use. Albuterol has been widely reported to cause restlessness, nervousness, and sleeplessness. An article in the *European Journal of Clinical Pharmacology* also found that beta-blockers interfere with melatonin release.

Recent studies have found that Prozac, Zoloft, Celexa, and other SSRIs affect sleep in a significant number of patients. If you're using an antidepressant, be sure to talk to your psychiatrist about any possible sleep problems and ask about alternative antidepressants if this is an issue.

Who's at risk: Those taking regular medication for a chronic condition such as asthma, depression, high blood pressure, or pain. A medication that you take once is less likely to cause an ongoing sleep issue because you take it for a short period of time and are more likely to notice the side effect. When you have a chronic condition, you're more likely to attribute any sleep problems to the condition rather than the treatment.

What to do: Any time you're prescribed a new medication, ask the doctor to discuss in detail all side effects you should be alert to. It's always a good idea to ask both the

doctor and the pharmacist, "How will this medication affect my sleep?" Because some medications cause sleepiness, some interfere with sleep, and some do both, asking the question in an open-ended way will get you the most information.

5. Depression

How it disrupts sleep: Fatigue is one of the most prevalent symptoms of depression, yet many people don't realize how closely related depression and poor sleep can be. Depression wreaks havoc with your natural biological rhythms; many people with depression have trouble getting out of bed in the morning, and they oversleep or get fatigued and nap during the day. Yet their sleep is fitful and of poor quality, so despite spending more hours ostensibly sleeping or trying to sleep, they don't feel well rested. Then at night, depression sufferers often have trouble maintaining a regular bedtime routine. Having slept late in the morning or napped late in the day, they may not feel sleepy. Anxiety, which often accompanies depression, may cause excessive late-night worry that contributes to sleeplessness.

The evidence: Because the relationship between depression and insomnia is a chicken-and-egg cycle, experts have studied it from both directions. Psychological studies have found that a high proportion of those with depression suffer from either sleeplessness or disrupted sleep, and a recent study by the University of Maryland found that 40 to 60 percent of people with sleeplessness show signs of depression.

Who's at risk: Those with a history of mood disorders such as depression and anxiety, or anyone who has recently undergone a stressful life event likely to trigger depression.

What to do: One of the most effective steps you can take in this situation is to exercise vigorously during the day. According to experts at the University of Maryland, exercise combats depression by increasing serotonin levels in the brain. It's also one of the best ways to get your sleep-wake cycle back on track. Do 45 minutes to an hour of physical activity before dinner, and you'll feel tired earlier and sleep more deeply. If your low mood persists, consult a therapist or ask your doctor for a referral to a psychologist or psychiatrist.

from the desk of

Kim Cooke

We are looking forward to a new and exciting year here, at the Senior Living Community! Our residents are thriving and we are working to update some of our existing programs.

We would love to see your smiling faces visit our residents. There are many opportunities for you to volunteer and it is important that our membership support our current and future residents. by volunteering at the Senior Living Community. Maybe offer a hand in the Resident Library or maybe even call a round of our world famous Bingo?

Our residents are independent and extremely active. Some of the residents enjoy long walks while others love to play a game of cards. Some look forward to Bingo or visiting our beauty salon, or even the outings and special events. Most importantly each and every one will find activities they love because our home provides something for everyone.

We currently have space open for new residents who would like to enjoy their independent life style with the security of a safe and comfortable environment. We have three ways in which you can become a resident from Asset Transfer, Paid Resident or the 70/30 Option; but most important you get to choose the option that is right for you. For information on how to become a resident please contact our StarCARE line at (800) 567-CARE (2273).

We are currently planning to start attending Town Hall Meetings. We will come out and talk with you, the members, about the Senior Living Community, Foundation, StarCARE and Outreach. If your chapter or district would like to host an event, please give me a call at (714) 577-9281.

Thank you so much to those chapters and members that have continued to support our beautiful home with generous donations and visits. We are so grateful that you have taken the SLC into your hearts.

Again, please come visit and support us in any way possible, and fill your heart with the joy of helping others.

Star Love,

Kim Cooke
 Kim Cooke
 Executive Director



What is StarCARE?

StarCARE is an information hub where members can call to get information on our Eastern Star programs such as: Benevolent Fund, Cancer Assistance, Scholarship, ESTARL, and Outreach Program, as well as admission requirements and inquiries about The Senior Living Community.

Does StarCARE provide in home services? No. StarCARE is an information hub and does not provide in home services to members, but can assist in doing research to find options for whatever their situation necessitates.

Does StarCARE help me get

financial assistance to stay in my home? StarCARE will provide assistance with the Outreach application process, which is a financial assistance program to assist members who would be able to stay in their home if they had the financial support. The Board of Trustees of the Senior Living Community collectively reviews each application to determine if funds will be awarded.

Will StarCARE help with my applications for services such as Medicare, Medical, VA, etc.? Yes. StarCARE will help acquire the applications and assist you with the process.



Need help finding the right resources?

- 1** Do you need assistance?
 Questions about:
 · Dual Eligibility?
 · Admission to the Senior Living Community?
- 2** Scholarships?
 · Foundation Programs?
 · Outreach Information?
 · Referrals?
- 3** Call: StarCARE 1.800.567.CARE (2273)
 or email information@easternstarhomes.org

WE NEED COUNTRY STORE DONATIONS!



THE SENIOR LIVING COMMUNITY RESIDENTS ARE IN NEED OF THE FOLLOWING ITEMS FOR THE COUNTRY STORE:

Toothpaste
Mouthwash
Efferdent
Poligrip
Knee Highs (new)

Hand Lotions
Postage Stamps
Baby Powder
Dove Body Wash
Deodorant

Fluffy Socks
Night Lights
Yarn
Gift Cards

***ALL DONATIONS SHOULD BE FULL SIZE, NOT "TRAVEL SIZED" DONATED ITEMS WILL BE GIVEN TO OUR RESIDENTS AS NEEDED.**

GETTING MOM ONLINE –By Halley Suitt Tucker, Caring.com author**6 Tips to Entice Your Parent to Adapt to the Web**

If your parents or the people you care for aren't online, you may feel frustrated trying to convince them to connect. Don't tell them they're missing out by not using social media. It may make them feel stupid (after all, even the term "social media" is a bit confusing). Instead, show them all the great things they can learn about and enjoy when they connect to other people and family members online. Here are some ways to get them engaged.

1. Lure them in with photos of family.

Everyone likes to open up an old photo album, so show them online photo sharing. Pictures of their grandchildren on your tablet or laptop will get their attention. Make sure to demonstrate how they can enlarge the screen in a flash, making it easy to look at photos without glasses. If they're hard of hearing, demonstrate how easy it is, with volume controls or headphones, to hear their grandchildren performing in a school play or the family celebrating a birthday.

2. Talk about family history online.

Everyone likes to know more about their own family history, so

show them online genealogy sites, complete with a family tree, as well as old family bibles and even photos of gravestones.

3. Talk about the weather.

The weather is always important, and it's just plain better online than on TV. Show them an app where three or four cities are set up as the defaults so they can



keep track of the weather where all their family members live. Also, if you show them how they can access their own detailed local weather, this will keep them safe and prepared for any weather developments. Set up weather alerts to let them know about extreme weather heading their way.

4. Help them contact old friends.

What ever happened to their hometown friends? Show them

how easy it is to reconnect to old high school and college friends they may have lost track of. Social media communities based on school or work friends are easy to join and give hours of entertainment and friendship.

5. Show them answers to questions they've always had.

While you don't want them worrying about their health more than necessary, you should show them helpful medical websites where geriatric health is discussed and good information is available.

6. Introduce them to convenient devices.

One last thing to remember is hardware. A desktop computer can

seem overwhelming or uncomfortable for some seniors. Many seniors prefer the lightness and accessibility of a tablet computer. If the small-sized print on a smartphone isn't a problem for them, show them all the ways to connect with friends and family via a mobile device. Whatever way they get online, give them loads of encouragement and regular check-ins to turn social media into a daily habit they look forward to and find easy and fun.

Bessie Watson

Our residents have unlimited opportunities here at the Senior Living Community. Some like to pursue interests in art or ceramics, some like to read or knit and some like Bessie Watson enjoy gardening. We are so grateful that she helps us make our home even more beautiful by her love for gardening. Bessie loves all flowers, especially colorful ones. She also loves to read, especially mystery and romance novels. She is very active in our home and tries to attend all of our resident meetings. Bessie has had quite a career! She was a mechanic for B24 airplanes working on the final assembly line as well as the oxygen systems, she also was a train operator on the Rail Road.

She understands how important it is to learn about new technology and enjoys using Facebook to keep in touch her family and friends. With 3 children (2 daughters and 1 son), 10 grandchildren and 7 great grandchildren there is always something going on. Being a member of the Eastern Star since 1951, Worthy Matron in 1992 and Grand Representative to Maryland from 1998-2000 Bessie has shown her commitment and dedication through service and it keeps going.

Berna Hamilton

Our residents are never bored. Thankfully we offer so many activities and things to do, that sometimes they don't have time to do it all! Berna is one example of that. She loves to do plastic canvas' but hasn't had time recently because she has been so busy on all of our outings and activities we offer. Berna is often found exploring new restaurants with her friends or having them over to her apartment to play cards.

Berna can easily light up the room with her genuine interest in her friends, friendliness and eagerness to explore. As a proud Grandmother, she is excited for her granddaughter to compete in gymnastics in Florida. She has a total of 6 grandchildren and 2 daughters.

By joining Eastern Star in 1961, and was Worthy Matron in 2006 as well as Grand Representative to Montana in 2011 and 2012; Berna has truly represented many of the ideals of Star.

27 BEST IPAD AND IPHONE APPS FOR SENIOR CITIZENS

Senior citizens aren't often thought of as a tech-savvy bunch, but times sure are changing. The baby boomers have had a decade or so to get comfortable with computers and technology, so many of them know their way around a smartphone. Today's seniors have iPhones, iPads and other tech gadgets – and they know how to use them. Clear evidence of this trend can be seen in all of the senior-friendly apps Apple now has in the App Store. Read on to learn more about the 27 handy applications everyone's grandparents should have on their devices.

Health

WebMD (free) - WebMD is a one-stop shop that provides access to trusted health tips and information through their daily mini-magazine and archives.

Pillboxie (\$0.99) - Pillboxie is a convenient medication management system that is as easy to use as dropping a pill in a box. Get reminders whenever it's time for your next dose.

HeartWise Blood Pressure Tracker (\$0.99) - Quickly record and track changes in your blood pressure, weight and heart rate with the

easy to use HeartWise Blood Pressure Tracker application.

Motion Doctor (\$6.99) - Motion Doctor, created by Dr. Desirea Caucci, is a powerful physical therapy aid and reference guide to help patients recover from injuries and stay healthy.

Games & Entertainment

Words With Friends (free) - An addictive taken on the classic game of Scrabble. Get rid of the ads with the deluxe version of Words With Friends and find out why over 20 million people have played WWF.

Crosswords Classic (\$9.99) - Download daily crossword puzzles from online newspapers and put your knowledge to the test.

Wurdle (free) - Wurdle is a find and trace word game with a twist; the clock is ticking.

Pandora (free) - Pandora Radio puts the control in the hands of the user. Create stations based on your favorite artists and albums and listen at your leisure.

Yesterday USA - Old Time Radio (free) - If you are a big fan of the old time radio shows of yesteryear, this is a must-have app. It features shows from the 1920s, 30s, 40s and 50s. The

shows are not publicly broadcast, so there are no royalty fees involved, and the app is a free download.

Netflix - Free with a Netflix membership, this app lets you view thousands of movies and television programs on your iPhone or iPad.

Scrabble - Play the classic Scrabble game on your mobile device; now in six different languages!

Education & Learning

TED Talks - Listen to inspiring talks from today's brightest minds with access to over 1,400 recorded video talks.

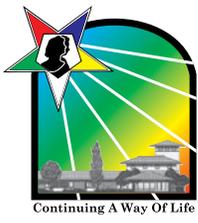
BBC News - Get all the political, business, entertainment, sports and technology news from "across the pond" with the BBC News app.

Goodreads - Goodreads is the largest book recommendation site in the world with over 500 million books recommended by 20 million members. Don't head to the bookstore without it.

iBooks - iBooks is a digital library that allows users to download and read books from all major categories. Just tap on a book title to open it up and "flip" through its pages.

The Source: www.WelcomeHomeCare.ca

This content was originally published by Caring.com: Getting Mom Online reprinted here with permission.



Continuing A Way Of Life



NON-PROFIT ORG
U.S. POSTAGE
PAID
SANTA ANA CA
PERMIT #1019

California Eastern Star Foundation
16960 Bastanchury #E
Yorba Linda, CA 92886-1711



Scan this code
with your smartphone
To Donate Now



www.oescal.org
Follow us on



16th Annual
OES Summer Festival and Car Show

F R E E

SATURDAY **JUNE 6TH** 9:00 AM TO 4:00 PM

VENDORS, VENDORS, VENDORS! – LIVE MUSIC • GOURMET FOOD TRUCKS • STATE AND COSTUME
JEWELRY • NORMALS – RAFFLE AND GAMES • PETTING ZOO, BOUNCE HOUSES AND MORE!

16850 BASTANCHURY RD. YORBA LINDA

ALL PROCEEDS BENEFIT THE SENIOR LIVING COMMUNITY FOR THE EASTERN STAR

LIMITED VENDOR, SPONSORSHIP AND CAR SHOW SPOTS AVAILABLE. CONTACT EMILY CLARK AT 714.577.9282 OR [ECLARK@EASTERNSTARHOMES.ORG](mailto:eclark@easternstarhomes.org) FOR MORE INFORMATION.

