

the art of living

WINTER 2019



Jeannie Weber, left, and Emyrose Lacuesta have worked at Kingsley Manor a combined 65 years.

Longevity of Kingsley Staff Reflects Culture of Community

More than two dozen employees have served residents for over two decades

The year was 1984 and Los Angeles was in the middle of hosting the summer Olympics, when Jeannie Weber, who had just moved to town, took a part-time job as the Kingsley Manor receptionist on the night shift.

Thirty-five years later, Jeannie, who long ago migrated from the front desk, is the director of sales and marketing. "Kingsley has become my second home," she smiles, looking over at the rose bushes outside her office. "Who could ask for a nicer place to work? And I just fell in love with the residents – they're my extended family."

But Jeannie is far from an anomaly among the Kingsley staff. As of this year, the community has 14 team members celebrating 25 years of employment or more.

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Now is the perfect time to make your move to Kingsley Manor, an oasis in the heart of the city. We have a limited number of accommodations available and if you reserve one when you visit, you will receive up to \$1,000 credit toward your monthly fees after your three-month anniversary. Or you can join our VIP wait list for the specific accommodation you desire. Don't wait. This offer expires April 30, 2019. Call 323-661-1128 for details.



Residents Have Peace of Mind with Emergency Call System

Wearer-activated pendant or watch gives residents confidence

"I came here to be healthier," Conny Van Dyke says, holding up a small white pendant that she wears around her neck. "It's assistance like this that put Kingsley at the top of my list." When Conny first moved into Kingsley Manor she was recovering from a medical condition. She loves the peace of mind that the pendant — a wearer-activated emergency call button — gives her.

"As part of my recovery, I walk a lot around the Kingsley campus, up to 70 minutes a day, Conny continued. "This way, I know if I have a fall or any kind of emergency, help will be on the way."

Kingsley Manor's newly upgraded emergency call system has two components: a wearer-activated pendant that sends a text alert to the nursing staff from anywhere on the Kingsley campus and a motion sensor, installed in the resident's home, that can detect prolonged periods of inactivity. Both devices are available upon request and free to Kingsley residents.

"Some retirement communities have been using the same outdated technology for way too long," said Kingsley Manor Executive Director Shaun Rushforth referring to the decades-old system of mounting a call system within the residence. "But the problem with a call system is that they're only accessible within the resident's home and they may not be conveniently located when you need them the most. Our new system allows residents to take the 'call system' with them and give



The emergency call pendant and watch give Kingsley Manor residents Charles and Sofia peace of mind.

them access to assistance no matter where they are on campus."

The other matter that Shaun wanted to address with the upgrade was how to alert the nursing staff should a medical situation arise within the resident's home at night. With the motion detector, an automatic alert is sent to the nursing staff if there's been no motion within the resident's home for more than six hours during the night. A team member is prompted to touch base with the resident the following morning.

Kingsley Manor residents have responded very positively to the new system.

"With this, I don't have to ever take it off. It's water proof so even if I'm in the shower, I could operate it if I needed to," explained Kingsley resident Charles Zacuto.

"The call system give me an extra level of security," said resident Sofia Speth. Plus, people think it's a cool watch!"

"As a company and as a community we're always looking for the new technology that can give the best care to our residents." Shaun said. "This fits that bill perfectly."

An Appetite for Innovation

Kingsley Manor dietitians Stephanie Riemer and Nick Padula collaborate

Catering to the diverse culinary preferences and dietary requirements of a community as diverse as Kingsley Manor could be a daunting task, but for Director of Dining Services Nick Padula, R.D. and Registered Dietitian Stephanie Riemer it's an on-going creative challenge, full of opportunities for innovation and collaboration.

Kingsley is unusual in having two fulltime registered dietitians on staff, but Nick and Stephanie agree that an important ingredient of their success is having someone to bounce ideas off of.

"I'm the dreamer," Stephanie laughs. Starting as a Kingsley intern in the USC gerontology program, Stephanie was hired fulltime after graduating.

"... And I'm the one providing a slice of realism," Nick grins back at her. In addition to the comment cards available at tables in the dining room, Nick leads a monthly Food Forum during which residents give feedback



and make suggestions. "We've found that for many Kingsley residents healthy eating is a top priority," he said. "It's all about keeping a balance, providing choices, and providing education when we decide to introduce something new."

When Stephanie first brought the idea of "Meatless Mondays" she piqued residents' interest through a presentation highlighting both the health and environmental benefits of reducing meat consumption. And rather than completely eliminating meat from the Monday menu, they would offer two new vegetarian dishes for residents to try.

Nick was pleasantly surprised. "We've received really positive reviews," he said. "Some diehard meat lovers have confessed to going back for seconds on the vegetarian dishes." Current resident favorites include potato tacos, vegetarian fiesta lasagna, the roasted veggie sandwich and avocado toast. "We offer a lot of opportunities for feedback. So if something doesn't work we'll hear about it!" Nick said.

"Your diet doesn't have to be as restrictive as many people assume," Stephanie added. "We also have resident favorites like fried chicken and meatloaf on the menu. It's all about choices."

When it comes to meal planning, Nick and Stephanie work with Chef Cruz to put together well-balanced meals. "We encourage the idea of 'eating the rainbow' and try not to exclude certain food groups," Nick said. "We have about 36 items on our salad bar and rotate in seasonal items for variety."

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"I don't even think of it as work anymore," said Emyrose Lacuesta, director of health services.

"It's where I live. It's where I enjoy being."

Starting her career at Kingsley 31 years ago, Emyrose worked her way up from a part-time charge nurse to director.

"You really get to know the residents, and their families," she said. "I love that part of it. I miss them when I go on vacation."

Both Jeannie and Emyrose had a background in their chosen field when they arrived at Kingsley, but for 30-year veteran Angela Pineda, who was still in high school when she started, Kingsley was where

she discovered her calling. "I started off working in the dining room part-time," she said. Later, Angela received her CNA training and was hired in the Care Center. Now, as the life enrichment director for the Care Center she's found her passion.

"I had no idea when I started here how much I would love coming up with fun, engaging experiences for residents," Angela said. "I love that I'm contributing to a sense of community. I love the creativity involved."

"I'm not surprised about the longevity of our employees," said Executive Director Shaun Rushforth. "Word gets out that Kingsley Manor is a great place to work and live. We're a family here."

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