



LET LOVE LIGHT THE WAY

AT THE KENSINGTON RESTON



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

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 2pm for our 4 Year Anniversary Toast & Celebration. We look forward to sharing this special day with our residents, team members and friends of The Kensington.

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,

Iris Pierce

Interim Executive Director

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MEET THE BULGERS



MEET CRAIG & BETTY, OUR RESIDENTS



Betty grew up in Alexandria, Virginia, while Craig was raised in Chicago, Illinois. Their love story began on February 21, 1951, when they met at a hotel in Washington, D.C. Craig attended Michigan Law School and dedicated his career to government service. Together, they built a beautiful life, first settling in Alexandria, Virginia, for seven years before moving to Fairfax, where they lived for 30 years.

Travel has always been a passion for them. They explored many places but especially loved the rich history of Egypt. One of their greatest joys was adopting their daughter, Susan, when she was just nine weeks old. Their son, now retired, enjoys time at his place on Lake Anna. They also have fond memories of family gatherings, where laughter and love always filled their home.

Now at Kensington, they cherish the closeness to their children and the wonderful meals. They have also enjoyed meeting new friends and sharing stories with fellow residents. For Betty and Craig, Kensington is not just a place to live—it's a place to thrive, surrounded by family and friends.

GRATITUDE FROM SUSAN, THEIR DAUGHTER

Overall, our experience over the past four years has been really good. The nurses and staff are very professional, kind, and patient. The leadership team members are responsive to our questions or issues that arise.

"The Kensington offers high-quality assisted living in a home-like atmosphere. Residents enjoy activities, great care, and delicious meals, and families can visit anytime."

After my parents spent some time at another facility, my brother and I wanted them closer to us and so we could all have more time together as a family. They lived in the same apartment in Connections for 18 months before Dad moved to Haven, and even now, Mom visits and eats with him every single day.



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 via Zoom

Keeping a Sharp Mind: Boosting Your Brain Health

With Experts on the BCAT Approach & ENRICH Brain Health Program

Thursday, February 20th, 11am - 12pm On-Site

Kensington Memory Café

A Social Gathering for Caregivers & Their Loved Ones with Mild Memory Loss

Tuesday, March 11th, 4pm - 5pm On-Site

A Deep Dive Into the Five Dementias

With Melissa Long, Director of Education and Support at Insight Memory Care Center

For more information about our events and to RSVP visit:

<https://kensingtonreston.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.

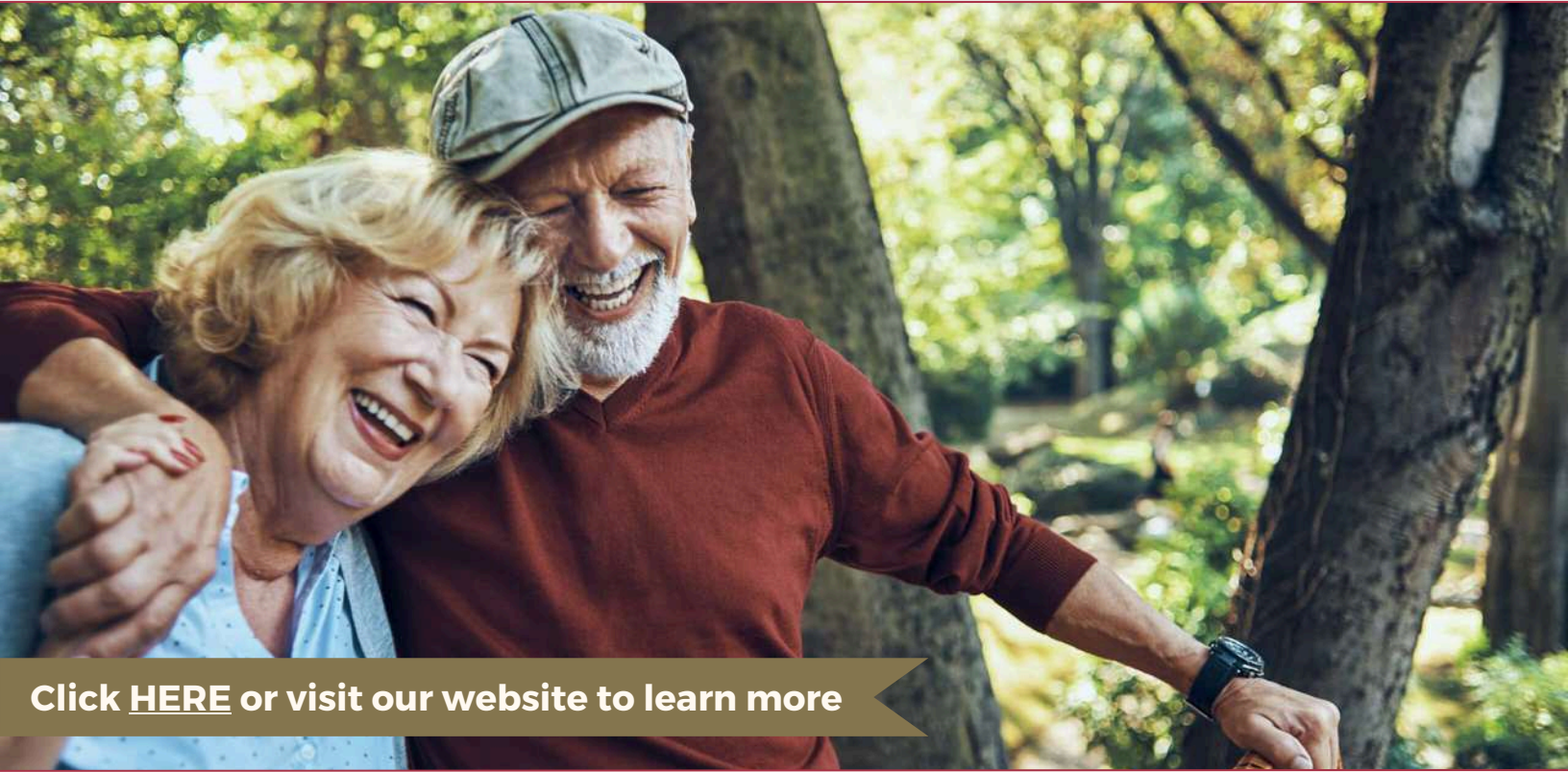
*Tip: a great way to reflect on your year is to look at photos in your phone from the past year. It jogs memories and brings perspective.

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 Group for caregivers. Click [HERE](#) to learn more.



SPOUSAL CAREGIVER SUPPORT GROUP



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

ON-SITE SPOUSAL CAREGIVER SUPPORT GROUP

Facilitated By Jennifer Denk,
Social Worker, MSW, LMSW, CDP

*2nd & 4th Monday of Every Month
from 4pm to 5pm at The Kensington*

The Kensington Reston is thrilled to partner with Insight Memory Care for our biweekly Spousal Support Group in-person at our community!

Led by Jennifer Denk, Social Worker, this group will offer a safe, welcoming and private setting for spouses to share their caregiving experiences, connect with other spouses going through the same journey and receive insight from an expert.

Our Promise at The Kensington is to love and care for your family as we do our own. And we do. We are here for you – skilled, prepared and ready to participate fully in your care journey. Our Assisted Living and three tiers of Memory Care are thoughtfully designed, clinically comprehensive, personalized, and able to accommodate couples, even if their needs are different.

**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!



Despite the winter chill, The Kensington Reston is full of warmth and activity! Residents have been enjoying indoor games like Balloon Badminton, Bingo, and Baking, while KClub Coordinator Stacey's Art classes have inspired beautiful creations, leading to an art exhibit on January 31st for "Inspire Your Heart with Art Day."

Spirit Week in January was a big hit, with fun days like Superhero Day, Twins Day, and Clashing Clothes Day bringing laughter and joy to all. We also hosted friends from The Kensington Falls Church for a fun afternoon of trivia and are excited for a visit to their community in February. Our NFC Championship Game viewing party was a spirited success, complete with tailgate snacks and lots of cheering!

As you can see, we don't let a little winter weather dampen the spirits at The Kensington Reston, where there is always something fun going on. 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 Couples' Celebration: February 14th

Laurel Grove School Museum Presentation: Feb. 25th

Italian Charcuterie Board Making: February 18th

Mardi Gras Celebration : March 4th

Kensington's 4-Year Anniversary Toast: February 20th

Foley Academy Irish Dancers : March 9th



TEAM MEMBER CORNER



MEET NAIJATT NYONGEREZA *Overnight Supervisor*

Naijatt joined Kensington Senior Living in 2019 as a Certified Nursing Assistant (CNA) at The Kensington Falls Church. After moving from Africa and starting her career in home healthcare, she found her true calling at Kensington, inspired by a team of exceptional women who upheld KSL's high standards.

After briefly exploring a role outside of the organization, Naijatt realized how much she missed the meaningful connections and sense of purpose at The Kensington. She returned, now thriving at the Reston location, where she values the family-like environment and the warmth and humor of the residents she serves. Currently pursuing a bachelor's degree in Human Resources, Naijatt is dedicated to personal and professional growth and looks forward to continuing her rewarding journey with The Kensington.



LEADERSHIP IN CARE & DEDICATION TO EXCELLENCE

How Llena Inspires Our Team and Enhances Resident Well-Being



At The Kensington, our commitment to excellence begins with a team of highly qualified professionals who lead with compassion, expertise, and dedication. Llena Sta.Ana exemplifies this standard, bringing over 30 years of healthcare experience to our community.

A Registered Nurse and Licensed Nursing Home Administrator, Llena earned her Bachelor of Science in Nursing in the Philippines, where she began her career in critical care and teaching RN and Midwifery programs. After relocating to the U.S., she dedicated 15 years to a continuing care retirement community, where she gained certifications in wound care, dementia care, and quality assurance.

Llena values The Kensington's strong sense of community and inclusive culture, aligning with her passion for building meaningful connections. As a leader, she inspires our team to provide the highest level of care, ensuring that our residents and their families experience the warmth, safety, and excellence that define The Kensington. **We are proud to have Llena as part of our team, continuing our mission to create a nurturing and exceptional home for all.**



THE KENSINGTON

Assisted Living & Memory Care

RESTON

*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:
@KensingtonReston



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

OUR TEAM

Iris Pierce
Interim Executive Director

Llena Sta.Ana, RN
*Associate Executive
Director*

Addie Jones, BSN, RN
*Director of Nursing
Services*

Shavonne Brown
*Director of Memory
Care*

Jackie Mills
Assisted Living Manager

Heather Rich
*Director of Community
Relations*

Megan Vertino
*Director of Community
Relations*

Kristine Llanes
Director of Outreach

Jules Antonsen
*Director of
Environmental Services*

Bhupendra Patel
*Business Office
Manager*

Parul Makwana
*Team Member Services
Manager*

Ana Llanes
*Dining Services
Coordinator*

Shari True
*Assisted Living Life
Enrichment Coordinator*

Rebecca Stiles
Music Therapist, MT-BC

Cari Smith, CTRS
Recreational Therapist

Stacey Samuels
*Kensington Club
Coordinator*

