

# Pacifica Tidings



**KENMORE**  
SENIOR LIVING

Independent Living  
Assisted Living • Memory Care

**October  
2021**



## *A Note from the Executive Director*

We got a sign "Pardon Our Dust" due to construction. Then I thought about the constant banging, machine noise, clutter and dust. I have been watching as the construction crew have been ripping out carpet, taking down walls, pulling out cabinets, generally stripping almost everything, leaving the rooms bare, plain and ugly looking. Not pleasant to the eyes!

However, slowly, piece by piece, the contractors have been putting in new sinks, lights, floors, cabinets, paint, fixtures and the transformation has been a great marvel to witness. I mean talk about before and after pictures, amazing! Some of the rooms looked okay and I felt maybe they did need a makeover but when you see the results I wondered what were we holding on to?

This is the same with our lives. We all have a picture of where we need to be in life, be it our careers, relationships, goals, ideal weight or shape we aspire for. To get there, from where we are, we need to get out of our comfort zones. Our lives need disruption, which may come in the form of lifestyle change, change in diet and dropping our favorite snacks, actually getting sweaty due to increase in exercise, disrupting our finances to get back to college, change of jobs, facing your boss and asking for a raise. Basically, we need to strip ourselves bare of our comfort zones, in order to get to where we want to be. Disruption is good, embrace it!

James Kamau  
Executive Director ~ Kenmore Senior Living

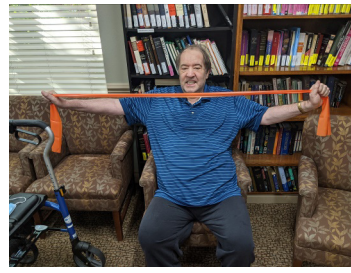
## *Who am I?*



## *Welcome to Our Community*

Randy T.  
Lee S.

## *Special Events & Memorable Moments*



Buzz, Jack, Richard and Judy show off their strength with our new Flexbands.



Our Tech Tuesdays are going great! We're learning all sorts of interesting things: from 'messaging' people of Facebook and ZOOM conferencing to using voice activation to play our favorite songs.

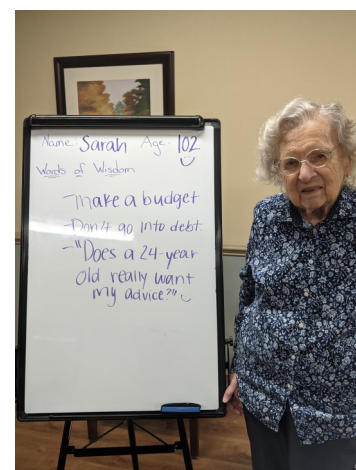
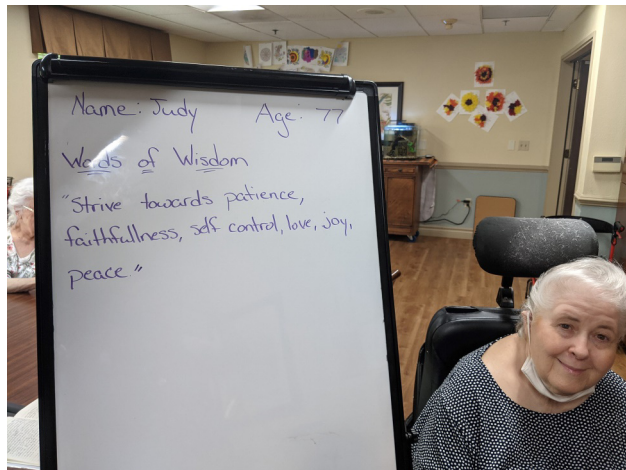
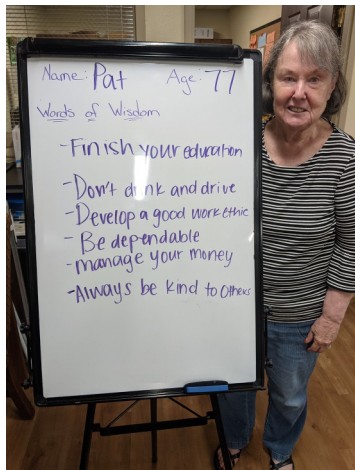


Our Dining Committee in action.

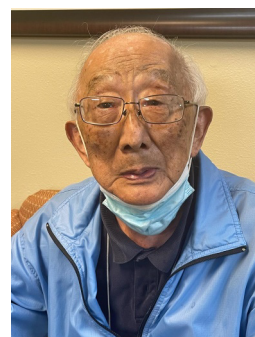




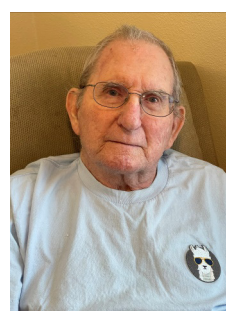
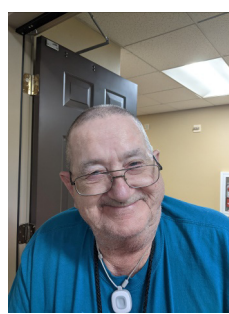
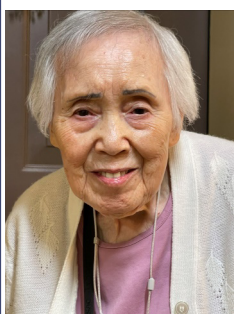
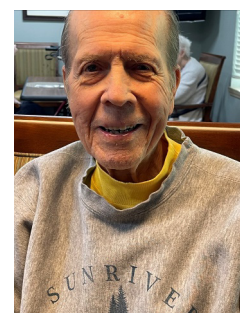
## Activities & Special Events



We were challenged to share our words of wisdom. Thank you Pat, Judy and Sarah for sharing with us.



Always wear a smile, not because life is full of reasons to smile but because your smile itself is a reason for many others to smile.



## Birthdays



Alpha M  
Anna E.  
Irene M.  
Deanna D.  
Joseph S  
Hetty Van D.  
Michael McF.  
Doris R.  
Patricia C.

## LIBRARY2GO

King County Library Outreach offers a wide range of library services for those who are unable to visit the library buildings.

Please see Melody or Danica for library request forms. LIBRARY2GO is the second Thursday of each month. Our next appointment is September 9th.

Also... did you know that Kenmore Senior Living has it's own library? Yes it does Our library is located in the TV room on the 2nd floor across from the elevators. There are a wide variety of books to check out. Please feel free to enjoy them.



## A Note from the Activities Director

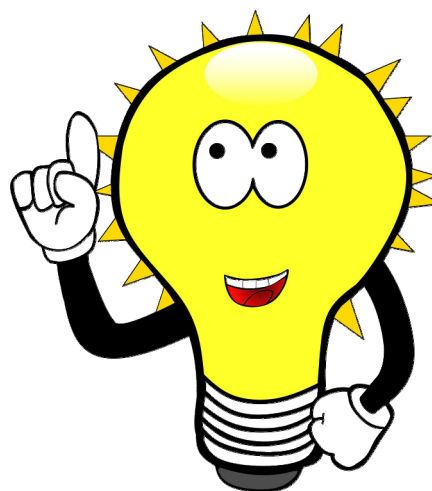
You're never too old, young, smart or otherwise to learn something new. So here's something new for us...

Monday afternoons at 2:30pm are our **Continuing Education** program in the TV room. We will be learning History, Science, Humanities and much more by way of YouTube and other online lectures.

And speaking of YouTube and on line, Tuesday mornings at 11:00am is **Tech Tuesday**. We will be learning how to use out technology; phones, tablets, computer, online and so much more. Join us in the Activities room for something new each week.

Do you have something you would like to teach or learn? Please contact the Activities Dept. and let us know. We would love to learn something new too!

"The light of knowledge never grows dim."  
~Author unknown~





## *Health & Fitness by*

Working out can keep you feeling young and energetic.

Research has shown that regular exercise can pull the brake on physiological aging.

While cardio routines are great for keeping your heart and lungs healthy, it's strength training that helps in making your body look more toned, stronger and also keeps it functional

Some key benefits of strength training for older adults are:

Builds muscle mass.

Builds bone density.

Decreases body fat.

Lowers the risk of chronic disease.

Improves mental health.

## *Fitness Activities*

Exercise Group ~ 10:00am  
Monday thru Saturday

Drum Therapy ~ 1:30pm the  
1st and 3rd Tuesdays of the  
month.

Flexband Training ~ 1:30pm  
the 2nd and 4th Tuesdays of  
the month.

All exercise programs take place in the TV room on the 2nd floor. Join us for fun and socialization.



## *Spiritual Activities*

Kenmore Community Church  
with Pastor Mark  
and friends.

1:00pm, Mondays in the TV  
room on the second floor.

Catholic worship service  
With Al Drinkwine  
10:00am, Wednesdays  
In the Fire Side room on the  
first floor.



## *Who Am I? (answer)*

Barbara and Clarck C.



## *Management Team*

**James Kamau**  
~Executive Director~

**Kim Spencer**  
~Community Relations~

**Marylin Batchelor**  
~Business Manager~

**Melody Henning**  
~Activities Director~

**Anthony Stuart**  
~Dining Services~

**Terry Barnes**  
~Maintenance Director~



## *Our Mission*

*Privately owned, Pacifica Senior Living  
strives to create a lifestyle of  
independence and peace of mind  
for each individual and their family.*

*We do what we love and  
what we truly believe in –  
providing compassionate, personalized  
care services with dignity and respect.*

*Our dedicated, professional team supports  
each resident and goes above and beyond  
to help them feel at home.*



**KENMORE**  
SENIOR LIVING

Independent Living  
Assisted Living • Memory Care

**7221 NE 182nd Street**  
**Kenmore, WA 98028**  
**425.481.4200**  
***KenmoreSeniorLiving.com***

*Welcome Home!*