



LET LOVE LIGHT THE WAY

AT THE KENSINGTON WHITE PLAINS



LOVE & WARMTH IN EVERY MOMENT: A WINTER MESSAGE FROM BILL

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 Tuesday, March 11th at 6pm for our complimentary educational event "What Causes Alzheimer's Disease and Can We Prevent It?" in partnership with the Alzheimer's Association.

We are more than a community—we are family, united by a shared commitment to care, compassion, and the joy of being together. Let us cherish the moments that bring us closer and continue to let love light the way in all we do. Wishing you and your loved ones warmth, happiness, and love in every moment,

With heartfelt gratitude,

Bill Crawford

Executive Director

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MEET THE NAVON FAMILY



MEET HERMAN, OUR RESIDENT



Herman, a proud native of Brooklyn, NY, holds his upbringing close to his heart. As the third of four children, he fondly recalls the warmth and energy of his childhood home—a modest yet lively four-floor walkup filled with laughter, play, and the unbreakable bond of family. The neighborhood itself was an extension of home, a place where he and his siblings spent endless hours playing with friends and creating lifelong memories.

From a young age, Herman developed a strong work ethic, dedicating his career to the garment industry as a highly skilled pattern maker. His precision and craftsmanship were evident in every piece he worked on, shaping a career that brought him both pride and fulfillment.

Beyond his devotion to family and career, Herman has a deep appreciation for cowboy culture. He finds joy in watching *The Western Channel*, reliving the classic cowboy movies that capture a sense of adventure and resilience.

Today, Herman continues to embrace the things that bring him happiness. Whether enjoying a great movie or engaging in life-enriching games, he finds inspiration in the simple yet meaningful moments that add joy to his everyday life.

GRATITUDE FROM VALERIE, HIS DAUGHTER

My experience has been fantastic. The Kensington is everything I thought Assisted Living was supposed to be like. They are taking excellent care of my father.

When someone has dementia you need to stand up for them because they can't stand up for themselves.

The Kensington promises and delivers with a special emphasis on communication.

I feel I am informed promptly of any issues or concerns. The team is responsive, kind, warm, welcoming. The care my father is receiving is top of the line but also, the care that myself as family is receiving is also top notch.



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, 6pm - 7pm EST

Keeping a Sharp Mind: Boosting Your Brain Health

With Experts on the BCAT Approach & ENRICH Brain Health Program

Thursday, February 27th, 5pm - 6:30 EST

Unlocking Healing: Somatic Therapy Through Relaxation, Mindfulness, & Yoga

An Event for Our Professional Partners

Wednesday, March 5th, 6pm - 7pm 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://thekensingtonwhiteplains.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.

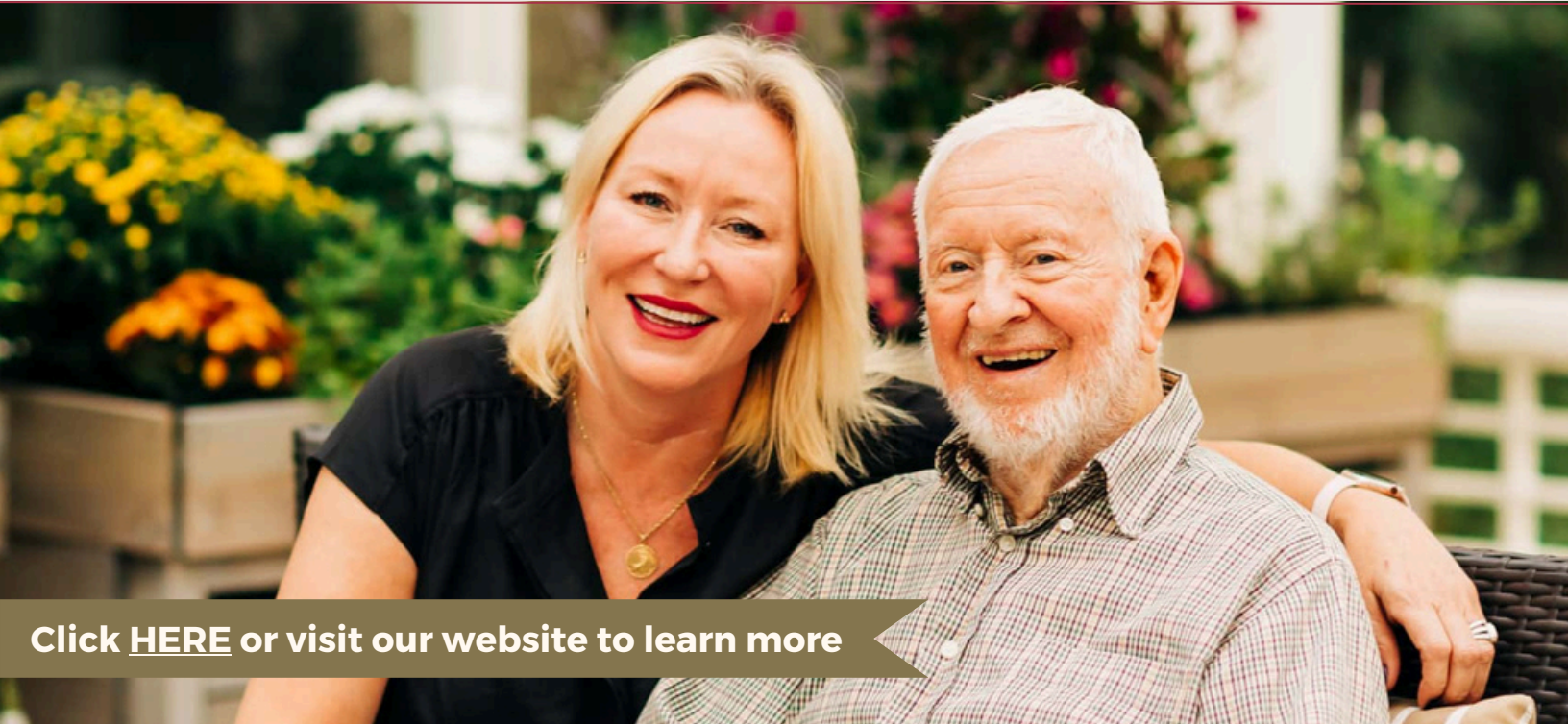
*Tip: a great way to reflect on your year is to look at photos in your phone from the past year. It jogs memories and brings perspective.

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 Family Support for our Kensington Family Members. Click [HERE](#) to learn more.



THE KENSINGTON'S PARKINSON'S CAFÉ



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

THE KENSINGTON'S PARKINSON'S CAFÉ

A Complimentary Program for Individuals with
Parkinson's and Their Caregivers

*1st, 2nd & 3rd Friday of Each Month
from 10am to 11am at The Kensington*

Join us at The Kensington's Parkinson's Café for three specialized programs designed to enhance the well-being of those living with Parkinson's Disease. All sessions are free and offer a welcoming, supportive environment to improve mobility, strength, and quality of life.

Parkinson's Communication Club: 1st Friday of Each Month: Led by Certified Speech Language Pathologists from Burke Rehabilitation Hospital, participants through exercises designed to improve vocal strength, volume, and articulation.

Rock Steady Boxing: 2nd Friday of Each Month: Led by Toni Mafes, Certified Rock Steady Boxing Instructor, this non-contact boxing program incorporates exercises to improve balance, coordination, and motor function without physical impact.

Movement for Parkinson's Class: 3rd Friday of Each Month: Led by Mindy Erber, M.S., OTR, CAPS, CDP, LSVT-BI, this class focuses on the LSVT-BIG principles and other beneficial exercises tailored to people with Parkinson's.



COMMUNITY HAPPENINGS



SPREADING JOYFUL & HAPPY SMILES!



The Kensington has been buzzing with love and exciting happenings! December and January were truly magical months brimming with joy, laughter, and new experiences. We welcomed numerous enthusiastic volunteers, including the inspiring young men from the Service League and regular visits from Anne and Andy's children. Every day was marked by celebrations, from the festive spirit of Hanukkah and Christmas to the charm of smaller national observances such as National Skeptics Day, National Bird Day, and Inspire your heart with art day.

A standout moment for our residents was our enchanting "Breakfast at Tiffany's" themed day, where we delved into the timeless movie and savored a Tiffany-inspired brunch at The Kensington, meticulously crafted by our exceptional dining team. Additionally, for Martin Luther King Jr Day we all came together to create our own dream wall, where we shared our visions for the world we wish to see. A beautiful reflection of our shared hopes and aspirations, it was a time filled with warmth, community, and the joy of coming together.

EMBRACING WARMTH & TOGETHERNESS...

Still Significant Blessing Bags with JCC: February 13th

Floral Design Day: February 26th

Valentine's Day Portraits: February 14th

Mardi Gras Parade: March 4th

Wine Pairing & Tasting: February 18th

Baking Irish Soda Bread: March 17th



TEAM MEMBER CORNER



MEET ANNESUE LEE-CLARKE & CAMEO HARDY-PATTERSON

Human Resources Assistant & Lead Care Partner

Meet Annesue and Cameo, Team Members of the Year for 2024! Annesue is known for her positivity and welcoming spirit, always ready to assist team members. Joining during a critical staffing period, she helped fill over 30 care positions and played a key role in creating a new hire orientation program. Her passion for excellence shines in everything she does, making her an essential part of our team.

Cameo, a valued member since 2010, is the heart and soul of our memory care community. Her expertise in resident care and her calm, organized approach makes her a trusted resource for residents, families, and team members. Always ready to lend a hand, Cameo's dedication and compassion are the foundation of our Connections and Haven programs. Both Annesue and Cameo exemplify The Kensington's goal to create a loving, supportive environment for all.



Cameo (left) & Annesue (right)

CREATING A HOME WITH HEART

Celso Cedeno's Dedication to a Warm, Safe, and Beautiful Kensington



At The Kensington White Plains, we are dedicated to creating a warm, clean, beautiful, and safe environment where residents and team members feel truly at home. As the Director of Environmental Services, Celso Cedeno takes great pride in upholding these high standards, ensuring that every detail of our community reflects our deep commitment to care and excellence.

For Celso, the most rewarding part of his role is the opportunity to make a positive impact every single day—on our residents, their families, and the team members who join us. During orientation, he reminds new employees that while this field is demanding and requires dedication, it also offers a powerful and meaningful way to touch lives. Beyond his passion for serving residents, Celso emphasizes the importance of being part of a company that truly values its people. The Kensington is more than a workplace—it's a family of compassionate professionals who support one another and take pride in maintaining an exceptional environment. Through teamwork, high standards, and a shared mission, Celso ensures that The Kensington remains a place where residents thrive and team members find purpose in their work.


THE KENSINGTON
An Assisted Living Residence
WHITE PLAINS

*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:
@TheKensingtonWhitePlains



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

OUR TEAM

Bill Crawford
Executive Director

Joanne Hubbard
Associate Executive Director

MaryAnn Durso, RN
Director of Nursing Services

Eileen Parboosingh, RN
*Assistant Director of
Nursing Services*

Tatyana Chavez
Director of Assisted Living

Fiona Patten
Assisted Living Supervisor

Denice Tomlinson
*Haven Memory Care
Manager*

Donna Porchi
*Connections Memory Care
Manager*

Brenda Moynihan
*Director of Marketing &
Outreach*

Ellen Colby
*Director of Community
Relations*

Erin Healy
*Director of Community
Relations*

Tami Beck
*Director of Business
Administration*

Joseph Sasso
Director of Dining Services

Celso Cedeno
*Director of Environmental
Services*

Shamaris Mercado
Life Enrichment Manager

