

Pacifica Tidings



KENMORE
SENIOR LIVING

Independent Living
Assisted Living • Memory Care

**November
2021**



A Note from the Executive Director

We all make great plans for Summer; vacations, staycations, family trips, home make over, physical do-over, weddings, engagements, parties and so forth. All our energies, finances, time is spent on either planning for our enjoying summer. Rarely, if at all, do you hear people make plans for fall. We always know it's coming, but it always catches us by surprise.

The change of colors especially brings out a beautiful smile from each and every one of us. Fall colors are the one time we all metaphorically "stop and smell the roses". We appreciate the drive home, the scenery, the newness of it all. Maybe it is time that you and I made the conscious effort to change our colors, do something we are not used to doing, change our routine, shed the old "me" and be something new or different to our loved ones, coworkers, parents, siblings, kids and surprise them.

Then sit back and watch them smile.

James Kamau
Executive Director
Kenmore Senior Living

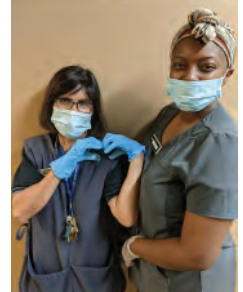
Who am I?



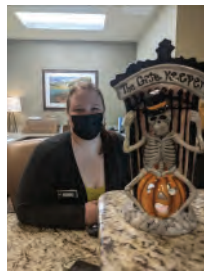
Welcome to Our Community

Pat S.
Peggy B.
Denny G.
Corine G.

Special Events & Memorable Moments



We celebrated National Assisted Living Week by making a banner and gift bags for the employees that had hand written notes from the residents in them.



Halloween and the first Seahawks game of the year.
And a special hello to Pastor Mark and his friends from Kenmore Community Church



Activities & Special Events



Our friends enjoy art
in all it's forms!



Birthdays



Liz McG.
Feng –Ho

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.

NOTE: Due to the Veteran's Day there will be no LIBRARY2GO this month.

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

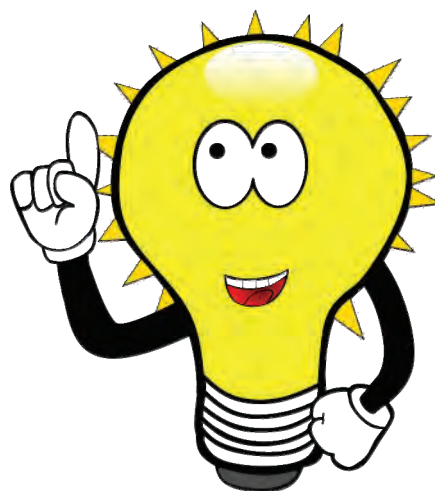
You're never too old, young, smart or otherwise to learn something new. So here's something new for us...

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.

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

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

Please be aware that there are some changes to our monthly calendar starting this month. We've added a few more BINGO sessions and art times! We've also added movie titles and Continuing Education themes.



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.



Meet Natasha our new Resident Care Coordinator!

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)

Pat C.



Management Team

James Kamau
~Executive Director~

Natasha Lillo
~Resident Care Coordinator~

Marylin Batchelor
~Business Manager~

Melody Henning
~Activities Director~

Anthony Stuart
~Dining Services~

Terry Barnes
~Maintenance Director~

Kim Spencer
~Sales Manager~



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.*



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Welcome Home!