

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 2018				1 Connections Outing: Santa Anita Race Track	2	3
4 9:30 St. Rita's Church Outing	5	6 Haven Outing: El Monte Airport Lunch	7 <i>Cat in the Hat Day!</i> Assisted Living Outing: Nano Café	8 Connections Outing: Four Seasons Tea Room 3:30p 3rd Anniversary Spring Open House	9	10
11 9:30 St. Rita's Church Outing	12	13 Haven Outing: Memorial Park Picnic 11:00 Resident Council Meeting	14 Assisted Living Outing: San Manuel Casino 3:00p Men's Club Presentation	15 Connections Outing: Outback's Steakhouse	16	17 3:30p St. Patrick's Day Party
18 9:30 St. Rita's Church Outing Sierra Madre Annual Wisteria Festival	19	20 Haven Outing: The Arboretum Lunch	21 Assisted Living Outing: Richard Nixon Museum 6:30p Memory Care Family Council	22 Connections Outing: Arboretum & Botanic Gardens	23	24
25 9:30 St. Rita's Church Outing	26	27 Haven Outing: Scenic Drive and Hot Cocoa 3:30p Birthday Night— En Soiree	28 Assisted Living Outing: Clockers Corner 12:00p Men's Club Luncheon	29 Connections Outing: Farrell's Ice Cream Parlor	30	31



At The Kensington,
we promise to love
and care for your family
as we do our own

An Assisted Living and Memory Care Residence
serving seniors and families of Sierra Madre
and neighboring communities



THE KENSINGTON
An Assisted Living Residence

SIERRA MADRE

626-355-5700

245 W Sierra Madre Blvd, Sierra Madre, CA 91024

www.TheKensingtonSierraMadre.com

RCFE
License
198601953








March 2018

245 West Sierra Madre Blvd., Sierra Madre, CA 91024 • (626) 355-5700 • RCFE #198 601 953



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Coordinator
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I was reading an article the other day that states that with all the technology of our time, it is very easy to rely on these gadgets for every waking minute of our life. Because of this, we do not give enough time for our brains and minds to relax, be at peace and be creative. And this is when new ideas are formed. The good news is that creativity is not purely an inborn trait – we all have the potential to be more creative. Our challenge is tapping into this!

“For something to be creative, it can’t just be novel,” says Harvard psychology professor Shelley Carson, author of *Your Creative Brain: Seven Steps to Maximize Imaginatio, Productivity, and Innovation in Your Life*. “It has to be useful as well.”

Here are some ideas to keep our brains alert:

If you want to excel at something, learn about it as much as possible. Immerse yourself in it. In order to come up with ideas, you need to have information from which to draw.

Try some brain games and work out both sides of the brain.

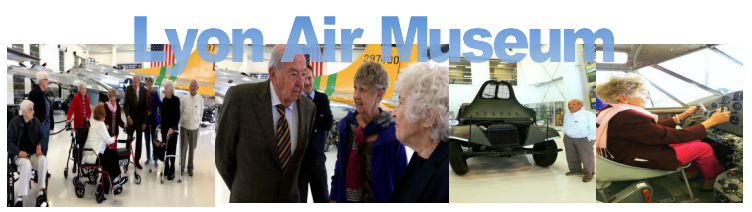
Listen to 30 minutes of instrumental music a day as studies have shown it helps your mind wander.

And problem solve. I never thought problem solving was very creative but “problem solving is showing ingenuity by looking at things in fresh ways” and we can all do this daily!

So enjoy a month of creativity and if you would like to borrow some brain games, you are welcome to come and see me for a visit as I would love to share some!

Have a wonderful March!

<div>Care Giver's Support Group</div> <div><div>YOUR INVITATION TO AN EVENT AT THE KENSINGTON SIERRA MADRE</div><div><div>Please RSVP via email to ssciurba@KensingtonSL.com or by calling 626-355-5700</div><div>Are You Feeling Anxious, Depressed or ANGRY?</div><div>You Are NOT Alone in Your Journey</div><div>Come and Join Our Free Caregivers Support Group</div><div>Open to the community for family and friends of those with memory impairment.</div><div>We share information, resources, and guidance on coping with the issues.</div><div><div><div>Carolyn Wong – Carolyn is a licensed marriage and family therapist at Sync Counseling Center in Sierra Madre. She received her master degree in marriage and family therapy, and certification in premarital and marital assessment in the Prepare/Enrich program from Fuller Theological Seminary in Pasadena. Carolyn also has a master degree and credential in educational psychology from California State University, Long Beach.</div></div><div><div><div>THE KENSINGTON An Assisted Living Residence SIERRA MADRE www.TheKensingtonSierraMadre.com</div></div><div><div></div></div></div><div><div>EVENT DETAILS</div><div>1st Wednesday of each month at 7pm 3rd Wednesday of each month at 10am</div><div>at The Kensington 245 West Sierra Madre Blvd. Sierra Madre, CA 91024</div></div></div></div></div>	<div>Still Significant Program</div> <div><p>Our residents continue to make a different in people's life's. Recently our residents visited the City of Hope and delivered care packages, the residents themselves had put together. Unfortunately, we were not allowed to visit with the patients due to their condition but the City of Hope Representative assured us the patients would receive the care packages. The Our residents and team were given a tour and our residents loved learning how the City of Hope was founded and about new advances in medical technology and break-throughs the City of Hope is offering to its patients. We continue to offer a Crochet Club and the residents will be crocheting scarfs for other organizations and hospitals.</p><p>We have also begun the process of volunteering and donating goods to other organizations such as, Union Station Homeless Services and San Gabriel Humane Society to continue our mission, lending a helping hand to those who are in need and to make a difference in someone's life.</p></div>	<div>Daylight Savings Time</div> <div><div><div>Daylight Saving Time Begins</div><div>Sunday, March 11, 2:00 am</div></div></div> <div>Employee of the Month</div> <div><div></div><div>I have a passion for caring for people, especially because it's a profession that never stops giving. Being a nurse gives me an opportunity to learn new things every day, and the opportunity for growth is almost unlimited. When I'm not being a nurse, I love being a chef at home. I love bringing my family and friends together with my food. When time permits I love to travel and explore many places!</div></div> <div>March Birthdays</div> <div><div>Happy Birthdays!!!</div><div>Marion Hurrel—March 1st</div><div>Rosemary Abernathy— March 2nd</div><div>Don Lorenzini— March 16th</div><div>Dr. Gordon Banerian— March 20th</div><div>Robert Hoy & Phillip Gatsoulis March 23rd</div><div>Ginger McCloskey— March 30th</div></div>
	<div>Kensington Welcomes</div> <div><div>New Residents:</div><div><div>Joy Swift</div><div></div><div>Arden Verbeck</div><div></div><div>Welcome!!!</div></div></div> <div>Kensley's Corner</div> <div><div></div><div>Hello everyone, it's me Kensley! Guess what! I had my first appearance on television last month. Did you watch me? Boy all that training really paid off. I got to live here with all of you at the Kensington. At first I wasn't the most focused student but learning the seven most common commands really helped. What are the seven commands? Sit, down, come, off, don't touch and heel. Now that I've been taught good manners I am a certified therapy dog. Yay! I've been told I'm a perfect dog for this job! Till next time have a great day!</div><div> Kensley</div></div>	<div>Birthday Night— Paris En Soiree</div> <div><div>The City of Lights, La Ville-Lumière is coming to the Kensington!!!</div><div>Join us Tuesday, March 27th @ 3:30pm for our Night in Paris themed Birthday Night!!</div><div>Enjoy delicious cocktails, wonderful music provided by Francesca Sola, and classic French hors' devours!</div></div> <div>Let's Hear From You</div> <div><div>We love to receive feedback and appreciate your time in sharing about your experiences using the Kensington Moments Cards. We would also like to encourage you to follow our Facebook page for great pictures and updates, and feel free to give us a review on Yelp or Google!</div><div> Like us on Facebook</div></div>



Kensington Men's Club

Our first presentation of the Kensington Men's club was a revving success! We had almost 20 of our residents attend and discuss the Past, Present, and Future of the Automobile industry! But, because of the conflict with the Assisted Living Outing on Wednesdays, the presentation will be moved to 2pm. So, our next presentation will be on March 14th, and will be about the 21st Century Space Race! Our luncheon will then be held on March 28th in the AL Cinema!

Sales Person Appreciation

Sales Person Appreciation Day
March 2nd

We are honoring the value, dedication, and hard work they perform!

Make sure to say hi and thank our wonderful sales team!

Lynn Moss, Director of Community Relations

Steve Sciurba, Director of Community Outreach

Long-Term Care Insurance

YOUR INVITATION TO AN EVENT AT THE KENSINGTON SIERRA MADRE

Please RSVP via email to SSciurba@KensingtonSL.com or by calling 626-355-5700

The Benefits of Long Term Care Insurance

More people will one day need long-term care (LTC) services at home, in residential care or in a nursing facility — and the cost for care is rising.

Seven common myths of LTC

Yet many common myths surround LTC products and services. Perhaps you've heard (and even believed) these and others:

1. "A government program will take care of me."
2. "I can save the money I'll need for LTC services."
3. "Only old people need LTC services."
4. "I don't need separate LTC protection because I have health insurance."
5. "LTC protection pays for nursing home care only."
6. "I can't afford LTC insurance."
7. "We don't need LTC protection because we have each other."

Speaker, Beth Morrill, RICP®

Beth has been a Financial Services Professional since 1989. Her passion is building personal relationships with her clients that mirror her financial strategies, with the long term in mind. She enjoys the relationships that she has built and continues to foster with her clients over the past 28 years.

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EVENT DETAILS
WEDNESDAY, MARCH 14, 2018
From: 6:30pm – 8:00pm
at The Kensington
245 West Sierra Madre Blvd.
Sierra Madre, CA 91024
(626) 355-5700

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FAMILY FUN EVENT!

Easter Basket Making

Children of all ages, grandchildren, and great grandchildren are invited to come. All the baskets, eggs, chocolate, toys and fun will be provided. This event will be followed by live music with a cocktail hour starting at 4:00pm.

EVENT DETAILS
SATURDAY, MARCH 24, 2018
From: 2:00pm – 4:00pm
at The Kensington
245 West Sierra Madre Blvd.
Sierra Madre, CA 91024
(626) 355-5700

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Community Outings

Assisted Living Outings:
March 7th - Nano Café at 11:00 am
March 14th - San Manuel Casino at 9:00 am
March 21st - Richard Nixon Museum at 11:00 am
March 28th - Clockers Corner at 8:00am

Connections Outings:
March 1st: Santa Anita Race Track
March 8th: The Four Seasons Tea Room
March 15th: Outback's Steakhouse
March 22nd: Arboretum & Botanic Gardens
March 29th: Farrell's Ice Cream Parlor

Haven Outings:
March 6th - El Monte Airport Lunch
March 13th - Picnic in Memorial Park
March 20th - The Arboretum Lunch
March 27th - Scenic Drive and Hot Cocoa

Cat in the Hat Day

Attention dear friends. Seuss's
I Have something to say.
You might like to join us
For Cat in the Hat Day!
Come Dress up and Play
On our Cat in the Hat Day!
March 7th, 2018

THE CAT IN THE HAT

Connections Celebrations



Haven Happenings

