



# LET LOVE LIGHT THE WAY

AT THE KENSINGTON REDONDO BEACH



## LOVE & WARMTH IN EVERY MOMENT: A WINTER MESSAGE FROM ROBERT

At The Kensington, the winter season is a time to embrace the beauty of togetherness and the warmth of love that brightens even the coldest days. It's a season where simple acts of kindness and shared moments remind us of the joy and gratitude that fill our lives.

As we celebrate the season of love, our team has thoughtfully planned a series of heartwarming events designed to inspire connection. From cozy gatherings with seasonal delights to engaging workshops and meaningful surprises, we invite you to join us in celebrating what truly matters—each other. Stop by on Thursday, February 20th at 1pm for our Community Open House, a special opportunity to meet our team, and learn about the resources and support available for families impacted by Alzheimer's and dementia.

As we celebrate love and cherish the moments that bring us closer, join me on Thursday, February 13th at 3pm in the Cinema for "The Best Love Poems." Wishing you and your loved ones warmth, happiness, and love in every winter moment.

With heartfelt gratitude,

Robert May  
Executive Director

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# MEET THE BUTTOLPH FAMILY



## MEET RITA, OUR RESIDENT



Rita, a Princeton, NJ native, comes from a family dedicated to education and entrepreneurship—her mother founded Princeton’s first preschool, and her father owned and ran a newspaper delivery business. She earned her BA from Penn State and pursued a career in education, teaching Kindergarten through 7th grade before becoming an administrator at Adelphi College.

Passionate about literacy and the arts, she volunteered for literacy programs and American Airlines Theatre in NYC. Rita also played a key role in launching Big Apple Greeters, now an international nonprofit that connects visitors with locals in cities like New York, Paris, Sydney, Melbourne, and Toronto. She has two children, Jeff, a jazz musician, and Ruth, a business owner, along with two grandsons, Matthew and Benjamin.

At The Kensington, Rita enjoys the delicious meals, kind staff, and new friendships she has made through The Kensington Club. A true social butterfly, she lights up when her “twin” and Kensington Club Coordinator, Susan Stetson, arrives, greeting her with a big smile. She is happier than ever, eager to start each day and participate in activities that bring her tremendous joy.

## GRATITUDE FROM HER DAUGHTER, RUTH

My mom has been a Kensington resident for just over a year. She's in her early 90's and while once sharp as the sharpest tack, is living with dementia. There are so many things to really love and appreciate about The Kensington. Robert May, the Executive Director, is uniquely qualified for his role and a very caring and engaging individual. Every single staff member appears to be truly caring.

Caring for a beloved aging parent who is dealing with brain changes is a gut-wrenching, emotional experience.

***“Knowing my mom is so well cared for at The Kensington eases each and every day.”***

The K-Club, created to support those who have some brain changes, is a wonderful program. Mom is a K-Club member and I know she has great care and appropriate activities. Susan Stetson, who runs K-Club, is devoted to her residents and the program. I know she has my mother's best interests at heart and is sincerely appreciated.



Scan the QR code and take a few minutes to share your experience with us on Google Reviews.





# UPCOMING EVENTS



## JOIN OUR COMPLIMENTARY KENSINGTON CAREGIVER EVENTS

This winter and early spring season, join us for heartfelt professional & insightful educational events that give you the resources you need as a caregiver or family member of an aging loved one.

**Wednesday, February 19th, 3pm - 4pm via Zoom**

**Keeping a Sharp Mind: Boosting Your Brain Health**

With Experts on the BCAT Approach & ENRICH Brain Health Program

**Thursday, February 20th, 1pm - 3pm Onsite**

**Community Open House**

In Partnership with The Alzheimer's Association

**Wednesday, March 5th, 3pm - 4pm via Zoom**

**Caring for Solo Agers: Building Your Support System for Successful Aging**

With Steve Gurney, Founder of the Positive Aging Community

**For more information about our events and to RSVP visit:**

**<https://thekensingtonredondobeach.com/events>**

## COMING SOON: OUR NEWEST KENSINGTON COMMUNITY

*Discover The Kensington Bethesda in Maryland*



**THE KENSINGTON**

*Assisted Living & Memory Care*

BETHESDA

Exciting news from our Kensington family! Our newest community, The Kensington Bethesda, is set to open in Summer 2025, offering exceptional assisted living, couples care, and three specialized levels of memory care. **We are excited to share that our model rooms will be open for tours later this month!** As we celebrate the season of love and togetherness, we look forward to sharing more warmth and joy with you. Keep an eye out for details about our Welcome & Information Center that opened last Fall.

Don't miss our latest community updates, exciting news, and exclusive insights into our grand opening. **We invite you to follow us on Facebook at @TheKensingtonBethesda.** Stay connected and be the first to discover all that The Kensington Bethesda has to offer!



# WINTER CAREGIVER GUIDE



## THE 21-SECOND PAUSE: A POWERFUL WAY TO SHOW LOVE

*By Leandra Sims, Kensington Community PAC Expert & Life Enrichment Specialist*

Understanding language change is essential in all forms of communication, especially when expressing love to someone living with brain change. **One of the most profound ways to show love to someone living with dementia is through patience, allowing space for connection to unfold in its own time.**

Right now, take a moment and pause for 21 seconds. Set a timer or listen to the steady tick of a clock. It may feel like an eternity, but for someone living with dementia, this is the time they often need to process what was said. After this pause, you may notice a shift—perhaps a flicker of recognition, a gentle smile, a twinkle in their eyes, or even the words you were hoping to hear.

This simple act of waiting, of holding space without rushing, is a gift of love. It tells them, I see you. I am here with you. You are not alone. **The power of the 21-second pause is the power to communicate love in a way that truly reaches them.** Whether through a warm touch, a familiar melody, or simply being present in the silence, love is not measured in words but in the patience and presence we offer.



## THE IMPORTANCE OF ACCEPTANCE & SELF-LOVE

*Caregiver Support Stories with Susie Sarkisian, Family Support Coach*



“Looking back over the last year, what is one lesson you’ve learned about yourself as a caregiver?” In the January support groups for family caregivers, I’ve been asking this question. It has allowed people to reflect on the year and given them a platform to share the lessons learned.

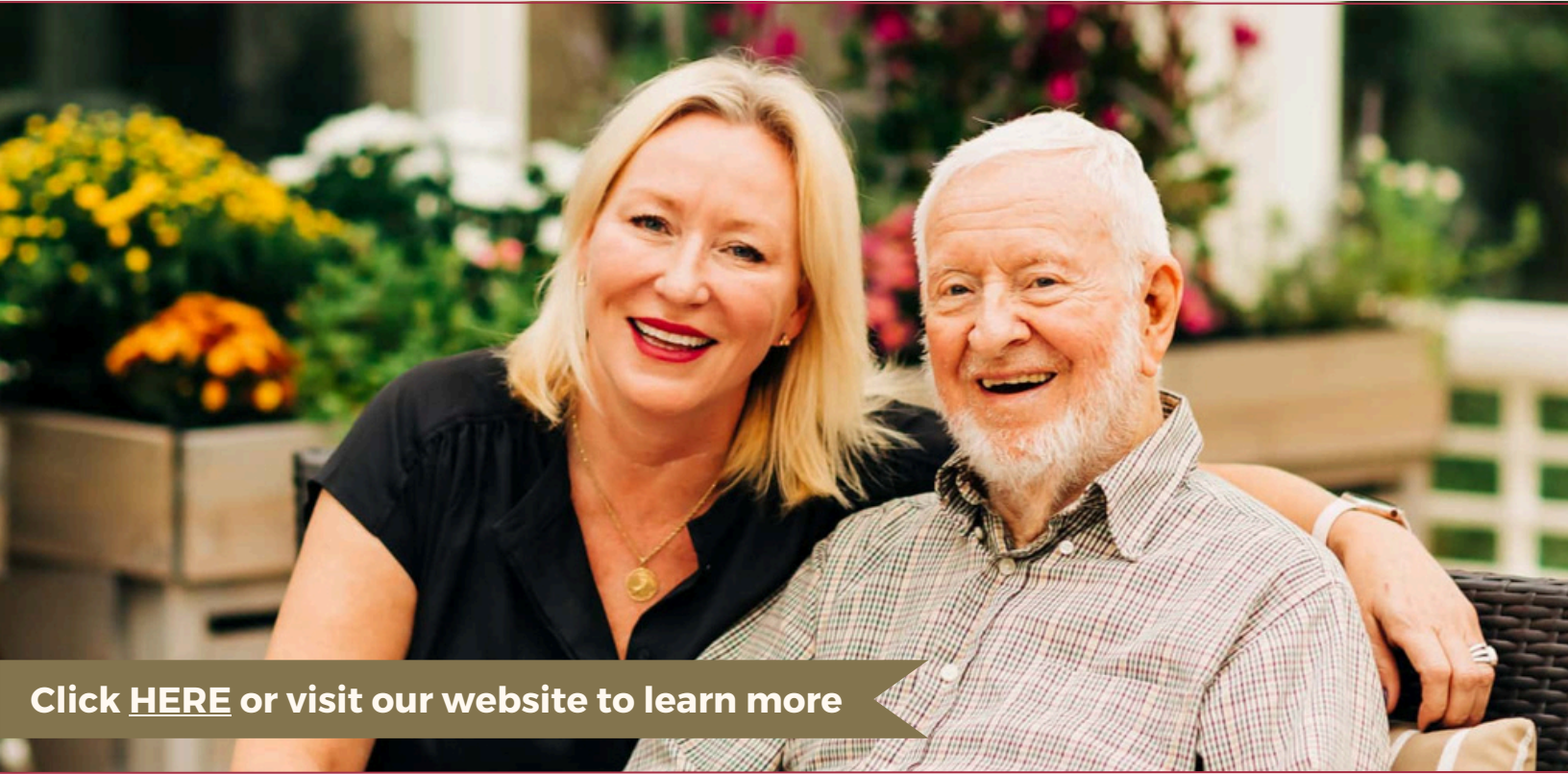
\*Tip: a great way to reflect on your year is to look at photos in your phone from the past year. It jogs memories and brings perspective.

The lessons learned have been in the category of letting go. Letting go of a need to control, of anger at a disease, of disappointment in others, of a need for perfection, letting go of guilt. And with this, is more room for acceptance. Acceptance of the disease, of the situation, of their own limits. The bonus here? Acceptance can bring calm, some peace, and self-care. What could you let go of? And what would be the gift for yourself in letting go?

**Susie Sarkisian is a Certified Life Coach and facilitates our Dementia Caregiver Support Group. Click [HERE](#) to learn more.**



# DEMENTIA CAREGIVER SUPPORT GROUP



Click [HERE](#) or visit our website to learn more

## MONTHLY DEMENTIA SUPPORT GROUP FOR FAMILY CAREGIVERS

Led By *Susie Sarkisian, CPCC, Certified Life Coach*

*First Tuesday of Each Month  
from 7pm to 8pm via Zoom*

**At The Kensington, YOU, as a family caregiver, matter to us as much as our residents do!**

We understand that caregiving for an aging loved one with dementia is a demanding responsibility. We also believe that it is one you should not undertake alone. That's why we strive to preserve your well-being by helping you stay positive, manage fatigue and make the most of moments as your loved one's body and memory changes.

Join us on the first Tuesday of every month to share time connecting with other caregivers and discussing common challenges in a welcoming, private setting. Let The Kensington be your trusted resource for information and the comforting ally you need! Our dementia support group will be facilitated by Susie Sarkisian, CPCC, Certified Life Coach. Participants will have the opportunity to ask questions, lean in for support and draw comfort from others who know how it feels to be a dementia caregiver.

*\*This group is complimentary & open to all, whether your loved one lives at The Kensington, at home, or in another community.*



# COMMUNITY HAPPENINGS



## SPREADING JOY & HAPPY SMILES!



The Kensington has been buzzing with love and exciting happenings! To welcome the new year, we rang in 2025 with cheer, companionship, and a special celebratory meal, making it a truly memorable start to the year. Our residents have explored their artistic talents with Arts & Crafts projects celebrating various festivities and special occasions. Our Resident Art Exhibit was a tremendous success, showcasing their beautiful creations and highlighting the power of self-expression. We also embraced healthy living with interactive cooking workshops, where residents enjoyed preparing and tasting nutritious, delicious meals.

Our community thrives with moments of joy, connection, and celebration, and we look forward to embracing every opportunity to make our residents feel cherished. With each passing event, we are reminded of the love and support that defines The Kensington. We're filled with anticipation for what's to come and the special moments we will continue to create together in the spring months ahead.

## EMBRACING WARMTH & TOGETHERNESS...

**Valentine's Day Celebration:** February 14th

**Margarita Mocktail Day:** February 14th

**Mardi-Gras Happy Hour:** March 4th

**Ash Wednesday:** March 5th

**Dr. Seuss Theme Day:** March 6th

**St. Patrick's Day Party:** March 17th



# TEAM MEMBER CORNER



## **MEET BRENDA MILLAN** *Our Loving Lead Concierge*

Brenda joined The Kensington Redondo Beach team in June 2024 and has been a shining star since her very first day. Known for her unwavering reliability and exceptional professionalism, Brenda has quickly become a trusted and respected member of our community. Residents, families, and team members alike admire her friendly demeanor, problem-solving skills, and ability to anticipate the needs of others.

As a valued member of the Concierge team, Brenda consistently goes above and beyond to ensure every interaction is met with warmth and care. Her dedication to providing exceptional service and her genuine commitment to supporting others make her an integral part of our Kensington Redondo Beach family. We are so grateful for all that Brenda brings to our community!



## **LEADING WITH HEART, EXCELLENCE AND A COMMITMENT** *With Maleni Meza-Montes, Our Assisted Living Manager*



Maleni has been a dedicated and compassionate member of our Kensington family since our community first opened in 2019. She began her journey as a Care Partner, where her natural leadership, dedication, and deep sense of purpose quickly set her apart. Within months, she was promoted to Lead Care Partner, and just two years later, she advanced to the role of Assisted Living Supervisor. Today, as the Assisted Living Manager, Maleni continues to embody Our Kensington Promise—to love and care for our residents as we do our own family.

Maleni's commitment to excellence extends beyond leadership. She has earned her Positive Approach to Care (PAC) Certification, demonstrating her expertise in dementia care and her passion for enriching the lives of residents with cognitive challenges. Through her deep understanding of Teepa Snow's PAC philosophy, she empowers both residents and team members with compassionate, person-centered techniques that enhance connection, engagement, and well-being. She is not only a trusted guide for families navigating the aging journey but also an advocate for ensuring that every resident experiences joy, comfort, and a true sense of home at The Kensington.



*Our promise is to love and care  
for your family as we do our own*

**Love for Seniors • Respect for Each Other  
Passion for Excellence • Spirit to Serve**



**Bringing Hearts Together this Winter**  
Follow Us On Instagram:  
**@KensingtonSeniorLiving**



**Don't Miss A Beat!**  
Follow Us On Facebook:  
**@TheKensingtonRB**



**Join Our Caregiver Club for Mobile Updates!**  
Text **KENSINGTONREDONDOBEACH**  
to (571) 489-7385



## OUR TEAM

Robert May  
*Executive Director*

Rachael Martinez  
*Associate Executive Director*

Janie Acosta  
*Director of Nursing Services*

Zamira Calderon  
*Director of Assisted Living*

Maleni Meza-Montes  
*Assisted Living Manager*

Claudia Arteaga  
*Connections Program Manager*

Keith Serle  
*Haven Program Manager*

Christine Fernandez  
*Team Member  
Services Manager*

Nikki Zbihley  
*Director of Marketing &  
Outreach*

Kelly Hoang  
*Director of Community  
Relations*

Tiffany Bija  
*Director of Community  
Relations*

Cristal Chavez  
*Move-In Coordinator*

Rommel Ochoa  
*Director of Dining Services*

Mike Mazza  
*Director of  
Environmental Services*

Kirsten Hernandez  
*Assisted Living Life Enrichment  
Coordinator*

Susan Stetson  
*The Kensington Club  
Coordinator*

Georgina Urbina  
*Connections Life Enrichment  
Coordinator*

Erika Garcia  
*Haven Life Enrichment  
Coordinator*

**RCFE #198320032**