

# THE Kenney



WINTER 2012

Q U A R T E R L Y

## GRAND OPENING of The Kenney's Memory Care Community

For the past few months, The Kenney campus has been bustling with activity from construction workers and architects engineering the new Memory Care Community. With excitement and anticipation, this latest addition will be opening early January.

“We are very pleased with how the area is coming together,” says Karlene Colletti, Director of Memory Care. “From the warmth of the paint colors, to the textures of the décor, to the accessibility of the rooms and community spaces – it is going to be an amazing space.”

The Memory Care Community will offer 16 beds in both private and shared apartments, an outdoor garden, a large dining and activity room, a private shower room and a family room. Every detail of the area was completed keeping in mind the ability of residents with dementia who will use this space day in and day out.

“The physical environment plays an important role in the lifestyle and treatment of these residents,” says Karlene. “This physical space will not only support a variety of activities, but will also create optimum levels of stimulation.”

One of the most important aspects of memory care is programming and The Kenney is proud to use a collaborative approach to maximize the quality of life for each resident. The innovative programming allows the caregivers to provide uniquely designed care for each resident's needs. Small group activities, nutritious meals and special reminiscing programs will activate the senses and encourage normalcy.

“The programming is rich and vibrant, keeping the residents active,” says Karlene. “In addition to this, the staff will play a key role in creating a dynamic, safe atmosphere.”

The Memory Care Community will be staffed 24-hours a day by certified nursing assistants with specialized dementia training, hand picked for their ability to understand and work with people with memory issues. The staff will provide an atmosphere of acceptance and a “never say no” attitude.

Memory care is not only a boon for a person with dementia, but also for their family and friends. Among the most important



*Activities Director Amy Seebeck comforts a Kenney resident*



*Caring hands lend support*

*see "Grand Opening" continued on page 6...*



## From the desk of the President and CEO...

2012! Wow! We have heard so many predictions about the world coming to an end in 2012. In fact there have been movies made about this very topic, but in the end, humankind always seems to survive, maybe a bit smarter and always grateful for another opportunity to improve their lives.

We continue to be grateful at The Kenney for the many opportunities available and people who live here. One of the most enjoyable parts of my job is to be able to sit down with residents and talk with them about their life here. So many times I have heard about how grateful they are to be here—they believe they chose the best place possible to live in retirement. They are grateful for the caring staff members who work long hours to provide service to them. They are grateful for the many opportunities they have to visit many of our beautiful attractions available in the great Northwest. They are grateful for the space they call home. They are grateful for their neighbors. And if they had to start over again to find a place to live, without exception they have said they would choose The Kenney again. Now that is satisfaction!

As I reflect over 2011, I feel a great sense of satisfaction about all that has been accomplished. To begin with, we developed a plan to upgrade many of the common spaces on the campus. This includes our Nursing & Rehab area, Garden Court, Lincoln Vista, the Sunrise building and renovations are currently progressing in the Seaview building. The work that took place includes painting, floor coverings, art work, new lighting and furniture. In addition to this, all apartment renovations taking place have standard items such as state-of-the-art countertops, new cabinets, energy efficient appliances, new paint, flooring, lighting and window treatments. The outside of our campus has undergone a transformation—new flower beds, hanging baskets and more opportunities have been made available to sit outside and enjoy the beauty of our campus.

We began conversion on one hallway of Garden Court Assisted Living Services to a 16 person Memory Care community. This is exciting as our continuum will now be complete. This unit is scheduled to open in early January. Our Open House will be held on January 26, 2012, please join us to celebrate this new addition—you will be truly impressed!

Our annual BBQ was attended by over 600 people this year! We love this event as it allows us the opportunity to have family members, residents and staff members gather in our beautiful gardens to kick back, enjoy being outside and celebrate life at The Kenney. Our talented dining service staff grilled teriyaki chicken burgers, pulled pork sandwiches, hot dogs and served up many other tasty delights! Everyone looks forward to this time and we are already planning the event for 2012. In December, we changed our annual Kenney Christmas dinner from a banquet and instead we set sail on The SS Kenney for a Christmas cruise. Our Community Rooms were converted into numerous decks with a casino room, espresso stand, champagne station, dessert deck and an entertainment lounge with a live band and dancing. It was wildly fun and our residents are already looking forward to “cruising” again next Christmas!

The economy continues to be on the front page of many electronic news pages as well as on the radio, newspaper and television news broadcasts. The Kenney worked with our bank this year to refinance our loan in order to improve the terms we currently operate within and provide our residents with a sense of security that money borrowed to build Lincoln Vista will be repaid in full and at the best terms possible. In addition to this, we worked with our State and National Associations to speak with members of our State Legislature and Congress to demonstrate to them the disastrous consequences the reductions in Medicare and Medicaid funding is having on seniors. While we have been able to avoid deep cuts, The Kenney was impacted by \$500,000 in 2011 when the automatic reductions in Medicare went into effect. Please know we are continuing to speak with our elected officials about this situation to remind them the unfairness of attempting to balance budgets on one of the most vulnerable segments of our population: seniors.

Like most Americans, The Kenney has been affected by the down turn in the economy in that seniors are delaying moving into retirement communities such as The Kenney. However, with the refurbishing mentioned earlier, the Open Houses held, high quality services provided, expansion of recreational offerings and family environment that greets you when you walk through the door, we are now seeing more residents move into The Kenney than ever before. If you have been thinking about making The Kenney your new home, there is no better time than now. Come check us out and see for yourself that this is the place to be!

Thank you for your support in 2011 for the many successes we enjoyed. I wish each of you a healthy and prosperous 2012.

Live the Good Life in West Seattle—there is no better place to do so than at The Kenney!

R. Kevin McFeely  
President and CEO

# Why a CCRC?

## The Financial Benefits of Investing in a Continuing Care Retirement Community

### *What is a CCRC?*

A Continuing Care Retirement Community (CCRC) typically includes independent living, assisted living, rehabilitation services and skilled nursing care. In plain terms, CCRC's are retirement living communities with an important added benefit: the ability to "age in place" and access higher levels of care when needed.

### *How does it work financially?*

When you choose a CCRC, you may pay an entrance fee, which also is considered an investment because most CCRC's allow you, your estate, and/or your family to gain back a large percentage of this fee (The Kenney's entrance fee is currently 90% refundable). You will also pay a monthly fee, which will vary depending upon the size of the home you choose and services received.

When entering into an arrangement with a CCRC, access to assisted living, Alzheimer's/dementia care and/or skilled nursing, should you need it, brings you a peace of mind no other investment can claim. Costs for higher levels of care are determined by the type of agreement you choose.

### *Wouldn't it be comforting to know that in the years ahead....*

- You have a plan in place, and you'll continue to be in control of your lifestyle no matter what happens?
- You won't be a burden to family or friends because of unexpected health or financial issues?
- If you do experience health issues, you know you will have the best of care right where you live?
- You won't have to worry about unexpected changes in living expenses and health care?

Financial security and peace of mind are big advantages of CCRC's. Beyond that, research has demonstrated that CCRC's:

- Promote a dynamic lifestyle
- Support social involvement
- Help ensure proper health care
- Provide good nutrition

The Kenney believes that the well-operated CCRC should include many dining opportunities, interesting and engaging programming, and fitness and wellness activities to keep you feeling wonderful and most importantly, aging well.

While most people feel that moving to a "retirement community" is something you need to do, people who move to The Kenney are moving here because they want to!

Additionally, in difficult times people seek out family as a source of comfort and support. A CCRC is more than four walls and a roof, it is a community; a large and extended family that looks out after their own.

To learn more contact Karmen Hudson, Director of Marketing & Public Relations at 206-938-6941.



*Karmen Hudson, Director of Marketing & Public Relations*

## OUR MISSION

*The Kenney is dedicated to life enhancement for the senior community. We provide health care, housing, and services which promote optimum health while preserving dignity and respect in a Christian environment.*

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# Thank you donors!

*Listed below are individuals and organizations that made a gift to The Kenney Foundation between June 22, 2010 and December 12, 2011. Only donors who gave during this time period are included in the list below.*

*All giving is cumulative and indicated at the various Levels of Giving.*

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in our list of donors and  
regret any errors or  
omissions. Please call the  
Foundation directly at  
206-933-2089 to correct  
any discrepancies. Thank  
you.

## Foundation Update 2011

Happy Holidays and a big thank you to all who have supported The Kenney throughout 2011! The residents of The Kenney are truly fortunate to have such caring and compassionate family, friends and donors behind them who so generously gave more than \$146,000 to The Foundation's Resident Life Care Fund this past year.

There are two groups of people who specifically stand out to me -- the volunteers and staff at The Kenney. These folks make a huge difference in the lives of our residents. Without them, The Kenney would not be able to provide the level of comfort, care and service that our residents enjoy. Volunteers have given over 780 hours of their time for activities, trips, special events, visits and more! Thank you volunteers!

Many of us walk through the halls at The Kenney and see the staff diligently going about their duties with friendly smiles on their faces, but did you know that beyond their work they also give back to those very residents they serve? Every fall the staff participates in their own campaign to raise awareness about The Resident Life Care Fund. This year, they incredibly came together to pledge over \$4,500 toward the fund for the residents they care so much about. Where but The Kenney would you find such caring and generosity?

These are but two examples of many of the philanthropy that makes me so very proud to serve on The Kenney Foundation Board as its Chair. I'll look forward to seeing and visiting with many of you in the coming year. Best wishes, health and happiness to you all -- The challenge of 2012 is upon us!

**David Salove**  
Foundation Board Chair



## WishList

*Can you help enhance the life of a Kenney senior?*

**iPad** -With an iPad, activities staff and volunteers could visit residents who prefer to stay in their apartments and bring games, music, video and web directly to them with in the comfort of their rooms.

**20 sets of solid color twin size bed in a bag packages** (matching comforter & sham, all the same color). Adding color and the home style bedding will help those recovering during a temporary stay in Nursing & Rehab feel warm and secure while also improving their state of mind into a positive outlook and quick return to home.

If you are interested in donating an item from our wish list, please contact Katie Krause, Marketing & Foundation Coordinator at 206-937-2089.

# Meet Karlene Colletti, Director of Memory Care

Along with overseeing everything that goes into opening and managing a new Memory Care Community at The Kenney, Karlene Colletti sees herself as a teacher. She helps others, including fellow staff members, better understand what people with dementia experience day to day. "We need to meet residents' needs in the reality they're in now and validate that," she says.

To tell a memory care resident that they are mistaken, that their spouse died years ago just causes unnecessary confusion and even trauma, Karlene explains. It's better to accept the perceptions of someone with dementia, not try to correct them.

"There's an 'a-ha' moment with staff when they get that," she says. "I really enjoy the teaching piece, helping others see memory care residents for who they are."

As Director of Memory Care, Karlene oversees operations- including the implementation of programs and policies and the hiring of staff- at The Kenney's new Memory Care Community, which will open in January 2012.

Before coming here in October 2011, Karlene managed the day-to-day operations of a 108-unit assisted living and memory care community in South King County. Her experience working with older adults also included several years as a state social worker and management positions at other memory and long-term care centers.

Karlene graduated magna cum laude from St. Cloud State University in Minnesota with a degree in sociology and gerontology. A West Seattle resident, she was close to her grandparents growing up and developed a love of history and sense of "personal heritage."

"Earlier generations have given us so much," she says. "My grandfather had a fourth-grade education and worked in the mines, but all three of his children received college educations. He and my grandmother placed a huge value on making the world better for the next generation."



## Grand Opening *continued from page 1...*

benefits are:

- Increased Independence: With the support of 24-hour staff, living in memory care allows residents the ability to handle as many activities of daily living, such as bathing, dressing, eating and grooming as they can by themselves.
- Increased Confidence: Participating in reminiscing activities, working with trained staff and living in a stimulating environment gives residents the ability to recall with more ease, promoting confidence and enthusiasm.
- Peace of Mind for the Caregiver: For those caring for a loved one with dementia, the task can be physically and emotionally draining. When the loved one moves to Memory Care, you can take a respite and know that they are being cared for in a loving, safe and supportive environment, living their life to the fullest.

For more information on Memory Care please contact The Kenney at 206-937-2800.

# A Mother's Gift

Last October during the West Seattle Art Walk at The Kenney, we solicited works of art and hand made creations from our residents to put on display as part of our show. From that request a gem surfaced. Family member Joyce Swart shared a story of her 1960 Chief Sealth Banner girl blouse. Below is an excerpt from Joyce's tribute and an image of her treasured blouse.

"When the opportunity was presented for me to join the banner girls to carry the school banner ahead of the marching band, their uniforms had already been obtained, and purchasing one would have strained our family budget. That fact did not deter my mother from making sure I had this opportunity.

Using a borrowed uniform blouse as a guide, my mother created this one, right down to the hand embroidered "Seahawk" on the pocket and the ties that go with it. She chose the best of our old, patched sheets to create it. There was not quite enough good material in the old sheet, so a small mended portion had to become part of the finished project. She placed it as low and inconspicuously as possible, and made my blouse just a little shorter than the others. It matched perfectly in every other way, and I wore it proudly.

I have come to realize and appreciate the sacrifices that both of my parents made to allow me to participate in activities while I was in school. My mother, Cora Ward, is now 95 years old, and illness has taken much of her memory, but even if she does not remember this feat of sewing artistry, I still do. I still have this blouse because it is one of the many gifts she gave to me from her hands and from her heart.

Thanks, Mom."



*1960 Chief Sealth Banner girl blouse.*

## Who says you have to slow down when you move to a retirement community?



*New this year—access to the YMCA pool!*



*Residents & Staff partake in casino games during The Kenney Christmas Cruise.*



*The Coyners pose for a holiday portrait.*



*Charlotte leads the conga line!*



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**GRAND OPENING of The Kenney's  
Memory Care Community**

**The Financial Benefits of Investing in a  
Continuing Care Retirement Community**

**Meet Karlene Colletti,  
Director of Memory Care**

**INSIDE**



# Grand Opening of The Kenney's Memory Care Community

**Thursday, January 26th  
3:30 to 6:30 p.m.**

Join us to celebrate this exciting addition to  
The Kenney's continuum of care!

Enjoy wine, appetizers & live music.

